



Offshore allergen advice 2022

*Gluten free alternatives are available for many items
If unsure about anything, please speak to a Duty Manager*





















































Please note: our dishes are prepared in areas where allergic ingredients are present so we cannot guarantee that our dishes are 100% free of these ingredients.

PLU Allergen List

Site: 0 Head Office

Report Filters:

PLU Group: DRY

PLU	Name	Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Allergen 15	Allergen 16
1	FULL ENGLISH																
2	OFFSHORE BREAKFAST																
3	AVOCADO & EGGS V																
4	AVOCADO & TOMATO																
5	OFFSHORE BENEDICT																
6	SCALLOPS BREAKFAST																
7	PANCAKES PLAIN																
8	PANCAKES BACON																
9	PANCAKES BLUEBERRY																
10	PANCAKES CHOC																
11	BACON CIABATTA																
12	SAUSAGE CIABATTA																
13	MUSH & EGG CIABATTA																
14	TOAST & PRESERVES																
15	BREAKFAST CIABATTA																
47	?OFFSHORE BENEDICT?																
48	SALMON																
53	-extra egg																
54	-extra black pudding																

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57	-toast																
60	TOAST CHOICE																
61	white																
62	brown																
71	POACHED																
72	SCRAMBLED																
73	FRIED																
81	NACHOS STARTER																
82	VEGAN NACHOS STARTER																
83	NACHOS MAIN																
84	VEGAN NACHOS MAIN																
91	BREAD & OILS																
92	INTRO NUTS																
93	HONEY ROASTED CHORIZO																
94	HALLOUMI intro																
121	SOUP OF DAY																
122	MACKEREL																
123	VEGAN NACHO STARTR																
124	SALT & PEPPER SQUID																
125	BAKED CAMEMBERT																
126	ANTIPASTI PP																
127	MUSSELS STARTER																
128	1/2 SHELL SCOLLOPS																
152	BEER BATTERED HAKE																

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153	FISH OF DAY DINNER																
154	MUSSELS MAIN																
155	FISH OF DAY LUNCH																
156	WH. PLAICE DINNER																
157	CRAB SALAD																
158	SEAFOOD PLATTER																
201	OFFSHORE BURGER																
202	FISH BURGER																
203	HALLOUMI & AVOCADO BURGE																
204	RUMP STEAK																
205	FILLET STEAK																
206	CHICKEN BREAST SALAD																
207	PORK MEDALLIONS																
251	ADD PEPPER SAUCE																
254	NACHOS MAIN REG																
256	PLOUGHMANS																
301	PZ MARGHERITA																
302	PZ OFFSHORE																
303	PZ JAMBON																
304	PZ PLANT BASED																
305	PZ SMOKEHOUSE																
306	PZ PEPPERONI EVE																
307	PZ PEPPERONI DAY																

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348	...add prawns																
349	...add mackerel																
350	...add anchovies																
370	TOMATO RISOTTO																
371	FALAFEL																
372	VEGAN NACHO MAIN																
402	KIDS CHICKEN																
404	KIDS FISH																
405	KIDS HALLOUMI																
406	KIDS PIZZA																
453	ONION RINGS																
454	BABY LEAF SALAD																
456	COLESLAW																
457	GARLIC BREAD																
501	CHEESECAKE																
502	STICKY TOFFEE																
503	AFFOGATO																
504	DARK CHOC COCONUT POT																
505	CHEESE BOARD																
506	TRIO ICE CREAM																
509	-strawberry																
513	-----																
520	KIDS ICE CREAM																

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525	MINI MILK																
551	SALMON & CREAM CHEESE																
552	PRAWN & CUCUMBER																
553	BACON & BRIE																
554	BRIE & TOMATO																
555	HAM & CHEDDAR																
556	CHIC PEA & PEPPER																
557	TUNA MAYO																
596	WHITE																
597	BROWN																
598	WRAP																
601	MUFFIN OF THE DAY																
604	TOASTED TEACAKE																
605	CREAM TEA																
606	AFTERN'N HIGH TEA																
615	COFFEE & CAKE																
616	SCONE ONLY																
618	CLOTTED CREAM ONLY																