

Rack & Tenter

Allergen Menu

Allergen Menu

This guide lists what allergenic ingredients are contained in each of our dishes. The guide also shows whether or not each dish is suitable for vegetarian or vegan customers. We work closely with our suppliers and chefs to ensure that our information is correct. Therefore we ask that you inform a member of our team before ordering if you have any specific dietary requirements.

Our recipe information is frequently updated so please check each time you visit to ensure you have the most up to date information on our dishes. Whilst we take every care with your meal we cannot guarantee a 100% allergen free environment nor can we guarantee against the processes used by our suppliers or products as our dishes are prepared in areas where other allergens are present.

Rack & Tenter Allergen Menu

STARTERS	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
Bang bang cauliflower															Yes	Yes
Buttermilk chicken	Yes - Wheat & barley	Yes	Yes							Yes	Yes		Yes			
Halloumi fries	Yes - Wheat	Yes	Yes				Yes				Yes		Yes		Yes	
Sticky BBQ chicken skewers	Yes - Barley		Yes								Yes	Yes				

MAINS	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
1/2 peri peri chicken										Yes			Yes			
Beer battered fish and chips	Yes - Wheat, barley, oats	Yes	Yes	Yes						Yes	Yes					
Cajun buttermilk chicken burger	Yes - Wheat	Yes	Yes				Yes				Yes					
Cheese burger	Yes - Wheat	Yes	Yes				Yes			Yes	Yes		Yes			
Crispy halloumi burger	Yes - Wheat	Yes	Yes				Yes			Yes	Yes				Yes	
Italian burger	Yes - Wheat	Yes	Yes				Yes			Yes	Yes		Yes			
Chestnut mushroom pasta	Yes - Wheat	Yes	Yes												Yes	
Chestnut mushroom penne pasta with chicken	Yes - Wheat	Yes	Yes													
Vegan meatball pasta	Yes - Wheat & barley						Yes			Yes			Yes		Yes	Yes

All food is prepared in kitchens where nuts, gluten and other allergens could be present. We cannot include all ingredients in our menu descriptions, so we have produced the table above to help you identify the allergens present in each dish. If you have a food allergy please let us know before ordering.

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	GLUTEN CONTAINING CEREALS	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYBEANS	NUTS	PEANUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/SULPHITES	LUPIN	SUITABLE FOR VEGETARIANS	SUITABLE FOR VEGANS
SANDWICHES																
Chicken tikka wrap	Yes - Wheat	Yes	Yes							Yes	Yes		Yes			
Club sandwich	Yes - Wheat & barley		Yes								Yes					
SIDES																
Garlic bread	Yes - Wheat & rye	Yes													Yes	
Garlic bread with cheese	Yes - Wheat & rye	Yes													Yes	
Skin-on chips															Yes	Yes
Sweet potato fries															Yes	Yes
DESSERTS																
Chocolate s'mores brownie	Yes - Wheat	Yes	Yes				Yes									
Sticky toffee pudding	Yes - Wheat	Yes	Yes												Yes	

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