


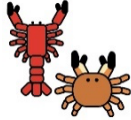
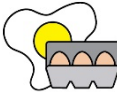
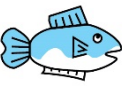
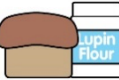






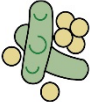



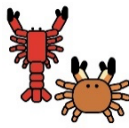
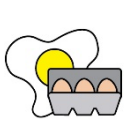
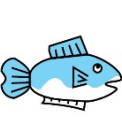











## ISHES AND THEIR ALLERGEN CONTENT Guardsman All Day Main Menu May 2021

														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk (Dairy)	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chilled peas & mint soup														
Goldstein Scottish smoked salmon, caper berries, shallots, crème fraiche, sourdough toast		Wheat			✓		✓							✓
Crispy duck, toasted cashews, watermelon, beansprouts, pickled ginger with five spice dressing GF										Cashews		White Sesame seeds	✓	✓
Spiced Cornish crab on toasted sourdough, guacamole, lemon vinaigrette dressing.		Wheat	✓					✓						✓
Norfolk asparagus, poached Burford brown, hollandaise GF				✓			✓							✓
Heritage tomato salad with burrata, balsamic dressing GF							✓							✓
Caesar Salad.		Wheat		✓			✓							✓

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk (dairy)	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Caesar salad with chicken.		Wheat		✓			✓							✓
Caesar salad with tiger prawns		Wheat	✓	✓			✓							✓
Pan fried east coast cod fillet with garden peas and smoked pancetta. GF					✓		✓							✓
Angus Rib eye steak, King oyster mushroom, beef dripping hand cut chips bearnaise sauce. GF				✓			✓							✓
Dry aged burger, Westcombe cheddar, caramelised onions, sweet potato fries, Guardsman Relish.	✓	Wheat					✓		✓					✓
Roast cornfed chicken breast, crispy pancetta, sweetcorn puree							✓							✓
Asparagus and spring vegetable risotto with bean curd VG GF	✓													✓

