

The Lamplighter Christmas Menu 2018 – Food Allergies and Intolerances

DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk / Dairy	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	NOTES
PORK BELLY	✓					✓	✓			✓					
GOATS CHEESE TERRINE	✓						✓	✓				✓			Can be served GF with GF bread
CRAYFISH + PRAWN		✓	✓	✓		✓				✓		✓			
VEGAN WALDORF								✓	✓			✓			
ROAST TURKEY	✓					✓									Can be served GF without stuffing, pigs in blankets + with GF gravy
TOPSIDE OF BEEF	✓		✓			✓	✓								Can be served GF with GF gravy and GF yorkshire pudding
VENISON & MUSHROOM	✓		✓			✓				✓					
NUTROAST	✓		✓		✓	✓	✓	✓							Can be served GF with GF gravy / Can be VEGAN without a yorkshire pudding
WILD MUSHROOM	✓		✓			✓									
CHRISTMAS PUDDING	✓					✓									GF alternative available / Can be VEGAN without brandy sauce
CHOCOLATE BROWNIE	✓		✓			✓	✓								VEGAN alternative available (see below)
RASPBERRY PARFAIT			✓			✓									
VEGAN PARFAIT						✓		✓				✓			Please clearly list VEGAN PARFAIT as we have two parfait choices
CHEESEBOARD	✓						✓					✓			Can be served with GF crackers / SULPHITES in chutney - can be served without

GF = GLUTEN FREE

Please ensure all food allergies and intolerances are clearly noted on the order form before returning.

We cannot completely guarantee our dishes do not contain traces of nuts or seeds as they are produced in a kitchen that handles these products

Please CLEARLY STATE if any guests require a VEGAN option

Any queries please do not hesitate to contact us at info@thelamplighter.co.uk