

# Smugglers Cove main menu - ALLERGEN INFORMATION

**X** INDICATES PRESENCE OF ALLERGEN

WE TAKE EVERY CARE & ATTENTION TO IDENTIFY ALLERGENS IN OUR INGREDIENTS, BUT WE CANNOT GUARANTEE THAT OUR DISHES ARE 100% ALLERGEN FREE DUE TO RISK OF CROSS CONTAMINATION, THIS INCLUDES ITEMS THAT ARE COOKED IN OUR DEEP FAT FRYERS WHERE INGREDIENTS THAT INCLUDE GLUTEN HAVE ALSO BEEN COOKED. OUR DEEP FAT FRYERS CONTAIN REFINED G.M. SOYA OIL

UPDATED ON 13/05/2021															
Nibbles & Starters	GLUTEN	CRUSTACEANS	EGG	FISH	PEANUTS	MILK	NUTS	SOYA	SESAME	CELERY	MUSTARD	SULPHITES	MOLLUSCS	LUPIN	DEEP FRIED
Calamari	X WHEAT					X		X				X	X		X
Crunchy Pork crackling								X	X						
Pea houmous	X WHEAT						X ALMONDS		X						
Scotch egg	X WHEAT		X			X		X			X	X			X
Cauliflower wings	X WHEAT							X			X	X			X
Salt and pepper chicken wings												X			
Baked camembert	X WHEAT					X	X WALNUTS		X						
Salt and pepper onion petals						X		X							X
Boards															
Hot Board	GLUTEN	CRUSTACEANS	EGG	FISH	PEANUTS	MILK	NUTS	SOYA	SESAME	CELERY	MUSTARD	SULPHITES	MOLLUSCS	LUPIN	DEEP FRIED
Hot Board	X WHEAT BARLEY RYE	X	X			X		X		X	X	X			X
Patatas bravas	X WHEAT							X		X	X				X
Chicken skewers															
Cumberland Scotch egg	X WHEAT		X			X		X				X			X
Whole garlic prawns		X				X									
Baked Camembert with prosciutto	X WHEAT BARLEY RYE					X									
Vegan Board	X WHEAT						X ALMONDS	X	X	X	X	X			X
Bang bang cauliflower	X WHEAT							X				X			X
Padron Peppers								X	X						
Pea houmous with mint and almond pesto							X ALMONDS		X						
Heritage tomato salad	X WHEAT									X		X			
Mustard glaze vegan sausage											X	X			
Mains															
Fish and chips	GLUTEN	CRUSTACEANS	EGG	FISH	PEANUTS	MILK	NUTS	SOYA	SESAME	CELERY	MUSTARD	SULPHITES	MOLLUSCS	LUPIN	DEEP FRIED
Fish and chips	X WHEAT BARLEY		X	X				X				X			X
Heritage Tomato and Burrata Salad	X WHEAT					X				X		X			
Heritage Tomato Vegan Salad	X WHEAT									X		X			
Add Grilled Chicken															
Pan fried seabass				X						X		X			
Black Angus Sirloin Steak								X		X					X
chimichurri												X			
pepper sauce						X		X		X					
Lamb and Mint Pie								X		X		X			X
Mushroom and Squash Pie								X		X	X	X			X
Mother Redcaps signature scouse	X WHEAT BARLEY RYE							X		X		X			
Carribbean vegetable curry										X	X	X			
Carribbean chicken curry	X WHEAT									X	X	X			
Plant Based Burger	X WHEAT BARLEY							X	X	X	X	X			X
Crispy Halloumi Burger	X WHEAT		X			X		X	X		X	X			X



# Smugglers Cove Breakfast Menu - ALLERGEN INFORMATION

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UPDATED ON 14/05/2020

## Brunch

	GLUTEN	CRUSTACEANS	EGG	FISH	PEANUTS	MILK	NUTS	SOYA	SESAME	CELERY	MUSTARD	SULPHITES	MOLLUSCS	LUPIN	DEEP FRIED
Full english	X WHEAT BARLEY		X			X						X			
Smashed avocado and poached eggs	X WHEAT BARLEY		X												
Pancakes with fresh berries	X WHEAT		X			X		X							
Vegan breakfast	X WHEAT BARLEY							X		X					
French toastie	X WHEAT		X			X	X HAZLENUTS	X							
Toasted brown bloomer	X WHEAT BARLEY					X									
Bacon															
Egg			X												
Beans															
Avocado															
Vegan Soudage															
Sausage	X WHEAT											X			

# Smugglers Cove Dessert Menu - ALLERGEN INFORMATION

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UPDATED ON 13/05/2021

## Desserts

	GLUTEN	CRUSTACEANS	EGG	FISH	PEANUTS	MILK	NUTS	SOYA	SESAME	CELERY	MUSTARD	SULPHITES	MOLLUSCS	LUPIN	DEEP FRIED
Chocolate Brownie	X WHEAT		X			X		X							
Dark Chocolate and Peanut Butter Pot	X WHEAT				X		X	X							
Cheesecake	X WHEAT BARLEY					X	X PISTACHIOS								
Cookie Dough	X WHEAT		X			X		X				X			
Lemon Tart			X			X		X				X			

## Ice cream selection

	GLUTEN	CRUSTACEANS	EGG	FISH	PEANUTS	MILK	NUTS	SOYA	SESAME	CELERY	MUSTARD	SULPHITES	MOLLUSCS	LUPIN	DEEP FRIED
Vanilla						X									
Pistachio						X	X PISTACHIOS								
Mint chocolate chip						X		X							
salted caramel						X		X							
Chocolate						X		X							
Strawberry						X									
new raspberry sorbet															
vanilla non dairy ice cream								X							





Gamma Ray	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Siren Lumina (GF)	<b>NO</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Tiny Rebel Electric Boogaloo	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Northern Monk Origin (GF)	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Goose IPA	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Leffe Blonde	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Paulaner heffe	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Lindemans Pecheresse	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Hawkhead Brodie's Prime Porter	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>NO</b>	
Siren Broken Dreams stout	<b>YES</b>	N	<b>YES</b>	N	N	N	N	<b>YES</b>	N	N	N	N	N	N	N	N	<b>NO</b>	
Heineken Zero	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Erdinger Alkoholfrei	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Moretti Non Alc	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Levig No Worries	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
Schöfferhofer Grapefruit	<b>YES</b>	N	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	
<b><u>Bottled Cider</u></b>																		
Sheppy's 200	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	<b>YES</b>
Sassy Le Vertueux Perry	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	<b>YES</b>
Thatchers Katy	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	<b>YES</b>
Rekorderlig Strawberry Lime	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	<b>YES</b>
Rekorderlig Wild Berries	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	<b>YES</b>
Rekorderlig Passionfruit	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	<b>YES</b>
Rekorderlig Mango Raspberry	<b>YES</b>	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	<b>YES</b>	<b>YES</b>







# Rum List

<b><i>Name</i></b>	<b><i>Allergens</i></b>	<b><i>Which Allergen</i></b>	<b>Celery</b>	<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>	<b>Molluscs</b>	<b>Mustard</b>	<b>Nuts</b>	<b>Peanuts</b>	<b>Sesame Seeds</b>	<b>Soya</b>	<b>Sulphur Dioxide</b>	<b>Vegan Friendly</b>
<b>Pusser's Gunpowder Rum</b>	NO	N	<u>N</u>	N	N	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	N	
<b>Clement VSOP Agricole</b>	NO	N	<u>N</u>	N	N	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	N	
<b>Angustura 1919 Rum</b>	NO	N	<u>N</u>	N	N	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	N	
<b>Havana 7yr</b>	NO	N	<u>N</u>	N	N	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	N	
<b>Chairmens Reserve Spiced</b>	NO	N	<u>N</u>	N	N	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	N	
<b>Diabliesse Clementine Spiced</b>	NO	N	<u>N</u>	N	N	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	N	
<b>Cargo Cult Banana Spiced</b>	NO	N	<u>N</u>	N	N	<u>N</u>	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	<u>N</u>	<u>N</u>	N	<u>N</u>	N	