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)								✓						✓	✓
Oysters - Tempura (gf)			✓		✓			✓				✓	✓	✓	✓
Sea Bass Ceviche (gf)					✓					Almond					✓
Smoked salmon (gf)					✓		✓								✓
Tuna Tartare (gf)					✓										✓
Salt Baked Beetroot (v)		Wheat		✓		✓	✓							✓	✓
Beef tartare	✓			✓	✓				✓					✓	✓
Beef tartar with 'nudja					✓		✓		✓					✓	✓
Truffle Linguinie		Wheat		✓		✓	✓								✓
Duck Liver Parfait		Wheat		✓		✓	✓							✓	✓
Scallops (gf)	✓		✓				✓	✓						✓	✓
Jersey Crab (gf)		Wheat	✓	✓		✓			✓					✓	✓
Lobster Linguini	✓	Wheat	✓	✓	✓	✓	✓								✓
Maitake Mushroom, Serrano(vc,gf)				✓			✓								
Grilled Maitake Mushroom (ve)														✓	✓
Duck Breast (gf)	✓						✓							✓	✓
Cauliflower (v,gf,n)							✓			Almond				✓	✓
John Dory (gf)			✓	✓	✓		✓	✓						✓	✓
Whole Plaice		✓		✓	✓	✓	✓		✓					✓	✓
Venison (gf)	✓						✓								✓
Rib eye Steak (gf)							✓								
Cote de beouf, onion rings, Caeser salad	✓			✓		✓	✓		✓					✓	✓
Beef fillet (gf)														✓	
Blue cheese sauce (gf)							✓		✓						✓
Pepper sauce (gf)	✓						✓		✓					✓	✓
Bernaise (gf)				✓			✓							✓	✓
Lobster Thermidor	✓	Wheat	✓	✓		✓	✓		✓						✓
Beef Rossini	✓	Wheat				✓								✓	✓
Hand cut chips (ve,gf)															
Green beans (v,gf)							✓								✓
Tenderstem (ve,gf)															
Charlotte Potatoes (v,gf)							✓								✓
Tomato salad (ve,gf)														✓	✓
Cheese, tomato chutney (n)	✓	Wheat + Rye					✓			Pecan + walnuts		✓		✓	✓
Brown butter financier (n,gf)				✓		✓	✓			Almond					
Chocolate & coffee (gf)							✓								
Banana Delice (v,n)		Wheat		✓		✓	✓			Pecan					
Orange Souffle (v)		Wheat		✓		✓	✓								
Chocolate Vegan										Hazelnut			✓		
Charcuterie Board	✓	Wheat				✓	✓			Walnuts & almonds				✓	✓
Cheese board	✓	Wheat				✓	✓			Walnuts & almonds				✓	✓
Truffle fries				✓					✓					✓	
Ceaser salad		Wheat			✓				✓					✓	✓

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
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		✓			✓								
Pistachio Crossiant		Wheat		✓			✓			Pistacchio					
Butter Crossiant		Wheat		✓			✓								
Seasonal fruits															