

# Forge Core Menu - Allergen Information

| Dish Name | Cereals containing Gluten : |               |               |     |        |      |      |             |          |      | Tree Nuts : |      |         |          |        |            |           |            |               |                                 |         |        |         |        |                           |
|-----------|-----------------------------|---------------|---------------|-----|--------|------|------|-------------|----------|------|-------------|------|---------|----------|--------|------------|-----------|------------|---------------|---------------------------------|---------|--------|---------|--------|---------------------------|
|           | Wheat                       | Spelt (Wheat) | Kamut (Wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans    | Milk | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia nut or Queensland nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites |

## For the Table

|                  |   |   |  |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |  |  |   |   |  |
|------------------|---|---|--|---|---|--|--|--|--|--|--|---|---|---|---|---|---|---|---|---|---|--|--|---|---|--|
| Artisan Breads   | ✓ | ✓ |  | ✓ | ✓ |  |  |  |  |  |  | M | M | M | M | M | M | M | M | M | M |  |  | M | ✓ |  |
| Marinated Olives |   |   |  |   |   |  |  |  |  |  |  |   |   |   |   |   |   |   |   |   |   |  |  |   |   |  |

## Home-made Soups

|                             |   |   |  |   |   |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|-----------------------------|---|---|--|---|---|--|--|---|--|--|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Butternut Squash            | ✓ | ✓ |  | ✓ |   |  |  |   |  |  |  | M | M | ✓ | M | M | M | M | M | M | M | M | M | M |   |   | M |   |
| Chicken & Vegetable Broth   | ✓ | ✓ |  | ✓ | ✓ |  |  |   |  |  |  |   | ✓ | ✓ |   |   |   |   |   |   |   | ✓ |   |   | M | ✓ |   |   |
| Clam Chowder                | ✓ | ✓ |  | ✓ |   |  |  | ✓ |  |  |  | ✓ | ✓ |   |   |   |   |   |   |   |   |   |   |   |   |   | M |   |
| Curried Parsnip             | ✓ | ✓ |  | ✓ |   |  |  |   |  |  |  | M | M | ✓ | M | M | M | M | M | M | M | M | M | M |   | ✓ | M | ✓ |
| Leek and Potato             | ✓ | ✓ |  | ✓ |   |  |  |   |  |  |  | M | M | ✓ | M | M | M | M | M | M | M | M | M |   |   |   | M | ✓ |
| Pea and Ham                 | ✓ | ✓ |  | ✓ | ✓ |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   | ✓ |   |   | M | ✓ |   |   |
| Pearl Barley, Kale & Sorrel | ✓ | ✓ |  | ✓ | ✓ |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Scotch Broth                | ✓ | ✓ |  | ✓ | ✓ |  |  |   |  |  |  | M | ✓ | ✓ | M | M | M | M | M | M | M | M | M | ✓ |   | M |   |   |
| Tomato & Mascarpone         | ✓ | ✓ |  | ✓ | ✓ |  |  |   |  |  |  |   | ✓ |   | M | M | M | M | M | M | M | M |   |   |   |   |   |   |
| Vignole                     | ✓ | ✓ |  | ✓ | ✓ |  |  |   |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   | M |   |   |

M = May Contain - High Risk of Cross Contamination at Manufacturing Site

WARNING: SOME DISHES MAY CONTAIN NUTS OR TRACES OF NUTS

Stonegate Pub Company Ltd works to ensure that the ingredient information in this table is accurate. Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products. Due to the nature of our food operation, we cannot fully guarantee that any food will be completely free from these allergens. Product specifications and recipes may change periodically. The data provided is based on the standard garnishes and accompaniments included on the menu. We recommend that you check with us for up-to-date product information before placing your food or drink order.

While we have taken all reasonable steps to ensure that this table is accurate, we cannot guarantee that the product is 100% free from the unintentional presence of allergens arising as a result of cross-contamination. Our kitchens do use allergens, such as nuts, eggs, shellfish, milk and gluten containing products, so it is not possible to entirely guarantee the separation of these items in storage, preparation or cooking. Please inform staff of any food allergies prior to placing your order, even if you have eaten the dish previously, so that every precaution can be taken in the kitchen to prevent cross-contamination.

'Gluten containing ingredients are deep fried using the same fryers as dishes not containing these ingredients, so whilst there may be minimal risk of cross contamination we cannot guarantee the absence of wheat or gluten, which may affect extremely sensitive sufferers'.









