

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
house salad 2023												Y		Y	
gluten free BLT Salad												Y		Y	
fries															
cajun fries												Y			
The Belfry veggie club sandwich (gluten free)								Y	Y	Y		Y		Y	
Side Coleslaw									Y			Y			
gluten free sticky BBQ baby back ribs Sams 2025									Y			Y			
Nachos with Guacamole and Sour Cream								M		Y					
gluten free chicken tikka masala, rice mango, poppadums 2025	M Whe Rye Bar Oat			M	M		M Alm Brz Cas Haz Mac Pec Pis Wal	M	M	Y	M	Y	M	M	

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gluten free smoked tofu, red pepper and caluiflower curry, rice mango, poppadums 2025	M Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y			M	Y		M	
Caesar salad (gluten free)	Y Whe			Y				Y	Y	Y	M	Y		M	
gluten free smoked red pepper and tomato soup Sam's										Y				M	
sams The Belfry club sandwich, bacon, grilled chicken, tomato, egg and lettuce mayonnaise (gluten free)									Y			Y			
GLUTEN FREE Hummus and BREAD													Y		
CHILL CON CARNE, CHEESE SAUCE, JALAPENOS										Y		Y		Y	
buddha bowl	M Whe Rye Bar Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y			M	M	Y	M	
salmon portion				Y											
tofu side								Y							
corn on the cob sams										Y					
gluten free Margherita								Y		Y		M			
gluten free spicy pepperoni Flat Bread								Y		Y		M			
gluten free Cajun flatbread Sam's								Y		Y		M			
gluten free greek flatbread Sam's								Y		Y		M			

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gluten free Prosciutto Flat Bread								Y	Y	Y		M			
gluten free pulled pork loaded fries								Y							
gluten free chocolate brownie sam's					M		M	Y	Y	Y				M	
							Alm Brz Cas Haz Mac Pec Pis Wal								
gluten free texan-bbq chicken								Y		Y		M			
Chicken Breast															

* Allergens marked with 'M' may contain that allergen.

■ Yes ■ May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts

Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts