

Allergen Menu

THE
MITRE

Allergen Menu

This guide lists what allergenic ingredients are contained in each of our dishes.

The guide also shows whether or not each dish is suitable for vegetarian or vegan customers. We work closely with our suppliers and chefs to ensure that our information is correct. Therefore we ask that you inform a member of our team before ordering if you have any specific dietary requirements.

Our recipe information is frequently updated so please check each time you visit to ensure you have the most up to date information on our dishes.

Whilst we take every care with your meal we cannot guarantee a 100% allergen free environment nor can we guarantee against the processes used by our suppliers or products as our dishes are prepared in areas where other allergens are present.

The Mitre Allergen Menu

SMALL PLATES

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
BBQ chicken wings	Yes - wheat															
BBQ jackfruit bao bun	Yes - wheat	Yes									Yes		Yes		Yes	
Butterfly prawns	Yes - wheat				Yes		Yes									
Chargrilled tenderstem broccoli	Yes - wheat						Yes					Yes	Yes		Yes	Yes
Halloumi fries	Yes - wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Padron peppers															Yes	Yes
Peri peri chicken skewers			Yes								Yes		Yes			
Salt & vinegar battered fish goujons	Yes - wheat & barley	Yes		Yes						Yes						
Sticky soy braised pork bao bun	Yes - wheat	Yes					Yes						Yes			
Tomato & red pepper hummus	Yes - wheat						Yes					Yes			Yes	Yes
Whipped feta & marinated tomatoes bruschetta	Yes - wheat & barley	Yes													Yes	

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SHARERS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Chilli beef nachos		Yes														
The Mitre sharer	Yes - wheat & barley	Yes											Yes			
Spicy nachos		Yes													Yes	
Trio of fries			Yes								Yes				Yes	
Veggie sharer	Yes - wheat, rye & barley	Yes	Yes				Yes				Yes	Yes	Yes		Yes	

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The Mitre Allergen Menu

MAINS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
BBQ pork ribs	Yes - wheat & barley		Yes				Yes			Yes	Yes		Yes			
Beer battered fish and chips	Yes - wheat	Yes	Yes	Yes						Yes	Yes					
Chestnut mushroom penne pasta	Yes - wheat	Yes													Yes	
Pan-fried salmon, warm potato & sundried tomato salad		Yes		Yes												
Peri peri chicken			Yes								Yes		Yes			
Sausage and mash	Yes - wheat	Yes					Yes			Yes			Yes			
Sweet potato, roast pepper & chickpea tagine										Yes	Yes		Yes		Yes	Yes
Teriyaki beef skewers pickled vegetables							Yes									
Chargrilled chicken, bacon & avocado salad		Yes														
Chargrilled tenderstem broccoli & spring onion salad							Yes					Yes			Yes	Yes
Chargrilled tenderstem broccoli & chicken salad							Yes					Yes				
Chargrilled tenderstem broccoli & halloumi salad		Yes					Yes					Yes			Yes	

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BURGERS	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
BBQ jackfruit	Yes - wheat						Yes				Yes	Yes	Yes		Yes	Yes
BBQ pulled beef	Yes - wheat & barley	Yes	Yes				Yes			Yes	Yes		Yes			
Cajun buttermilk chicken	Yes - wheat	Yes	Yes				Yes				Yes					
Cheese	Yes - wheat	Yes	Yes				Yes			Yes	Yes		Yes			
Cheese and bacon	Yes - wheat	Yes	Yes				Yes			Yes	Yes		Yes			
Crispy halloumi	Yes - wheat	Yes	Yes				Yes				Yes				Yes	
The Mitre burger	Yes - wheat & barley	Yes	Yes				Yes			Yes	Yes		Yes			
Cheese and bacon naked		Yes	Yes				Yes			Yes	Yes		Yes			

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GRILLS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
1/2 roast chicken		Yes	Yes													
10oz gammon steak		Yes	Yes													
8oz ribeye steak		Yes	Yes													
8oz rump steak		Yes	Yes													
8oz sirloin steak		Yes	Yes													

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LUNCH	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Club sandwich	Yes - wheat & barley		Yes								Yes					
Crispy fish finger brioche	Yes - wheat	Yes	Yes	Yes			Yes				Yes		Yes			
Quesadilla chicken & chorizo	Yes - wheat	Yes	Yes				Yes				Yes		Yes			
Sandwich rump steak	Yes - wheat & rye	Yes	Yes				Yes				Yes		Yes			
Sandwich toasted salami pesto mozzarella	Yes - wheat & barley	Yes														
Spicy Bean & jackfruit quesadilla	Yes - wheat										Yes		Yes		Yes	Yes
Thai fishcakes	Yes - wheat	Yes	Yes	Yes			Yes				Yes		Yes			

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SIDES	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Coleslaw			Yes								Yes				Yes	
Garlic bread	Yes - wheat & rye	Yes													Yes	
Garlic cheese bread	Yes - wheat & rye	Yes													Yes	
Salt & vinegar onion rings	Yes - wheat & barley														Yes	
Skinny fries															Yes	Yes
Skin-on chips															Yes	Yes
Sweet potato fries															Yes	Yes
Jerk spiced corn on the cob															Yes	Yes
Tenderstem broccoli & spring onion salad							Yes					Yes			Yes	Yes

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DESSERTS	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Chocolate & salted caramel sundae		Yes					Yes								Yes	
Chocolate brownie		Yes	Yes				Yes								Yes	
Lemon curd & raspberry sundae		Yes	Yes												Yes	
Mini brownie		Yes	Yes				Yes								Yes	
Sharing doughnuts	Yes - wheat	Yes	Yes				Yes	Yes - hazelnuts					Yes		Yes	
Sticky toffee pudding	Yes - wheat	Yes	Yes												Yes	
Warm chocolate chip cookie sandwich	Yes - wheat	Yes	Yes				Yes								Yes	

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SUNDAY ROASTS	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Sunday roast beef	Yes	Yes	Yes				Yes			Yes	Yes		Yes			
Sunday roast beef sharer	Yes	Yes	Yes				Yes			Yes	Yes		Yes			
Sunday roast belly of pork	Yes	Yes	Yes				Yes	Yes		Yes			Yes			
Sunday roast belly of pork sharer	Yes	Yes	Yes				Yes	Yes		Yes			Yes			
Sunday roast chicken	Yes	Yes	Yes				Yes	Yes		Yes			Yes			
Sunday roast chicken sharer	Yes	Yes	Yes				Yes	Yes		Yes			Yes			
Sunday vegetable Wellington	Yes	Yes	Yes				Yes			Yes			Yes		Yes	
Sunday vegetable Wellington sharer	Yes	Yes	Yes				Yes			Yes			Yes		Yes	

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CHILDRENS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Beef bolognese	Yes	Yes														
Cheese burger	Yes	Yes	Yes				Yes			Yes	Yes		Yes			
Chicken goujons	Yes	Yes														
Fish fingers	Yes			Yes												
Old spot sausages	Yes												Yes			
Roasted tomato pasta	Yes	Yes													Yes	
Sunday roast beef	Yes	Yes	Yes				Yes			Yes	Yes		Yes			
Sunday roast belly of pork	Yes	Yes	Yes				Yes	Yes		Yes			Yes			
Sunday roast chicken	Yes	Yes	Yes				Yes	Yes		Yes			Yes			
Sunday vegetable Wellington	Yes	Yes	Yes				Yes			Yes			Yes		Yes	
Chocolate brownie		Yes	Yes				Yes								Yes	
Ice cream		Yes					Yes								Yes	

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COACH PARTYS

	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Leek & potato soup	Yes	Yes								Yes					Yes	
Prawn cocktail	Yes		Yes	Yes	Yes					Yes	Yes					
Breaded mushrooms	Yes		Yes							Yes	Yes				Yes	
1/2 roast chicken		Yes	Yes													
Basil penne pasta	Yes	Yes								Yes					Yes	
Beef pie	Yes	Yes					Yes			Yes			Yes			
Beer battered fish and chips	Yes	Yes	Yes	Yes						Yes	Yes					
Burger, cheese	Yes	Yes	Yes				Yes			Yes			Yes			
Ham, egg & chips			Yes													
House salad							Yes				Yes		Yes		Yes	Yes
Chocolate brownie		Yes	Yes				Yes								Yes	
Apple pie custard	Yes	Yes											Yes		Yes	
Ice cream with salted caramel sauce	Yes	Yes					Yes								Yes	
Sticky toffee pudding	Yes	Yes	Yes												Yes	

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