

HART'S ALLERGENS - May 2019

| BREAKFAST | Celery | Cereals | Crustaceans | Egg | Fish | Milk | Molluscs | Mustard | Lupin | Nuts | Peanuts | Sesame | Soya | Sulphur dioxide & sulphites |
|---|--------|---------|-------------|-----|------|------|----------|---------|-------|------|---------|--------|------|-----------------------------|
| Fresh fruit salad | | | | | | | | | | | | | | |
| Full fat natural yoghurt and mixed berry compote | | | | | | Y | | | | | | | | |
| Porridge | | Y | | | | Y | | | | | | | Y | |
| Homemade granola | | | | | | Y | | | | Y | Y | Y | | |
| Mushroom & bacon omelette | | | | Y | | | | | | | | | | |
| Smoked salmon & scrambled eggs on toasted sourdough | | | | Y | Y | | | | | | | | | |
| Scrambled eggs on toasted muffin | | | | Y | | Y | | | | | | | | |
| Bacon sandwich | | | | | | | | | | | | | | |
| Sausage sandwich | | | | | | | | | | | | | | |
| Hambleton Bakery tea cake, butter & jam | | Y | | Y | | Y | | | | | | | | Y |
| Hambleton Bakery toasted sourdough, butter & jam | | Y | | | | | | | | | | | | |
| Hart's breakfast smoothie | | | | | | | | | | | | | | |

HAMBLETON BAKERY ITEMS

| | | | | | | | | | | | | | | |
|--------------------|--|---|--|---|--|---|--|--|--|---|--|--|--|---|
| Sourdough | | Y | | | | | | | | | | | | Y |
| Local loaf | | Y | | | | Y | | | | | | | | |
| White baton | | Y | | | | | | | | | | | | |
| Date & walnut loaf | | Y | | | | | | | | Y | | | | Y |
| White tin | | Y | | | | | | | | | | | | |
| 7 cereal bread | | Y | | | | | | | | | | | | |
| Manchet | | Y | | Y | | Y | | | | | | | | |
| Breakfast muffin | | Y | | | | Y | | | | | | | | |
| Fruit loaf | | Y | | Y | | Y | | | | | | | | Y |
| Tea cake | | Y | | Y | | Y | | | | | | | | Y |
| Lemon tart | | Y | | Y | | Y | | | | | | | | |
| Pecan bun | | Y | | Y | | Y | | | | Y | | | | |
| Treacle tart | | Y | | Y | | Y | | | | | | | | |
| Hot cross buns | | Y | | Y | | Y | | | | | | | | Y |
| Simnel cake | | Y | | Y | | Y | | | | Y | | | | Y |

HART'S ALLERGENS - May 2019

| DESSERTS | Celery | Cereals | Crustaceans | Egg | Fish | Milk | Molluscs | Mustard | Lupin | Nuts | Onion | Peanuts | Sesame | Soya | Sulphur dioxide & sulphites |
|--|--------|---------|-------------|-----|------|------|----------|---------|-------|------|-------|---------|--------|------|-----------------------------|
| Chocolate fondant | | Y | | Y | | Y | | | | | | | | | |
| Cheese & biscuits | Y | Y | | Y | | Y | | Y | | Y | | | | Y | Y |
| Madeleine & lemon curd | | Y | | Y | | Y | | | | | | | | | |
| Exotic seasonal fruit & coconut sorbet | | | | | | | | | | | | | | | |
| Glazed lemon tart | | Y | | Y | | Y | | | | Y | | | | | |
| Treacle tart | | Y | | Y | | Y | | | | | | | | | |
| Poached Yorkshire rhubarb, rhubarb sorbet & pistachio praline | | | | | | | | | | Y | | | | | |
| Iced nougat parfait, gariguettes strawberries, lemon verbena ice cream, shortbread | | | | Y | | Y | | | | Y | | | | | |
| Santiago tart | | | | Y | | Y | | | | Y | | | | | |

| AFTERNOON TEA | Celery | Cereals | Crustaceans | Egg | Fish | Milk | Molluscs | Mustard | Lupin | Nuts | Onion | Peanuts | Sesame | Soya | Sulphur dioxide & sulphites |
|----------------------------------|--------|---------|-------------|-----|------|------|----------|---------|-------|------|-------|---------|--------|------|-----------------------------|
| Assorted macarons | | | | Y | | Y | | | | Y | | | | | Y |
| Fruit scone, jam & clotted cream | | Y | | Y | | Y | | | | Y | | | | | Y |
| Madeleine & lemon curd | | Y | | Y | | Y | | | | Y | | | | | |
| Chocolate brownie | | Y | | Y | | Y | | | | Y | | Y | Y | Y | |
| Treacle tart | | Y | | Y | | Y | | | | | | | | | |

| SANDWICHES served with a side salad & Kettle crisps | Celery | Cereals | Crustaceans | Egg | Fish | Milk | Molluscs | Mustard | Lupin | Nuts | Onion | Peanuts | Sesame | Soya | Sulphur dioxide & sulphites |
|---|--------|---------|-------------|-----|------|------|----------|---------|-------|------|-------|---------|--------|------|-----------------------------|
| Lincolnshire poacher cheese toastie | Y | | | Y | | Y | | Y | | Y | | | | | |
| Honey roast ham & mustard | | Y | | | | | | Y | | | | | | | Y |
| Classic bacon, lettuce & tomato | Y | Y | | | | Y | | Y | | Y | | | | | |
| Smoked salmon & cucumber | | | | | Y | | | | | | | | | | |
| Egg mayonnaise | | | | Y | | | | | | | | | | | |

| BAR SNACKS | Celery | Cereals | Crustaceans | Egg | Fish | Milk | Molluscs | Mustard | Lupin | Nuts | Onion | Peanuts | Sesame | Soya | Sulphur dioxide & sulphites |
|-----------------------|--------|---------|-------------|-----|------|------|----------|---------|-------|------|-------|---------|--------|------|-----------------------------|
| Large cocktail olives | | | | | | | | Y | | | | | | | Y |
| Mixed nuts | | | | | | | | | | Y | | Y | | | |
| Chilli coated peanuts | | | | | | | | | | Y | | Y | | | |