

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
nags head tapas - smoked tomatoes															
nags head tapas - balsamic borretane onions														Y	
Nags head Tapas - marinated mixed peppers															
nags head tapas - stuffed cherry red pepers										Y					
Nags tapas - base board	Y Whe							Y					Y	Y	
Nags tapas - cured italian meats															
nags tapas - extra flatbread	Y Whe							Y							
nags tapas - extra houmous													Y		
Nags tapas - extra olives														Y	
Nags tapas - marinated artichokes															
nags outside 10oz sirloin steak															
nags outside 8oz rump steak															

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nags outside 6oz fillet															
Diavolo Pizza	Y Unknown									Y					
Funghi Pizza, Garlic & Truffle Butter, Portobello Mushrooms, Spinach, Parsley and Olive Oil	Y Unknown									Y					
Garlic flat bread	Y Unknown									Y					
Garlic flat bread with cheese	Y Unknown									Y					
Giardiniera Pizza, Olives, Red Onions, Artichokes, Cherry Tomatoes and Basil	Y Unknown							Y							
Margherita Pizza, Tomato Sauce, Buffalo Mozzarella and Oregano	Y Unknown									Y					
Milano Pizza, Salami, Prosciutto, Mozzarella, Oregano and Rocket	Y Unknown									Y					
Brakspear beef Burger 2020 !	Y Whe Rye Bar Oat							M	Y	Y	Y	Y	M	Y	
"Moving mountains" 100% plant-based vegan burger, flat mushroom, herb dressing gem lettuce, tomato and skin on fries	Y Whe Rye Bar Oat				Y		Y Unknown	Y	M	M			M		
1/2 kg BBQ Buffalo Wings , crushed chilli	Y Bar											Y			
2020 Ale battered sustainable haddock and traditional chips , crushed peas	Y Whe			Y					Y	Y				Y	

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Macaroni Cheese	Y Whe							Y	Y	Y		Y			
Kids Burger	Y Whe Rye Bar Oat							M	M	M			M		
Kids fish and chips	Y Whe			Y										Y	
kids Margherita Pizza, Tomato Sauce, Buffalo Mozzarella and Oregano	Y Unknown									Y					
Fries	Y Unknown														
garlic mayonaisse side									Y						
side of house slaw									Y	Y				Y	
sweet chilli sauce side							M Unknown						Y		

* Allergens marked with 'M' may contain that allergen.

■ Yes ■ May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley

Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashew Nuts
Haz	Hazelnuts
Mac	Macedamia Nuts
Pec	Pecan
Pis	Piastachios
Wal	Walnuts