

STARTER DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE OCT 2024 - PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE. ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
SOUP	Check Daily	✓ *					✓ *					✓ *	✓ *	Check Daily
SCALLOPS AND PRAWNS		✓	✓	✓			✓	✓						✓
PATE		✓ *		✓*MCT			✓			✓ MCT		✓* MCT	✓* MCT	
BACON AND CHEESE POTATO SKINS							✓		✓ *					
VEGETARIAN POTATO SKINS							✓		✓ *					
VEGAN POTATO SKINS									✓ *				✓*	
SMOKED SALMON WITH HORSERADISH CREAM		✓ *		✓ *	✓		✓*		✓*			✓ *	✓*	✓*
CHICKEN SATAY KEBABS	✓	✓							✓	✓	✓	✓	✓	✓ *
PRAWN COCKTAIL		✓ *	✓	✓					✓*			✓ *	✓ *	

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
VEGAN BEETROOT FALAFEL												✓		
VEGAN SWEET POTATO FALAFEL												✓		
CALAMARI		✓	✓ MCT	✓	✓ MCT		✓*	✓	✓*				✓	
MUSSELS		✓ *					✓	✓				✓ *	✓ *	✓

\* Alternative can be Supplied, Please Ask Waiter/Waitress  
MCT - May Contain Traces

MAINS DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE OCT 2024 - PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE. ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.



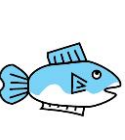

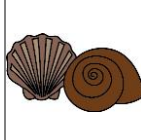

														
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CORN-FED SUPREME OF CHICKEN	✓	✓ *		✓ *			✓		✓					✓
RUMP OF ENGLISH LAMB	✓	✓ *		✓ *			✓ *						✓ *	✓
GRUMPY MOLE PIE – STEAK AND ALE	✓	✓		✓ *			✓		✓*					✓
SRI LANKAN CHICKEN CURRY		✓ *					✓		✓	✓ MCT	✓ MCT	✓ MCT		
VEGAN CURRY	✓	✓*							✓ MCT	✓ MCT	✓ MCT	✓ MCT	✓	
BEEF STROGANOFF	✓	✓ *		✓ *			✓ *		✓			✓ *	✓ *	✓
VEGETARIAN STROGANOFF	✓	✓ *		✓ *			✓ *		✓			✓ *	✓ *	✓
CALVES LIVER AND BACON	✓	✓ *					✓							✓
BANGERS & MASH	✓	✓					✓*							✓

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
STEAK ON THE STONE		✓ *		✓ *			✓ *		✓ *					✓ *
GM CHICKEN, LEEK & HAM PIE	✓	✓		✓ *			✓		✓ *					✓
GM STEAK & ALE PIE	✓	✓		✓ *			✓		✓ *					✓
STEAK AND KIDNEY PUDDING	✓	✓		✓ MCT			✓ MCT		✓ MCT				✓	✓
BEETROOT WELLINGTON		✓								✓			✓	✓ *
FALAFEL VEGAN MEZZE PLATTER		✓					✓ * MCT		✓			✓	✓ MCT	✓
CATCH OF THE DAY		✓		✓ *	✓				✓ *					✓
SALMON TERYAKI		✓			✓								✓	✓
FILLET OF SEABASS AND PRAWNS	✓		✓ *		✓		✓ *							✓
MUSSELS		✓ *					✓	✓				✓ *	✓ *	✓
SCAMPI		✓	✓	✓ *					✓ *					
BEEF BURGER		✓ *							✓ *					✓
CHICKEN BURGER		✓ *							✓ *				✓	✓

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BUTTERMILK VEGAN 'CHICKEN' BURGER	✓	✓							✓*					
CAESAR SALAD		✓		✓	✓*		✓		✓			✓*	✓*	
CAESAR SALAD WITH CHICKEN		✓		✓	✓*		✓		✓			✓*	✓*	
BACON CEASAR SALAD		✓		✓	✓*		✓					✓*	✓*	
CAESAR SALAD WITH POACHED EGG/AVO		✓		✓			✓		✓			✓*	✓*	✓
GOATS CHEESE, FIG & WALNUT SALAD							✓*			✓				✓

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SIDE ORDERS AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE OCT 2024 - PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE. ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

														
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FRENCH FRIES														
CHEESY CHIPS							✓							
SWEET POTATO FRIES AND GARLIC MAYO									✓*					
GARLIC BREAD		✓		✓ MCT			✓					✓ MCT	✓ MCT	
CHEESY GARLIC BREAD		✓		✓ MCT			✓					✓ MCT	✓ MCT	
SEASONAL VEG							✓*							
DRESSED SALAD									✓					
ARTISAN BREAD AND BUTTER		✓		✓ MCT			✓					✓ MCT	✓ MCT	
OLIVES							✓ MCT		✓ MCT	✓ MCT				✓ MCT

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DESSERT DISHES AND THEIR ALLERGEN CONTENT - THE GRUMPY MOLE OCT 2024 - PLEASE BE ADVISED DUE TO SUPPLY ISSUES, PRODUCTS AND ALLERGEN CONTENT MAY CHANGE. ALWAYS LET A MEMBER OF STAFF KNOW OF ANY INTOLERANCE OR ALLERGY BEFORE ORDERING.

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CHOCOLATE BROWNIE		✓		✓			✓			✓* MCT			✓*	
DATE & GINGER PUDDING		✓		✓			✓			✓* MCT				
CRÈME BRULÉE		✓ *		✓			✓							
APPLE STRUDEL		✓		✓			✓			✓* MCT				✓
SWEET PANCAKE		✓		✓			✓			✓* MCT				
VEGAN TRUFFLE CHOCOLATE TART										✓ MCT	✓ MCT		✓	
BREAD AND BUTTER PUDDING		✓		✓			✓			✓* MCT				
MERINGUE WITH RED BERRIES				✓			✓ *							

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
VANILLA ICE CREAM		✓*					✓			✓ MCT			✓*	
STRAWBERRY SENSATION ICE CREAM		✓*					✓			✓ MCT			✓*	
DOUBLE CHOCOLATE CHIP ICE CREAM		✓*					✓			✓ MCT			✓	
SEA-SALTED CARAMEL ICE CREAM		✓*					✓			✓ MCT			✓	
RASPBERRY SORBET		✓*								✓ MCT			✓*	
MEDITERRANEAN LEMON SORBET		✓*								✓ MCT			✓*	
PASSIONFRUIT SORBET		✓*								✓ MCT			✓*	
VEGAN VANILLA ICE CREAM													✓	
ARTISAN CHEESE & BISCUITS	✓*	✓*		✓*			✓			✓* MCT		✓*		✓*

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