Dish	Cereals containing gluten	Celery	Eggs	Fish Crustaceans and Molluscs	Milk	Mustard	Peanuts	Other Nuts	Sesame Seeds	Soya	Sulphur Dioxide and Sulphites	Lupin Seeds and Flour
Soup – *Scotch Broth*	√	√										
Soup – *Golden Vegetable*	√	√										
Soup – *Bacon/sweetcorn chowder*					√							
Soup – *Cream of Tomato*		√			√						√	
Soup – *Potato Soup*	√	√									√	
Soup – *Cream of Chicken*	√	√			√							
Soup – *Chicken Noodle Soup*	√	√	√							√		
Soup – *Lentil*	√											
Soup – *Mushroom*			√		√							
Starter – Satay Skewers							√					
Starter – Pate	√				√	√		√				
Starter – Sweet potato cake					√					√		
Starter – Prawn Cocktail			√	√		√					√	
Starter – Beetroot Salmon	√				√				√			
Starter – Cullen Skink				√	√						√	
Starter – Duck & orange salad						√						
Starter – Mini Camembert	√				√						√	
Main – Roast Chicken	√	√	√		√	√				√	√	
Main – Korean Chicken	√							√	√			
Main – Winter vegetable risotto					√ Coconut milk							
Main – Canellonni	√				√							
Main – Mediterranean Seabass				√								
Main – Pork Loin	√				√	√						
Main – Venison Bourguignon						√						
Main – Roast Beef	√		√		√	√						
Main – Club Sandwich	√		√		√	√						
Main – Haggis Burger	√		√		√				√			
Main – Bacon/Cheese Burger	√		√		√				√			
Main - Blue Cheese Burger	√		√		√				√			
Main – Macaroni Bake	√		√		√							
Main – Breaded Scampi	√		√	√	√							√
Main – Teriyaki Beef/Chicken	√				√	√				√		
Main - Haddock Fillet	√		√	√	√							√
Main – Mangalore Curry				√		√						

Dish	Cereals containing gluten	Celery	Eggs	Fish Crustaceans and Molluscs	Milk	Mustard	Peanuts	Other Nuts	Sesame Seeds	Soya	Sulphur Dioxide and Sulphites	Lupin Seeds and Flour
Main – Cajun Chicken	√				√					√		
Main – Gammon Platter			√			√					√	
Main – Chicken Platter			√			√					√	
Main – Salmon Platter			√	√		√					√	
Main – Beef Platter			√			√					√	
Main – Prawn Platter			√	√		√					√	
Main – Cheese Salad			√		√	√					√	
Lunch- Baked Potato (Cajun veg)	√		√		√	√				√	√	
Lunch- Baked Potato (Cheese)			√		√	√					√	
Lunch- Baked Potato (Prawn)			√	√		√					√	
Lunch- Baked Potato (Haddock)	√			√	√						√	
Lunch- Baked Potato (tuna Mayo)				√	√							
Lunch – panini bacon & brie	√				√							√
Lunch – tuna & cheese	√		√	√	√							√
Lunch – panini (chicken, cheese & stuff)	√		√		√							√
Sides – Garlic Mushrooms					√						√	
Sides – Sweet Potato Fries		√										√
Sides - Coleslaw			√			√						
Sides – Side Salad			√			√					√	
Sides – Port & Red wine sauce	√	√				√						
Sides – Diane Sauce	√	√		√	√	√						
Sides – Peppered Sauce	√	√			√	√						
Sides – Blue cheese sauce	√	√			√	√						√
Sides – Garlic Butter					√							
Desserts- Baileys Choux Buns	√		√									
Desserts- Pistachio Sundae			√		√		√			√		
Desserts- lemon sponge	√		√		√							√
Desserts- Sticky toffee pudding	√		√		√							√
Desserts- vegan sticky toffee										√		
Desserts- Rhubart & custard tart	√		√		√							√
Desserts- Gateau	√		√		√							
Desserts- Ice-cream selection					√							
Desserts- Cheeseboard	√				√				√			
Desserts- sorbet												

Dish	Cereals containing gluten	Celery	Eggs	Fish Crustaceans and Molluscs	Milk	Mustard	Peanuts	Other Nuts	Sesame Seeds	Soya	Sulphur Dioxide and Sulphites	Lupin Seeds and Flour
KIDS – Tomato Soup					√							
KIDS – Melon Balls												
KIDS – Sausages & Chips	√											√
KIDS – Chicken Strips	√											√
KIDS – Mini Pizza	√				√							√
KIDS – Cheesy Pasta	√		√		√							√
KIDS – Mini Fish	√		√	√	√							√
KIDS – Raspberry Sponge	√		√		√			√				
KIDS – Jelly & icecream					√							
High Tea – Liver & Bacon												
High Tea – Macaroni Bake	√		√		√	√						√
High Tea – Gammon Steak												
High Tea – Sausage, bacon etc	√		√									√
High Tea – Smoked Haddock			√	√	√							