

## Flaming Grill Main Menu Autumn Winter 2017 Allergen Report

We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. The allergy data detailed in the table below has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen due to the risk of cross contamination risk in production, supply and preparation. If you suffer from sensitive trace reactions for stated allergens, please be aware that we are unable to guarantee suitability for you.

Please make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware of these.

\*\* Tree Nuts indicates the presence of the following: - almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

\* Gluten is a protein component of wheat, rye, barley, kamut, spelt & oats

### Interpreting the Data

YES Vegan / Vegetarian	YES in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian
NO Vegan / Vegetarian	NO in the column indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/Vegetarian
NO	Is not listed as an ingredient, but please note that absence in the final product cannot be guaranteed, due to cross contamination risks in production, supply and preparation
NO*	Indicates that whilst gluten is not a listed ingredient, due to the fryers being used for breaded products there is an increased cross contamination risk
YES	Indicates that the product CONTAINS that allergen and is a listed ingredient by the supplier
Modifier Allergen Outcome	Some dishes have multiple options available when ordering. The allergen outcomes for each option is listed below the dish. Please bear this in mind when ordering and add the allergen outcome for each choice to your overall meal.

Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Starters	The Ultimate Sharer	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Onion Ring Stackers v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes
Flaming Grill - AW17 Core Menu	Starters	Flame-Grilled Chicken Wings x 5 - Please choose your sauce choice	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	BBQ Sauce with Jack Daniels FG		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	New Piri Piri Hot Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Texan BBQ Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Flame-Grilled Chicken Wings x 15 - Please choose your sauce choice	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	BBQ Sauce with Jack Daniels FG		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	New Piri Piri Hot Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Texan BBQ Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Crispy Chicken Strips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Starters	Garlic Ciabatta v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Garlic Ciabatta with Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Nachos v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Breaded Garlic Mushrooms v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Topped Waffle Fries - BBQ Pulled Pork	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Topped Waffle Fries v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Starters	Topped Waffle Fries - Beef Burmt Ends in BBQ Sauce with Jack Daniels	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Chicken Fillet & Yorkshire Pudding Dinner - Lunch Club	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Sausages & Mash - Lunch Club	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Lunch Club	Scampi & Chips † - Lunch Club - Please choose your pea choice	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Mushy Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Mac 'N' Cheese v - Lunch Club	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Ice Cream v - Lunch Club -Please choose your flavour choice from the options below:-	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Lunch Club	Strawberry		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Chocolate		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Lunch Club	Vanilla		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Profiteroles v - Lunch Club	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Lunch Club	Chocolate Fudge Cake v - Lunch Club - Please choose your ice cream flavour choice:-	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Lunch Club	Vanilla Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Lunch Club	Chocolate Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Mains	The Codfather † - Please choose your pea choice	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Mushy Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Surf & Turf Combo	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Surf & Turf Combo - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Chicken New Yorker - XL	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Beef Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Beef Burger - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Cheese & Bacon Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	6oz Flame Grilled Cheese & Bacon Burger - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Cheese Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	6oz Flame-Grilled Cheese Burger - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Dip it Drench it Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes
Flaming Grill - AW17 Core Menu	Mains	Dip it Drench it Burger - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Mains	All American Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	All American Chicken Burger - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Scampi & Chips † - Please choose your pea choice:-	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Mushy Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Beef Lasagne	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Chicken Tikka	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Fish & Chips † - Please choose your pea choice:-	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Mushy Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Steak & Ale Pie - Please choose your potato choice:-	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Gourmet Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Mashed Potato		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Chicken New Yorker	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Grilled 8oz Gammon - Please choose your side option:-	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Pineapple Slice		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Mac 'N' Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Mains	Fully Loaded Chicken Strips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Bangers & Mash	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Mains	Creamy Cajun Pasta - Chicken Fillets	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Creamy Cajun Pasta v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Mother Clucker	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Defeat The Meat	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Mains	10oz Rib Eye Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	8oz Rump Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	8oz Sirloin Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Signature Doubled Dipped Rib Eye	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Mains	5oz Rump Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Mixed Grill	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Mains	Mixed Grill XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Mains	The Veggie One Burger v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	The Oozy Boozy One	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	The Oozy Boozy One - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	The Veggie One Burger v - XL	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Apocalypse Cowl	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Mains	The After-Burner	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Signature 10oz Rib Eye Steak With Beef Dripping Gravy	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	No	Yes
Flaming Grill - AW17 Core Menu	Mains	Smothered 8oz Rump Steak	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Mains	Cheesy Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Cheesy Chicken Burger - XL	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Signature Stack Beef	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Mains	Signature Stack Chicken	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No
Flaming Grill - AW17 Core Menu	Sides	Cheese Slice - Extra v	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Corn Dogs	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Chips v	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Waffle Fries v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Cheesy Chips v	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Mac 'N' Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Onion Rings v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Garlic Ciabatta v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Naan Bread v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Dressed Side Salad v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Coleslaw v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Sides	Corn On The Cob v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No
Flaming Grill - AW17 Core Menu	Sides	Garlic Ciabatta with Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Mushrooms v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Bread & Spread v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Sweet Curry Sauce v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Flaming Grill - AW17 Core Menu	Sides	Sour Cream v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Sweet Chilli Sauce v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Piri Piri Sauce v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	BBQ Sauce with Jack Daniels v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Texan BBQ Wings - Steak Topper	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	New Yorker - Steak Topper	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Pepper Mushrooms - Steak Topper	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	BBQ Sauce with Jack Daniels - Steak Sauce	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Hot Hot Hot! Chilli - Steak Sauce	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Cracked Black Peppercorn - Steak Sauce	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Smoked Streaky Bacon - Extra	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Back Bacon - Extra	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Beef Burger - Extra	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Sides	Southern Fried Chicken Fillet - Extra	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Grated Cheese - Extra v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Free Range Fried Egg - Extra v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Pineapple Ring - Extra v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Scampi † - Extra	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Yorkshire Pudding - Extra v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Gravy - Extra v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Chicken Fillet x1 - Extra	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Chicken Fillets x2 - Extra	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	5oz Rump Steak - Extra	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Wing Wednesday BBQ Chicken Wings - Extra	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Sub Roll / Wrap - Small Chips v - Extra	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Garden Peas v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Mushy Peas v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Baked Beans v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Custard v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Ice Cream Scoop v:- Please choose your flavour choice:-	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Vanilla Ice Cream	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No



	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Sides	Chocolate Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Sides	Extra Nacho Cheese v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Chicken Strips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Jalapenos v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Onions v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Extra Sausage	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Sides	Dirty Topper With Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Dirty Topper With BBQ Pulled Pork	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Upgrade Chips to Criss-Cross Chips	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Topped Waffle Fries - Burger Sauce and Jalapenos v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Topped Waffle Fries - BBQ Pulled Pork	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Topped Waffle Fries - Beef Burnt Ends in BBQ Sauce with Jack Daniels	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Sides	Grilled Halloumi v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Chicken New Yorker - Sub / Wrap - Please choose your choice from the below:-	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Tortilla Wrap		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Sub roll		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Grilled Halloumi with Peppers & Onions v - Sub / Wrap - Please choose your choice from the below:-	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Subs & Salads	Tortilla Wrap		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Sub roll		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Subs & Salads	BBQ Pulled Pork - Sub / Wrap - Please choose your choice from the below:-	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Tortilla Wrap		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Sub roll		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Tuna Mayo Melt † - Sub / Wrap - Please choose your choice from the below:-	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Tortilla Wrap		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Sub roll		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Super Salad v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Subs & Salads	Super Salad - Chicken Fillets	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Subs & Salads	Super Salad - Grilled Halloumi v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Subs & Salads	Super Salad - 5oz Rump Steak	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Subs & Salads	Super Salad - Tuna Mayonnaise	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	Yes	No	No	No	Yes	No	No	Yes
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad - Chicken Fillets	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad - Grilled Halloumi v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad - 5oz Rump Steak	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - AW17 Core Menu	Subs & Salads	Garden Salad - Tuna Mayonnaise †	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - AW17 Core Menu	Sunday Roasts	8oz Sirloin Steak - Sunday Roast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - AW17 Core Menu	Sunday Roasts	8oz Sirloin Steak XL - Sunday Roast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - AW17 Core Menu	Sunday Roasts	Chicken Fillets - Sunday Roast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - AW17 Core Menu	Sunday Roasts	Chicken Fillets XL - Sunday Roast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - AW17 Core Menu	Sunday Roasts	Lamb Shoulder Regular - Sunday Roast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - AW17 Core Menu	Sunday Roasts	Lamb Shoulder XL - Sunday Roast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - AW17 Core Menu	Desserts	Apple Crumble v	Total Allergen Outcome	No	Yes	Yes (No-gluten Oats)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Flaming Grill - AW17 Core Menu	Desserts	Chocolate Fudge Cake v - Please choose your flavour choice	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Desserts	Vanilla Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Desserts	Chocolate Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Desserts	The Epic Choc-Tastic Sundae v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Desserts	Profiteroles v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Desserts	Cookie Dough Cheesecake v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Desserts	Strawberry Meringue Pie v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - AW17 Core Menu	Desserts	Brain Freeze Challenge v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Desserts	Chocolate Fudge Cake and Black Cherry Waffle v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - AW17 Core Menu	Desserts	Sticky Toffee Pudding v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No