

# COOKHOUSE+PUB

## Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts)** and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot guarantee your order is 100% free from any allergenic ingredient.**

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>PUB BRANDS MEETING ROOMS MENU 2024</b>								
<b>NIBBLES</b>								
SKIN-ON CHIPS per 100g portion	879	210	8.3	1.3	30.0	0.5	2.8	0.5
BEER-BATTERED ONION RINGS per 3 rings	439	105	5.6	0.5	11.7	1.6	1.4	0.2
TORTILLA CRISPS WITH DIP per portion	651	156	7.3	1.5	19.3	0.9	2.2	0.2
CHICKEN WINGS WITH DIP per 2 wings	634	151	7.5	1.8	5.9	3.3	15.0	0.7
CHICKEN GOUJONS WITH DIP per 2 goujons	797	190	9.2	1.1	16.3	3.7	10.3	0.8
HOUSE SALAD per portion	174	42	1.6	0.2	4.6	3.6	1.4	0.2
VEGGIE CAESAR SALAD per portion	272	65	4.4	1.1	3.8	2.0	2.2	0.2
POTATO SALAD per portion	678	162	10.4	0.9	15.0	3.7	1.9	0.7
COLESLAW per 50g portion	215	51	3.9	0.3	3.0	2.1	0.5	0.3
BREADED MUSHROOMS WITH DIP per 3 pieces	563	134	5.2	0.6	18.3	3.8	2.9	0.4
NACHOS per portion	837	200	10.9	2.2	21.3	1.7	3.3	0.5
BREADED POLLOCK BITES WITH DIP per 3	872	208	11.2	0.8	16.5	1.7	10.3	0.7
MINI JACKET POTATO per 2 potatoes	677	162	0.6	0.4	33.2	3.9	4.3	0.1
<b>ASSORTED WALKERS CRISPS</b>								
SALT & VINEGAR per pack	974	233	13.5	1.1	24.3	0.2	2.7	0.7
SALTED CRISPS per pack	985	235	14.0	1.1	23.9	0.2	2.7	0.6
CHEESE & ONION per pack	960	229	13.1	1.1	24.3	1.2	2.8	0.5
PRAWN COCKTAIL per pack	963	230	13.1	1.1	24.3	0.9	2.8	0.5
<b>SANDWICHES</b>								
GRILLED CHICKEN MAYO SANDWICH per triangle	386	92	3.1	0.9	9.8	0.9	5.8	0.4
CHEESE & TOMATO SANDWICH per triangle	373	89	3.8	2.3	9.7	1.1	3.6	0.3
PRAWN COCKTAIL SANDWICH per triangle	303	72	2.0	0.8	10.0	1.1	3.3	0.3
BLT SANDWICH per triangle	380	91	3.5	1.2	10.1	1.2	4.2	0.6
EGG MAYO SANDWICH per triangle	310	74	2.6	0.9	9.6	0.7	2.6	0.2
HAM & TOMATO SANDWICH per triangle	315	75	1.7	0.8	9.8	1.1	4.7	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	KJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>PIZZAS cut in 8 slices</b>								
<b>BUILD YOUR OWN PIZZA</b>								
PIZZA BASE per slice	460	110	2.5	1.3	16.7	1.6	4.5	0.7
FRIED MUSHROOMS per portion on slice	12	3	0.3	0.0	0.0	0.0	0.1	0.0
RED CHILLI per portion on slice	0	0	0.0	0.0	0.0	0.0	0.0	0.0
RED ONION per portion on slice	4	1	0.0	0.0	0.2	0.1	0.0	0.0
PEPPER per portion on slice	3	1	0.0	0.0	0.1	0.1	0.0	0.0
HAM per portion on slice	21	5	0.1	0.0	0.0	0.0	0.9	0.1
TOMATO per portion on slice	6	2	0.0	0.0	0.2	0.2	0.1	0.0
PEPPERONI per portion on slice	68	16	1.5	0.4	0.0	0.0	0.7	0.2
PINEAPPLE per portion on slice	11	3	0.0	0.0	0.7	0.7	0.0	0.0
CHICKEN per portion on slice	41	10	0.2	0.0	0.0	0.0	2.0	0.1
MARGHERITA PIZZA per slice	613	146	5.2	3.1	16.9	1.6	7.2	0.8
PEPPERONI PIZZA per slice	795	190	9.2	4.3	17.0	1.7	9.0	1.2
SPICY SAUSAGE PIZZA per slice	773	185	8.0	4.1	18.3	2.1	9.1	1.0
MIXED VEGETABLE PIZZA per slice	646	154	5.5	3.1	17.7	2.4	7.5	0.8
<b>FLATBREAD PIZZAS cut in 15 slices</b>								
GARLIC FLATBREAD PIZZA per slice	485	116	5.8	2.1	13.6	0.1	2.0	0.2
CHEESY GARLIC FLATBREAD PIZZA per slice	648	155	8.7	3.9	13.9	0.2	4.9	0.4
<b>DESSERTS</b>								
BROWNIE per 2 pieces	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
LEMON DRIZZLE CAKE per 2 pieces	1172	280	11.0	1.1	42.1	25.1	2.9	0.5
CHOCOLATE TORTE per 2 pieces	668	160	8.6	4.8	19.0	12.1	0.8	0.2
BLUEBERRY MUFFIN per piece	981	234	9.3	1.1	34.0	18.9	3.4	0.2

## Gold Package

### NIBBLES GOLD MEETING ROOMS

*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Milk, Mustard, Sulphite*

*May Contain: Other Cereals containing (Barley, Oats, Rye, Wheat), Celery, Milk, Soya*

### SANDWICHES MEETING ROOMS

*Contains: Cereals containing Gluten (Barley, Wheat), Crustaceans, Egg, Milk, Mustard*

*May Contain: Other Cereals containing (Barley), Soya, Sulphite*

## Silver Package

### NIBBLES SILVER MEETING ROOMS

*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Milk, Mustard, Sulphite*

*May Contain: Other Cereals containing (Barley, Oats, Rye, Wheat), Celery, Milk, Soya*

### SANDWICHES MEETING ROOMS

*Contains: Cereals containing Gluten (Barley, Wheat), Crustaceans, Egg, Milk, Mustard*

*May Contain: Other Cereals containing (Barley), Soya, Sulphite*

## Bronze Package

### NIBBLES BRONZE MEETING ROOMS

*Contains: Cereals containing Gluten (Barley, Wheat), Egg, Fish, Milk, Mustard, Sulphite*

*May Contain: Other Cereals containing (Barley, Oats, Rye, Wheat), Celery, Milk, Soya*

### SANDWICHES MEETING ROOMS

*Contains: Cereals containing Gluten (Barley, Wheat), Crustaceans, Egg, Milk, Mustard*

*May Contain: Other Cereals containing (Barley), Soya, Sulphite*

## Pizzas

### CHEESY GARLIC FLATBREAD -

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contains: No major allergens*

### CREATE YOUR OWN PIZZA -

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contain: Mustard, Soya*

### GARLIC FLATBREAD PIZZA -

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contains: No major allergens*

### MARGHERTIA PIZZA -

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contain: Mustard, Soya*

### PEPPERONI PIZZA

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contain: Mustard, Soya*

### SPICY SAUSAGE PIZZA

*Contains: Cereals containing Gluten (Wheat), Milk, Sulphite*

*May Contain: Mustard, Soya*

### VEG PIZZA -

*Contains: Cereals containing Gluten (Wheat), Milk*

*May Contain: Mustard, Soya*

# Desserts

## DESSERTS MEETING ROOMS - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya

May Contain: Other Cereals containing (Barley, Oats), Milk, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia, Pecan, Pistachio, Walnut)

# Whole Fruit

## FRUIT MEETING ROOMS - V

Contains: No major allergens

May Contains: No major allergens

# Tea & Coffee

## FILTERED COFFEE - V

Contains: Milk

May Contains: No major allergens

## FILTERED TEA - VE V

Contains: No major allergens

May Contains: No major allergens

# Guest Choice

## Cheese & Onion Crisps - V

Contains: Milk

May Contain: Other Cereals containing (Barley, Wheat), Celery, Mustard, Soya

## Chicken Breast

Contains: No major allergens

May Contains: No major allergens

## Pepperoni Sliced

Contains: No major allergens

May Contains: No major allergens

## Pineapple Ring - VE V

Contains: No major allergens

May Contains: No major allergens

## Prawn Cocktail Crisps - V

Contains: No major allergens

May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya

## Ready Salted Crisps - V

Contains: No major allergens

May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya

## Camomile Tea - VE V

Contains: No major allergens

May Contains: No major allergens

## Decaf Tea - VE

Contains: No major allergens

May Contains: No major allergens

## Earl Grey - VE V

Contains: No major allergens

May Contains: No major allergens

## Envelope Tea - VE V

Contains: No major allergens

May Contains: No major allergens

## Fried Mushroom Cup - VE V

Contains: No major allergens

May Contains: No major allergens

## Green Tea - VE V

Contains: No major allergens

May Contains: No major allergens

**Mint Tea - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Raspberry Tea - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Red Chilli Slice - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Red Onion Slice - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Red Pepper Slice - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Sliced Ham**

*Contains: No major allergens*

*May Contains: No major allergens*

**Sugar Sticks - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Tomato Slice - VE V**

*Contains: No major allergens*

*May Contains: No major allergens*

**Salt & Vinegar Crisps - V**

*Contains: No major allergens*

*May Contain: Other Cereals containing (Barley, Wheat), Celery, Milk, Mustard, Soya*