

Goodwins Sunday Menu Spring Summer 2018 Allergen Report

We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. The allergy data detailed in the table below has been 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 this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen due to the risk of cross contamination risk 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 make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware of these.

Please be aware that the information below is provided to us by our suppliers, however due to preparation methods within our kitchens, we are unable to guarantee Vegan suitability of our deep fried products. Please speak to the team for further information.

** Tree Nuts indicates the presence of the following:- almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

* Gluten is a protein component of wheat, rye, barley, kamut, spelt & oats

YES Vegan / Vegetarian	YES in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian
NO Vegan / Vegetarian	NO in the column indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/Vegetarian
NO	Is not listed as an ingredient, but please note that absence in the final product cannot be guaranteed, due to cross contamination risks in production, supply and preparation
NO*	Indicates that whilst gluten is not a listed ingredient, due to the fryers being used for breaded products there is an increased cross contamination risk
YES	Indicates that the product CONTAINS that allergen and is a listed ingredient by the supplier
Some dishes have multiple options available when ordering. The allergen outcomes for each option is listed below the dish. Please bear this in mind when ordering and add the allergen outcome for each choice to your overall meal.	

Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites	
Goodwins - SS18 Sunday Menu	Kids Sunday Roasts	Rump Of Beef - Kids	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Kids Sunday Roasts	Pork Loin - Kids	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Kids Sunday Roasts	Chicken Breast - Kids	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	Yes	No	No	No	No	No	Yes
Goodwins - SS18 Sunday Menu	Kids Sunday Roasts	Butternut Squash & Sage Bake (v) - Kids	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Sunday Extra's	Beef Gravy	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Sunday Extra's	Mash	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Extra's	Stuffing	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Goodwins - SS18 Sunday Menu	Sunday Extra's	Yorkshire Pudding (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Extra's	Pigs-In-Bankets	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins - SS18 Sunday Menu	Sunday Extra's	Roast Potatoes (v)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Extra's	Cauliflower Cheese (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Extra's	Veg Gravy	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Sunday Roasts	Rump Of Beef	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Sunday Roasts	Half Chicken	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Goodwins - SS18 Sunday Menu	Sunday Roasts	Pork Loin	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Sunday Roasts	Chicken Breast	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Goodwins - SS18 Sunday Menu	Sunday Roasts	Butternut Squash & Sage Bake (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Kids Sunday Desserts	Warm Chocolate & Caramel Fudge Cake (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Kids Sunday Desserts	Clotted Cream Ice Cream (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Kids Sunday Desserts	Fresh Fruit (v)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Kids Sunday Desserts	Frozen Strawberry Yoghurt (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Kids Sunday Desserts	Strawberry Split Lolly (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Goodwins - SS18 Sunday Menu	Kids Sunday Desserts	Super Sundae (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Banoffee Pie (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Cookie Dough Cheesecake (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins - SS18 Sunday Menu	Sunday Desserts	Sticky Toffee & Date Pudding (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Fresh Berry Sundae (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Triple Chocolate Brownie (v) - please select your side choice listed below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Cream Double Fresh		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Ice Cream - Clotted Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Cheese Board (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Cheesecake Bomb	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Sunday Menu	Sunday Desserts	Jam Roly-Poly Crumble (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	3 Scoops Of Ice Cream Or Sorbet (v) - Please select your flavour choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Ice Cream - Vegan		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Ice Cream - Treacle Toffee		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Lemon Curd Sorbet		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Chocolate Ice Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Ice Cream - Clotted Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Sunday Menu	Sunday Desserts	Ice Cream - Chocolate Pudding		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No