

## DISHES CONTAINING ALLERGENS

'Yes' = Contains / 'Mc' = May contain [as advised on product labelling]

**BUSINESS NAME:** The Falmouth

**MENU NAME:** Starters & Nibbles

**DATE PUBLISHED:** 29/06/2026

| Allergens                                                                 | Cereals<br>Gluten<br>[type] | Celery | Nuts<br>[type] | Crustacean | Fish | Soya | Egg | Peanuts | Dairy<br>Milk<br>Products | Sesame | Molluscs | Mustard | Sulphur<br>Dioxide &<br>sulphates | Lupin |
|---------------------------------------------------------------------------|-----------------------------|--------|----------------|------------|------|------|-----|---------|---------------------------|--------|----------|---------|-----------------------------------|-------|
| DISH NAME:<br>Olives                                                      |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>Focaccia                                                    | Yes                         |        |                |            |      | YES  |     |         |                           | MC     |          | MC      | YES                               |       |
|                                                                           | Wheat                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           | Barley                      |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>Chorizo &<br>Fiesta<br>Croquettes                          |                             |        |                |            |      | YES  | YES |         | YES                       |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>Soup of The<br>Day only,<br>please check<br>daily changing |                             | MC     |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>Seared<br>Scallops & King<br>Prawns                         |                             |        |                | YES        |      |      |     |         |                           |        | YES      |         | YES                               |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                                           |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |

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## DISHES CONTAINING ALLERGENS

'Yes' = Contains / 'Mc' = May contain [as advised on product labelling]

**BUSINESS NAME: THE FALMOUTH HOTEL**

**MENU NAME: NIBBLES & STRTERS**

**DATE PUBLISHED: 29/06/2026**

| Allergens                                        | Cereals<br>containing<br>Gluten | Celery | Nuts         | Crustacean | Fish | Soya | Egg | Peanuts | Dairy<br>Milk<br>Products | Sesame | Molluscs | Mustard | Sulphur<br>Dioxide &<br>sulphates | Lupin |
|--------------------------------------------------|---------------------------------|--------|--------------|------------|------|------|-----|---------|---------------------------|--------|----------|---------|-----------------------------------|-------|
| DISH NAME:<br>Charred<br>Radicchio               |                                 |        | YES          |            |      |      |     |         |                           |        |          |         | YES                               |       |
|                                                  |                                 |        | PINE<br>NUTS |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>Chicken &<br>Smoked Ham<br>Terrine |                                 |        |              |            |      |      | YES |         | YES                       |        |          | YES     | YES                               |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>Scallops in the<br>Shell          |                                 |        |              |            |      |      |     |         | YES                       |        | YES      |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>Burrata                           |                                 |        |              |            |      |      |     |         | YES                       |        |          |         | YES                               |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br><br>Cured Red<br>Mullet            | YES                             |        |              |            | YES  | YES  |     |         |                           |        |          | YES     | YES                               |       |
|                                                  | WHEAT                           |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                  |                                 |        |              |            |      |      |     |         |                           |        |          |         |                                   |       |

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# DISHES CONTAINING ALLERGENS

'Yes' = Contains / 'Mc' = May contain [as advised on product labelling]

BUSINESS NAME: THE FALMOUTH HOTEL

MENU NAME: MAIN COURSES

DATE PUBLISHED:29/06/2026

| Allergens                                                | Cereals<br>Gluten<br>[type] | Celery | Nuts<br>[type] | Crustacean | Fish | Soya | Egg | Peanuts | Dairy<br>Milk<br>Products | Sesame | Molluscs | Mustard | Sulphur<br>Dioxide &<br>sulphates | Lupin |
|----------------------------------------------------------|-----------------------------|--------|----------------|------------|------|------|-----|---------|---------------------------|--------|----------|---------|-----------------------------------|-------|
| DISH NAME:<br>CHICKEN                                    |                             | YES    |                |            |      |      | YES |         | YES                       |        |          |         | YES                               |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>LAMB<br>SHOULDER                           | YES                         | MC     | MC             |            |      |      |     | MC      | YES                       | MC     |          |         | YES                               |       |
|                                                          | WHEAT                       |        | ALL            |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>GRANNY ALICE<br>FISH PIE WITH<br>FOCCACIA | YES                         | YES    |                | YES        | YES  |      | YES |         | YES                       | MC     |          | YES     | YES                               |       |
|                                                          | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          | BARLEY                      |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>FISH N CHIPS                              | YES                         |        |                |            | YES  |      | YES |         | YES                       |        |          | YES     | YES                               |       |
|                                                          | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>Catch of The<br>Day (Daily<br>Changing)    |                             |        |                |            | YES  |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                          |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |

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BUSINESS NAME: THE FALMOUTH HOTEL

MENU NAME: MAIN COURSES

DATE PUBLISHED: 29/06/2026

| Allergens                           | Cereals containing Gluten | Celery | Nuts | Crustacean | Fish | Soya | Egg | Peanuts | Dairy Milk Products | Sesame | Molluscs | Mustard | Sulphur Dioxide & sulphates | Lupin |
|-------------------------------------|---------------------------|--------|------|------------|------|------|-----|---------|---------------------|--------|----------|---------|-----------------------------|-------|
| DISH NAME:<br>Pea & Mint Ravioli    | YES                       |        |      |            |      |      |     |         | YES                 |        |          |         |                             |       |
|                                     | WHEAT                     |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME:<br>Fillet Steak          | MC                        |        |      |            |      |      |     |         | YES                 |        |          |         |                             |       |
|                                     | WHEAT                     |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME :<br><br>Peppercorn Sauce |                           | YES    |      |            |      |      |     |         | YES                 |        |          |         | YES                         |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME :<br><br>Bearnaise Sauce  | YES                       |        |      |            |      |      | YES |         | YES MILK            |        |          |         |                             |       |
|                                     | BARLEY                    |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME:                          |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                     |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |

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## DISHES CONTAINING ALLERGENS

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**BUSINESS NAME: THE FALMOUTH HOTEL**

**MENU NAME: CASTLE VIEW BURGERS & SALADS**

**DATE PUBLISHED: 29/06/2026**

| Allergens                        | Cereals<br>Gluten<br>[type] | Celery | Nuts<br>[type] | Crustacean | Fish | Soya | Egg | Peanuts | Dairy<br>Milk<br>Products | Sesame | Molluscs | Mustard | Sulphur<br>Dioxide &<br>sulphates | Lupin |
|----------------------------------|-----------------------------|--------|----------------|------------|------|------|-----|---------|---------------------------|--------|----------|---------|-----------------------------------|-------|
| DISH NAME:<br>BUN ONLY           | YES                         |        |                |            |      | MC   | MC  |         | MC                        | MC     |          | MC      |                                   |       |
|                                  | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>BEEF BURGER        | YES                         |        |                |            |      | MC   | YES |         | MC                        | MC     |          | YES     | YES                               |       |
|                                  | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>CHICKEN<br>BURGER | YES                         | YES    |                |            |      | MC   | YES |         | YES                       | MC     |          | MC      | MC                                |       |
|                                  | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>PLANT<br>BURGER   | YES                         |        |                |            |      | YES  | MC  |         | MC                        | MC     |          | YES     |                                   |       |
|                                  | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>CAESAR<br>SALAD    | YES                         |        |                |            | YES  | YES  | YES |         | YES                       |        |          |         |                                   |       |
|                                  | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                  |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |

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BUSINESS NAME: THE FALMOUTH HOTEL

MENU NAME: CASTLE VIEW BURGERS & SALADS

DATE PUBLISHED: 29/06/2026

| Allergens                            | Cereals containing Gluten | Celery | Nuts | Crustacean | Fish | Soya | Egg | Peanuts | Dairy Milk Products | Sesame | Molluscs | Mustard | Sulphur Dioxide & sulphates | Lupin |
|--------------------------------------|---------------------------|--------|------|------------|------|------|-----|---------|---------------------|--------|----------|---------|-----------------------------|-------|
| DISH NAME:<br>PANZANELLA             | YES                       |        |      |            |      |      |     |         |                     |        |          |         | YES                         |       |
|                                      | WHEAT                     |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME:<br>ADD CHICKEN            |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME :<br><br>ADD SMOKED SALMON |                           |        |      |            | YES  |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME :                          |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
| DISH NAME:                           |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |
|                                      |                           |        |      |            |      |      |     |         |                     |        |          |         |                             |       |

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# DISHES CONTAINING ALLERGENS

'Yes' = Contains / 'Mc' = May contain [as advised on product labelling]

BUSINESS NAME: THE FALMOUTH HOTEL

MENU NAME: SIDE DISHES

DATE PUBLISHED:29/06/2026

| Allergens                                               | Cereals<br>Gluten<br>[type] | Celery | Nuts<br>[type] | Crustacean | Fish | Soya | Egg | Peanuts | Dairy<br>Milk<br>Products | Sesame | Molluscs | Mustard | Sulphur<br>Dioxide &<br>sulphates | Lupin |
|---------------------------------------------------------|-----------------------------|--------|----------------|------------|------|------|-----|---------|---------------------------|--------|----------|---------|-----------------------------------|-------|
| DISH NAME:<br>FRIES/CHUNKY<br>CHIPS                     | MC                          |        |                |            | MC   |      | MC  |         | MC                        |        |          |         |                                   |       |
|                                                         | WHEAT                       |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>GREENS                                    |                             |        |                |            |      |      |     |         | YES                       |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>CHEDDAR<br>MASH                          |                             |        |                |            |      |      |     |         | YES                       |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>ROCKET, BABY<br>GEM & RED<br>ONION SALAD |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:                                              |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                                         |                             |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |

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## DISHES CONTAINING ALLERGENS

**‘Yes’ = Contains / ‘Mc’ = May contain [as advised on product labelling]**

**BUSINESS NAME: THE FALMOUTH HOTEL**

## MENU NAME: DESSERTS

**DATE PUBLISHED:29/06/2026**

| Allergens                                | Cereals<br>Gluten<br>[type]   | Celery | Nuts<br>[type] | Crustacean | Fish | Soya | Egg | Peanuts | Dairy<br>Milk<br>Products | Sesame | Molluscs | Mustard | Sulphur<br>Dioxide &<br>sulphates | Lupin |
|------------------------------------------|-------------------------------|--------|----------------|------------|------|------|-----|---------|---------------------------|--------|----------|---------|-----------------------------------|-------|
| DISH NAME:<br>ARTIC ROLL                 | YES                           |        | MC             |            |      | YES  | YES | MC      |                           |        |          |         |                                   |       |
|                                          | WHEAT                         |        | ALL            |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>BANNOFEE<br>CHEESECAKE     | YES                           |        | MC             |            |      |      |     | MC      |                           |        |          |         |                                   |       |
|                                          | WHEAT                         |        | ALL            |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>TIRRAMISU                 | YES                           |        | MC             |            |      | MC   | YES | MC      | YES                       |        |          |         |                                   |       |
|                                          | WHEAT                         |        | ALL<br>NUTS    |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME :<br>ICE CREAM &<br>SHORTBREAD | YES                           |        | MC             |            |      | MC   | YES |         | YES                       |        |          |         |                                   |       |
|                                          | WHEAT                         |        | ALL<br>NUTS    |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
| DISH NAME:<br>CHEESEBOARD                | YES                           | YES    | MC             |            |      |      |     | MC      | YES                       | MC     |          |         |                                   |       |
|                                          | WHEAT,<br>RYE, OAT,<br>BARLEY |        | TREE<br>NUTS   |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |
|                                          |                               |        |                |            |      |      |     |         |                           |        |          |         |                                   |       |