

Please Note, All Allergens are used within our Kitchen, no dishes can be guaranteed Trace Free.

For more information on the 14 Food Allergens, please visit food.gov.uk

1. Celery

Includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

2. Gluten

Wheat (such as spelt and Khorasan wheat/ Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3. Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

4. Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5. Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

6. Lupin

Lupin is a flower, but it's also found in Flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7. Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

8. Molluscs

These include mussels, land snails, squid and welks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

9. Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

10. Nuts

Not to be mistaken with peanuts, this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in bread, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice-cream, marzipan (almond paste), nut oils and sauces.

11. Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

12. Sesame Seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

13. Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

14. Sulphur Dioxide (Sulphites)

This is an ingredient often used in dried fruits such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer.

If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

Hartnoll Hotel Menu Allergen Key

G –Gluten

L –Lupin

N –Nuts

SD – Sulphur Dioxide

CC –Crustaceans

P – Peanuts

SS – Sesame

D –Dairy

M –Mustard

E –Eggs

F –Fish

MS –Molluscs

S – Soya

C - Celery

HARTNOLL HOTEL

TO START

Soup of the Day with Home Cooked Bread

£6.00 (G,D,E)

Pan Fried Free Range Foie Gras, Toasted Brioche
Date Chutney, Sultanas, Blood Orange and a Sauternes Sauce

£9.50 (D,E,SD,M)

Crispy Ham Hock, Baby Pickles, Pea Shoots, Quails Eggs
And a Tarragon and Mustard Dressing

£7.95 (M,SD,C,E,G,D)

Grilled Fillet of Mackerel, Scandinavian Potato Salad, Dill Pesto
Apple Puree, Baby Herbs and Pine Nuts

£7.95 (SD,F,E,D,N)

Pan Fried West Coast Scallops, Cep Puree, Wild Mushrooms,
Pancetta Crisp and Crispy Shallots

£9.95 (G,MS,SD,S)

Scotch Egg in Herb Bread Crumbs
Quince Jelly, Beetroot Textures, Roasted Hazel Nuts
And Chive Crème fraiche

£7.50 (N,SD,D,G,E,V)

If you have a food allergy or specific dietary requirement please speak to a member of staff



MAIN COURSE

Seared Monkfish, Black Garlic Potato Cake, Trumpet Mushrooms, Roasted Kohlrabi, Leeks and a Smoked Bacon Veloute
£17.95 (F,D,,SD)

Venison Loin, Calvo Nero, Beetroot and Potato Gratian, Chestnut Puree, Cranberry's and a Dark chocolate and Port Jus
£18.95 (D,SD,C,N)

Pan Roasted Creedy Carver Duck Breast,
Pomme Anna, Steeped Blueberries, Confit Duck Pastilla,
Buttered Kale and a Red Wine Sauce
£17.95 (SD,D,G,C)

Whole Grilled Sand Sole Caper and Brown Shrimp Butter,
Potato Fricassee and Herb Salad
£16.95 (MS,CC,F,D,SD)

Twice Baked Wild Mushroom and Goats Cheese Soufflé, Roasted Figs
Candied Walnuts and Warm Salad of New Potatoes
£15.95 (E,D,N,G)

Slow Cooked Belly Pork, Confit Potatoes, Crackling,
Black Pudding, Piccolo Parsnips and Sage Jus
£16.95 (SD,G,E,D,L,C)

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MAIN COURSE

100% West Country Beef Burger, Smoked Bacon, Toasted Brioche Bun,
Smoked Cheese, Relish, Chunky Chips and Leaf Salad
£12.95 (SD,M,G,E,D,)

Pulled Pork and BBQ Sauce, Smoked Bacon, Cheese,
Toasted, Brioche Bun Apple Chutney,
Baby Leaf Salad, and Triple Cooked Chips
£12.95 (G,M,C,E,)

10oz West Country Ribeye Steak, Watercress Salad,
Grilled Vine Tomatoes, Roasted Red Onion,
Field Mushroom and Triple Cooked Chips
£26.95 (D,M)

8oz West Country Fillet Steak, Watercress Salad,
Grilled Vine Tomatoes, Roasted Red Onion,
Field Mushroom and Triple Cooked Chips
£30.00 (D,M)

SIDE ORDERS

House Salad	£3.50 (M)
Tomato and Mozzarella Salad	£3.95 (SD,D)
Beer Battered Onion Rings	£2.95(D,G,E,L,N,P)
Buttered Green Beans & Almonds	£3.95 (D,N)
Mixed Seasonal Vegetables and Greens	£3.95 (D)
Carrots in Orange and Thyme	£3.95 (D)
Home Cut Chips	£3.75
French Fries	£3.50
Peppercorn Sauce	£2.95(D,G,E,L,N,P)
Blue Cheese Sauce	£2.95(D,G,E,L,N,P)

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