



## Middletons Menu Allergen Matrix

Y = Contains indicated allergens. \* = May contain traces of indicated allergens.

V = Suitable for vegetarians. VE = Suitable for vegans.

| Sides/Sauces | Recipe                | Cereals containing gluten |       |      |     |       |       |               |        |             |      | Tree nuts |       |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
|--------------|-----------------------|---------------------------|-------|------|-----|-------|-------|---------------|--------|-------------|------|-----------|-------|------|----------|---------|---------|--------|------|-----------|--------|------------|--------|----------|-----------|-------|-----------|
|              |                       | Barley                    | Kamut | Oats | Rye | Spelt | Wheat | Other Cereals | Celery | Crustaceans | Eggs | Fish      | Lupin | Milk | Molluscs | Mustard | Peanuts | Sesame | Soya | Sulphites | Almond | Brazil Nut | Cashew | Hazelnut | Macadamia | Pecan | Pistachio |
| Sides        | Crushed New Pots      |                           |       |      |     |       |       |               |        |             |      |           |       |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sides        | Dauphinoise           |                           |       |      |     |       | Y     |               |        |             |      |           |       | Y    |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sides        | Fries                 |                           |       |      |     |       | *     |               |        |             |      |           |       |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sides        | Garlic Mushrooms Side |                           |       |      |     |       | Y     |               |        |             |      |           |       | Y    |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sides        | Macaroni (Side)       | Y                         |       | Y    | Y   | Y     |       |               |        |             |      |           |       |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sides        | Onion rings           | Y                         | Y     |      | Y   | Y     | Y     |               |        |             |      |           |       |      |          |         |         | *      |      |           | *      |            |        |          |           |       |           |
| Sides        | Ranch Slaw            | Y                         | Y     |      | Y   | Y     | Y     | *             |        |             | Y    |           |       |      |          |         | Y       |        | *    |           | *      |            |        |          |           |       |           |
| Sides        | Sweet potato fries    |                           |       |      |     |       | Y     |               |        |             |      |           |       |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sides        | Tenderstem Broccoli   |                           |       |      |     |       |       |               |        |             |      |           | Y     |      | Y        |         |         | *      |      |           |        |            |        |          |           |       |           |
| Loaded Fries | Loaded Fries - BBQ    | Y                         |       | Y    | Y   | Y     |       |               |        |             |      |           |       | Y    |          |         |         |        |      | Y         |        |            |        |          |           |       |           |
| Loaded Fries | Loaded Fries - House  | Y                         |       | Y    | Y   | Y     |       |               |        |             |      |           |       | Y    |          |         |         |        |      | Y         |        |            |        |          |           |       |           |
| Loaded Fries | Loaded Fries - Posh   |                           |       |      |     |       | *     | *             |        |             | Y    |           | Y     |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sauces       | Bearnaise Sauce       |                           |       |      |     |       | Y     |               |        |             | Y    |           | Y     |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sauces       | Blue Cheese Sauce     |                           |       |      |     |       | Y     |               |        |             |      |           | Y     |      |          |         |         |        |      |           |        |            |        |          |           |       |           |
| Sauces       | Garlic Butter (TA)    |                           |       |      |     |       |       |               |        |             |      |           | Y     |      | *        |         |         |        |      |           |        |            |        |          |           |       |           |
| Sauces       | Peppercorn sauce (TA) |                           |       |      |     |       | Y     | Y             |        |             |      |           | Y     |      |          |         |         |        |      | Y         |        |            |        |          |           |       |           |

|          |                          |  |  |   |   |   |  |   |  |   |   |   |   |   |   |   |   |   |
|----------|--------------------------|--|--|---|---|---|--|---|--|---|---|---|---|---|---|---|---|---|
| Desserts | Ice Cream - Chocolate    |  |  |   |   | * |  | Y |  | * | Y | * | * | * | * | * | * | * |
| Desserts | Ice Cream - Rum & Raisin |  |  |   |   | * |  | Y |  | * | * | * | * | * | * | * | * | * |
| Desserts | Ice Cream - Strawberry   |  |  |   |   | * |  | Y |  | * | * | * | * | * | * | * | * | * |
| Desserts | Ice Cream - Cooke Dough  |  |  | Y | Y | Y |  | Y |  | * | Y | * | * | * | * | * | * | * |

