

## The Lamplighter Christmas Menu 2023 – Food Allergies and Intolerances

DISH	Cereals containing gluten	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk / Dairy	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs	NOTES
SWEET POTATO SOUP	✓								✓						Can be served GF with GF bread
BEETROOT TERRINE	✓							✓							Can be served GF with GF bread / Can be served without nuts
SALMON GAVALAX	✓					✓									Can be served GF with GF bread / Can be served DAIRY free without vodka crème fraiche
BRIXWORTH PATE	✓											✓			Can be served GF with GF bread
ROAST TURKEY	✓					✓						✓			Can be served GF without stuffing & pigs in blankets
TOPSIDE OF BEEF	✓		✓			✓	✓					✓			Can be served GF with GF yorkshire pudding / Can be served DAIRY & EGG free without the yorkshire pudding
ROASTED COD				✓		✓									
ROOT VEG WELLINGTON	✓														
NUT ROAST					✓	✓		✓				✓			
CAULIFLOWER CHEESE	✓					✓				✓					
CHESTNUT STUFFING	✓							✓							
MAPLE PARSNIPS						✓									
ROAST POTATOES						✓									
PIGS IN BLANKETS	✓					✓									
CHRISTMAS PUDDING	✓					✓									GF alternative available / Can be VEGAN without brandy sauce
APPLE & PEAR CRUMBLE	✓														
CHOCOLATE BROWNIE	✓		✓			✓									
LEMON & RASPBERRY TART															
CHEESEBOARD	✓					✓	✓				✓	✓			Can be served with GF crackers - Please ask about other Allergens

**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.**

**Any queries please do not hesitate to contact us at [info@thelamplighter.co.uk](mailto:info@thelamplighter.co.uk)**