

ALLERGEN TABLES

REEF ENCOUNTER

BAR AND GRILL

JAMES AND WHITE

BAR AND KITCHEN

ALLERGEN TABLES

P1 : WHILE YOU WAIT

P2 : STARTERS

P3 : MAINS

P4 : SKEWERS & BBQ

P5 : BURGERS

P6 : DESSERTS

P7 : BREAKFAST & BRUNCH

P8 : SANDWICHES & LUNCH PLATES

P9 : KIDS BREAKFAST & TODDLER MENU

P10 : KIDS MENU & KIDS DESSERTS

- PLEASE MAKE YOUR SERVER AWARE OF YOUR ALLERGIES
- ALLERGENS LISTED ARE PRESENT IN THE INGREDIENTS OF THE DISH
- SUBSTITUTIONS MAY BE AVAILABLE : PLEASE ASK YOUR SERVER FOR INFORMATION
- OUR FRIES DO NOT CONTAIN GLUTEN BUT DUE TO THE PRODUCTION PROCESS, TRACES MAY APPEAR. NEW POTATOES OR SALADS ARE AVAILABLE AS AN ALTERNATIVE.
- WE ARE NOT ABLE TO OPERATE ALLERGEN FREE AREAS IN OUR KITCHEN SO THERE IS A RISK OF CROSS CONTAMINATION. PLEASE ASK YOUR SERVER IF YOU HAVE ANY CONCERNS.
- ON A FUTURE VISIT WE WELCOME CALLS AHEAD REGARDING ALLERGIES AND WILL ALWAYS DO OUR BEST TO ACCOMMODATE















REEF ENCOUNTER

BAR AND GRILL















JAMES AND WHITE

BAR AND KITCHEN

WHILE YOU WAIT

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Chorizo														
Mixed Olives														
Garlic Baguette		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							
Flat Breads		<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>		
Chilli Crackers		<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	















STARTERS

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Squid		✓		✓	✓			✓	✓					
Chicken Wings	✓*			✓			✓		✓					
Soup	V	A	R	I	A	B	L	E	-	-	-	-	-	-
Smoked Salmon				✓	✓				✓					✓
Goats Cheese		✓					✓		✓	✓				
Chinese Duck Salad					✓									



MAINS

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Fish and Chips		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>					
House Caesar		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					
Teriyaki Salmon	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Katsu Chicken		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>							
Sirloin Steak including sauces							<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					

SKEWERS & BBQ

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Moroccan Lamb		✓					✓		✓			✓		
Chicken & Chorizo		✓					✓		✓			✓		
Halloumi		✓					✓		✓			✓		
BBQ Chicken				✓					✓					
Ribs				✓					✓					
Combo				✓					✓					















BURGERS

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Classic		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Stack		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Dorset Blue		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Chicken		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Moving Mountains		<input checked="" type="checkbox"/>												

GRILL MENU

DESSERTS

P6

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Cheesecake		✓		✓			✓							
Amy's Failing		✓					✓							
Brownie		✓		✓			✓							
Crumble		✓		✓			✓							
Cheesebord	✓ *	✓					✓							
Ice Cream / Sorbet	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary

Review Date: 21/5/19

Reviewed by: JV/RS

* = Substitution Possible

GRILL MENU

BREAKFAST & BRUNCH


P7








Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Smashed Avocado		✓												
Full Dorset		✓		✓			✓							
Full Veggie		✓		✓			✓							
Vegan Breakfast		✓												
Salmon, Avo & Eggs		✓		✓	✓									
French Toast		✓		✓			✓							
Eggs Florentine		✓		✓			✓							
Eggs Royale		✓		✓	✓		✓							
Eggs Benedict		✓		✓			✓							

Review Date: 21/5/19

Reviewed by: JV/RS

* = Substitution Possible















Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Fish Finger Sandw.		✓		✓	✓		✓							
Chicken and Bacon		✓		✓					✓					
Soup and Plough	✓	✓	S	O	U	P	✓	V	A	R	I	E	S	
Breakfast Bag.		✓		✓			✓							
HEC Plate		✓		✓										
Steak and Chips							✓		✓					
Fish and Chips		✓		✓	✓				✓					
Frittata	✓	✓		✓			✓							

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Kids Brekkie		✓		✓			✓							
Eggy Bread		✓		✓			✓							
Egg & Soldiers		✓		✓			✓							
Nutella Toast		✓					✓			✓				
Salmon Fillet					✓									
Chicken Goujons		✓					✓							
Fish Finger		✓		✓			✓							
Sausage		✓												

GRILL MENU

KIDS SET MENU

P11

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Burger		✓		✓			✓		✓					
Mac & Cheese		✓					✓							
Ribs				✓					✓					
Steak							✓		✓					
Fish and Chips		✓		✓	✓				✓					
Ice Cream	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary
Strawberries							✓							
Party Push Up							✓							

Review Date: 04/10/18

Reviewed by: JV/RS

* = Substitution Possible