

| SAMPHIRE Allergen Menu | 1. Celery | 2. Cereals Containing Gluten | 3. Crustaceans | 4. Egg | 5. Fish | 6. Lupin | 7. Milk | 8. Molluscs | 9. Mustard | 10. Tree Nuts | 11. Peanuts | 12. Sesame Seeds | 13. Soya | 14. Sulphur Dioxide | 15. onion, garlic, chives, leek |
|---|-----------|------------------------------|----------------|--------|---------|----------|---------|-------------|------------|---------------|-------------|------------------|----------|---------------------|---------------------------------|
| Oysters - Natural (gf,df) | | | | | | | | ✓ | | | | | | ✓ | ✓ |
| Oysters - Tempura(df) | | | ✓ | | ✓ | | | ✓ | | | | ✓ | ✓ | ✓ | ✓ |
| Caviar, milk toast | | wheat | | ✓ | ✓ | ✓ | ✓ | | | | | | | | ✓ |
| Beef Tartare & Caviar, milk toast | | wheat | | | ✓ | ✓ | ✓ | | ✓ | | | | | | ✓ |
| STARTERS | | | | | | | | | | | | | | | |
| Beef Tartare(gfc,df) | ✓ | wheat | | ✓ | ✓ | ✓ | | | ✓ | | | | | ✓ | ✓ |
| Hen Egg (v) | | wheat | | ✓ | | ✓ | ✓ | | | | | | | ✓ | ✓ |
| Salmon belly (gf) | | | | ✓ | ✓ | | | | | | | ✓ | ✓ | ✓ | ✓ |
| Smoked salmon(gfc) | | wheat | | ✓ | ✓ | | ✓ | | | | | | | ✓ | ✓ |
| Truffle Linguine | | wheat | | ✓ | | ✓ | ✓ | | | | | | | | ✓ |
| Chicken liver Parfait (n) | | wheat | | ✓ | | | ✓ | | | hazelnuts | | | | ✓ | ✓ |
| Scallops (gf) | | | ✓ | ✓ | ✓ | | ✓ | ✓ | | | | | | ✓ | ✓ |
| Lobster & Chicken Ravioli | ✓ | wheat | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | ✓ | ✓ |
| MAINS | | | | | | | | | | | | | | | |
| Duck Breast | ✓ | | | | | | ✓ | | | | | | | | ✓ |
| Cauliflower, bulgur, buffalo sauce (v) | | wheat | | | | ✓ | ✓ | | | | | | | ✓ | |
| Rib Eye Steak (gf) | ✓ | | | | | | ✓ | | | | | | | ✓ | ✓ |
| Monkfish, masala,almonds, mango(gf,n) | | | ✓ | | ✓ | ✓ | ✓ | | | almond | | ✓ | ✓ | ✓ | ✓ |
| Lemon sole, lobster sauce | ✓ | wheat | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | ✓ | ✓ |
| Pollock, sabayon (gf) | | | | ✓ | ✓ | | ✓ | | ✓ | | | | | ✓ | ✓ |
| Pork, lardo | ✓ | | | | | | | | ✓ | | | | | ✓ | ✓ |
| Cote de Boeuf, chicken fat fries, cauliflower | ✓ | wheat | | ✓ | | ✓ | ✓ | | ✓ | | | | | ✓ | ✓ |
| Beef Fillet, Café de Paris | ✓ | | ✓ | | ✓ | | ✓ | | ✓ | | | | | ✓ | ✓ |
| SIDES | | | | | | | | | | | | | | | |
| Hand cut chips (gf,v, ve, df) | | | | | | | | | | | | | | | |
| Hispi (v, gf) | | | | | | | ✓ | | | | | | | | |
| Tenderstem (v, gf) | | | | | | | ✓ | | | | | | | | |
| Charlotte potatoes (v,gf) (v,gf) | | | | | | | ✓ | | ✓ | | | | | | ✓ |
| Little Gem Salad (gf, v) | | | | | | | | | | | | | | ✓ | ✓ |
| DESSERTS | | | | | | | | | | | | | | | |
| Cheese, tomato chutney | ✓ | Wheat/Rye | | | | | ✓ | | | | | ✓ | | ✓ | ✓ |
| Blackberry & Tonka (n,v) | | Wheat | | ✓ | | ✓ | ✓ | | | | | | | | |
| White Chocolate & coconut (n,gf,v) | | | | ✓ | | | ✓ | | | Macadamia | | | | ✓ | |
| Kinder Bueno (n) | | Wheat | | ✓ | | ✓ | ✓ | | | Hazelnut | | | | | |
| Pistachio Souffle | | | | ✓ | | | ✓ | | | Pistachio | | | | | |

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|------------------------------|-----------|------------------------------|----------------|--------|---------|----------|---------|-------------|------------|---------------|-------------|------------------|----------|---------------------|---------------------------------|
| VEGAN MENU | | | | | | | | | | | | | | | |
| Grilled Maitake Vegan (gf) | | | | | | | | | | | | | | ✓ | ✓ |
| Artichoke Linguine Vegan | | Wheat | | | ✓ | | | | | | | | ✓ | ✓ | ✓ |
| Jersey Squash Vegan (n) | ✓ | | | | | | | | | Hazelnut | | | | | ✓ |
| Chocolate Vegan (n,gf) | | | | | | | | | | Hazelnut | | | ✓ | | |
| | | | | | | | | | | | | | | | |
| BAR SNACKS | | | | | | | | | | | | | | | |
| Linguni Carbonara | | Wheat | | | ✓ | ✓ | | | | | | | | | |
| Garden salad | | | | | | | | ✓ | | | | | | ✓ | ✓ |
| Crispy anchovies | | | | ✓ | | | | | | | | | | | |
| Fish & Chips | | | | ✓ | | | | ✓ | | | | | | | ✓ |
| Smoked salmon | | Wheat | | ✓ | | | | | | | | | | | |
| Serrano ham | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| BREAKFAST | | | | | | | | | | | | | | | |
| English breakfast | | Wheat | | ✓ | | | ✓ | | | | | | | ✓ | ✓ |
| Eggs Benidict | | Wheat | | ✓ | | | ✓ | | | | | | | ✓ | ✓ |
| Eggs Royal | | Wheat | | ✓ | | | ✓ | | | | | | | ✓ | ✓ |
| Eggs Florentine | | Wheat | | ✓ | | | ✓ | | | | | | | ✓ | ✓ |
| Hash brown, duck egg | | Wheat | | ✓ | | | ✓ | | | | | | | ✓ | ✓ |
| Avocado, sumac | | Wheat | | | | | | | | | | | | | ✓ |
| Shakshuka | | Wheat | | ✓ | | | ✓ | | | | | | | | ✓ |
| Smoked Salmon, scrambled egg | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| Pancakes, Blueberry | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| Pancakes, Bacon, maple | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| Pancakes, Butter, maple | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| French Toasts, Blueberry | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| French Toast, bacon, maple | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| French toast, Butter, maple | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| Pistachio Crossiant | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| Yoghart, granola | | | | | | | ✓ | | | | | | | ✓ | |
| Porridge, Raspberry, creme | | | | | | | ✓ | | | | | | | | |
| Butter Crossiant | | Wheat | | ✓ | | | ✓ | | | | | | | | |
| Seasonal fruits | | | | | | | | | | | | | | | |

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