**Goodliffes Allergen Information**

**Date updated: 27/01/2022 Category: Breakfast**

This table contains the food and drink items we sell that contain allergens; a tick in the box indicates the allergen(s) present.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Allergens Contains Allergens |  |  |  |
| Food or Drink Item | **Cearals** **Containing** **Gluten****e.g. bran,** **wheat, spelt** **(****)****Please State** | **Soya** | **Lupin** | **Celery** | **Milk** | **Egg** | **Sulphites** | **Mustard** | **Sesame** | **Peanuts** | **e.g.** **hazelnuts,** **brazil nuts,** **walnuts****(****)****Please State** | Nuts | **Crustaceans** | **Fish** | **Molluscs** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **GL full English** | **Wheat (gfo)** |  | **See the source image** |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Vegetarian** | **Wheat (gfo)** |  | **See the source image** |  | **See the source image** | **See the source image** |  | **See the source image** | **See the source image** |  |  |  |  |  |
| **Baked Mushroom Gratin & Soldier** | **Wheat (gfo)** |  | **See the source image** | **See the source image** | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Vegan Breakfast** | **Wheat** | **See the source image** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Egg on Sour Dough****Or avocado** | **Wheat (gfo)** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Crispy Potato Hash** | **Wheat** |  |  | **See the source image** |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |
| **Sweet & Savoury****Pancakes** | **Wheat** |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |
| **Warm Croissant** | **Wheat** |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Breakfast sandwich**  | **Wheat** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kids full English** | **Wheat (gfo)** |  | **See the source image** |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Beans on toast** | **Wheat (gfo)** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sweet & Savoury****Pancakes** | **Wheat** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kids vegie breakfast** | **Wheat** |  |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Eggs** |  |  |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |
| **Salmon** |  |  |  |  |  |  |  |  |  |  |  |  | **See the source image** |  |
| **Streaky bacon** |  |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |
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**Please ensure to check the special requirements, allergen and always updated monthly, weekly and daily!**



**Goodliffes Allergen Information**

**Date updated: 27/01/2022 Category: Starters /Tapas**

This table contains the food and drink items we sell that contain allergens; a tick in the box indicates the allergen(s) present.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Allergens Contains Allergens |  |  |  |
| Food or Drink Item | **Cearals** **Containing** **Gluten****e.g. bran,** **wheat, spelt** **(****)****Please State** | **Soya** | **Lupin** | **Celery** | **Milk** | **Egg** | **Sulphites** | **Mustard** | **Sesame** | **Peanuts** | **e.g.** **hazelnuts,** **brazil nuts,** **walnuts****(****)****Please State** | Nuts | **Crustaceans** | **Fish** | **Molluscs** |

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| **Beetroot hummus** | **Wheat (gfo)** |  | **See the source image** |  |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |
| **Olives** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Warm Bread** | **Wheat (gfo)** | **See the source image** |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Starters** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Soup of the Day** | **Wheat (gfo)** | **See the source image** | **See the source image** | **See the source image** | **See the source image** | **See the source image** | **See the source image** | **See the source image** | **See the source image** | **See the source image** | **Check Daily** | **See the source image** | **See the source image** | **See the source image** |
| **Spicy King Prawn Karaage’** | **Wheat** |  |  | **See the source image** |  | **See the source image** |  | **See the source image** | **See the source image** |  |  | **See the source image** |  |  |
| **Ham Hock TERRINE** | **Wheat (gfo)** |  | **See the source image** | **See the source image** |  |  |  | **See the source image** |  |  |  |  |  |  |
| **Mushroom & stilton gratin**  | **Wheat** |  | **See the source image** | **See the source image** | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tapas** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Tempura calamari** |  |  |  | **See the source image** |  | **See the source image** |  | **See the source image** |  |  |  |  |  |  |
| **King Prawn masala**  |  |  |  | **See the source image** |  |  |  | **See the source image** |  | **See the source image** | **Coconut**  | **See the source image** |  |  |
| **Chicken bites**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Breaded pork belly** |  | **See the source image** |  | **See the source image** |  |  |  |  | **See the source image** |  |  |  |  |  |
| **Duck Spring rolls**  | **Wheat**  | **See the source image** |  | **See the source image** |  | **See the source image** |  |  | **See the source image** |  |  |  |  |  |
| **Vegatable pakoras**  |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |  |
| **Grilled Halloumi**  |  |  |  |  | **See the source image** | **See the source image** |  | **See the source image** |  |  |  |  |  |  |
| **Patatas Bravas** |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |  |

 **Please ensure to check the special requirements, allergen and always updated monthly, weekly and daily!**



**Goodliffes Allergen Information**

**Date updated: 27/01/2022 Category: Sandwiches/salad/burger /Kids Menu**

This table contains the food and drink items we sell that contain allergens; a tick in the box indicates the allergen(s) present.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Allergens Contains Allergens |  |  |  |
| Food or Drink Item | **Cearals** **Containing** **Gluten****e.g. bran,** **wheat, spelt** **(****)****Please State** | **Soya** | **Lupin** | **Celery** | **Milk** | **Egg** | **Sulphites** | **Mustard** | **Sesame** | **Peanuts** | **e.g.** **hazelnuts,** **brazil nuts,** **walnuts****(****)****Please State** | Nuts | **Crustaceans** | **Fish** | **Molluscs** |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Sandwiches or Salad** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fish Finger** | **Wheat (gfo)** |  |  | **See the source image** |  |  | **See the source image** |  |  |  |  |  | **See the source image** |  |
| **Smokey C.B.L.T)** | **Wheat (gfo)** |  |  | **See the source image** | **See the source image** | **See the source image** |  | **See the source image** |  |  |  |  |  |  |
| **Med Veg &Hummus Toastie** | **Wheat (gfo)** |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Burger** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **GL Cheeseburger** | **Wheat(gfo)** |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Fully Loaded Dirty Burger** | **Wheat (gfo)** | **See the source image** |  | **See the source image** | **See the source image** | **See the source image** |  |  | **See the source image** |  |  |  |  |  |
| **Peri-Peri chicken Burger**  | **Wheat (gfo)** |  |  | **See the source image** | **See the source image** | **See the source image** |  |  |  |  | **Coconut** |  |  |  |
| **Crispy Halloumi Burger** | **Wheat (gfo)** |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Loaded vegan burger** | **Wheat (gfo)** |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Kids Menu** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Cheesy Garlic bread** | **Wheat (gfo)** |  |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |
| **Breaded Halloumi Fries** |  |  |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |
| **Fish Goujons** |  |  |  |  |  |  |  |  | **See the source image** |  |  |  | **See the source image** |  |
|  **Chicken Bites**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Sausage & chips** | **Wheat** |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |  |
| **Margherita Pizza** | **Wheat** |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |  |
| **Chicken rigatoni pasta baked** | **Wheat** |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |  |
| **Cheeseburger**  | **Wheat**  |  |  |  |  |  |  |  |  |  |  |  |  |  |

 **Please ensure to check the special requirements, allergen and always updated monthly, weekly and daily**



**Goodliffes Allergen Information**

**Date updated: 27/01/2022 Category: Main Courses**

This table contains the food and drink items we sell that contain allergens; a tick in the box indicates the allergen(s) present.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Allergens Contains Allergens |  |  |  |
| Food or Drink Item | **Cearals** **Containing** **Gluten****e.g. bran,** **wheat, spelt** **(****)****Please State** | **Soya** | **Lupin** | **Celery** | **Milk** | **Egg** | **Sulphites** | **Mustard** | **Sesame** | **Peanuts** | **e.g.** **hazelnuts,** **brazil nuts,** **walnuts****(****)****Please State** | Nuts | **Crustaceans** | **Fish** | **Molluscs** |

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| **Main Courses** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Fish & Chips** |  |  |  | * **See the source image**
 |  | **See the source image** |  | **See the source image** |  |  |  |  | **See the source imageSee the source image** |  |
| **Scampi** | **Wheat** |  |  | * **See the source image**
 |  | **See the source image** |  | **See the source image** |  |  |  | **See the source image** |  |  |
| **Cajun Salmon**  |  |  |  |  |  |  |  |  |  |  |  |  | **See the source image** |  |
| **Stuffed Cod Loin**  |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  | **See the source image** | **See the source image** |  |
| **Confit pork belly** | **Wheat (gfo)** |  |  | **See the source image** | **See the source image** |  | **See the source image** |  |  |  |  |  |  |  |
| **Blade of Beef** |  |  |  | **See the source image** |  |  | **See the source image** |  |  |  |  |  |  |  |
| **Vegetable tika masala**  | **Wheat(gfo)** |  |  | **See the source image** |  |  |  | **See the source image** |  | **See the source image** | **Almond /****Coconut** |  |  |  |
| **Pancetta wrapped Chicken** |  |  |  | **See the source image** | **See the source image** | **See the source image** | **See the source image** |  |  |  |  |  |  |  |
| **Duck Breast**  |  | **See the source image** |  | **See the source image** |  |  | **See the source image** |  | **See the source image** |  |  |  |  |  |
| **10oz Rump Steak** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pasta/Risotto**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Butternut squash,courgets, feta cheese rigatoni  | **Wheat** |  |  | **See the source image** |  |  |  |  |  |  |  |  |  |  |
| **Smoked chicken & wild Mushroom Pappadelle**  | **Wheat** |  |  | **See the source image** | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Risotto Verde**  |  |  |  | **See the source image** | **See the source image** |  | **See the source image** |  |  |  |  |  |  |  |
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 **Please ensure to check the special requirements, allergen and always updated monthly, weekly and daily**



**Goodliffes Allergen Information**

**Date updated: 27/01/2022 Category: Desserts/ Sides**

This table contains the food and drink items we sell that contain allergens; a tick in the box indicates the allergen(s) present.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Allergens Contains Allergens |  |  |  |
| Food or Drink Item | **Cearals** **Containing** **Gluten****e.g. bran,** **wheat, spelt** **(****)****Please State** | **Soya** | **Lupin** | **Celery** | **Milk** | **Egg** | **Sulphites** | **Mustard** | **Sesame** | **Peanuts** | **e.g.** **hazelnuts,** **brazil nuts,** **walnuts****(****)****Please State** | Nuts | **Crustaceans** | **Fish** | **Molluscs** |

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| **Desserts**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Vanilla, White Chocolate Cheesecake**  | **Wheat**  |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Triple Chocolate fudge Brownies**  | **Wheat**  |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Sticky Toffee pudding**  | **Wheat**  |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Chocolate, Banana & orange tart**  |  |  |  |  |  |  |  |  | **See the source image** | **See the source image** | Peanuts  |  |  |  |
| **Crumble of the day**  | **Wheat (gfo)** |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Cheese Platter**  | **Wheat**  |  |  |  | **See the source image** |  | **See the source image** |  |  |  |  |  |  |  |
| **Affogato**  | **Wheat (gfo)** |  |  |  | **See the source image** | **See the source image** | **See the source image** |  |  |  |  |  |  |  |
| **Selection of ice cream /sorbet**  |  |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |

This table contains the food and drink items we sell that contain allergens; a tick in the box indicates the allergen(s) present.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Allergens Contains Allergens |  |  |  |
| Food or Drink Item | **Cearals** **Containing** **Gluten****e.g. bran,** **wheat, spelt** **(****)****Please State** | **Soya** | **Lupin** | **Celery** | **Milk** | **Egg** | **Sulphites** | **Mustard** | **Sesame** | **Peanuts** | **e.g.** **hazelnuts,** **brazil nuts,** **walnuts****(****)****Please State** | Nuts | **Crustaceans** | **Fish** | **Molluscs** |

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| **Sides**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Skin on Fries**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Chunky Chips**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Italian fries**  |  |  |  |  | **See the source image** | **See the source image** |  |  |  |  |  |  |  |  |
| **Sweet potato fries**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **House salad**  |  |  |  |  | **See the source image** |  |  | **See the source image** |  |  |  |  |  |  |
| **Seasonal Greens**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Onion Rings**  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Garlic Bread**  | **Wheat (GFO)** |  |  |  |  |  |  |  |  |  |  |  |  |  |

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