





		VEGETARIAN	VEGAN	DAIRY FREE	GLUTEN FREE	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SEASAME SEEDS	SOYA	SULFUR DIOXIDE	
KIDS	MAINS	Kid's fish & chips, petit pois, tommy K					✓		✓	✓		✓								
		Baby bangers & mash, tenderstem broccoli, gravy					✓	✓					✓							
		Mac & cheese, cherry tomatoes	✓					✓		✓			✓							
		Herby chicken soldiers, new potatoes, peas						✓		✓			✓							
	PUDDING	Flourless chocolate cake, clotted cream	✓			✓				✓			✓							
		Jelly & ice cream	✓			✓				✓			✓							
		Banana split, caramel sauce	✓										✓							
OTHER	SIDES	Artisan bread & butter	✓				✓													
		Sautéed tenderstem broccoli	✓			✓						✓								
		Wild garlic mash	✓			✓							✓							
		Spring Salad	✓			✓			✓				✓							
		Broad beans & Nigella seeds	✓			✓							✓							
		Rosemary baby new potatoes	✓			✓							✓							
		Skinny fries	✓	✓	✓			✓												
	BREAKFAST	Toast with South Downs butter and preserves	✓					✓					✓							
		TMH breakfast with Park Farm sausage and bacon, free-range eggs, grilled mushroom, tomato and toast						✓		✓			✓							
		Vegetarian breakfast with free-range eggs, sautéed potato, grilled mushroom, tomato, wilted spinach and toast	✓					✓		✓			✓							
		Continental breakfast with muesli topped with berry compote, natural yoghurt with croissant, pain au chocolat	✓			✓							✓			✓	✓			✓
		Free-range fried, scrambled or poached eggs on toast	✓		✓					✓										
		Bacon or sausage bap with red or brown sauce											✓							
		Homemade muesli topped with berry compote and Northiam Dairy natural yoghurt	✓			✓							✓			✓	✓			✓
Croissants or pain au chocolat with South Downs butter and preserves	✓										✓									
Fresh fruit salad with Northiam Dairy natural yoghurt	✓			✓							✓									

**Compatibility Report for TMH Allergens Christmas 2016.xlsx**

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