✓ Contains
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Menu Allergens Book: **CHALK RESTAURANT**
Downloaded: **November 21, 2022**

Menu item	Validated	Celery	**Cereals containing gluten**	Barley	Kamut	Oats	Rye	Spelt	Wheat	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	**Nuts**	Almond	Brazil nut	Cashew nut	Hazelnut	Macadamia nut	Pecan nut	Pistachio nut	Queensland nut	Walnut	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide and sulphites
BREAKFAST SNACKS & PASTRIES																														
Bacon & Egg Brioche	★		✓	●	●	●	✓	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Plain Croissant	★		✓	✓	✓	✓	✓	✓	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Sausage & Egg Brioche	★		✓	●	●	●	✓	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	✓
Sausage Roll	★		✓	✓	✓	✓	✓	✓	✓		✓					✓														✓
Almond Croissant - B	★		✓	●		●	●	●	✓		✓			✓			✓	✓			●								●	
Croissant - B	★		✓	✓	✓	✓	✓	✓	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Pain Au Chocolate - B	★		✓	●		●	●	●	✓		✓			✓			●	●			●								✓	
Pain au Raisin - B	★		✓						✓		✓			✓			●	●			●								●	
BREAKFAST SIDES																														
Add Salmon Smoked - B	★											✓																		
Add Tomato Grilled - B	★																													
Another Egg - B	★										✓																			
Avocado - B	★																													
Bacon - B	★																													
Haloumi - B	★													✓																
Hash Browns - B	★		●						●		●			●																
Sausage - B	★																													✓
Scambled Eggs - B	★										✓																			
Side Black Pudding - B	★		✓	✓		✓			✓																					
Side Toast & Preserves - B	★		✓						✓					✓															●	
Side Toast & Preserves - (no butter)	★		✓						✓																				●	

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BREAKFAST COOKED																														
Bourbon Butter Pancake - B	★													✓															✓	
Corned Beef Hash - B	★		✓	✓	✓	✓	✓	✓	✓		✓	✓		●															●	
Eggs Benny - B	★		✓	●	●	●	●	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	✓
Eggs Florentine	★	●	✓	●	●	●	●	●	✓		✓			✓		●	●	●	●	●	●	●	●	●	●	●		●	●	✓
Eggs On Toast	★		✓						✓		✓																		●	
Eggs Royale	★		✓	●	●	●	●	●	✓		✓	✓		✓			●	●	●	●	●	●	●	●	●	●		●	●	✓
Full English - B	★		✓						✓		✓			✓		✓													●	✓
Full English - Dairy Free (ask for no butter)	★		✓						✓		✓					✓													●	✓
Full English - GF & DF (ask for GF Bread and NO Butter)	★										✓					✓														✓
Jalapeño Cornbread	★		✓						✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Nutella French Toast	★		✓	●	●	●	●	●	✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●	✓	
Pancakes - Maple Syrup	★																												✓	
Pancakes - Winter Berry	★																												✓	
Porridge - cinnamon, apple & maple syrup - B	★		✓	✓	✓	✓	✓	✓	✓																					
Smashed Bagel - B	★		✓	✓					✓		✓			✓		✓												●		✓
Smoked Salmon Bagel - B	★		✓	✓					✓		✓	✓																●		✓
Soft Boiled Eggs - B	★		✓	●	●	●	●	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Truffled Scrambled Eggs - B	★	●	✓						✓		✓			✓		●													●	●
Veggie Breakfast - B	★		✓						✓		✓			✓		✓													✓	✓

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LUNCH SNACKS																														
Bread For 2	★								✓		●			✓			●											●	●	✓
Bread For 2 (no butter)	★								✓		●			●			●											●	●	✓
Chicken Popcorn	★													✓																
Falafel Bites	★																											✓		✓
Fried Halloumi	★													✓		✓														✓
Marinated Olives Snack - L	★																													
Pita Bread & Houmous	★		✓						✓																			✓	✓	✓
Pita Bread & Mackrel Pate	★		✓						✓		✓	✓		✓															✓	✓
LUNCH STARTERS																														
Goats Cheese Panna Cotta	★		✓	✓										✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			✓
Ham Hock Terrine	★		✓	●	●	●	●	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Mackerel	★											✓																	✓	
Sweet Potato Soup	★													✓																✓
Sweet Potato Soup - no coriander cream garnish	★																													
Cobb Salad - L	★		✓	●	●	●	●	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Goats Cheese & Baked Beetroot Salad - L	★													✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			✓
Roasted Pumpkin	★															✓														✓
Sweet Potato Falafel Salad	★													✓		✓														✓

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LUNCH SANDWICHES & WRAPS																														
Chalk Club - L	★		✓						✓		✓					✓													●	
Chicken Wrap - L	★													✓		✓														✓
Halloumi Wrap	★		✓						✓					✓		✓												✓		✓
Marinated Aubergine - L	★		✓						✓					✓															●	
Reubens - L	★	✓	✓						✓		✓			✓		✓													●	✓
Shrimp Sourdough	★	✓	✓						✓	✓	✓	✓			✓	✓													●	✓
LUNCH MAINS & SIDES																														
10oz Sirlion Steak	★																													✓
Barnsley Lamb Chop - L	★																													✓
Beef Burger	★	✓	✓	●	●	●	✓	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Buttermilk Fried Chicken Burger - L	★	✓	✓	●	●	●	✓	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Chicken Supreme - L	★																												✓	✓
Fish & Chips - L	★										✓	✓				✓														
Gnocchi - L	★		✓						✓		●			✓															●	
Pork Ribeye	★																													✓
Ribeye of Beef	★																													✓
Tiger Prawn & Mussel Rigatoni - L	★	●	✓	✓	✓	✓	✓	✓	✓	✓					✓	●													●	✓
Sea Bass - L	★	●								✓		✓		✓		●														✓
Vegan Burger - L	★		✓	✓		✓			✓																		●		✓	✓
Vegan Burger Patty L *	★		✓	✓		✓			✓																		●		✓	

* water, vegetables (oyster mushrooms, mushrooms, onion), vegetable oil (coconut), vegetable protein (Soya protein, Soya protein isolate, pea protein isolate), Wheat gluten, natural flavouring, starch (Wheat), Oat fibre, thickener (methyl cellulose), Barley malt extract, vinegar, colour (beetroot red), salt, preservative (lactic acid), vitamin B12.

Add Falafel - L (4pcs)	★																														
Side Fries - D	★																														
Side Sweet Potato Fries - D	★																														

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DINNER STARTERS																														
Bread Starter	★		✓						✓		●			✓			●	●	●	●	●	●	●	●	●	●		●	●	✓
Goats Cheese Panna Cotta	★		✓	✓										✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			✓
Haddock Press	★		●	●	●	●	●	●	●		✓	✓				✓														✓
Ham Hock Terrine - D	★		✓	●	●	●	●	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Mackerel - D	★											✓																	✓	
Olives Starter	★																													
Pigeon Breast	★													✓																
Pumpkin Tortolloni	★		✓						✓					✓		✓														✓
Seared Scallops - D	★													✓	✓															✓
Sweet Potato Soup	★													✓																✓
Sweet Potato Soup - no cream	★																													
Menu item	Validated	Celery	**Cereals containing gluten**	Barley	Kamut	Oats	Rye	Spelt	Wheat	Crustacean shellfish	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	**Nuts**	Almond	Brazil nut	Cashew nut	Hazelnut	Macadamia nut	Pecan nut	Pistachio nut	Queensland nut	Walnut	Peanuts	Sesame seeds	Soybeans	Sulphur dioxide and sulphites
DINNER MAINS																														
10oz Sirloin Steak - D	★																													✓
8oz Ribeye Of Beef - D	★																													✓
Barnsley Lamb Chop - L	★																													✓
Beef Burger TA	★	✓	✓	●	●	●	✓	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Beef Cheek Roulade	★	●												✓		●														✓
Chicken Burger - D	★	✓	✓	●	●	●	✓	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Chicken Supreme - D	★																												✓	✓
Fish & Chips - D	★										✓	✓				✓														
Gnocchi	★		✓						✓		●			✓															●	
Gnocchi - D	★	●	✓	✓	✓	✓	✓	✓	✓	✓					✓	●													●	✓
Guinea Fowl -D	★													✓															✓	✓
Jus	★	✓																												✓
Peppercorn Sauce	★													✓																✓
Ribeye of Pork - D	★																													✓
Sea Bass	★	●								✓		✓		✓		●														✓
Vegan Burger - D	★		✓	✓		✓			✓																		●		✓	✓
* water, vegetables (oyster mushrooms, mushrooms, onion), vegetable oil (coconut), vegetable protein (Soya protein, Soya protein isolate, pea protein isolate), Wheat gluten, natural flavouring, starch (Wheat), Oat fibre, thickener (methyl cellulose), Barley malt extract, vinegar, colour (beetroot red), salt,																														
Wild Mushroom & Barley 'Risotto'	★	✓	✓	✓										✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			✓

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SUNDAY STARTERS																														
Bread Basket For 2	★		✓						✓		●			✓			●	●	●	●	●	●	●	●	●	●		●	●	✓
Chicken Popcorn	★													✓																
Falafel Salad Sml - SL	★													✓		✓														✓
Fried Halloumi - SL	★													✓		✓														✓
Goats Cheese Panna Cotta - SL	★		✓	✓										✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			✓
Ham Hock Terrine - SL	★		✓	●	●	●	●	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Marinated Olives - SL	★																													
Pita & Houmous - SL	★		✓						✓																			✓	✓	✓
Pumpkin Salad Sml - SL	★															✓														✓
Smoked Haddock - SL	★		●	●	●	●	●	●	●		✓	✓				✓														✓
Sweet Potato Soup	★													✓																✓
SUNDAY MAINS																														
Barnsley Chop	★																													✓
Beef Burger	★	✓	✓	●	●	●	✓	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Chicken Burger	★	✓	✓	●	●	●	✓	●	✓		✓			✓		✓	●	●	●	●	●	●	●	●	●	●		●	●	✓
Gnocchi	★		✓						✓		●			✓															●	
Roast Chicken	★		✓	✓	✓	✓	✓	✓	✓		✓			✓															✓	✓
Roast Lamb	★		✓	✓	✓	✓	✓	✓	✓		✓			✓															✓	✓
Roast Pork Loin - SL	★		✓	✓	✓	✓	✓	✓	✓		✓			✓															✓	✓
Sea Bass - D	★	●								✓		✓		✓		●														✓
Sirloin of Beef	★		✓	✓	✓	✓	✓	✓	✓		✓			✓															✓	✓
Vegan Burger	★		✓	✓		✓			✓																		●		✓	✓
Bread For 2	★		✓						✓		●			✓			●	●	●	●	●	●	●	●	●	●		●	●	✓

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CHILDRENS MENU																														
Kid Pancake	★																												✓	
Kids Egg On Toast	★		✓						✓		✓																		●	
Kids Mini English	★	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?	?
Kids Porridge	★		✓	✓	✓	✓	✓	✓	✓																					
Kids Soldiers and Toast	★		✓	●	●	●	●	●	✓		✓			✓			●	●	●	●	●	●	●	●	●	●		●	●	
Kids Soup	★		✓						✓																				●	
Kids Plain Chicken & Veg	★													✓																✓
Kids Bangers & Mash	★													✓																✓
Kids Cheeseburger	★		✓						✓					✓															✓	✓
Kids Chicken Goujon	★													✓																
Kids Crudites	★																											✓		✓
Kids Fish Sandwich	★		✓						✓		✓	✓				✓													✓	
Kids Cookie & Ice Cream - L	★										✓			✓															✓	

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DESSERTS																														
Brownie & Ice Cream	★										✓			✓															✓	
Brownie (only)	★										✓			✓															✓	
Chalkboard	★		✓	✓					✓					✓		✓														✓
Chalkboard - D Gluten Free (serve without Chutney)	★													✓																
Cookies & Ice Cream	★										✓			✓															✓	
Dark Chocolate Cake	★										✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●		✓	✓
Ganache Tart	★										✓			✓			✓	●	●	●	●	●	●	✓	●	●	●		✓	
Passion Fruit Delice	★		✓	✓	✓	✓	✓	✓	✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●		✓	
Roast Plum & Apple Cinnamon Crumble - L	★													✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			
Red Bush Creme Brulee - D	★										✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	●			