

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								✓						✓	✓
Oyster - Marinated	✓					✓								✓	✓
Oysters - Tempura	✓					✓		✓					✓	✓	✓
Smoked salmon					✓									✓	✓
Bream	✓				✓	✓								✓	✓
Scallop crudo					✓			✓					✓	✓	✓
Beetroot							✓							✓	
Beef tartare	✓	Wheat		✓	✓				✓					✓	✓
Truffle Linguinie		Wheat		✓		✓	✓							✓	✓
Foie gras		Wheat		✓		✓	✓						✓	✓	✓
Scallops	✓		✓				✓	✓						✓	✓
CornFedChicken	✓			✓	✓				✓					✓	✓
Tortellini	✓	Wheat	✓	✓	✓	✓	✓	✓						✓	✓
Asparagus				✓			✓			hazelnut					
Duck Breast	✓						✓							✓	✓
Aubergine														✓	✓
Cod	✓				✓		✓	✓						✓	✓
Lemon sole					✓		✓							✓	✓
Beef rib eye fillet	✓						✓		✓					✓	✓
Cote de beouf, romesco, aioli,babaghanoush, Royals	✓			✓		✓	✓		✓	almond				✓	✓
Sweetbread & Lobster	✓	Wheat	✓	✓		✓	✓		✓					✓	✓
Beef rossini	✓	Wheat				✓								✓	✓
Spring Carrot	✓						✓			walnut				✓	✓
Hand cut chips															
Runner Beans														✓	
fricassee														✓	✓
Jersey royals							✓							✓	✓
Green Salad									✓					✓	✓
Cheese, tomato chutney	✓	Wheat Rye					✓			Pecan walnuts		✓		✓	✓
Chocolate & Coconut				✓		✓	✓			Almond					
White Chocolate & Lime		Wheat		✓		✓	✓							✓	
Mango Basil				✓		✓	✓								
Raspberry Souffle		Wheat		✓		✓	✓								
Watermelon															
Charcuterie Board	✓	Wheat				✓	✓			Walnuts almonds				✓	✓
Cheese board	✓	Wheat				✓	✓			Walnuts almonds				✓	✓
Truffle fries				✓					✓					✓	
Caesar salad		Wheat			✓				✓					✓	✓
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		✓			✓								
Butter Crossiant		Wheat		✓			✓								
Seasonal fruits															0