



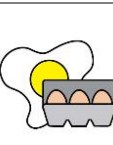
If you have a serious allergy or food intolerance, please contact us prior to booking by emailing or calling the restaurant direct.

We have comprehensive allergen menus which are reviewed regularly and are available in hard copy to view when dining. Our kitchens and suppliers operate in busy conditions and deal with a wide range of ingredients at high volume and therefore we cannot eliminate the possible presence of allergen traces in our dishes.

Please advise a member of our staff of any special dietary requirements at the time of ordering.

STARTER DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE JULY 2026

- PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE.
ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
SOUP	Check Daily	✓ *		MCT			✓ *					✓ *	✓ *	Check Daily
SCALLOPS AND PRAWNS		✓	✓	✓			✓	✓						✓
BACON AND CHEESE POTATO SKINS							✓		✓ *					
VEGETARIAN POTATO SKINS							✓		✓ *					
VEGAN POTATO SKINS									✓ *				✓ *	
SMOKED SALMON WITH HORSERADISH CREAM		✓ *		✓ *	✓		✓ *		✓ *			✓ *	✓ *	✓ *
CHICKEN KEBABS	✓	✓							✓	✓	✓	✓	✓	✓ *
PRAWN COCKTAIL		✓ *	✓	✓					✓ *			✓ *	✓ *	

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
VEGAN SWEET POTATO FALAFEL												✓		
CALAMARI		✓	✓ MCT	✓	✓ MCT		✓ MCT	✓	✓*				✓	

* Alternative can be Supplied, Please Ask Waiter/Waitress
MCT - May Contain Traces




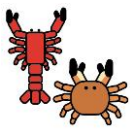
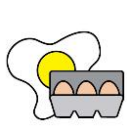
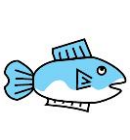
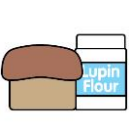

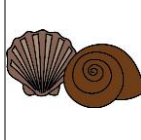






	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CAESAR SALAD		✓		✓	✓*		✓		✓			✓*	✓*	
CAESAR SALAD WITH CHICKEN		✓		✓	✓*		✓		✓			✓*	✓*	
BACON CEASAR SALAD		✓		✓	✓*		✓					✓*	✓*	
CAESAR SALAD WITH POACHED EGG/AVO		✓		✓			✓		✓			✓*	✓*	✓
GOATS CHEESE, FIG & WALNUT SALAD							✓*			✓				✓
GOATS CHEESE, FIG & WALNUT SALAD WITH CHICKEN							✓			✓				✓

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SIDE ORDERS AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE JULY 2026

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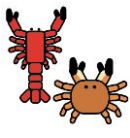
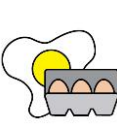
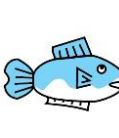
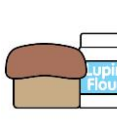
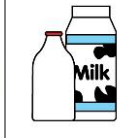
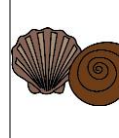
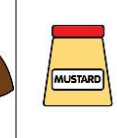



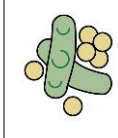

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
FRENCH FRIES														
CHEESY CHIPS							✓							
SWEET POTATO FRIES AND GARLIC MAYO									✓*					
GARLIC BREAD		✓		✓ MCT			✓					✓ MCT	✓ MCT	
CHEESY GARLIC BREAD		✓		✓ MCT			✓					✓ MCT	✓ MCT	
SEASONAL VEG							✓*							
DRESSED SALAD									✓					
ARTISAN BREAD AND BUTTER		✓		✓ MCT			✓					✓ MCT	✓ MCT	
OLIVES							✓ MCT		✓ MCT	✓ MCT				✓ MCT
HOMEMADE BURGER SAUCE	✓								✓					✓

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DESSERT DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE JULY 2026

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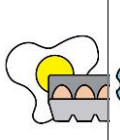
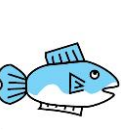
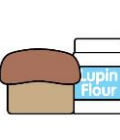





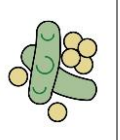

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CHOCOLATE BROWNIE		✓		✓			✓			✓*			✓*	
DATE & GINGER PUDDING		✓		✓			✓			✓*				
CRÈME BRULÉE		✓ *		✓			✓							
APPLE STRUDEL		✓		✓			✓			✓*				✓
NEW FRIED ICE CREAM		✓		✓			✓							
NEW VEGAN TRILLIONAIRES TART				MCT			MCT			MCT			✓	
BREAD AND BUTTER PUDDING		✓		✓			✓			✓*				

MERINGUE WITH RED BERRIES				✓			✓ *							
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
VANILLA ICE CREAM		✓*					✓			✓ MCT			✓*	
STRAWBERRY SENSATION ICE CREAM		✓*					✓			✓ MCT			✓*	
DOUBLE CHOCOLATE CHIP ICE CREAM		✓*					✓			✓ MCT			✓	
SEA-SALTED CARAMEL ICE CREAM		✓*					✓			✓ MCT			✓	
RASPBERRY SORBET		✓*								✓ MCT			✓*	
MEDITERRANEAN LEMON SORBET		✓*								✓ MCT			✓*	
PASSIONFRUIT SORBET		✓*								✓ MCT			✓*	
VEGAN VANILLA ICE CREAM													✓	

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MINI MOLES MENU AND THEIR ALLERGEN CONTENT - GRUMPY MOLE JULY 2026

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	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Carrot, cucumber and hummus												✓		
Soup	Check Daily	✓ *					✓ *					✓ *	✓ *	Check Daily
Garlic bread		✓ *		✓ *			✓					✓ *	✓ *	
Cheesy garlic bread		✓ *		✓ *			✓					✓ *	✓ *	
Mini fish n chips		✓			✓									✓
Mini burger n fries		✓ *							✓ *					✓
Chicken nuggets		✓		✓			✓		✓				✓	✓
Bonnie's hidden veg pasta	✓	✓												
Sausage n Mash	✓	✓					✓ *							✓
Mini chocolate Brownie		✓		✓			✓			MCT				

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sliced strawberries and raspberries										MCT				
Strawberry sensation ice-cream		✓ *					✓			MCT			✓ *	
Double choc chip ice cream		✓ *					✓			MCT			✓	
Vanilla ice cream		✓ *					✓			MCT			✓ *	

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