

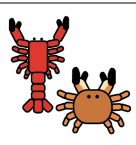
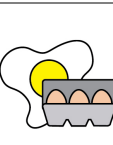

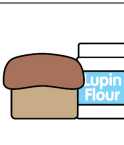

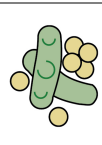


GLUTEN FREE STARTER DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE OCT 2024




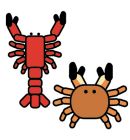
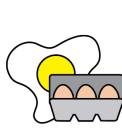

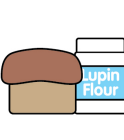

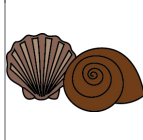





PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE.
ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

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

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

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

GLUTEN FREE MAINS DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE OCT 2024 - 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 |
| CORN-FED SUPREME OF CHICKEN | ✓ | | | ✓ | | | ✓ | | ✓ | | | | | ✓ |
| RUMP OF ENGLISH LAMB | ✓ | | | ✓ | | | ✓ * | | | | | | ✓ * | ✓ |
| SRI LANKAN CHICKEN CURRY | | | | | | | ✓ | | ✓ | ✓ MCT | ✓ MCT | ✓ MCT | | |
| VEGAN CURRY | ✓ | | | | | | | | ✓ MCT | ✓ MCT | ✓ MCT | ✓ MCT | ✓ | |
| BEEF STROGANOFF | ✓ | | | ✓ | | | ✓ * | | ✓ | | | ✓ * | ✓ * | ✓ |
| VEGETARIAN STROGANOFF | ✓ | | | ✓ | | | ✓ * | | ✓ | | | ✓ * | ✓ * | ✓ |
| CALVES LIVER AND BACON | ✓ | | | | | | ✓ | | | | | | | ✓ |
| BANGERS & MASH | ✓ | | | | | | ✓ * | | | | | | | ✓ |

| | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
|----------------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| STEAK ON THE STONE | | | | ✓ * | | | ✓ * | | ✓ * | | | | | ✓ * |
| FILLET OF SEABASS AND PRAWNS | ✓ | | ✓ * | | ✓ | | ✓ * | | | | | | | ✓ |
| MUSSELS | | | | ✓ | | | ✓ | ✓ | | | | ✓* | ✓* | ✓ |
| BEEF BURGER | | | | ✓ | | | ✓ | | ✓* | | | | | ✓ |
| CHICKEN BURGER | | | | ✓ | | | ✓ | | ✓* | | | | ✓ | ✓ |
| GOATS CHEESE, FIG & WALNUT SALAD | | | | | | | ✓* | | | ✓ | | | | ✓ |

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

GLUTEN FREE DESSERT DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE OCT 2024 - 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 |
| CRÈME BRULÉE | | | | ✓ | | | ✓ | | | ✓ MCT | | | | |
| VEGAN TRUFFLE CHOCOLATE TART | | | | | | | | | | ✓ MCT | ✓ MCT | | ✓ | |
| MERINGUE WITH RED BERRIES | | | | ✓ | | | ✓ * | | | | | | | |
| 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 | | | | | | | | | | | | | ✓ | |
| ARTISAN CHEESE & BISCUITS | ✓* | | | ✓* | | | ✓ | | | ✓* MCT | | ✓* | | ✓* |

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