

The Winking Owl Allergen Information

This information is valid until **June 2015** and is provided to enable our customers to make their own decisions on menu choice. The information is based on the standard ingredients, garnishes and accompaniments included on the menu.

The allergen data is based on recipe information and supplier specifications. However, within our kitchen we use nuts, eggs, shellfish, dairy and gluten products and ingredients containing trace elements of these and it is impossible to guarantee the separation of these items in storage, preparation or cooking.



Nut allergies – we cannot guarantee totally nut-free meals.

- Any bread or breaded product may contain nuts, sesame seeds or poppy seeds.
- Wheat, gluten and nut ingredients which are deep-fried will use the same fryers in our kitchens as dishes not containing these ingredients and we cannot totally guarantee the absence of wheat or gluten, which may therefore affect extremely sensitive sufferers.

Guidance on using the Allergen data

- 'X' in a column indicates that the allergen is present as an ingredient or there is a significant risk of that allergen being present as a result of cross contamination at the supplier, and is therefore not suitable for a customer with allergen intolerance.
- A blank means the allergen is not present in the ingredients for that item or dish to the best of our knowledge.
- Nuts include tree nuts and groundnuts including almonds, brazils, cashews, chestnuts, hazelnuts, pecans, pine nuts, pistachios, walnuts and peanuts.
- Shellfish includes crustacean and molluscs.
- Gluten is a protein found in wheat, rye and barley. Customers with intolerance to gluten (coeliacs disease) should avoid items containing gluten.
- Lactose is a type of sugar found naturally in all types of milk and milk related products from all animals and lactose intolerance customers should avoid products containing milk and milk related products.
- The food indicated as suitable for vegetarians refers to the most common form of vegetarianism, ovo–lacto vegetarianism. This is a diet free from animal flesh (meat, poultry, game, fish, crustacean or shellfish) and any ingredient derived from the slaughter of animals. The consumption of dairy products is permitted.
- Dishes are indicated as suitable for vegetarians according to the ingredients in the dish. Although we are stringent in following our kitchen procedures and policies, we cannot discount the possibility of contact with non-vegetarian products at either the supplier's site, in the supply chain or in storage and preparation in our kitchen.
- The information is compiled from information received directly from suppliers and is subject to change. The data should not be used after the 'used by date' at the top of the page.

ALLERGEN DETAILS FOR EACH MENU ITEM

Valid until June 2015

	Celery	Cereals (gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Light Bites & Mugs														
Olives & Feta							X							
Bread & Oils		X				X	X							
Pork Scratchings														
Mustard Honeyed Chipolatas		X							X					
Soup Of Day		X				X	X							
Beetroot Risotto	X			X			X							X
Macaroni Cheese	X	X		X			X							
Haggis Stovies		X					X							
Cullen Skink	X	X			X		X							
Starters														
Soup		X				X	X							
Ham Hock Terrine w/ Piccalilli	X	X		X					X	X				
Spicy Haggis Pakora w/ Chili Jam		X					X							X
Seared Pigeon Breast w/ Puy Lentil	X	X												X
Braised Onion & Ale Soup w/ Rarebit Crouton	X	X		X		X			X					
Cullen Skink w/ Crusty Bread	X	X			X		X							
Blue Cheese Fritters w/ sour cream & walnuts		X		X		X	X		X	X				
Mussels w/ sauce	X	X				X	X	X						
Scallops, Quail Egg, Black Pudding & Pancetta		X		X				X						
Main Courses														
Roast Chicken, mushrooms tomato Gnocchi, gravy		X												X
Beer Battered Haddock, chips, mushy peas		X		X	X	X								
Burger, Roll, cheddar, bacon, onion ring, chips		X		X	X	X	X		X					X
Ribeye, Rarebit mushrooms, tomato, rocket, chips				X	X		X		X					
Beef w/ Black Gold & Mushroom Pie, mash	X	X		X		X	X							
Ham, eggs, veg & Chips				X										
Lamb Chump, mushroom Bhaji, Rice, Poopadum	X	X				X			X	X				
Sauages, Mash, Gravy, greens		X				X	X							
Beetroot Risotto, goats cheese & Pesto	X			X			X			X				X
Squash w/ Puy Lentils & root veg Mash	X						X							X
Mussels, fries & sauce	X	X				X	X	X						X

	Celery	Cereals (gluton)	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Desserts & Cheeses														
Sticky Toffee w/ Ice Cream		X		X		X	X			X				X
Chocolate Orange Brulee w/ cardamom Shortbread		X		X		X	X							
Mulled Fruit Crumble, Custard		X		X		X	X							X
Affagato, Espresso Shot & Vanilla Ice Cream							X							
Cheese, Oatcakes, Chutney		X					X							X
Ice Cream							X							
Sorbet														X
Coffee & Teas														
Espresso							X							
Latte							X							
Flat White							X							
Americano														
Cappuccino							X							
Black Coffee														
Tea														
Hot Chocolate							X							
Cairngorm Brewery Beers														
All Except Black Gold		X												
Black Gold		X					X							