



Allergen Information

Menu: Falmouth Hotel Breakfast - Autumn Winter - Grills

Date Updated: 29 / 10 / 2024

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	
Falmouth Grill	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	
Garden Grill	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	
Scrambled egg toast	Active	Wheat	Active	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Eggs benedict	Active	Wheat, barley	Active	N/A	N/A	Active	Active	N/A	N/A	May	N/A	N/A	N/A	N/A	
Eggs florentine	Active	Wheat, barley	Active	N/A	N/A	Active	Active	N/A	N/A	May	N/A	N/A	N/A	N/A	
Hollandaise sauce - Kerrymaid	Active	Barley	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Smoked mackerel hash	Active	Barley	N/A	N/A	N/A	Active	Active	N/A	N/A	N/A	N/A	N/A	Active	N/A	
Porridge + cream [mornflakes]	Active	Oats mc wheat,barle	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	



Allergen Information

Menu: Falmouth Hotel Breakfast - Cereals

Date Updated: 29 / 10 / 2024

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
Crunchy nut	Active	Wheat, barley	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	N/A		N/A	N/A	N/A
Weetabix	Active	Wheat, barley	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
Alpen	Active	Wheat, oats	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	Active	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	N/A	N/A	N/A	N/A		N/A	N/A	N/A
	N/A		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A
	N/A		N/A	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 Breakfast - Continental

Date Updated: 29 / 10 / 2024

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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		
Natural yoghurt with garnishes	Active	oat,wheat,rye,barley	N/A	N/A	N/A	Active	N/A	N/A	N/A	N/A	N/A	Active	Almond mc all nuts	N/A	N/A	N/A
Granola mix	Active	Oat, wheat,rye,barle	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Active	Almond mc all nuts	N/A	N/A	N/A
Ham and cheese	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
Crossiants	Active	Wheat	May	N/A	N/A	Active	May	N/A	N/A	N/A	N/A	May	All nuts	N/A	N/A	N/A
White toast	Active	Wheat,rye	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
Malted toast	Active	Wheat, barley	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	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		N/A	N/A	N/A