Name of Dish	Celery	Cereals containing Gluten	Crustacens	Eggs	Fish	Lupin (including Flour and Seeds)	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide (Sulphites)
Risotto	x						x			x				
Chicken Liver Parfait		x		x			x			x				
smoked mackerel					x									
gravadlax	x				x		x							
Focaccia	x	x												
beef salad							x							
veg salad		x					x							
ham hock		x		x			x		x					
Soup	x	x	x				x							
lamb							x							
Cajun Chicken Caesar		x		x										
chicken supreme	x						x							
Lincs Sausages	x	x												
sea bass					x		x							
gnocchi		x		x			x							
Fried Haddock		x			x									
Grilled Haddock					x									
Pie of the Day	x	x		x			x							
pork chop							x		x					
risotto	x						x							
steak							x							
burger		x		x			x							
SANDWICHES														
Salmon Club	x	x		x	x									
FAS Club	x	x		x										
Steak	x	x		x										
Fish Finger	x	x			x									
Goats Cheese	x	x					x							
Cajun Chicken	x	x												
Cheddar & Onion	x	x					x							
Salmon	x	x			x									
Ham & Poacher	x	x					x							
Beef	x	x												
Chicken	x	x												
Tuna	x	x			x									
BAKED POTATOES														
Cream Cheese	x						x							
Tuna	x				x									

Beans & Cheese	x													
Ham & Poacher	x						x							
Prawn	x		x											