

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			✓	✓	✓								✓
Crab & Caviar, milk toast		wheat	✓		✓	✓	✓								✓
STARTERS															
Beef Tartare(gfc)		wheat		✓	✓	✓	✓		✓					✓	✓
Burrata & asparagus (v)		wheat				✓	✓							✓	✓
Swordfish (gf)			✓		✓								✓	✓	✓
Smoked salmon		wheat		✓	✓	✓	✓		✓					✓	✓
Truffle Linguine		wheat		✓		✓	✓								✓
Chicken liver Parfait (n)		wheat		✓			✓			hazelnuts				✓	✓
Scallops (gf,n)	✓				✓		✓	✓		almonds				✓	✓
Crab Agnolotti	✓	wheat	✓	✓	✓	✓	✓	✓						✓	✓
MAINS															
Duck Breast	✓						✓							✓	✓
Gnocchi (v,n)	✓	wheat		✓		✓	✓			hazelnut				✓	✓
Rib Eye Steak (gf)	✓						✓						✓	✓	✓
Monkfish, masala,almonds, mango(gf,n)			✓		✓	✓	✓			almonds	✓	✓	✓	✓	✓
Lemon sole, Champagne sauce	✓		✓		✓		✓							✓	✓
Jersey Bream (gf)	✓		✓		✓		✓	✓						✓	✓
Lamb rack (gf)	✓						✓		✓					✓	✓
Cote de Boeuf, romesco, peppers, Royals	✓						✓		✓	almonds				✓	✓
Beef Fillet, rosti, peppercorn	✓						✓		✓					✓	✓
SIDES															
Hand cut chips (gf, ve)															
Hispi (v, gf)							✓								
Tenderstem, blue cheese (v, gf)							✓								
Charlotte potatoes (v,gf)							✓		✓						✓
Salad, aged balsamic (gf, ve)														✓	✓
DESSERTS															
Cheese, tomato chutney	✓	Wheat/Rye					✓					✓		✓	✓
Honey & chamomile		Wheat		✓		✓	✓								
Raspberry & white chocolate (gf)				✓			✓								
Kinder Bueno (n)		Wheat		✓		✓	✓			Hazelnut					
Pineapple Souffle				✓			✓								

Please let your server know of any allergies or intolerances before placing your order. Not all ingredients are listed on the menu and, whilst we have kitchen protocols in place, we cannot guarantee the total absence of allergens and cross-contamination in our kitchens. If you have any questions please do ask one of our team.

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<b>VEGAN MENU</b>															
Grilled Maitake Vegan (gf)														✓	✓
Artichoke Linguine Vegan		Wheat			✓								✓	✓	✓
Roasted Romanesco (n)										Hazelnut					✓
Chocolate Vegan (n,gf)										Hazelnut			✓		
<b>BAR SNACKS</b>															
Linguni Carbonara		Wheat			✓		✓								
Garden salad									✓					✓	✓
Crispy anchovies					✓										
Fish & Chips					✓				✓						✓
Smoked salmon		Wheat			✓										
Serrano ham															
<b>BREAKFAST</b>															
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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