




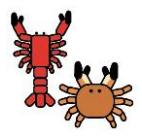
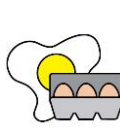
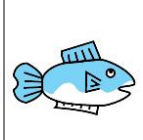
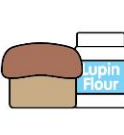

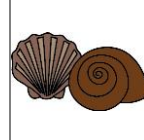


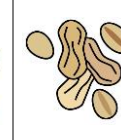

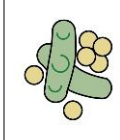

If you have a serious allergy or food intolerance, please contact us prior to booking by emailing or calling the restaurant direct.

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.




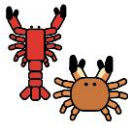
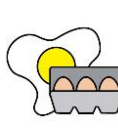
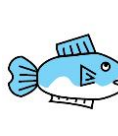
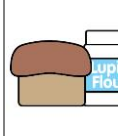
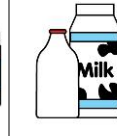

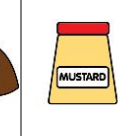



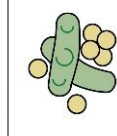

Please advise a member of our staff of any special dietary requirements at the time of ordering.

LIGHT BITES MENU AND THEIR ALLERGEN CONTENT - GRUMPY MOLE

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
SANDWICH, BAGUETTE, PANINI, WRAP FILLINGS														
CORONATION CHICKEN	✓	✓		✓			✓		✓					
HAM, TOMATO, MUSTARD									✓					
SAUSAGE AND FRIED ONIONS		✓					✓*		✓*				✓	
CAJUN CHICKEN, BACON AND AVOCADO				✓*										
PRAWN MARIE ROSE	✓		✓				✓*		✓*					✓
SMOKED SALMON AND CREAM CHEESE					✓		✓*							
BRIE, CRANBERRY, BACON							✓							
HAM, CHEESE, RED ONION							✓							
CAJUN CHICKEN, CHEESE, RED ONION							✓							

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
TOASTED SWEET POTATO FALAFEL WRAP (VG)														
FRENCH DRESSING ON SALAD GARNISH									✓*					
<u>BREAD</u>														
WHITE SANDWICH BREAD		✓											✓*	
BROWN SANDWICH BREAD		✓											✓*	
ARTISAN WHITE BAGUETTE		✓											✓ MCT	
ARTISAN BROWN BAGUETTE		✓										✓	✓ MCT	
PANINI		✓										✓ MCT		
TORTILLA WRAPS		✓												
GLUTEN FREE BREAD				✓										

* Alternative can be supplied, please ask your waiter/waitress
MCT = May Contain Traces

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
HAM, EGG AND CHIPS		✓ *		✓			✓ *					✓ *	✓ *	
CHEESE PLOUGHMANS		✓ *		✓ *			✓		✓ *			✓ *	✓ *	✓ *
ROAST HAM PLOUGHMANS		✓ *		✓ *			✓ *		✓ *			✓ *	✓ *	✓ *
CORINATION CHICKEN PLOUGHMANS		✓		✓			✓		✓			✓ *	✓ *	✓ *
FALAFEL VEGAN MEZZE PLATTER		✓										✓		
WHOLETAIL SCAMPI		✓	✓	✓ *					✓ *					

* Alternative can be supplied, please ask your waiter/waitress
MCT = May Contain Traces

SIDE ORDERS AND THEIR ALLERGEN CONTENT - GRUMPY MOLE

														
	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		✓*		✓*			✓					✓*	✓*	
CHEESY GARLIC BREAD		✓*		✓*			✓					✓*	✓*	
SEASONAL VEG							✓*							
DRESSED SALAD									✓*					
ARTISAN BREAD AND BUTTER		✓*					✓					✓*	✓*	
OLIVES														

* Alternative can be Supplied, Please ask waiter/waitress