

Allergies, intolerances and other dietary requirements

At the Cottage Inn, we appreciate the difficulties that can be involved with having food allergies and/or any other dietary requirements.

As such we strive to provide as much information as we can to assist you whilst you are ordering.

Below is a key explaining the allergen symbols used throughout our menus. **Please take a moment to read this** and please also refer to our **full allergens statement** on the **back page** of our menu folder (also available on our website).

Key:

(If any of the following symbols are shown adjacent to one of our menu items/dishes it indicates that the corresponding allergen is present in that item/dish)

- *C* = celery
- *G* = cereals containing gluten – including wheat (such as spelt and Khorasan), rye, barley and oats
- *Cr* = crustaceans – such as prawns, crabs and lobsters
- *E* = eggs
- *F* = fish
- *L* = lupin
- *M* = milk
- *Mo* = molluscs – such as mussels and oysters
- *Mu* = mustard
- *N* = tree nuts – including almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts
- *Pn* = peanuts
- *S* = sesame seeds
- *So* = soya
- *Su* = sulphur dioxide and sulphites

Symbols in brackets, e.g. (*G*) indicate that the component/s containing the relevant allergen can be removed from the dish.

- *V* = The adjacent menu item/dish is suitable for vegetarians

Please **always** inform our staff of **any** food allergies or dietary requirements that you have **every** time you dine with us.

Please feel free to request further information regarding our menus or to ask us any questions.

Thank you for choosing The Cottage Inn, enjoy your meal!

The Cottage Inn – Allergens statement

We prepare our food in a kitchen with products containing gluten, nuts and other allergens. Our allergy data is derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product.

We have taken all reasonable steps to ensure that all our information is accurate. **WE CANNOT GUARANTEE** that any product is "**100% FREE FROM**" any allergen due to the risk of cross-contamination in production, supply and preparation.

If you suffer from sensitive trace reactions for stated allergens, **please be aware that we are unable to guarantee suitability for you.**

Please inform our staff of any allergy that you have every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchen to prevent cross contamination. If product substitutions are in place our staff can make you aware of these.

Please bear in mind, when ordering, that some dishes have additional choices and therefore this may impact the total dish outcome in regards to allergens.

Please also read the information provided on the inside front cover of our menu folder.