## NAVIGATION LAPWORTH

Brunch	Celery	Cereals Containing Gluten	Crustacean s	Eggs	Fish	Lupi n	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
AW22 - OAKMAN - CHOPPED AVOCADO &		Does contain Wheat		Does contain										Does contain
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO & EGGS				Does contain										Does contain
AW22 - OAKMAN - CHOPPED AVOCADO,		Does contain Wheat		Does contain										Does contain
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO, BACON & EGGS				Does contain										Does contain
AW22 - OAKMAN - CHOPPED AVOCADO AND SMOKED SALMON		Does contain Wheat		Does contain	Does contain									Does contain
AW22 - OAKMAN - GLUTEN FREE - CHOPPED AVOCADO AND SMOKED				Does contain	Does contain									Does contain
OAKMAN - BLT		Does contain Wheat		Does contain					Does contain					Does contain
OAKMAN - SPECIALS - HLT		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
SPC - CORE - FISH FINGER SANDWICH		Does contain Wheat Oats Barley Rye		Does contain	Does contain		Does contain		Does contain					Does contain
Nibbles and	Celer	Cereals Containing Gluten	Crustaceans	s Eggs	Fish	Lupi	Milk	Mollusc	s Mustar	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CORE ESTATE - MARINATED OLIVES	Y	Giuten							u					
SPC - CORE - ARTISAN FLATBREAD & HONEY BALSAMIC OIL		Does contain Wheat												Does contain
SPC - CORE - ARTISAN FLATBREAD & HONEY BALSAMIC OIL - GLUTEN FREE														Does contain
AW22 - OAKMAN - HALLOUMI CHIPS							Does contain							Does contain
SS23 - OAKMAN - BEETROOT FALAFELS												Does contain		
NEW - AW22 - OAKMAN - CHORIZO SCOTCH EGG WITH PESTO		Does contain Wheat		Does conta n	i		Does contain		Does contain					Does contain
SS23 - OAKMAN - BAKED FETA		Does contain Wheat					Does contain							Does contain

Salads	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupi	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - ADD BEETROOT			S			n								
FALAFELS														
OAKMAN - ADD HALLOUMI							Does contain							
AW22- OAKMAN -							Contain		Does					Does
AVOCADO, ROCKET & NEW									contain					contain
POTATO SALAD									Contain					Contain
CORE ESTATE - CAESAR		Does contain Wheat		Does	Does		Does		Does					Does
SALAD				contain	contain		contain		contain					contain
SS23 - OAKMAN - GLUTEN				Does	Does		Does		Does					Does
FREE CAESAR SALAD				contain	contain		contain		contain					contain
OAKMAN - ADD CHICKEN														
MAINS AND	Celery	Cereals Containing Gluten	Crustacean s	Eggs	Fish	Lupi n	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CORE ESTATE - FISH AND		Does contain Wheat		Does	Does		Does		Does					Does
CHIPS		Barley		contain	contain		contain		contain					contain
OAKMAN - GAMMON, EGG				Does										
AND CHIPS				contain										
CORE ESTATE - BACON	Does	Does contain Wheat		Does			Does		Does					Does
AND CHEDDAR HOUSE	contain	Barley		contain			contain		contain					contain
BURGER							<b>D</b>		-					
CORE ESTATE - BACON AND CHEDDAR HOUSE				Does contain			Does contain		Does contain					Does contain
BURGER - GLUTEN FREE				Contain			Contain		Contain					Contain
CORE ESTATE - BEETROOT		Does contain Wheat										Does		
FALAFEL BURGER												contain		
OAKMAN - GLUTEN FREE -												Does		
BEETROOT FALAFEL												contain		
BURGER														
SS23 - OAKMAN - RIB EYE	Does						Does							
STEAK	contain						contain							

SIDES	Celer V	Cereals Containing Gluten	Crustaceans	Egg s	Fish	Lupi n	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
NEW - OAKMAN - CHUNKY CHIPS SIDE														
NEW - OAKMAN - FRENCH FRIES - SIDE														

Sunday Roast	Celer	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupi	Milk	Mollus	cs	Mustar	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Sunday Roast Chicken SPC2	,	Does contain Wheat		Does conta	i		Does contain			<u>u</u>					Does contain
Sunday Roast Pork SPC2	Does contain	Does contain Wheat		Does conta	i		Does contain								Does contain
Sunday Roast - Sirloin Beef - SPC2	Does contain	Does contain Wheat		Does conta	i		Does contain								Does contain
Veggie Roast SPC3		Does contain Wheat Oats		Does conta			Does contain								
Pigs in Blanket SPC2		Does contain													Does contain
Cauliflower Cheese SPC3	Does contain	Does contain Wheat					Does contain								
DESSERTS	Celery	Cereals Containing Gluten	Crustacean s	Eggs	Fish L	upin	Milk	Mollusc s	Must	tard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphite s
OAKMAN - TA - CHOCOLATE BROWNIE - CHOCOLATE SAUCE				Does contain			Does contain							Does contain	
CORE ESTATE - SOURDOUGH SPICED STICKY TOFFEE PUDDING		Does contain Wheat												Does contain	Does contain
OAKMAN - VANILLA ICE CREAM				Does contain			Does contain								
OAKMAN - CHOCOLATE ICE CREAM				Does contain			Does contain								
OAKMAN - STRAWBERRIES AND CREAM ICE CREAM				Does contain			Does contain								
OAKMAN - SALTED CARAMEL ICE CREAM														Does contain	
*OAKMAN - MANGO SORBET															
OAKMAN - RASPBERRY SORBET															
CORE ESTATE - PASTEL DE NATA		Does contain Wheat		Does contain			Does contain								
*OAKMAN - AFFOGATO				Does contain			Does contain								
KIDS	Celery	Cereals Containing Gluten	Crustacean s	Eggs	Fish	Lupin	Milk	Mollus	cs	Mustar d	Nuts	Peanuts	Sesame Seeds	Soya	Sulphite s
SPC - SOUTH - LITTLE SAUSAGE ROLLS		Does contain Wheat													
SPC - KIDS - GJA - GARLIC BREAD		Does contain Wheat													
SPC - SOUTH - KIDS FISH BITES	Does contain	Does contain Wheat			Does contain										
SPC - SOUTH - Kids Beef Burger		Does contain Wheat		Does contain			Does contain								Does contain
SPC - SOUTH - Kids Fish Pie	Does contain		Does contain		Does contain		Does contain								
SPC - Omelette - Kids				Does contain			Does contain								
SPC - SOUTH - Chicken Goujons		Does contain Wheat													
SPC - SOUTH - Kids Sausage & Mash															
Kids Roast Chicken SPC2	Does contain	Does contain Wheat		Does contain			Does contain								Does contain
Kids Roast Beef SPC2	Does contain	Does contain Wheat		Does contain			Does contain								Does contain
Kids Jelly				Does contain			Does contain								
GLOBAL - KIDS BUTTERMILK PANCAKES with CHOCOLATE SAUCE		Does contain Wheat		Does contain										Does contain	
Ice Cream with Choc Sauce - Kids				Does contain			Does contain							Does contain	