**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.

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|  |  |  | 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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| **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!**

Graphical user interface, text

Description automatically generated

**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.

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|  |  |  | 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!**

Graphical user interface, text

Description automatically generated

**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.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 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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| **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** |  |  |  |  |  |  |  |  |  |  |
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| **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**

Graphical user interface, text

Description automatically generated

**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.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  | 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**

Graphical user interface, text

Description automatically generated

**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.

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|  |  |  | 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.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | 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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Graphical user interface, text

Description automatically generated