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

DISHES					D°3	lupin Flour	Milk		MUSTARD			HEAM)		WNE
	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					Do.	Lupin Flour	Milk		MUSTARD			SISAM		See WNE
	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	✓													✓

DISHES					D.	Lupin Flour	Milk		MUSTARD			ISSAN ON		WNE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk (dairy)	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Camden hells beer battered haddock, triple cooked chips, crushed peas, tartare sauce		Wheat			✓		✓		✓					✓
Caesar Salad		Wheat		✓			✓							✓
Caesar Salad with Chicken		Wheat		✓			✓							✓
Caesar Salad with tiger prawns		Wheat	✓	✓			✓							✓
Wilted spinach VG GF														
Grilled tender stem broccoli, lemon zest VG GF														
Sweet potato salad fries VG		Trace												
Heritage tomato salad pickled onion, mimosa vinaigrette VG GF														✓