

BREAKFAST

GREEN BREAKFAST BOWL (V)

Gluten, Peanuts, Tree Nuts, Soya, Eggs Milk, Sesame, Sulphur dioxide, Wheat, Rye, Barley, Oats, Almonds, Brazil Nuts, Cashews, Hazelnuts Macadamia, Pecan, Pistachio, Walnuts

BACON AVO

Gluten, Eggs, Milk Wheat, Rye Barley
May Contain: Celery and Mustard

E16 SHAKSHUKA (V)

Gluten, Eggs, Milk, Celery, Wheat
May contain: Soya, Mustard, Rye, Barley, Oats

BLUEBERRY AND MUESLI POWER BOWL (VG)

Blueberries, blackberries, Gluten, Peanuts, Tree Nuts, Soya, Sesame, Sulphur Dioxide, Wheat, Rye, Barley, Oats, Almonds, Brazil Nuts, Cashews, Hazelnuts Macadamia, Pecan, Pistachio, Walnuts
May contain: Crustaceans, Molluscs, Fish, Lupin, Eggs, Milk, Celery, Mustard

EGGS ON TOAST

Gluten, Eggs, Milk, Sulphur dioxide, Wheat Rye, Barley - May Contain: Celery, Mustard

SMALL PLATES/BAR SNACK MENU

GARAM MASALA LABNEH (V)

Gluten, Milk, Sesame, Wheat
May Contain: Celery, Mustard, Barley, Oats

JALAPEÑO CORNBREAD (V)

Gluten, Eggs, Milk, Sulphur dioxide, Wheat
May Contain: Tree Nuts, Soya, Celery, Mustard, Rye, Barley, Oats, Almonds, Hazelnuts

SQUASH TEMPURA LABNEH (V)

May Contain: Tree Nuts, Soya, Celery, Mustard, Rye, Barley, Oats, Almonds, Hazelnuts

POTATO ROSTI

Fish, Milk/Dairy

CRISPY MISO SESAME CHICKEN

Gluten, Fish, Soya, Sesame, Wheat, Barley
May Contain: Crustaceans, Molluscs, Peanuts, Tree Nuts

COURGETTE AND HALLOUMI FRITTER (V)

Gluten, Soya, Milk, Wheat
May Contain: Celery, Mustard

BIG DOCKING BREAKFAST

Gluten, Eggs, Milk, Sulphur dioxide, Wheat, Rye, Barley - May Contain: Oats

WILD MUSHROOM BENEDICT (V)

Gluten, Peanuts, Soya, Eggs, Milk, Mustard, Sesame, Wheat, Barley
May Contain: Crustaceans, Fish, Celery

SMOKED SALMON BENEDICT

Gluten, Fish, Peanuts, Soya, Eggs, Milk, Mustard, Sesame, Sulphur dioxide, Wheat, Barley
May Contain: Crustaceans, Celery

ZUCCHINI FRITTERS WITH POACHED EGGS (V)

Eggs, Sulphur dioxide
May Contain: Celery, Mustard

BUTTERMILK PANGAKES (V)

Gluten, Eggs, Milk, Wheat
May Contain: Tree Nuts, Soya, Rye, Barley, Oats, Almonds, Hazelnuts

TREACLE CURED BACON BUTTY

Gluten, Soya, Eggs, Milk, Sesame Sulphur dioxide, Wheat

MINI LAMB KOFTAS

Gluten, Milk, Sesame, Wheat
May Contain: Rye, Barley, Oats

CHARRED FIELD AND OYSTER MUSHROOMS (VG)

Sweet miso, crispy buckwheat

STEAMED MUSSELS

Molluscs, Soya, Milk, Sulphur dioxide

JAMÓN AND SMOKED SAN SIMON CROQUETTES

Gluten, Soya, Eggs, Milk, Mustard, Wheat, Barley

CRISPY PORK BELLY

Fish
May Contain: Crustaceans, Molluscs, Peanuts, Tree Nuts

HALLOUMI, PEAR AND PEPPER (V)

Milk, Sulphur dioxide
May Contain: Gluten, Wheat, Rye, Barley, Oats

PADRÓN PEPPERS AND TOFU (V)

Gluten, Soya
May Contain: Tree Nuts, Celery, Mustard

THE MAIN PART

CACIO E PEPE (V)

Gluten, Eggs, Milk, Wheat

SEA BREAM WITH SAUCE VIERGE

Gluten, Fish, Wheat

SALMON WITH GREEN BEANS, FENNEL AND WILD RICE

Gluten, Fish, Peanuts, Tree Nuts, Soya, Sesame, Sulphur dioxide, Wheat, Rye, Barley, Oats, Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

RARE SESAME TUNA

Fish, Soya, eggs, mustard, sesame

PULLED ROAST CHICKEN

Soya, Milk, Sulphure dioxide

SOY, GINGER AND HONEY BRINED CHICKEN

Gluten, Soya, Sesame, Wheat
May Contain: Peanuts, Tree Nuts, Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

GRILLED LAMB RUMP

May Contain: Gluten, wheat, rye, barley, oats

PANCETTA ROLLED MONKFISH

Gluten, Fish, Peanuts, Soya, Celery, Eggs, Mustard, Sesame, Wheat, Barley
May Contain: Crustaceans, Mollusca, Tree Nuts, Milk, Celery, Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

GRILLED PANEER (VG)

Gluten, Peanuts, Tree Nuts, Milk, Sulphur dioxide, Wheat, Pistachio,
May Contain: Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Walnuts

EAST ANGLIAN SEASONAL PRODUCE BOWL (VG)

Gluten, Fish, Peanuts, Soya, Eggs, Mustard, Sesame, Sulphur dioxide, Wheat Barley
May Contain: Crustaceans, Tree Nuts, Milk, Celery, Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

SANDWICHES

MISO-SESAME CHICKEN

Gluten, Fish, Soya, Sesame, Wheat, Barley, May Contain: Crustaceans, Molluscs, Peanuts, Tree Nuts

HAM, EGG AND CHIPS SUB

Gluten, Eggs, Celery, Mustard, Sulphur dioxide, Wheat
May Contain: Rye, Barley, Oats

CAESAR CLUB SANDWICH

Gluten, Fish, Eggs, Milk, Mustard, Barley

ROYAL BBQ BURGER

Gluten, Tree Nuts, Soya Eggs, Mustard, Sulphur dioxide, Wheat, Barley
May Contain: Peanuts, Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio

ON THE SIDE

SKIN ON FRIES

No allergens

MARIS PIPER MASH

Contians Dairy/Milk

BROCCOLI WITH ALMONDS

Gluten,: Peanuts, Tree Nuts, Sesame, Sulphure dioxide, Wheat, Rye, Oats, Almonds, Brazil, Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

SWEET POTATO WEDGES

No allergans

GREEN BEANS

No allergans

SAUCES

GREEN & THAI PEPPER SAUCE

Fish, Sulphur dioxide
May Contain: Crustaceans, Molluscs, Peanuts, Tree Nuts

BEARNAISE

Eggs, Milk

CHILLI/SESAME CRUNCH

Gluten, Soya, Wheat, Sesame
May Contain: Peanuts, Tree Nuts

DESSERT MENU

FROZEN PEACH LASSI

Peanuts, Tree Nuts, Eggs, Milk, Almonds
May Contain: Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

CRÈME BRÛLÉE FRENCH TOAST

Gluten, Eggs, Milk, Wheat
May Contain: Tree Nuts, Soya, Sesame, Almonds, Hazelnuts, Walnuts

HOT JAM FILLED DOUGHNUT

Gluten, Eggs, Milk, Wheat

COLD BREW TIRAMISU

Cacao, Peanuts, Tree Nuts, Eggs, Milk, Almonds
May Contain: Brazil Nuts, Cashews, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

GRILLED PINEAPPLE

Gluten, Milk, Wheat

WHITE WINE POACHED PEAR

Gluten, Peanuts, Tree Nuts, Soya, Sulphur dioxide, Oats, Cashews
May Contain: Milk, Almonds, Brazil Nuts, Hazelnuts, Macadamia, Pecan, Pistachio, Walnuts

ALLERGEN LISTINGS

EACH ITEM IS LISTED WITH ALLERGENS AND POTENTIAL ALLERGENS TO BE AWARE OF

V- Vegetarian | VG - Vegan

FREMANTLE
BAR & KITCHEN

FREMANTLE

BAR & KITCHEN

DIETARY MENU