

Allergens

| Dish | Gluten | Crustaceans | Molluscs | Fish | Peanuts | Lupin | Tree Nuts | Soya | Eggs | Milk | Celery | Mustard | Sesame | Sulphur Dioxide | Unknown Allergens |
|------------------------|--------------|-------------|----------|------|---------|-------|---------------------|------|------|------|--------|---------|--------|-----------------|-------------------|
| Margarita Pizza | Y Whe | | | | | | M Alm Cas Haz | | | Y | | | M | | |
| Pepperoni Pizza | Y Whe | | | | | | M Alm Cas Haz | M | M | Y | M | M | M | | |
| Meat Pizza | Y Whe | | | | | | M Alm Cas Haz | M | M | Y | M | M | M | | |
| BBQ Chicken Pizza | Y Whe Bar | | | | | | M Alm Cas Haz | Y | | Y | Y | | M | | |
| Garden Vegetable Pizza | Y Whe | | | | | | M Alm Cas Haz | | | Y | | | M | | |

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| Chicken Strips | Y Whe | | | | | | | | | | | Y | | | |
| Side Skin on Fries | | | | | | | | | | | | | | | |
| Glazed Goats Cheese Salad | Y Whe Rye Bar | | | | | | M Alm Cas Haz | | | Y | M | | M | Y | |
| Southern Fried Chicken Strips | Y Whe | | | | | | | | | | M | M | | | |
| Haggis Bon Bon | Y Whe | | | | M | | | | Y | | M | Y | | Y | |
| King Prawns & Chorizo | Y Whe Rye Bar | Y | | | | | M Alm Cas Haz | | | Y | M | | M | | |
| Sweet & Sticky Pork Belly Bites | Y Whe | | Y | | M | | M Alm Brz Cas Haz Mac Pec Pis Wal | Y | | | M | Y | Y | Y | |
| Sweet Potato Falafel | M Unknown | | | | | | M Alm | Y | | | M | M | | | |
| Ultimate Sharer | Y Whe Rye Bar | | | | M | | M Alm Cas Haz | Y | Y | Y | Y | | M | | |
| Kids Roast Beef | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |
| Kids Roast Chicken | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |
| Kids Roast Pork | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |

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| Kids Roast Turkey | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |
| Nut Roast | Y Whe Bar | | | | | | Y Alm Brz Cas Haz Mac Pec Pis Wal | M | Y | Y | Y | M | | Y | |
| Roast Beef | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |
| Roast Half Chicken | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |
| Roast Pork | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |
| Roast Turkey | Y Whe Bar | | | | | | | M | Y | Y | Y | M | | Y | |
| Braised Red Wine Beef | Y Whe Bar | | | | | | | M | M | Y | Y | M | | Y | |
| Vegan Carbonara | Y Whe | | | | | | | Y | | | M | M | | | |
| Cajun Chicken Pasta | Y Whe Rye Bar | | | | | | M Alm Cas Haz | Y | | Y | Y | M | M | | |
| Chicken Ham Pie | Y Whe Bar | | | | | | | M | Y | Y | Y | Y | | Y | |
| Fish & Chips | Y Whe | | | Y | | | | Y | Y | | | Y | | | |
| Haggis Shepherds Pie | Y Whe Bar | | | | | | | M | M | Y | Y | M | | Y | |

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| Homemade Lasagne | Y Whe Rye Bar | | | | | | M Alm Cas Haz | Y | | Y | Y | Y | M | Y | |
| Hunters BBQ Chicken | | | | | | | | | | Y | | Y | | | |
| Mac & Cheese Garlic Bread | Y Whe Rye Bar | | | | M | | M Alm Cas Haz | M | | Y | M | M | M | Y | |
| Mac & Cheese Bacon Garlic Bread | Y Whe Rye Bar | | | | M | | M Alm Cas Haz | M | | Y | M | M | M | Y | |
| Mac & Cheese Chicken Garlic Bread | Y Whe Rye Bar | | | | M | | M Alm Cas Haz | M | | Y | M | M | M | Y | |
| Mac & Cheese Haggis Garlic Bread | Y Whe Rye Bar | | | | M | | M Alm Cas Haz | M | | Y | M | M | M | Y | |
| Mozzarella Sweet & Sour cherry Tomato Linguine | Y Whe | | | | M | | Y Alm Brz Cas Haz Mac Pec Pis Wal | Y | | Y | M | M | | Y | |
| Soy Honey & Chilli Glazed Belly Pork | Y Whe | | Y | | M | | M Alm Brz Cas Haz Mac Pec Pis Wal | Y | | | M | M | Y | | |
| Side Broccoli & Toasted Almond Butter | | | | | | | | | | Y | | | | | |
| Side Carrot & Swede Mash | | | | | | | | | | Y | | | | | |
| Side Cauliflower Cheese | Y Whe | | | | | | | Y | | Y | | Y | | | |

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| Side Creamed Parmesan Leeks | | | | | | | | Y | | Y | | | | | |
| Side Honey Roast Carrots | | | | | | | | | | Y | | | | | |
| Side Mash Potatoes | | | | | | | | | | Y | | | | | |
| Side Roast Potatoes | | | | | | | | | | | | | | | |
| Chicken Chorizo Kebab | | | | | | | | | | Y | | Y | | | |
| Chicken Chorizo Kebab Spicy Rice | | | | | | | | | | Y | | | | | |
| Lamb Kebab | Y Whe Rye Bar Oat | | | | | | | | | | M | Y | | Y | |
| Lamb Kebab Spicy Rice | Y Whe Rye Bar Oat | | | | | | | | | | M | | | Y | |
| Rump Kebab | | | | | | | | | | Y | M | Y | | | |
| Rump Kebab Spicy Rice | | | | | | | | | | Y | M | | | | |
| Squeaky Cheese Kebab | Y Whe | | | | | | | Y | | Y | | Y | | | |
| Squeaky Cheese Kebab Spicy Rice | Y Whe | | | | | | | Y | | Y | | | | | |
| Chocolate Fudge Cake | Y Whe | | | | M | | M Alm Haz Pec Pis Wal | Y | Y | Y | | | | | |
| Bacon Cheese Burger | Y Whe Bar | | | | | | | | Y | Y | | | Y | Y | |

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| Boarders Double Stack Burger | Y Whe Bar | | | | | | | | Y | Y | | | Y | Y | |
| Double Buttermilk Chicken Burger | Y Whe Bar | | | | | | | Y | Y | Y | Y | | Y | Y | |
| Falafel & Spinach Burger | Y Whe Rye | | | | | | M Alm | Y | | | M | Y | M | | |
| 10oz Rump Steak | M Unknown | | | | | | | | | | M | M | | | |
| 8oz Gammon Steak With Fried Egg | M Unknown | | | | | | | | Y | | M | M | | | |
| 8oz Gammon Steak With Pineapple | M Unknown | | | | | | | | | | M | M | | | |
| Add Blue Cheese Sauce | Y Bar | | | Y | | | | Y | | Y | M | | | | |
| Add Chimichurri Butter | | | | | | | | | | Y | M | | | Y | |
| Add Peppercorn Sauce | | | | | | | | Y | | Y | | | | | |
| Panzanella Salad | Y Whe Rye Bar | | | | | | M Alm Cas Haz | | Y | Y | | Y | M | Y | |
| Panzanella Salad Chicken | Y Whe Rye Bar | | | | | | M Alm Cas Haz | | Y | Y | | Y | M | Y | |
| Panzanella Salad Goats Cheese | Y Whe Rye Bar | | | | | | M Alm Cas Haz | | Y | Y | | Y | M | Y | |

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| Panzanella Salad Prawns | Y Whe Rye Bar | Y | | | | | M Alm Cas Haz | | Y | Y | M | Y | M | Y | |
| Apple & Berry Crumble Custard | Y Whe | | | | | | | M | M | Y | | | | Y | |
| Apple & Berry Crumble Vanilla Ice Cream | Y Whe | | | | | | M Alm Pis | M | M | Y | | | | Y | |
| Cartmel Sticky Toffee Pudding | Y Whe | | | | | | M Alm Pis | | Y | Y | | | | | |
| Four Layer Chocolate Fudge Cake | Y Whe | | | | | | M Alm Haz Pec Pis Wal | Y | Y | Y | | | | | |
| Lakes Cartmel Sticky Toffee Ice Cream Scoop | Y Whe | | | | | | M Alm Pis | | Y | Y | | | | | |
| Lakes Chocolate Ice Cream Scoop | | | | | | | M Alm Pis | | | Y | | | | | |
| Lakes Salted Caramel Ice Cream Scoop | | | | | | | M Alm Pis | | | Y | | | | | |
| Lakes Strawberry Ice Cream Scoop | | | | | | | M Alm Pis | | | Y | | | | | |
| Lakes Thunder & Lightning Ice Cream Scoop | | | | | | | M Alm Pis | Y | | Y | | | | | |
| Lakes Vanilla Ice Cream Scoop | | | | | | | M Alm Pis | | | Y | | | | | |
| Lemon Tart | Y Whe | | | | M | | M Alm Haz Pec Pis Wal | | Y | Y | | | | | |

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| Toffee Waffle | Y Whe | | | | | | M Alm Pis | Y | Y | Y | | | | | |
| Boarders Ploughmans | Y Whe Rye Bar | | | | | | M Alm Cas Haz | | | Y | | Y | M | Y | |
| Cumberland Sausage Sandwich | Y Whe Bar | | | | | | | Y | M | Y | Y | M | | Y | |
| Fish Butty | Y Whe Rye | | | Y | | | | Y | Y | Y | M | Y | M | | |
| Half Day Breakfast | Y Whe | | | | | | | | Y | | M | M | | Y | |
| Jacket Potato Cheese | | | | | | | | | | Y | | | | Y | |
| Jacket Potato Cheese & Beans | | | | | | | | | | Y | | | | Y | |
| Jacket Potato Prawn Cocktail | Y Bar | Y | | Y | | | | | | Y | Y | | | Y | |
| Jacket Potato Tuna Mayo | | | | Y | | | | | | Y | | | | Y | |
| Sandwich Cheese & Pickle | Y Whe Bar | | | | | | | Y | | Y | M | M | | Y | |
| Sandwich Ham & Cheese | Y Whe Bar | | | | | | | Y | | Y | M | M | | Y | |
| Sandwich Prawn Cocktail | Y Whe Bar | Y | | Y | | | | Y | | Y | Y | M | | Y | |
| Sandwich Tuna Mayo | Y Whe Bar | | | Y | | | | Y | | Y | M | M | | Y | |

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| Kids Chicken Nuggets | Y Whe | | | | | | | | | | | | | | |
| Kids Chicken Wrap | Y Whe Bar | | | | | | | Y | | Y | Y | | | Y | |
| Kids Fish & Chips | Y Whe | | | Y | | | | Y | | | | | | | |
| Kids Grilled Chicken | Y Whe Bar | | | | | | | M | M | Y | Y | M | | Y | |
| Kids Lasagne | Y Whe Rye Bar | | | | | | M Alm Cas Haz | Y | | Y | Y | Y | M | | |
| Kids Mac & Cheese | Y Whe Rye Bar | | | | M | | M Alm Cas Haz | M | | Y | M | M | M | | |
| Kids Vegan Chicken Wrap | Y Whe Bar | | | | | | | Y | | | Y | | | Y | |
| Oreo & Nutella S'mores | Y Whe | | | | | | Y Haz | Y | | Y | | | | | |
| Kids Apple & Berry Crumble Custard | Y Whe | | | | | | | M | M | Y | | | | Y | |
| Kids Apple & Berry Crumble Vanilla Ice Cream | Y Whe | | | | | | M Alm Pis | M | M | Y | | | | Y | |
| Rainbow Ice Lolly | | | | | | | | | | | | | | | |
| Berry Ice Lolly | | | | | | | | | | | | | | | |
| Dirty Fries | | | | | | | | Y | | Y | | | | | |
| Skin On Fries | | | | | | | | | | | | | | | |

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| Gourmet Chunky Chips | | | | | | | | | | | | | | | |
| Garlic Ciabatta | Y Whe Rye Bar | | | | | | M Alm Cas Haz | | | Y | M | | M | | |
| Garlic Ciabatta Cheese | Y Whe Rye Bar | | | | | | M Alm Cas Haz | | | Y | M | | M | | |
| Mac & Cheese Pot | Y Whe | | | | M | | | Y | | Y | | M | | | |
| Onion Rings | Y Whe | | | | | | | | | | | | | | |
| Side Salad | | | | | | | | | | | | | | Y | |
| Side Slaw | | | | | | | | | | | | | | | |
| Apple Juice | | | | | | | | | | | | | | | |
| Orange Juice | | | | | | | | | | | | | | | |
| Bacon Roll | Y Whe Rye | | | | | | | | | Y | | | M | | |
| Egg Roll | Y Whe Rye | | | | | | | | Y | Y | | | M | | |
| Cumberland Sausage Roll | Y Whe Rye | | | | | | | | | Y | | | M | Y | |
| Ultimate Roll | Y Whe Rye | | | | | | | | Y | Y | | | M | Y | |
| Vegan Sausage Roll | Y Whe Rye | | | | | | | | | | | | M | | |

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| Beans on Toast | Y Whe Bar | | | | | | | Y | | Y | M | M | | | |
| Eggs on Toast | Y Whe Bar | | | | | | | Y | Y | | M | M | | | |
| Full English Breakfast | Y Whe Bar | | | | | | | Y | Y | Y | M | M | | Y | |
| Big Full English Breakfast | Y Whe Bar Oat | | | | | | | Y | Y | Y | M | M | | Y | |
| Vegan Breakfast | Y Whe Bar | | | | | | | Y | | M | | | | | |
| Kids Breakfast | Y Whe | | | | | | | | Y | | | | | Y | |
| Cereal | Y Bar | | | | | | | | | Y | | | | | |
| Porridge Honey & Banana | Y Whe Bar Oat | | | | | | | | | Y | | | | | |
| Toast & Preserve | Y Whe Bar | | | | | | | Y | | Y | | | | | |
| Waffle - Bacon & Syrup | Y Whe | | | | | | | Y | Y | Y | | | | | |
| Waffle - Fruits of the Forest | Y Whe | | | | | | M Alm Haz Pec Pis Wal | Y | Y | Y | | | | | |
| Waffle - Strawberry & Nutella | Y Whe | | | | | | Y Haz | Y | Y | Y | | | | | |

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| Extra Bacon | | | | | | | | | | | | | | | |
| Extra Beans | | | | | | | | | | | | | | | |
| Extra Black Pudding | Y Whe Bar Oat | | | | | | | | | | | | | | |
| Extra Cumberland Sausage | Y Whe | | | | | | | | | | | | | Y | |
| Extra Egg | | | | | | | | | Y | | | | | | |
| Extra Hashbrown | M Whe | | | | | | | | | M | | | | | |
| Extra Mushroom | | | | | | | | | | | | | | | |
| Extra Tomato | | | | | | | | | | | | | | | |
| Americano (Black) | | | | | | | | | | | | | | | |
| Americano (Black) Decaf | | | | | | | | | | | | | | | |
| Americano (white) Decaf | | | | | | | | | | Y | | | | | |
| Cappuccino Decaf | | | | | | | | | | Y | | | | | |
| Caramel Iced Latte Decaf | | | | | | | | | | Y | | | | | |
| Deluxe Hot Chocolate | | | | | | | | | | Y | | | | | |
| Double Espresso Decaf | | | | | | | | | | | | | | | |
| Espresso Decaf | | | | | | | | | | | | | | | |
| Flat White Decaf | | | | | | | | | | Y | | | | | |
| Iced Latte Decaf | | | | | | | | | | Y | | | | | |

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| Latte Decaf | | | | | | | | | | | | | | | |
| Mocha Decaf | | | | | | | | | | Y | | | | | |
| Vanilla Iced Latte Decaf | | | | | | | | | | Y | | | | | |
| Americano (white) | | | | | | | | | | Y | | | | | |
| Cappuccino | | | | | | | | | | Y | | | | | |
| Latte | | | | | | | | | | Y | | | | | |
| Flat White | | | | | | | | | | Y | | | | | |
| Espresso | | | | | | | | | | | | | | | |
| Double espresso | | | | | | | | | | | | | | | |
| Hot Chocolate | | | | | | | | | | Y | | | | | |
| Mocha | | | | | | | | | | Y | | | | | |
| Peppermint Tea | | | | | | | | | | | | | | | |
| Tea | | | | | | | | | | Y | | | | | |
| Iced Latte | | | | | | | | | | Y | | | | | |
| Vanilla Iced Latte | | | | | | | | | | Y | | | | | |
| Caramel Iced Latte | | | | | | | | | | Y | | | | | |

* Allergens marked with 'M' may contain that allergen.

■ Yes ■ May Contain

| | Allergen |
|-----|-------------|
| Whe | Wheat |
| Rye | Rye |
| Bar | Barley |
| Oat | Oats |
| Alm | Almonds |
| Brz | Brazil Nuts |
| Cas | Cashews |
| Haz | Hazelnuts |
| Mac | Macadamia |
| Pec | Pecan |
| Pis | Pistachio |
| Wal | Walnuts |