

WHAT TO EXPECT FROM GINGER JAR



(realive food, delivered with flair

WHO IS GINGER JAR?

Ginger Jar Food is a boutique catering company based in London and Yorkshire, committed to designing innovative menus for the events industry.

Started in 2009 by owner and head chef Jenny McNeill, Ginger Jar has worked for some of the UK's best known brands, at a range of the London's top venues and for a huge number of private individuals.

Our ambition is to ensure the food is a perfect match for the ambience and style of every event we cater, be that formal fine dining, bowl food and canapés, or pop up street food style service.

We also have roots in the wider event industry, so can ensure all elements of your event are delivered seamlessly, with flair.

WHO IS JENNY?

Jenny has a professional diploma from Leiths School of Food & Wine, which she trained for after spending time working as a private chef in Alpine Chalets.

Jenny has worked at restaurants such as the Fat Duck and Tate Modern, and now has 12 years experience as head chef of Ginger Jar, overseeing 100's of events from canapé parties to weddings, PR launches and office inaugurations.

Her philosophy for Ginger Jar is simple – to offer bespoke, high quality catering to individuals and companies, large and small.

First and foremost, her team are nice AND good fun to work with, taking the stress out of event planning and turning it all into the most enjoyable experience.

WHAT DO WE DO?

WEDDINGS

Our advisory approach comes into it's own when working with wedding couples, who aren't experienced in organising large scale events. From our individual menu to design to advising on event flow & timings, we minimise stress from enquiry to delivery.

CORPORATE CATERING

From canapés to fine dining, Ginger Jar is at it's best when designing bespoke menus to suit the chosen occasion. Be that tailoring cuisines, service styles or delivery methods, our team will ensure your guests always feel looked after.

MARKETING & PR

Our creative team has bags of experience working with brands / performances / concepts to help use food as a key part of a brand strategy or experience.

FOOD TO START A CONVERSATION



Vinners worth talking about

INSPIRATION MENUS

In this pack you'll find some menus to spark conversation and hopefully give you some inspiration about what we could achieve at your event.

From canapés to whet the appetite to the full sit down dining experience, we give you something to get your mouth watering.

GO BESPOKE

Ginger Jar is known for innovation with many of our clients choosing to go bespoke, either by using one of these menus as a base or by telling us a more about themselves, the event and the feel of the event, so we can design a menu for them.

THE FULL PACKAGE

And if you're for more than just food, our team is on hand to offer a full package from event styling to staffing, bar service to performance.

Our additional services include:

Front of House / Waiting staff

Bar services & Bar staff

Styling from tablescapes to full room theming

Booking of performance or talent



WHET YOUR APPETITE, FEED THE PARTY



MEAT

Steak frites w/ medium rare sirloin, straw potatoes & pink peppercorn hollandaise E.M. GF

Chorizo & manchego croquetta w/ sweet roast garlic aioli G.E.Mu.M.

Olorosso braised pork fritter w/ grain mustard aioli & crisp apple G.Mu.E.

Katsu bao bun w/ fried chicken escalope, Japanese curry sauce, & pickled red chilli G.S.

Smoked chicken tostada w/ whipped avocado & grilled corn Se.S. GF Buttermilk chicken slider w/ chipotle mayo & rainbow 'slaw E.G.M.Mu.

FISH

King scallop, curry oil, tempered mustard seeds, cauliflower puree M.Mu. GF
Crispy cod in sesame crumb w/ spiced tartar sauce & chives F.E.Mu.G.
Hand picked white crab salad crostini w/ fennel & pink grapefruit C.
Citrus cured sea bass on sweet potato crisp w/ labneh & sumac F.M. GF
Spiced sesame salmon poké spoon w/ sushi rice, nori crisp, pickled red cabbage & edamame F.E.Mu.G.

Confit king prawn w/ lime, wasabi mayo & toasted coconut on blue corn tortilla C.Mu.E. GF

Yuzu cured salmon on wonton nacho w/ wasabi mayo F.Mu.G.

VEGETABLE

Arancini cacio y pepe w/ melting Pecorino & black pepper G.E.M.

Dolcelatte on polenta crisp w/ quince glazed red grape .M. GF

Carcioffi fritti – fried artichoke hearts in polenta crust w/ roast garlic aioli E.G.Mu

Miso roast baby aubergine poké spoon w/ sushi rice, pickled red pepper & spring onion VEGAN S. GF

Indonesian aromatic sweetcorn fritter w/ tomato sambal E. GF

Char sui celeriac bao bun w/ pickled daikon, cucumber & crispy onions G.S.Se.Su.

SWEET / PETIT FOURS

Key lime posset w/ torched Italian meringue M.E. GF
English custard tart w/ orange powder & pistachio praline G.M.E.N.
Dark chocolate & salted almond brownies G.M.E.N.
Mandarin scented white chocolate & raspberry lollipops M. GF
Spoon of sticky toffee pudding w/ dulce de leche sauce G.E.M.
Spiced rum, chilli & dark chocolate 'cocoa' shot w/ torched marshmallow M.E. GF

Or ask for a bespoke menu tailored to your event





MEAT

Gourmet sausage roll w/ fennel seed & sweet smoked paprika E.M.G.

Jenny's Yorkshire puddings w/ roast beef, horseradish cream & confit cherry tomato E.M.G.

Puff pastry tartlet w/ tarragon roast chicken, confit leek & chive E.M.G.

Chicken liver & cognac parfait on brioche toast w/ quince E.M.G.Su.

Bacon & eggs – Parma ham basket w/ soft boiled quail's egg & spinach E. GF

FISH

Smoked salmon on home made blini w/ crème fraiche, lemon & chive F.E.G.M.

Brioche fish finger sandwich w/ tartar sauce & little gem F.E.G.M.Mu.

Spoon of kedgeree w/ smoked haddock, spiced pilaf rice, peas & soft boiled quail's egg F.E. GF

Pan-fried scallop w/ pea purée & smoked bacon crumb (optional) Mo. GF

VEGETABLE

Goat's cheese & red onion compote tartlet w/ thyme G.E.M.

Whipped stilton w/ poached pear & candied walnuts in croustade G.E.M.N.

Roast butternut squash, British brie & sage tartlet G.E.M.

Tikka roast cauliflower on a mini poppadum w/ cucumber oat raita GF VEGAN

Mini stuffed jacket potato w/ sour cream & chive M. GF

SWEET / PETIT FOURS

Lemon posset w/ torched meringue & candied lemon E. GF

Mini berry tartlet w/ vanilla pastry cream & fresh mint & E.G.M.

Seasonal Eton Mess (fruit changes seasonally) w/ mini meringue kisses, cream & compote E. GF

Chocolate pot w/ a dash of whisky E. GF

Or ask for a bespoke menu tailored to your event





DELICIOUS FOOD & STYLING IDEAS.

Menus from £35pp

THE SPICE TRAIL

Food heros from Ottolenghi to Sabrina Ghahour have inspired our own culinary inventions for this menu. Plates will capture a riot of colour pulling in delicate spicing on meats, vegetables and fish.

WHISKEY & SMOKE

A down-home, Americana-inspired menu taking influences from across the US's southern states. We braise, we smoke, we glaze and we bake to deliver this menu full of that unique southern-style umami.

EDIBLE GARDEN

A wonderfully, light touch, conceptual menu focusing on beautiful ingredients and stylish plating.

TUSCAN BANQUET

Truly comforting flavours of Tuscany laid out in resplendent style to treat you and your guests – the Tuscan Banquet incorporates and aperitivo style starter, main course and suggest a dessert table of mini sweet delights later in the evening.

GO BESPOKE

We love design from scratch to suit your occasion and audience. Just send us your brief and see what we can come up with!

BEST OF BRITISH

The GJ take on some classic British dishes.





THE CONCEPT. MIDDLE EASTERN & NORTH AFRICAN DISHES TAKING INSPIRATION FROM FOOD HEROES SUCH AS OTTOLENGHI & SABRINA GHAYOUR.

MEZZE

CHOOSE 2 FROM:

Baked feta w/ coriander seeds, nigella seeds, honey & herb oil

Crispy fried artichoke hearts w/ PX reduction & home-made labneh

Gordel olives w/ orange & oregano

Grilled peaches & speck w/ orange blossom

Sweet & sticky molasses & chilli chicken

Griddled halloumi w/ raspberry & molasses

Creamy lemon & coriander hummus topped w/ crispy chick peas

Baba ganoush w/ labneh & crispy onions

All mezze comes with flatbreads

STYLING

MAINS

CHOOSE FROM:

Saffron grilled chicken w/ barberry rice, fresh herbs & pomegranate seeds

or. V. Saffron griddled cauliflower steaks w/ barberry rice, fresh herbs & pomegranate seeds

Roasted aubergine w/ tahini yoghurt & pickled red pepper Pickled cucumbers w/ mint & sesame

Duck confit w/ pomegranate molasses glaze, walnut praline & fresh baby spinach

or. V. Blackened aubergine w/ pomegranate molasses glaze, walnut praline & fresh baby spinach

Sweet potato & thyme gratin

Spice roasted cauliflower w/ tahini & black vinegar, crispy onions

Lamb mechoui shoulder w/ harissa, parsley, & coriander or. V. Cauliflower & green herb fritters w/ harissa
Roasted hasselback potatoes w/ black garlic & dill Fresh cucumber, tomato & red onion salad Fattoush salad

DESSERT

CHOOSE FROM:

Spiced 'Eton Mess' w/ brown sugar meringues, caramelised pineapple, toasted coconut flakes, vanilla cream & ginger butterscotch sauce

Clementine & cardamom posset, macadamia & white chocolate shortbread

Fig & honey frangipane tartlet w/ vanilla mascarpone & thyme syrup

Dark chocolate, Morello cherry & pistachio pot w/ vanilla bean biscuit & baby meringues

Cinnamon & espresso mille feuille w/ hazelnut praline & crème patisserie

Blood orange bavarois w/ raspberry jelly, pomegranate & mint

A great menu & venue to let colour run free. Use orange ceramic plates to serve the meal combined w/ copper cutlery to make the room feel warm.

Use palm print & ferns in the napkins, menus & table plan to give the feeling of an atmospheric bazaar Cocktails such as Hibiscus Coolers, Moscow Mules & Blood Orange Mojitos add to the setting





ALTERNATIVES

Mix & match your dishes dishes or starters by choosing from our additional menu of delicious plates.

STARTERS / SIDE DISHES

Grilled peaches & panir (Persian cheese) w/ orange blossom honey, baby leaves & toasted walnuts

Feta w/ watermelon, basil & black olive tapenade

Spice roast pumpkin w/ crumbled feta, mi-cuit tomatoes, crispy capers & roasted garlic dressing

Carrot & beetroot fritters w/ labneh & mint salsa

Griddled courgette & toasted hazelnut salad w/ crumbled manouri, balsamic reduction & baby leaves

Burnt aubergine w/ rose harissa, herb yoghurt & fried capers

Home made flat breads w/ sweet garlic butter





THE CONCEPT. ITALIAN DISHES SYNONYMOUS WITH FEASTING AND CELEBRATION

START / CHOOSE FROM

ONE

Burrata w/ roast summer squash, balsamic reduction & toasted pumpkin seeds

TWO

Platter of Pecorino Romano, griddled artichoke hearts, gordel olives & dried fruit

THREE

N'duja arancini w/ sweet garlic aioli, classic cherry tomato & basil bruschetta

BREADS

Sourdough focaccia, olive oil & balsamic
Pane carasau (Italian crispbread) w/ olive oil

MAIN / CHOOSE FROM

MAINS

Porchetta w/ lemon, fennel seeds, marjoram & garlic

Veal & pork polpetti w/ fennel & parsley in rich tomato ragu

Chicken saltimbocca w/ crispy prosciutto & sage

SIDES

Roasted summer squash, pine nuts, shaved Parmesan, olive oil & sage

Yellow & green courgettes ribbons, orange & hazelnut

Green leaf salad w/ green beans, mangetout & lemon caper dressing

CARBS!

Soft Parmesan polenta

Roasted new potatoes w/ sea salt & thyme

Gnocchi gratin

TAVOLA DI DOLCE / Choose 4 petit fours

Macchiato chocolate pots w/ espresso & white chocolate ganache

Limoncello posset, verbena jelly, candied peel

Baby meringues, cherry coulis, blossom honey cream & raspberries

Pandoro tiramisu w/ Frangelico mousse, mascarpone cream & macadamia brittle

Pear & almond frangipane tartlet

Sicilian cannoli filled w/ sweetened ricotta, rum soaked raisins & hazelnuts

Sparkling Prosecco & elderflower jelly

Choux buns filled w/ clementine crème patisserie & blackberries

Coffee mini eclairs, espresso glaze

Salted peanut chocolate truffles

STYLING SUGGESTIONS

Use lots of big, blossomy flowers to create a sense of rural opulence in an urban setting. Lay the place settings with clean, white napkins & use mini bottles of Vin Santo as favours. Vintage steel cutlery combined with earthenware plates keep in step with the theme of rustic elegance





Menu can be adapted for vegetarian, vegan and other diets once main elements are chosen.

PASTA.

Classic cacio e pepe

Penne al sugo di carne – Florentine penne in a red wine & pulled pig cheek ragù

Tuscan fennel & sausage ragù w/ gnocchi

Pici all'aglione – Tuscan hand-rolled pasta w/ tomato & garlic sauce

FURTHER OPTIONS.

Prosciutto San Daniele DOP w/ griddled nectarine, creamy burrata, wild rocket & a Vin Santo vinaigrette

Hand picked white crab on sour dough toast w/ brown crab aioli, pink grapefruit, tarragon pickled celery, shaved fennel & fennel cress

Seared carpacio of tuna w/ chilled almond emulsion, pickled grapes, basil oil & pangrattato

MORE

(Mains

White wine, garlic & herb slow cooked lamb shoulder w/ salsa verde

Osso bucco - slow braised veal shin w/ green herb oil

Confit duck legs w/ charred hispi cabbage & Marsala reduction

Pan-roasted chicken supremes w/ porcini & herb butter on asparagus

Oloroso braised pork belly w/ crackling & pumpkin seed crumb, pickled shallots





THE KICK OFF

CHOOSE FROM

Louisana king prawns w/ lime & Cajun-spiced butter, little gem leaves

Buffalo cauliflower w/ blue cheese dressing, spiced butter & spring onions

Artichoke & aged cheddar dip w/ savoury muffins

Jalapeno poppers w/ buffalo mozzarella & smoky tomato compote

Jalapeno corn bread

Charred corn on the cob w/ lime butter

Creole crab cakes w/ a fresh herb salsa

STYLING

FULL OF FLAVOUR

CHOOSE FROM

Bourbon & molasses glazed pulled pork

Truffled mac & cheese

Little gem salad w/ buttermilk dressing & flaked toasted almonds

Buttermilk fried chicken w/ hot maple drizzle

New Orleans coleslaw w/ pecan, apple & sour cream Warm baby potato salad w/ pickles, lemon & parsley

Beer & juniper braised ox cheek

Buttered mashed potatoes

Charred sweetheart cabbage w/ brown butter & crispy capers

THE CONCEPT. DOWN-HOME, AMERICAN CLASSICS DONE THE GJ WAY.

SWEETNESS & LIGHT

CHOOSE FROM

Home-made cherry pie w/ vanilla ice cream

S'mores cheesecake – chocolate, hazelnut & torched marshmallows

Key lime meringue pie w/ toasted meringue & sharp lime curd

Blackberry shortcake w/ whipped vanilla cream, fresh blackberry, blackberry & cassis compote

Baked peaches, crème fraiche, tarragon syrup, ginger shortbread

Taking inspiration from humble local diners with a stylist's twist, this menu works well in rooms w/ exposed brick, natural wood & festoon lighting.

Pile your cutlery centrally to encourage sharing across your courses. Dishes can be served in miss matched table ware including enamel-ware & homely ceramics.

Use collections of kilner jars to show loosely arranged flowers bringing colour to your table.

Hessian or kalico runners w/ natural linen napkins, bring a touch of homeliness.







TO START

Lemon scented asparagus w/ Savoie ham, Champagne beurre blanc & viola flowers

Salad of charred baby gem, fresh garden peas & asparagus w/ toasted walnuts & Parmesan crisp

Crab, spring onion & coriander w/ lemon verbena broth & gruyere brioche toast

Sashimi grade tuna w/ confit cherry tomatoes, black olive crumble, green beans & nasturtium petals

Pistachio & rosemary gnudi w/ brown butter, lemon & flowers

The Greenhouse (see image on previous page) – duck liver parfait w/ cocoa & lavender soil, red grape & shallot chutney

STYLING

THE CONCEPT. CELEBRATE THE ENGLISH COUNTRYSIDE WITH THIS EDIBLE

FOR MAIN

Roasted rump of lamb w/ mint salsa verde, crispy capers & tendril pea shoots

Twice baked pea soufflé, lamb jus

Chipotle pork belly w/ fried green tomato, summer squash purée, toasted pumpkin seeds & crispy crackling

Little gem salad w/ candied hazelnuts

Confit leg of Gressingham duck, thyme scented pomme puree, pickled blackberries & bay infused jus

Warm green vegetable & leaf salad w/ tarragon dressing

Courgette & leek risotto, tempura courgette flower stuffed w/ mozzarella & chilli, micro parsley.

FOR DESSERT

GARDEN INSPIRED MENU

Roasted strawberry bavarois w/ elderflower jelly, baby striped meringues & borage flowers

Pistachio, rose & raspberry frangipane tartlet, raspberry ripple crème Chantilly

French fruit tart w/ mixed berries & edible flowers

Peach & tarragon Eton Mess – mini meringues, roasted peaches, peach & tarragon coulis & whipped vanilla cream

Cherries jubilee w/ vanilla & yoghurt panna cotta

Orange, lemon & almond cake w/ citrus syrup, borage flowers & sweet mascarpone

Bring the garden inside w/ floral centre pieces & use herbs, such as rosemary, for place settings.

Dress tables w/ eucalyptus & delicate ferns

We can source earthenware crockery to showcase our dishes with edible flowers as garnish Carry the theme through to the drinks and ask us to design a botanical cocktail menu eg. English Garden cocktail combines gin, pressed apple juice & elderflower liqueur



SEASONALLY ADJUSTED



Best of British

STARTERS.

Yorkshire brie w/ raspberries, raspberry & lovage dressing & seasonal leaf salad V

British cured Breasola w/ celeriac remoulade, courgette & pickled apple

Home made duck rillettes on sour dough toast w/ green beans, confit shallots & apple cider dressing

Cider & treacle cured ham hock w/ spring salad, peas & local leaves

English asparagus, crumbled British goat's cheese, salted caramel walnuts w/ green leaf salad & pink peppercorn dressing V

Salad of roast summer squash, shavings of Swaledale cheese, green leaves & toasted pumpkin seeds w/ a citrus dressing \lor

Tartlet of Wensleydale, caramelized onion, fennel & thyme w/ Sherry vinegar reduction & lambs lettuce V

MAINS.

Ginger & star anise braised ox cheeks w/ butter braised carrot, watercress yoghurt & tobacco onions

or. Ginger & star anise braised celeriac w/ butter braised carrot & watercress yoghurt V

Served w/ smashed, crispy roast new potatoes

Slow braised lamb shoulder croquette w/ roast cutlet of lamb, pea salsa verde & peas or. Wild mushroom arancini w/ roast king brown mushroom, pea & tarragon salsa verde, peas V

Served w/ baker's potatoes

Confit duck leg croquette w/ roasted duck breast, cherry & duck sauce, pearl barley 'risotto'

or. Roast céleriac steak w/ caramelized onion & blackberry sauce on pearl barley 'risotto' V

Served seasonal summer salad w/ roasted pumpkin seeds

Roasted chicken thigh fillets w/ seasonal squash 'Anna' & chicken stock herb butter sauce

or. Hasselback seasonal squash w/ herb butter sauce, crispy yeast flakes & braised hispi cabbage V

Served w/ tenderstem broccoli w/ black garlic & poppy seeds

Oloroso braised British pork cheeks on mashed potato w/ green herb salsa & crispy sage

or. Caramelised cauliflower steak on mashed potato w/ green herb salsa V Served w/ charred hispi cabbage w/ garlic cream sauce







CANAPES

Chorizo croquetas, roasted garlic aioli

Seared scallop, sweetcorn puree, chorizo crumbs, tarragon & caper dressing

Crab filo tartlet, tomato salmorejo, asparagus

Broad bean, pea & manchego crostini (v)

Cauliflower floret, romesco sauce, smoked almond (v)

Wild mushroom & truffle croquetas, tarragon mayo (v)

TAPAS

Charcuterie platter w/ sourdough; Serrano ham, chorizo and salchichon

Burrata, beef cecina, thyme & honey griddled peaches, toasted pine nuts, moscatel dressing

Prawn Pil Pil (garlic & chilli prawns)

Griddled asparagus, almond romesco sauce, manchego shavings, Pedro Ximenex reduction (v)

"Pan con tomate" Tomato tartare, charred sourdough (v)

Spanish Tortilla w/ aioli & saute Padron peppers (v)

Heritage rainbow tomatoes, burrata, romesco sauce, basil oil, croutons, toasted almonds (v)

THE CONCEPT. SHARING DISHES INSPIRED BY THE FLAVOURS OF SPAIN.

MAIN COURSES

Herb, garlic & white wine marinated slow roasted lamb shoulder w/ salsa verde

Spanish marinated roasted chicken w/ romesco sauce & olive salsa

Sherried pork cheeks w/ creamy potato mash & crispy shallots

Chicken & chorizo paella

Artichoke, fennel, tomato, peppers & olives paella (v)

Charred cauliflower steak, romesco sauce, tender steam broccoli, olive salsa (V)

SIDES

Thyme & garlic new potatoes Heritage tomato salad, moscatel dressing

Charred baby gem lettuce, piquillo peppers, Pedro Ximenez dressing, pine nuts

Green been, asparagus and pea salad with manchego cheese, toasted pine nuts and balsamic dressing

DESSERTS

Seville orange & dark chocolate tarts w/ crème fraiche

Caramelised baked Basque cheesecake w/ seasonal fruit

Olive oil dark chocolate mousse w/ sea salt & hazelnut-chocolate soil

Pedro Ximenez poached peaches & raspberry pavlova

"Café Cortado" chocolate mousse; dark chocolate & espresso mousse, roasted white chocolate mousse

Churros w/ hot chocolate sauce





CANAPES & STARTERS

MEAT

Korean BBQ pork belly mini bao w/ pickled rainbow 'slaw & sriracha mayo

Chicken & garlic chive pot sticker w/ black vinegar glaze & porcini powder

Hoisin crispy duck in mirin cucumber cups w/ chilled spring onion & black sesame GF

VEGETABLE

Mu-shu tofu on little gem leaf w/ sticky soy, ginger & garlic dressing & crunchy vegetables VEGAN

Char sui celeriac bao w/ cucumber, daikon, spring onion & pickled red chilli VEGAN

Cauliflower, green chilli & shallot bhaji w/ coriander chutney GF VEGAN

FISH

Queen scallop w/ spiced cauliflower purée, curry leaf oil & tempered mustard seeds GF

Yuzu cured salmon w/ on wonton nacho w/ wasabi mayo & sour salt

Furikake crusted cod w/ kewpie tartare sauce & pickled cucumber

THE CONCEPT. OUR FAVOURITE DISHES FROM ACROSS THE ASIAN CONTINENT

FOR MAIN

Confit duck leg w/ star anise & orange spiced jus

Coriander & cardamom rice

Speared asparagus & tenderstem broccoli in soy, ginger & garlic

Confit then blackened salmon w/ miso, mirin & spring onion

Jasmine & wild rice

Braised pak choi w/ oyster sauce garlic & ginger

Slow-roast 5 spice pork belly Caramelized peanut & tamarind dressing

Coconut infused jasmine rice

Charred hispi cabbage wedges w/ yellow bean dressing

FOR DESSERT

Asian Eton Mess w/ charred pineapple, pink peppercorn meringues, cream & passion fruit posset

Sticky toffee pudding w/ soy caramel sauce

Dark chocolate & cardamom pots w/ white chocolate ganache & pistachio praline

Lemongrass & cardamom parfait w/ pineapple carpaccio & black pepper shortbread



We hope you like what you see! If you have any questions on our menus or services please do contact us.

THANK YOU

JENNY@GINGER-JAR-FOOD.COM





PLEASE FIND BELOW A FULL KEY OF ALLERGENS PLUS SOME INFO ON OUR ALLERGENS POLICY

ALLERGENS KEY

G. Gluten

C. Crustaceans

E. Eggs

F. Fish

N. Nuts (other than peanuts)

P. Peanuts

S. Soya

M. Milk

Ce. Celery

Mu. Mustard

Se. Sesame

Su. Sulphites

Lu. Lupin

Mo. Molluscs

FURTHER ALLERGENS INFO

GF = GLUTEN FREE

If no G. is present in the allergens key then the item is not made using gluten as a core ingredient. Please note we don't operate a gluten free kitchen, however, so cannot guarantee that trace elements of gluten will not be present.

M. = MILK

If no M. is present in the allergens key then the item is free from lactose.

N. = NUTS

If no N. is present in the allergens key then the item is not made using nuts as a core ingredient. Please note we don't operate a 100% nut free kitchen, however, so cannot guarantee that trace elements of nuts, including peanuts, will not be present.

F. C. Mo. = FISH, CRUSTACEANS, MOLLUSCS

If no F. C. or Mo. Are present in the allergens key then the item is free from fish, crustaceans or molluscs. However, our fish supplier does transport these items in the same van so we cannot guarantee 100% against cross contact.