

Whighams Wine Cellars Allergens Information May 2019

The following information is provided as a guide - please discuss with a member of staff if you have any dietary requirements

	GLUTEN	CRUSTACEANS	EGGS	CELERY	MILK	FISH	NUTS	MOLLUSCS	LUPIN	MUSTARD	PEANUTS	SESAME	SOYA	SULPHATES
APPETISERS														
Sourdough bread	yes								yes					yes
Balsamic & olive oil														yes
House Olives														
Almonds							yes							
Hummus & Flatbread vgn w/o Flatbread	yes				yes				yes					yes
STARTERS														
Soup of the day				yes										
Haggis Croquettes	yes		yes	yes	yes				yes	yes				yes
Cullen Skink	yes			yes	yes	yes								
Calamari with soy dip	yes		yes		yes	yes	yes					yes	yes	yes
Mussels of the day (depends on sauce)	yes			yes	yes			yes						
Spring Roll												yes		yes
Fishcake	yes		yes		yes	yes				yes				yes
Smoked salmon	yes				yes	yes			yes			yes		yes
Oysters								yes						
Soya dip												yes	yes	yes
Shallot vinegar														yes
Meat & Cheese Platter	yes			yes	yes				yes	yes				yes
MAINS														
Fish of the day - depending on garnish	yes			yes	yes	yes	yes			yes				yes
Lobster Grilled		yes			yes					yes				yes
Lobster Chilled		yes	yes							yes				yes
Burger	yes		yes		yes				yes	yes				yes
Fish and chips	yes					yes								yes
Goan Fish curry(Diary free w/o Flatbread)					yes	yes								
Hot smoked salmon salad						yes							yes	yes

Grilled lemon sole, caper beurre noisette	yes				yes	yes			yes					
	GLUTEN	CRUSTACEANS	EGGS	CELERY	MILK	FISH	NUTS	MOLLUSCS	LUPIN	MUSTARD	PEANUTS	SESAME	SOYA	SULPHATES
Rib eye steak					yes					yes				yes
Pepper sauce					yes	yes								yes
Garlic butter					yes									
Cauliflower steak	yes				yes				yes					
Seafood Platter		yes				yes								
Lamb Casserole	yes		yes	yes	yes				yes					
Linguini Puttanesca	yes		yes						yes					yes
Linguini Puttanesca With prawns	yes	yes	yes						yes					yes
SIDES														
Buttered baby Potatoes					yes									
Fries														
Mixed salad				yes						yes				yes
Rocket & Parmesan salad					yes									
Charred baby leeks					yes									
Sauteed seasonal vegetables					yes									
DESSERTS														
Ice cream			yes		yes									
Sorbets														
Sticky Toffee Pudding	yes		yes		yes				yes		yes			yes
Selection of Scottish Cheeses	yes			yes	yes									
Strawberry & Lime Cheesecake	yes				yes		yes		yes					
TAPAS														
Sourdough with oil and Balsamic	yes													yes
Skinny fries with aioli or spicy ketchup	yes		yes	yes	yes					yes				yes
Padron peppers														
Chipolatas with honey & thyme	yes		yes	yes					yes	yes			yes	yes
Cod croquettes	yes		yes		yes	yes			yes					
Calamari with aioli	yes		yes			yes				yes				