

ALLERGEN & INTOLERANCES INFORMATION BOOKLET

We hope this information will enable everyone who comes to the Swan with Two Necks to enjoy our food.

This document contains all of our allergen information.

Our dish descriptions do not mention every ingredient, just ask us if unsure.

Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen free.

Please always inform waiting staff of an allergy before ordering so we can take extra care preparing your dish.

Should you have specific dietary requirements please ask the restaurant manager for details before you order.

The following pages highlight the known allergen ingredients within our dishes. Please use the following key for identifying the cereals that are within each dish;

W	Wheat
R	Rye
WW	Whole Wheat
WG	Whole Grain
B	Barley
S	Spelt
O	Oats

SPECIALS

We are very proud of the talent within our Kitchen team and as such allow them the opportunity to express themselves within our daily specials by creating exciting fresh dishes taking advantage of our suppliers 'catch of the day' or seasonal produce.

Due to the evolving nature of the specials, our chefs may take a lead from customer feedback and react during service to improve a dish and amend ingredients.

You are welcome to discuss a dish from our specials with a manager on duty in regards to any allergens or intolerances you may have, however due to the nature of how these dishes are created it is likely that you will be advised to choose from our main menu.

Allergen Matrix

UPDATED 30.08.19

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Starters	Pressed pork & chicken liver terrine	W	✓		✓				✓					✓		
Starters	Asparagus & duck egg				✓				✓					✓		
Starters	Heritage tomatoes								✓			✓		✓		
Starters	Bubble & squeak cake	W,B,O	✓		✓				✓		✓			✓		
Starters	Pan Fried sea trout				✓	✓			✓			✓		✓		
Starters	Seasonal soup	W,B	✓					✓	✓		✓	✓	✓	✓		
Starters	Pan fried flat field mushroom	W	✓		✓			✓	✓		✓			✓		
Pan-pacific	Tempura sea bass, king prawns & calamari	W	✓	✓		✓						✓		✓		✓
Pan-pacific	Pork and prawn dumplings	W	✓	✓		✓		✓						✓		
Pan-pacific	Chilli baked cod fillet in a banana leaf	W	✓			✓		✓								
Pan-pacific	Crispy sesame chicken	W	✓		✓				✓				✓			
Pan-pacific	Flame grilled lamb skewer	W	✓	✓	✓		✓	✓				✓	✓			
Pan-pacific	Honey & soy duck breast	W	✓		✓			✓	✓	Pecans & Walnuts			✓			
Pan-pacific	Spicy miso chicken	W	✓		✓			✓					✓			
Pan-pacific	Hot rock sirloin	W	✓					✓	✓							
Pan-pacific	Chargrilled chicken skewers			✓					✓		✓					
Pan-pacific	Yellowfin tuna tartare				✓	✓						✓	✓	✓		
Pan-pacific	Handmade sushi	W	✓	✓	✓	✓		✓				✓	✓			
Pan-pacific	Steamed rice													✓		
Pan-pacific	Asparagus & butternut squash	W	✓					✓					✓			
Pan-pacific	Stir fried pork rice	W,B	✓		✓			✓					✓			
Pan-pacific	Edamame beans												✓			
Mains	Pan fried sea trout fillet					✓					✓			✓		
Mains	Crackling crusted belly pork	W	✓		✓			✓	✓					✓		
Mains	Pan roasted chicken supreme	W	✓					✓	✓		✓			✓		
Mains	Beer battered haddock fillet	W,B	✓			✓			✓					✓		
Mains	Roasted cod					✓			✓							
Mains	Thai red curry			✓		✓			✓							
Mains	Chargrilled steak burger	W,B	✓		✓	✓			✓		✓	✓	✓	✓		

The Swan with two necks

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Mains	Pan roasted sea bass fillets					✓			✓		✓			✓		
Mains	Herb crusted lamb rump	W	✓					✓	✓	Pistachio		✓		✓		
Mains	Steak, mushroom & ale pie	W,B	✓		✓				✓		✓			✓		
Steaks	Rib eye													✓		
Steaks	Sirloin													✓		
Steaks	Mid cut fillet													✓		
Steaks	Chateaubriand for two				✓				✓					✓		
Sharers	Seafood	W	✓	✓		✓			✓					✓		✓
Sharers	Butchers grill	W,B,O	✓		✓			✓	✓	Pistachio		✓		✓		
Vegan & Vegetarian	Fennel, apple & broccoli pakora	W,B	✓								✓			✓		
Vegan & Vegetarian	Satay tempeh steak	W,B	✓				✓	✓					✓			
Vegan & Vegetarian	Beetroot, mushroom & spinach wellington	W	✓		✓			✓	✓		✓			✓		
Salads	Poached sea trout & smoked salmon				✓	✓			✓					✓		
Salads	Chicken caesar	W,B	✓		✓	✓			✓							
Salads	Breaded goats cheese	W	✓		✓				✓	Walnuts		✓		✓		
Butters & Sauces	Shrimp & crayfish butter			✓					✓							
Butters & Sauces	Truffle butter								✓							
Butters & Sauces	Smoky garlic butter								✓					✓		
Butters & Sauces	bone marow butter								✓					✓		
Butters & Sauces	Shropshire blue							✓	✓		✓			✓		
Butters & Sauces	Peppercorn sauce							✓	✓			✓		✓		
Butters & Sauces	Mushroom truffle							✓			✓			✓		
Butters & Sauces	bearnaise				✓				✓					✓		
Sides	Chunky chips													✓		
Sides	Mash								✓					✓		
Sides	Truffle & parmesan fries								✓							
Sides	Beer battered onion rings	W,B	✓			✓										
Sides	Marinated mixed olives													✓		
Sides	Baked breads with balsamic oil & butter	W,B,R	✓						✓					✓		
Sides	Green vegetables								✓							
Sides	House salad											✓		✓		
Sides	Garlic ciabatta	W,R,B	✓						✓							
Sides	Garlic ciabatta with cheese	W,R,B	✓						✓							
Sides	Garlic & rosemary potatoes								✓							

The Swan with two necks

Category		Cereals	Contains Gluten?	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery & Celeriac	Mustard	Sesame	Sulphur Dioxide	Lupin	Molluscs
Lunch	Pesto marinated chicken & chorizo	W,B,R	✓		✓				✓					✓		
Lunch	Chargrilled steak sandwich	W,B,R	✓		✓			✓	✓		✓			✓		
Lunch	Sesame breaded chicken	W	✓		✓			✓	✓				✓	✓		
Lunch	Chargrilled lamb kofta	W	✓	✓			✓	✓	✓			✓	✓	✓		
Lunch	Chargrilled thai red chicken skewer	W	✓	✓	✓	✓			✓					✓		
Lunch	Smoked salmon & prawns	W,B	✓	✓	✓	✓					✓			✓		
Lunch	Breaded haddock goujons	W,B	✓		✓	✓			✓			✓		✓		
Lunch	Gammon steak				✓									✓		
Lunch	Savoury mushroom crepes	W	✓		✓			✓	✓		✓			✓		
Lunch	Chargrilled old english sausages	✓	✓					✓	✓					✓		
Lunch	Roasted salmon fillet			✓	✓			✓				✓	✓			
Lunch	Chargrilled miso chicken salad	W	✓					✓					✓			
Childrens	Childrens soup	W,B	✓					✓	✓		✓	✓	✓	✓		
Childrens	Baked dough balls	W	✓		✓				✓			✓				
Childrens	Smoked salmon toasts	W,B,R				✓			✓							
Childrens	Chargrilled steak burger	W	✓								✓		✓			
Childrens	Sausage and mash	✓	✓					✓	✓					✓		
Childrens	Battered haddock goujons	W,B	✓			✓			✓							
Childrens	Pan fried chicken fillet							✓	✓		✓			✓		
Childrens	Chargrilled gammon steak								✓							
Childrens	Toasted chicken, cheese & tomato	W	✓		✓				✓			✓				
Childrens	Childrens Fondue	W	✓		✓			✓	✓							

Sunday Lunch	Flat field mushrooms	W	✓					✓	✓		✓			✓		
Sunday Lunch	Smoked salmon crouton	W,R,B	✓			✓										
Sunday Lunch	Crispy fried chicken	W	✓		✓				✓				✓			
Sunday Lunch	Roasted silverside of beef	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Roasted chicken supreme	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Roasted ham	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Roasted ham & beef	W	✓		✓			✓	✓		✓	✓		✓		
Sunday Lunch	Vegetarian roast	W	✓		✓			✓	✓		✓			✓		
Sunday Lunch	Poached haddock					✓			✓					✓		

