



If you have a serious allergy or food intolerance, please contact us prior to booking by emailing or calling the restaurant direct.

We have comprehensive allergen menus which are reviewed regularly and are available in hard copy to view when dining. Our kitchens and suppliers operate in busy conditions and deal with a wide range of ingredients at high volume and therefore we cannot eliminate the possible presence of allergen traces in our dishes.

Please advise a member of our staff of any special dietary requirements at the time of ordering.

LIGHT LUNCH MENU AND THEIR ALLERGEN CONTENT - GRUMPY MOLE JUNE 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
MOLE SPECIALS (INCLUDING BREAD)														
GM CROQUE MONSIEUR		✓			✓		✓		✓				✓	✓
POSH FISH FINGER BLOOMER	✓	✓		✓	✓				✓				✓	✓
SANDWICH/ BAGUETTE, PANINI, WRAP FILLINGS ONLY (WITHOUT BREAD)														
SAUSAGE AND FRIED ONIONS		✓					✓*							✓
PRAWN MARIE ROSE			✓	✓			✓*							
SMOKED SALMON, CREAM CHEESE, CUCUMBER					✓		✓							
CAJUN CHICKEN, BACON, AVO, MAYO							✓*		✓*					
SWEET POTATO FALAFEL, HUMMUS (VG)												✓		

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
GLUTEN FREE BREAD				✓										

CHEESE PLOUGHMANS		✓ *		✓*			✓					✓*	✓*	✓*
ROAST HAM PLOUGHMANS		✓ *		✓*			✓*		✓*			✓*	✓*	✓*
CORONATION CHICKEN PLOUGHMANS	✓	✓		✓			✓		✓			✓*	✓*	✓*
FALAFEL VEGAN MEZZE PLATTER		✓					✓* MCT		✓			✓	✓ MCT	✓
CAESAR SALAD		✓		✓	✓*		✓		✓			✓*	✓*	
CAESAR SALAD WITH CHICKEN		✓		✓	✓*		✓		✓			✓*	✓*	
BACON CEASAR SALAD		✓		✓	✓*		✓					✓*	✓*	
CAESAR SALAD WITH POACHED EGG/AVO		✓		✓			✓		✓			✓*	✓*	✓
GOATS CHEESE, FIG & WALNUT SALAD							✓*			✓				✓

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

