



# WHITE HORSE INN

## ALLERGEN INFORMATION

Well folks, it would appear that those good ol' boys and girls in Brussels, wise old sages that they are, have been spending our money wisely beavering away on our behalf, because we're all, obviously, really rather dull and have come up with, for our greater benefit, the All New....

### European Commissions Allergen Regulations 2014

a 'fun read' if ever there was. The basis of it means that we now have a list of 14 Allergens or Irritants, 15 including the European Commission of course, that we now are duty bound to enlighten all our guests about. So, as we can't afford the fine, here goes.....

Our Breads contain flour and therefore **Gluten**. Some of our homemade sauces contain flour and therefore **Gluten** although we can always produce a non-gluten sauce for most things, it might just not be the sauce you wanted! We also have a gravy for Sunday lunch which is Gluten free. NOTE: Sorry, Beer also contains **Gluten**, so that's out too!

Our seafood dishes, funnily enough, contain, well, Seafood really which may, surprisingly to some of us dullards, include some super fresh Cornish **Fish** and our Prawn, Crayfish, Mussels, Clams, Crab and Lobster dishes, should we have any on today, will most certainly contain fabulous **Crustaceans** and or **Molluscs**. Sorry, not much we can do about that!

Our egg dishes stand more than a good chance of having some lovely fresh, organic Salmonella tested free range **Eggs** in them and may even have some Somerset Butter, Milk or Cream which will therefore contain **Lactose** and **Dairy** and as I've never made a sauce yet without a good half a pound of butter in it, all our sauces contain **Dairy** and therefore a good chance of low levels of **Lactose** as with all our dishes that feature Cheese.

All of our sauces and gravies will have some form of reduced alcohol in them which probably means some **Sulphites** as well and will also contain **Celery** in the vegetable mirepoix as will the Cheeseboard & Ploughmans!

Our Wines and Beers will almost certainly all contain **Sulphites** in some form otherwise both would go off pretty damned quickly and your favourite tippie would, therefore, probably cost five times as much! We generally don't buy processed or frozen product so Sulphites as a food preservative in all its forms is generally thin on the ground here.

**Tree Nuts, Peanuts** or any other type of culinary nut for that matter (including Chef!), along with **Mustard**, if used, are generally described in the individual dish details, and we don't use **Soya**, however, we are not Bio-Chemists or Nutritional Scientists and we do not run a sterile Chemical Laboratory or Research Facility and as such, we cannot guarantee that there would never be any chance of nut products getting into anything.

In fact, we cannot guarantee, given the vagueries of supply chains and the general incompetence of the British food industry at times, that any product doesn't contain a trace of something or other that will not be sitting on a 'naughty' list, now, in the past or in the future.

We do try to include as much information on the board menus as possible but, in short, if you are in any doubt, ASK.

If you are not happy with the response, although we will always do our best, then unfortunately, probably best not to eat here.

We are quite obviously NOT in the business of poisoning our guests. We do appreciate that it can be very difficult if you have food problems and we have always tried, wherever possible, to help, give information and accommodate but sometimes it just is not possible. If you are going to keel over at the slightest whiff of something, then, again unfortunately, we are not an Hospital and you may consider eating elsewhere.

**You are responsible for your well-being, if in doubt, don't eat it!**

As for **Lupins**, number 14 on the list incidentally, the only thing I know about Lupins is that they were once the subject of a very funny Monty Python sketch.. Don't suppose that helps much!