# PLEASE INFORM YOUR SERVER OF ALL ALLERGIES BEFORE ORDERING. THANK YOU.



# **ALLERGEN GUIDE**

Allergies and special dietary requirements are taken very seriously at Perch. We work closely with our suppliers and our food safety partners to ensure that our information is correct and customers with allergies feel reassured that we will look after their needs properly. We therefore ask that you inform your server before ordering of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our Suppliers or products which may be produced in an environment with other allergens.

Where an ingredient is included as part of the recipe, this will be specified, however it is possible that dishes may contain traces of other allergens.

Recipes and cooking methods may vary from site to site, therefore we strongly recommended checking before ordering.

For more information please speak to a member of our team.



#### PERCH ON THE PIER - BREAKFAST

Where 'yes' is indicated the allergen is a deliberate ingredient in the product. May contains information is not listed against each dish as with the exception of lupin, all allergens are handled on-site and by our Suppliers, therefore all dishes have the potential to contain traces of these allergens.

\*Due to some shared fryers some dishes carry a contamination risk.\*

Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
	Milk & Milk Product	Milk & Milk Product  Fish  Fis	Milk & Milk Product  Fish Crustaceans  Crustaceans  Crustaceans	Milk & Milk Product  Fish Crustaceans Molluscs  Molluscs	Milk & Milk Product  Fish Crustaceans Molluscs Gluten containing Cereals  Gluten containing Cereals  Gluten containing Cereals	Milk & Milk Product  Fish Crustaceans Molluscs Gluten containing Cereals  Gluten Containing Cereals	Milk & Milk Product    Fish   Crustaceans   Molluscs   Gluten containing   Egg   Peanuts	Milk & Milk Product         Fish Crustaceans         Molluscs         Gluten containing Cereals         Egg         Peanuts         Other Nuts           1 <td>Milk &amp; Milk &amp; Fish Crustaceans Molluscs Gluten containing Egg Peanuts Other Nuts Soy inc. Soya    Cereals</td> <td>Milik &amp; Milik Product         Fish Product         Crustaceans Moliuscs         Gluten containing Cereals         Egg         Peanuts         Other Nuts         Soy inc. Soy inc. Soy           4         1</td> <td>Milk Product         Fish         Crustaceans         Mollucs         Gluten containing Cereals         Egg         Peanuts         Other Nuts         Soy inc. Soy inc.</td> <td>Milk &amp; Milk Product         Fish         Crustaceans         Molluscs         Glider containing Carsalis         Egg         Peanuts         Other Nuts         Soy inc. Soy         Celery         Mustard         Sesame           4         1         1         4         &lt;</td> <td>Milk &amp; Milk   Fish   Crustacean   Mollucs   Gluten containing   Egg   Peanuts   Other Nuts   Soy inc.   Celery   Mustard   Sesame   Sulphur Dioxide    </td>	Milk & Milk & Fish Crustaceans Molluscs Gluten containing Egg Peanuts Other Nuts Soy inc. Soya    Cereals	Milik & Milik Product         Fish Product         Crustaceans Moliuscs         Gluten containing Cereals         Egg         Peanuts         Other Nuts         Soy inc. Soy inc. Soy           4         1	Milk Product         Fish         Crustaceans         Mollucs         Gluten containing Cereals         Egg         Peanuts         Other Nuts         Soy inc.	Milk & Milk Product         Fish         Crustaceans         Molluscs         Glider containing Carsalis         Egg         Peanuts         Other Nuts         Soy inc. Soy         Celery         Mustard         Sesame           4         1         1         4         <	Milk & Milk   Fish   Crustacean   Mollucs   Gluten containing   Egg   Peanuts   Other Nuts   Soy inc.   Celery   Mustard   Sesame   Sulphur Dioxide



# PERCH ON THE PIER - LUNCH

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Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	
Drunken Mussels															
Steak Chimichurri															
Spiced Lentil koftas (VG)															
Sticky Asian Salmon															
Herb Chicken															
Winter Burrata (V)															
Goats Cheese (V)															
Grains & Greens (VG)															
Poke Plate (VG)															
Plant Based Aioli (VG)															
Beet Ketchup (VG)															
Kickin Korean Mayo (V)															
Truffle Mayo															ı
Posh Chips															l



# PERCH ON THE PIER - LUNCH

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Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	
Korean Fried Chicken Burger															
Perch Hamburger															
Steak Sandwich															
Vegan Junk Burger															
Chicken Caprese Sandwich															
Fish & Chips															
Tofish & Chips															
Fishcake & Florentine															
Crab & Lobster Ravioloni															
Chicken & Chorizo kebab															
Fish Pie															
Steak Frites															
Tomahawk Sharer Steak															
Sirloin 10oz															



# PERCH ON THE PIER - DESSERT / CAKE

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					DOI	ES IT C	CONTA	IN?							
Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	
Mini Donuts															
Back To Front Vanilla Cheesecake															
Retro Knickerbocker															
Chocolate & Sea Salted Torte															
Raspberry Crumble Tart															
															1
Carrot Cake															
Coffee & Walnut Cake															
Chocolate Cake															
Raspberry Ripple Cake															
GF Caramel Shortbread															



# PERCH ON THE PIER - DINNER (STARTERS)

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Due to some shared fryers some dishes carry a contamination risk.

# DOES IT CONTAIN? Menu Item Milk & Milk Fish Crustaceans Molluscs Gluten containing Egg Peanuts Other Nuts Soy inc. Celerv Mustard Sesame Sulphur Lupin Product Cereals Soya Dioxide Halloumi Fries Fried Corn Ribs Crispy Squid King prawns **Baked Camembert** Red Pepper & Mozzarella Arancini Chicken Liver Parfait Moorish Olives



PERCH ON THE PIER - DINNER (MAINS)

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Due to some shared fryers some dishes carry a contamination risk.

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	
Perch Hamburger															
Fishcake Florentine															
Drunken Mussels															
Chicken & Chorizo Kebab															
Red Thai Vegetable Curry															
Black Lobster & Crab Ravioloni															
Fish & Chips															
Tofish & Chips															
Salmon Poke Bowl															
Pan Fried Sea Bass															
Fish Pie															
Crying Beef															
Tomahawk Sharer Steak															
Posh Chips															
Sirloin Steak															
Beef Short Rib															
Lentil Kofta Poke Bowl															
Plant-Based Burger															



# PERCH ON THE PIER - KIDS

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Due to some shared fryers some dishes carry a contamination risk.

							-								
						DOI	ES IT (	CONTA	IN?						
	Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
	Pizza														
Mini	i Fish & Chips														
M	lini Burgers														
Ch	nicken Sticks														
Mes	ssy Spaghetti														

#### PERCH ON THE BEACH - BREAKFAST

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\*Due to some shared fryers some dishes carry a contamination risk.\*

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
The Fry Up														
The Veggie														
Plant Plate														
The Posh One														
Halloumi & Shrooms														
ADD : Chorizo														
ADD : Smoked Salmon														
ADD : Streaky Bacon														
Potato Fritters														
Berry Waffles														
Bacon Waffles														
Monty Bap														
Bacon Bap														
Veggie Bap														
Sausage Bap														

#### PERCH ON THE BEACH - LUNCH

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Due to some shared fryers some dishes carry a contamination risk.

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	
Sticky Asian Salmon															
Twisted Caesar															
Middle Feast															
Korean Fried Chicken Burger															
Beach Burger															
Vegan Junk Burger															
Mojo Chicken Sandwich															
Steak Sarnie															
Fish Finger Sandwich															
Steak Frites															
Fishcakes & Florentine															
Fish & Chips															
Tofish & Chips															
Drunken Mussels															
Angry Fries															



# PERCH ON THE BEACH - KIDS & DESSERT

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Due to some shared fryers some dishes carry a contamination risk.

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Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
Pizza														
Mini Fish & Chips														
Mini Burgers														
Chicken Sticks														
Messy Spaghetti														
Back To Front Vanilla Cheesecake														
Retro Knickerbocker														
Chocolate Churros														
Epic Brownie														
														l



#### PERCH IN THE PARK - BREAKFAST

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Due to some shared fryers some dishes carry a contamination risk.

Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
The Fry Up														
Loaded Plant Smash														
Posh One														
Halloumi & Shrooms	-													
Eggs & Avo														
Bennys Banana Bread														
Potato Fritters														
Berry Waffles														
Saucy Eggs	-													
Madame Melt														
Monty Bap														
Bacon Bap														
Veggie Bap														
Sausage Bap														
Sweetcorn Hash														



#### PERCH IN THE PARK - LUNCH

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ADD : Chorizo														
ADD: Smoked Salmon														
ADD : Streaky Bacon														
Basket Hash Browns														
Korean Chicken Burger														
Beach Burger														
Vegan Junk Burger														
Fish Finger Butty														
Steak Sarnie														
Fish & Chips														
Sticky Asian Salmon														
Twisted Caesar														
Middle Feast														
Onions rings														
Halloumi Fries														



#### PERCH IN THE PARK -KIDS / DESSERT

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### DOES IT CONTAIN? Menu Item Milk & Milk Fish Crustaceans Molluscs Gluten containing Egg Peanuts Other Nuts Soy inc. Celery Mustard Sesame Sulphur Lupin Product Cereals Soya Dioxide Pizza Fish & Chips Mini Burgers Chicken Sticks Messy Spaghetti Back to Front Vanilla Cheesecake Retro Knickerbocker Epic Brownie

PERCH PIZZA - STARTERS / SIDES

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Due to some shared fryers some dishes carry a contamination risk.

#### DOES IT CONTAIN? Menu Item Milk & Milk Fish Crustaceans Molluscs Gluten containing Egg Peanuts Other Nuts Soy inc. Celerv Mustard Sesame Sulphur Lupin Product Cereals Soya Dioxide Olives Cheesy Shrooms **GF AVAILABLE** Bruschetta **PLEASE ASK GF AVAILABLE** Burrata PLEASE ASK **GF AVAILABLE** Garlic Bread **PLEASE ASK GF AVAILABLE** Cheese Garlic Bread **PLEASE ASK GF AVAILABLE** Posh Garlic Bread **PLEASE ASK** Rocket & Parmesan Salad

PERCH PIZZA - PIZZA

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Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin
Classic Marg					GF AVAILABLE Please ask									
Pepperoni					GF AVAILABLE Please ask									
Angry Pepperoni					GF AVAILABLE Please ask									
Porkie					GF AVAILABLE Please ask									
Carbonara														
Aubergine Parm					GF AVAILABLE Please ask									
Ve-Du-Ya					GF AVAILABLE Please ask									
Pollo					GF AVAILABLE Please ask									
Life on the veg					GF AVAILABLE Please ask									
Pesto Mayo														
White Truffle														
Jalapeno Chilli Mayo														

Chocolate Fudge Cake

# **ALLERGEN MENU - FEB 2024**

PERCH PIZZA - SALAD / DESSERT

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#### DOES IT CONTAIN? Menu Item Milk & Milk Fish Crustaceans Molluscs Gluten containing Egg Peanuts Other Nuts Soy inc. Celerv Mustard Sesame Sulphur Lupin Product Cereals Soya Dioxide **GF AVAILABLE** Mini Marg - Kids **PLEASE ASK GF AVAILABLE** Petite Pep - Kids **PLEASE ASK** Ultimate Grazer Salmon Nicoise Chicken & Avo Caesar Middle Feast Bowl Burnt Basque Cheesecake Plant Based Whippy Naughty Nata



#### ALL SITES -SUNDAY SHARING ROAST

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Menu Item	Milk & Milk Product	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other Nuts	Soy inc. Soya	Celery	Mustard	Sesame	Sulphur Dioxide	Lupin	
Rib of Beef															Ī
Roast Chicken															
Roasted Ham Hock															
Yorkshire Puds															1
Sussex Charmer Cauliflower Cheese	-														
Proper Gravy															
Cumin Spiced Roasted Squash and Lentil Wellington															
Vegan Cauliflower Cheese															
Vegan Yorkshire Puds															
Gravy															
Stuffing															1
Market Vegetables															1
Roast Potatoes															1
Pigs in Blankets															1
Chefs Sharing Crumble															1
Custard															
Sticky Toffee Pudding															