

This list shows which foods contain certain ingredients, including the 14 most common allergy-causing ingredients, and is intended as a guide in selecting from the menu. If you have a **food allergy, intolerance**, or a **special dietary requirement**, please inform a member of staff. Please note we are not a 'free-from' kitchen and we cannot guarantee that cross-contamination will not occur. Thank you.

Summer Menu 2026		Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Small Plates	Chicken Wings		✓ Barley (bbq sauce)		✓ (blue cheese sauce)			✓ (blue cheese sauce)					✓		
	Salt & Pepper Squid		✓ wheat		✓				✓						
	Homemade Sausage Roll		✓ wheat		✓										
	Halloumi Fries							✓							
	Southern Fried Chicken Goujons	✓	✓ wheat, spelt, kamut		✓			✓							
	Korean BBQ Chicken Taco		✓ wheat										✓	✓	
	Farmer's Snack		✓ wheat, barley					✓							✓

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Jackets	Cheese & bean jacket potato							✓							
	Coleslaw & bacon jacket potato				✓			✓							
	Tuna Mayo				✓	✓									
Flatbreads	Sweet Chilli Chicken Melt		✓ wheat, spelt, kamut					✓							
	Tuna Melt		✓ wheat, spelt, kamut		✓	✓		✓							
	Hot Honey Halloumi		✓ wheat, spelt, kamut					✓							

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Burgers	3B Burger		✓ wheat		✓			✓							
	Codrington Classic Burger		✓ wheat & barley		✓			✓		✓					
	Chicken Hash Burger	✓	✓ wheat		✓			✓		✓					
	Veggie Garden Burger		✓ wheat		✓			✓ halloumi/ american cheese							

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Mains	Korean BBQ Chicken Tacos		✓ wheat										✓	✓	
	Handmade Pie of the Day	Please ask a member of staff about the allergens in our Pie of the Day.													
	Steak Frite							✓							
	Stilton Sauce							✓							
	Honey & Mustard Glazed Ham, Egg & Chips				✓					✓					✓
	Scampi & Chips		✓ wheat	✓	✓					✓					
	The Ploughmans	✓	✓ wheat		✓			✓							
	Homemade Quiche of the Day	Please ask a member of staff about the allergens in our Quiche of the Day.													
	Rainbow Salad Bowl (Miso-glazed Salmon)				✓	✓							✓	✓	
	Rainbow Salad Bowl (Grilled Chicken Breast)				✓										
	Rainbow Salad Bowl (Hot Honey Halloumi)				✓			✓							
	Crispy Chicken Caesar Salad		✓ wheat, spelt, kamut		✓			✓							

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Sides	Fries	N/A													
	Chunky Chips	N/A													
	Homemade Coleslaw				✓										
	Onion Rings		✓ wheat, barley, spelt, kamut												
	Mac 'n' Cheese		✓ wheat					✓		✓					
	Garlic Bread		✓ wheat					✓							
	Side Salad	N/A													
	Patatas Bravas	✓	✓ wheat		✓										
Desserts	Summer Berry Pavlova		✓ wheat		✓			✓							
	Sticky Toffee Pudding		✓ wheat		✓			✓							
	Chocolate Fudge Cake		✓ wheat		✓			✓							
	Dubai Chocolate Sundae		✓ wheat		✓			✓			✓			✓	
	Affogato		✓ wheat					✓							