



Allergen Information

Menu: Falmouth hotel summer menu - Burgers + Pizza

Date Updated: 26 / 06 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	
Chicken burger	Active wheat, barley	Active	N/A	N/A	Active	Active	N/A	N/A	May	N/A	N/A	N/A	N/A	N/A	
Beyond meat + vegan brioche	Active Wheat, rye	N/A	N/A	N/A	N/A	N/A	N/A	Active	May	N/A	N/A	N/A	N/A	N/A	
Neopolitan Pizza	Active Wheat, rye	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Vegan fire roast pepper pizza	Active wheat, rye	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Chicken nduja pizza	Active wheat, rye	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Smoked salmon mackerel pizza	Active Wheat, rye	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A	
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	



Allergen Information

Menu: Falmouth hotel summer menus - Desserts

Date Updated: 26 / 06 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Vegan mango posset	N/A	May	N/A	N/A	Activ	May	N/A	N/A	N/A	N/A	May	N/A	N/A	N/A
Basque cheesecake	wheat, oat	May	N/A	N/A	Activ	Activ	N/A	N/A	N/A	N/A	May	all nuts	N/A	N/A
Banana sticky toffee	wheat, oat	Activ	N/A	N/A	Activ	May	Activ	N/A	N/A	May	May	all nuts	N/A	N/A
Chefs brownie	wheat	May	N/A	N/A	Activ	Activ	N/A	N/A	N/A	N/A	May	all nuts	N/A	N/A
Cheesboard MAY CHANGE	wheat,rye,barley,oat	N/A	N/A	Activ	Activ	N/A	N/A	N/A	May	May	May	all nuts	N/A	N/A
		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A
		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A
		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A



Allergen Information

Menu: Falmouth hotel summer menu - Mains

Date Updated: 26 / 06 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Asparagus tempura	Activ	wheat	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
beetroot gnocchi	Activ	wheat	N/A	N/A	N/A	Activ	May	N/A	May	N/A	N/A	N/A	N/A	N/A
Fish grill	N/A		N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	Activ	N/A
Goan fish curry	Activ		N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	Activ	Activ
Fish n chips battered	Activ	wheat	N/A	N/A	N/A	N/A	Activ	Activ	May	N/A	N/A	N/A	Activ	N/A
Fish n chips grilled	N/A		N/A	N/A	N/A	N/A	Activ	N/A	May	N/A	N/A	N/A	Activ	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: Falmouth Hotel summer menus - Mussels

Date Updated: 26 / 06 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten (Please State) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts (Please State) e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs
Mussels + cider no bread	N/A	N/A	N/A	N/A	Activ	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	Activ
Mussels + Goan no bread	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Activ
Mussels + cider with sourdough	Activ	N/A	N/A	N/A	Activ	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	Activ
Mussels + Goan with sourdough	Activ	N/A	N/A	N/A	Activ	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	Activ
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: Falmouth Hotel summer menu - Nibbles

Date Updated: 26 / 06 / 24

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
olives Forest produce	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
sourdough and butter	Activ wheat	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Bolognese arancini	Activ wheat	N/A	N/A	Activ	Activ	Activ	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Garlic pistou Bidfood 70992	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoked almonds Bidfood 12276	May wheat	May	N/A	May	May	N/A	N/A	May	May	May	May	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

This table contains the food and drink items we sell that contain allergens; please select **Active** or **May** to indicate the allergen(s) present.

Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs	
Beef burger pattie	Activ <input type="text" value="wheat, Sulphate"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	
Beer Sourdough bun	Activ <input type="text" value="wheat, barley"/>	May <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	May <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	May <input type="text"/>	May <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	
BBQ sauce	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	May <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	
jack cheese	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	Activ <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	
Heinz pro mayonnaise	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	Activ <input type="text"/>	N/A <input type="text"/>	May <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	
Bacon, salad	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	
	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	
	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	N/A <input type="text"/>	



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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) walnuts, brazil nuts, hazelnuts, e.g. Nuts	Crustaceans	Fish	Molluscs
traditional caesar	Activ	wheat, rye	Activ	N/A	N/A	Activ	Activ	N/A	N/A	N/A	N/A	N/A	Activ	N/A
vegan caesar	Activ	wheat, rye	Activ	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A
flat iron steak dish	N/A		N/A	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A
Pork chop dish	N/A		N/A	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A
Buttermilk chicken	N/A		N/A	N/A	Activ	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A
pepper dijon sauce	N/A		N/A	N/A	Activ	N/A	Activ	Activ	N/A	N/A	N/A	N/A	N/A	N/A
chimmichurri	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
bearnaise	Activ	Barley	N/A	N/A	N/A	Activ	Activ	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: Falmouth Hotel summer menu - Sandwiches

Date Updated: 26 / 06 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)														
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	(Please State) e.g. hazelnuts, brazil nuts, walnuts	Nuts	Crustaceans	Fish	Molluscs
Smoked salmon	Activ	Wheat ,rye, barley	Activ	N/A	N/A	Activ	N/A	N/A	Activ	N/A	N/A	N/A	N/A	Activ	N/A
coronation chicken	Activ	Wheat, rye, barley	Activ	N/A	N/A	N/A	Activ	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A
Gammon ham and brie	Activ	Wheat, rye, barley	Activ	N/A	N/A	Activ	N/A	Activ	Activ	N/A	N/A	N/A	N/A	N/A	N/A
cheddar and onion	Activ	wheat, rye, barley	Activ	N/A	N/A	Activ	N/A	Activ	Activ	N/A	N/A	N/A	N/A	N/A	N/A
Fish finger	Activ	wheat, rye, barley	N/A	N/A	N/A	N/A	Activ	N/A	Activ	N/A	N/A	N/A	N/A	Activ	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: Falmouth Hotel summer menu - Seafood cocktail

Date Updated: 26 / 06 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten (Please State) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts (Please State) e.g. hazelnuts, brazil nuts, walnuts	Crustaceans	Fish	Molluscs
whole dish below	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
smoked salmon + mackerel	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Activ	N/A
prawns + king prawns	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Activ	N/A	N/A
pickled cucumber + salad	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
thousand Island dressing	Activ	wheat, barley	Activ	N/A	N/A	N/A	Activ	Activ	Activ	N/A	N/A	N/A	N/A	N/A
malthouse rolls	Activ	wheat,rye,	N/A	N/A	N/A	N/A	N/A	N/A	N/A	May	N/A	May	all nuts	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: Falmouth hotel summer menus - Sides

Date Updated: 26 / 06 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)													
	Cereals Containing Gluten e.g. bran, wheat, spelt (Please State)	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs
Skinny fries	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Triple cooked chips	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Posh chips	N/A	N/A	N/A	N/A	Activ	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A
New potatoes	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Green salad	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A



Allergen Information

Menu: Falmouth Hotel summer menu - Starters

Date Updated: 26 / 06 / 24

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Food or Drink Item	Allergens: 'A' - Active Ingredient 'M' - May Contain (from label of ingredient)															
	Cereals Containing Gluten (Please State) e.g. bran, wheat, spelt	Soya	Lupin	Celery	Milk	Egg	Sulphites	Mustard	Sesame	Peanuts	Nuts e.g. hazelnuts, brazil nuts, walnuts (Please State)	Crustaceans	Fish	Molluscs		
Goats cheese	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	Active	Hazelnut, all nuts	N/A	N/A	N/A
smoked salmon	N/A	N/A	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	Activ	N/A	N/A
Chicken liver pate	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	May	all nuts	N/A	N/A	N/A	N/A
serrano ham and melon	N/A	N/A	N/A	N/A	N/A	N/A	Activ	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
soup sourdough DAY CHANGE	Activ	wheat	N/A	N/A	May	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A