

## COTE HOW ALLERGEN MATRIX

ITEM	Menu Item													Nuts								Gluten					GF available See separate sheet below					
		Celery	Egg	Milk	peanuts	Soya	Molluscs	Crustaceans	Fish	Mustard	Sulphur Dioxide	Sesame Seeds	Lupin	Almond	Brazil	Cashew	Hazelnut	Macadamia	Pecan	Pine	Pistacio	Walnut	Wheat	Gluten	Barley	Oats		Rye				
1	stuffed apricots with tarragon			X																								YES				
2	Sunblushed tomato Bruscheta																						X	X	X	X		YES				
3	Hummus and Olive tartlets					X																	X	X	X	X						
4	Halloumi Bites			X																												
5	Blue Cheese and Walnut Tartlets			X																												
6	Wensleydale and Cranberry Quiches																					X	X	X	X	X						
7	Mozarella Capresse Bites			X																												
8	Roasted Pepper Tortilla Bites		X	X																												
9	Parmasan Shortbreads with Bettroot Pesto			X																X			X	X	X	X						
10	Prawn and Chorizo Skewers							X																								
11	Smoked Salmon Blinis			X					X														X	X	X	X						
12	Sticky Sausages									X																		YES				
13	Mini Yorkies Raost Beef		X	X																			X	X	X	X		YES				
14	Coronation Chicken Bites																						X	X	X	X		YES				
15	Prosciutto Wrapped Asparagus																															
16	Pigs in Blankets		X																													
17	Volu au Vents		X	X				<small>if prawn selected</small>															X	X	X	X						
<b>STARTERS</b>																																
1	Garlic Mushrooms			X																							X	X	X	X	X	YES
2	Ham Hock Terrine			X						X																	X	X	X	X		YES
3	Chicken Pate			X																							X	X	X	X		YES
4	Roasted Veg Terrine																										X	X	X	X		YES
5	Smoked Salmon								X																		X	X	X	X		YES
6	Prawn Cocktail		X					X																			X	X	X	X		YES
<b>SOUPS</b>																																
1	Tomato and Basil	X																									X	X	X	X		YES
2	Roasted Vegetable	X																									X	X	X	X		YES
3	Broccoli & Stilton	X		X																							X	X	X	X		YES
<b>MAINS</b>																																
1	Roasted Herdwick Lamb																															
2	Roast of Beef			X																							X	X	X	X		YES
3	Beef Bourginon	X																														
4	Chicken tarragon	X		X																												
5	Cumberland Sausage & Mash	X		X																							X	X	X	X		YES
6	Mushroom & Leek Wellington	X	X	X																							X	X	X	X		YES
7	Cauliflower Rarebit		X	X						X																						
8	Carrot & Cardamon Tarte Tatin																										X	X	X	X		
<b>DESSERTS</b>																																
1	Sticky Toffee pudding		X	X																							X	X	X	X		YES
2	Toffee Apple Crumble			X																							X	X	X	X		YES
3	Belgian Chocolate Brownie		X	X																							X	X	X	X		YES
4	Chocolate and Pistachio Tart			X																		X				X	X	X	X		YES	

5	Lemon Tart		X	X																	X	X	X	X		YES	
6	St Clements Possett			X																							
7	Pavlova		X	X																							
PRIVATE DINE - STARTERS																											
1	Locally Smoked Salmon																										
2	Classic Prawn Cocktail		X																								DF AVAIL
3	Goats Cheese wrapped in Cumbrian Pancetta			X																							
4	Chicken Liver Parfait			X																							DF AVAIL
5	Salad of asparagus, bacon and poached egg		X																								
6	Apple, Stilton and candied walnut salad			X																							
PRIVATE DINE - MAINS																											
7	CHICKEN BREAST ON CRUSHED NEW POTATOES with roasted garlic and tarragon sauce (GF)			X																							DF AVAIL
8	DUO OF LAMB, STUFFED WITH SPINACH, FETA AND PINE NUTS with dauphinoise potato			X																							
9	PAN FRIED FILLET OF BEEF baked field mushrooms, fondant potato, parsnip puree and a red wine, shallot and thyme sauce			X																							
10	ROASTED VENISON STEAK with beetroot dauphinoise and hedgerow sauce			X																							
11	SLOW ROASTED SPICED PORK with fondant potato, chorizo spring cabbage and a cider sauce			X																							
12	PAN FRIED FILLET OF SCOTTISH SALMON with a poached egg and hollandaise sauce		X	X																							
13	BOUILLABAISSÉ a robust tomato and fennel fish and seafood stew, with rouille toast and crushed new potatoes			X				X	X	X																	
14	ROASTED VEGETABLE, QUINOA, AND SPICED NUTS			X																							
15	CHAR GRILLED HALLOUMI on a golden potato rosti with chilli sauce			X																							
ALL MAINS SERVED WITH A SELECTION OF SEASONAL VEGETABLES																											
PRIVATE DINE - DESSERTS																											
16	LEMON TART with blueberries and our own lemon and lime ice		X	X																							
17	CHOCOLATE AND DAMSON BROWNIE with damson sorbet		X	X																							
18	CRÈME BRULÉE with Grasmere gingerbread		X	X																							
19	RASPBERRY AND VANILLA PANNA COTTA		X	X																							
20	RICH CHOCOLATE TORTE with Cointreau cream			X																							
21	CITRUS POSSET and honey snap biscuits			X																							
22	Cheese board			X																							
23	Petir Fours		X	X																							
Gluten free versions available																											



