

OAKMAN - THE FULL ENGLISH - NO EGGS		Does contain Wheat													Does contain
OAKMAN - THE FULL ENGLISH WITH POACHED EGGS - GLUTEN FREE				Does contain											Does contain
OAKMAN - THE FULL ENGLISH WITH SCRAMBLED EGGS - GLUTEN FREE				Does contain			Does contain								
OAKMAN - THE FULL ENGLISH WITH FRIED EGGS - GLUTEN FREE				Does contain											
OAKMAN - THE FULL ENGLISH WITH NO EGGS - GLUTEN FREE															
OAKMAN - CHOPPED AVOCADO AND SMOKED SALMON		Does contain Wheat		Does contain	Does contain										Does contain
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO AND SMOKED SALMON				Does contain	Does contain										Does contain
OAKMAN - CHOPPED AVOCADO, BACON & EGGS		Does contain Wheat		Does contain											Does contain
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO, BACON & EGGS				Does contain											Does contain
OAKMAN - CHOPPED AVOCADO & EGGS		Does contain Wheat		Does contain											Does contain
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO & EGGS				Does contain											Does contain
OAKMAN - SHAKSHUKA		Does contain Wheat		Does contain			Does contain								Does contain
OAKMAN - GLUTEN FREE - SHAKSHUKA				Does contain			Does contain								Does contain
OAKMAN - TOFU SHAKSHUKA		Does contain Wheat												Does contain	Does contain
OAKMAN - GLUTEN FREE - TOFU SHAKSHUKA														Does contain	Does contain
OAKMAN - KIDS BUTTERMILK PANCAKES - With Dulce De Leche Caramel & Bananas		Does contain Wheat		Does contain			Does contain								
BUTTERMILK PANCAKES - With Bacon & Maple Syrup		Does contain Wheat		Does contain			Does contain								
OAKMAN - TOAST STACK WITH BUTTER		Does contain Wheat					Does contain								
OAKMAN - TOAST STACK WITH RASPBERRY JAM		Does contain Wheat					Does contain								
OAKMAN - TOAST STACK WITH STRAWBERRY JAM		Does contain Wheat					Does contain								
OAKMAN - TOAST STACK WITH MARMALADE		Does contain Wheat					Does contain								
OAKMAN - GLUTEN FREE - TOAST STACK							Does contain								
OAKMAN - GLUTEN FREE - TOAST STACK - WITH STRAWBERRY JAM							Does contain								
OAKMAN - GLUTEN FREE - TOAST STACK - WITH BUTTER							Does contain								

OAKMAN - GLUTEN FREE - TOAST STACK - WITH RASPBERRY JAM								Does contain						
OAKMAN - GOLDEN SYRUP RAISIN GRANOLA - SS24		Does contain Oats Barley						Does contain						
OAKMAN - PAIN AU CHOCOLAT		Does contain Wheat		Does contain				Does contain					Does contain	
OAKMAN - PLAIN CROISSANT		Does contain Wheat		Does contain				Does contain						
OAKMAN - BLUEBERRY CROISSANT		Does contain Wheat Barley												
OAKMAN - WEETABIX		Does contain Wheat Barley						Does contain						
OAKMAN - CORNFLAKES		Does contain Barley						Does contain						
OAKMAN - RICE CRISPIES		Does contain Barley						Does contain						
OAKMAN - ALL BRAN		Does contain Wheat Barley						Does contain						
OAKMAN - ADD FRIED EGG				Does contain										
OAKMAN - ADD SCRAMBLED EGGS				Does contain				Does contain						
OAKMAN - ADD POACHED EGG				Does contain										Does contain
Add Spanish Chorizo														
Add on Halloumi								Does contain						
OAKMAN - ADD 2 HASHBROWNS														
*OAKMAN - BERRY GO ROUND														
*OAKMAN - STRAWBERRY SPLIT														
*OAKMAN - PASH N SHOOT														
LUNCH	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - BUTTERMILK CALAMARI PANINO		Does contain Wheat		Does contain			Does contain	Does contain	Does contain					Does contain
OAKMAN - ITALIAN MEATBALL & MOZZARELLA PANINO SANDWICH		Does contain Wheat					Does contain		Does contain					Does contain
BRUNCH - SWEET POTATO, COURGETTE & FETA FRITTERS				Does contain			Does contain					Does contain		Does contain
OAKMAN - TURKISH EGGS		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - TURKISH EGGS				Does contain			Does contain							Does contain
OAKMAN - PROSCUITTO COTTO HAM & CHEDDAR CHEESE PANINO SANDWICH		Does contain Wheat		Does contain			Does contain		Does contain					Does contain

OAKMAN - PROSCUITTO COTTO HAM & CHEDDAR CHEESE SANDWICH GLUTEN FREE				Does contain			Does contain		Does contain					Does contain
OAKMAN - AVOCADO & HUMMUS PANINO SANDWICH		Does contain Wheat							Does contain			Does contain		Does contain
OAKMAN - AVOCADO & HUMMUS SANDWICH GLUTEN FREE									Does contain			Does contain		Does contain
OAKMAN - SPANISH CHORIZO PANINO SANDWICH	Does contain	Does contain Wheat							Does contain					Does contain
OAKMAN - SPANISH CHORIZO SANDWICH - GLUTEN FREE	Does contain								Does contain					Does contain
OAKMAN - BATTERED FISH FINGER PANINO SANDWICH		Does contain Wheat		Does contain	Does contain				Does contain					Does contain
BREADS AND DIPS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - OLIVE OIL & OREGANO PUCCIA BREAD		Does contain Wheat												Does contain
OAKMAN - OLIVE OIL & OREGANO PUCCIA BREAD - Gluten Free Bread														
OAKMAN - LAMB DRIPPING & CAMELISED ONION PUCCIA BREAD		Does contain Wheat												
OAKMAN - MOZZARELLA DI BUFALA & TOMATO PUCCIA BREAD		Does contain Wheat					Does contain							
OAKMAN - MOZZARELLA DI BUFALA & TOMATO PUCCIA BREAD - Gluten Free Version							Does contain							
OAKMAN - TOMATO PUCCIA BREAD		Does contain Wheat												
OAKMAN - TOMATO PUCCIA BREAD - Gluten Free Version														
OAKMAN - CHICKEN & CHORIZO FLATBREAD		Does contain Wheat												
OAKMAN - SPICED 'LAMB' STYLE FLATBREAD		Does contain Wheat											Does contain	
OAKMAN - GARLIC FLATBREAD		Does contain Wheat												
OAKMAN - GARLIC FLATBREAD ADD MOZZARELLA		Does contain Wheat					Does contain							
OAKMAN - GARLIC FLATBREAD ADD VEGAN MOZZARELLA ALTERNATIVE		Does contain Wheat												
OAKMAN - MARINATED OLIVES - SS24														
OAKMAN - GARLIC & RED PEPPER HUMMUS												Does contain		
OAKMAN - TZATZIKI							Does contain							
OAKMAN - BABA GANOUSH													Does contain	Does contain
SMALL PLATES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites

OAKMAN - BLISTERED PADRON PEPPERS															
OAKMAN CORE - SPANISH CHORIZO IN CIDER															Does contain
OAKMAN - LEBANESE FRIES	Does contain								Does contain					Does contain	Does contain
OAKMAN - CRISPY ARTICHOKE															
OAKMAN - PROSCIUTTO															
OAKMAN - NAPOLI SALAMI															
OAKMAN - BAKED FETA & SPICED CHICKPEAS							Does contain		Does contain						Does contain
OAKMAN - SMALL PLATES - BUTTERMILK CALAMARI		Does contain Wheat		Does contain			Does contain	Does contain	Does contain						
OAKMAN - CRISPY CAULIFLOWER BITES	Does contain	Does contain Wheat Barley										Does contain			
OAKMAN - HARISSA GLAZED CHICKEN WINGS	Does contain														Does contain
OAKMAN - HALLOUMI CHIPS	Does contain						Does contain								Does contain

STARTERS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - CHORIZO SCOTCH EGG		Does contain Wheat		Does contain					Does contain					Does contain
OAKMAN - GAMBAS PIL PIL		Does contain Wheat	Does contain				Does contain							
GAMBAS PIL PIL - GLUTEN FREE			Does contain				Does contain							
OAKMAN - ITALIAN MEATBALLS		Does contain Wheat					Does contain							Does contain
OAKMAN - HAM HOCK TERRINE		Does contain Wheat							Does contain					
OAKMAN - GLUTEN FREE - HAM HOCK TERRINE									Does contain					
GREEK SALAD - STARTER							Does contain		Does contain					
OAKMAN - BEETROOT GNOCCHI		Does contain Wheat							Does contain					Does contain
PASTA	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - GLUTEN FREE - LENTIL SPAGHETTI BOLOGNESE	Does contain													Does contain
OAKMAN - FUSILLI FUNGHI		Does contain Wheat					Does contain							Does contain
CORE ESTATE - FUNGHI PASTA - GLUTEN FREE							Does contain							Does contain
OAKMAN - FUSILLI POLLO E PANNA		Does contain Wheat					Does contain							Does contain
CORE ESTATE - POLLO E PANNA - GLUTEN FREE							Does contain							Does contain
OAKMAN - GLUTEN FREE - CHICKEN CAESAR SALAD SS24				Does contain	Does contain		Does contain		Does contain					Does contain

OAKMAN - CRISPY CAULIFLOWER NOURISH BOWL - SS24		Does contain Wheat Barley							Does contain			Does contain	Does contain	Does contain
GREEK SALAD - MAIN								Does contain	Does contain					
OAKMAN - SPAGHETTI PRIMAVERA		Does contain Wheat						Does contain						
OAKMAN - MOZZARELLA DI BUFALA PRIMAVERA SPAGHETTI - Gluten Free Version								Does contain						
OAKMAN - SPAGHETTI BOLOGNESE	Does contain	Does contain Wheat												Does contain

SIDES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - CHUNKY CHIPS SIDE													Does contain	
OAKMAN - FRENCH FRIES - SIDE													Does contain	
OAKMAN - ROCKET, LETTUCE & TOMATO SALAD									Does contain					Does contain
MAINS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - SALMON EN CROUTE		Does contain Wheat		Does contain	Does contain		Does contain							
OAKMAN - SPICED 'LAMB' STYLE MOUSSAKA		Does contain Wheat							Does contain				Does contain	
OAKMAN - PORCHETTA		Does contain Wheat												Does contain
OAKMAN - 10oz SIRLOIN STEAK	Does contain						Does contain		Does contain				Does contain	Does contain
AW23 - OAKMAN - 8oz RUMP STEAK		Does contain Wheat					Does contain						Does contain	Does contain
Steak Add On - Garlic Prawns			Does contain				Does contain							
OAKMAN - PEPPERCORN JUS	Does contain						Does contain							Does contain
OAKMAN - BEARNAISE SAUCE				Does contain			Does contain							
OAKMAN - POLLO PICANTE - SS24				Does contain			Does contain		Does contain				Does contain	Does contain
OAKMAN - 12OZ GAMMON, EGG AND CHIPS				Does contain									Does contain	
CORE ESTATE - BACON AND CHEDDAR HOUSE BURGER	Does contain	Does contain Wheat Barley		Does contain			Does contain		Does contain				Does contain	Does contain
NEW - AW22 - OAKMAN - GLUTEN FREE - BACON AND CHEDDAR HOUSE BURGER				Does contain			Does contain		Does contain				Does contain	Does contain
OAKMAN - HARISSA CHICKEN BURGER	Does contain	Does contain Wheat		Does contain			Does contain		Does contain				Does contain	Does contain
OAKMAN - LEMON & ROSEMARY BRAISED LAMB SHOULDER	Does contain	Does contain Wheat					Does contain		Does contain			Does contain		Does contain
CORE ESTATE - SYMPLICITY BURGER	Does contain	Does contain Wheat										Does contain	Does contain	Does contain

OAKMAN - CALZONE BOLOGNESE	Does contain	Does contain Wheat		Does contain			Does contain		Does contain					Does contain
OAKMAN - PIZZA PARMA		Does contain Wheat					Does contain		Does contain					Does contain
OAKMAN - CALZONE PARMA		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
PIZZA TOPPINGS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - NAPOLI SALAMI PIZZA TOPPING														
OAKMAN - CHICKEN PIZZA TOPPING														
OAKMAN - CHORIZO PIZZA TOPPING							Does contain							
PIZZA TOPPING - PROSCIUTTO COTTO HAM														
OAKMAN - VEGETARIAN PARMESAN PIZZA TOPPING							Does contain							
OAKMAN - MIXED MUSHROOMS PIZZA TOPPING														
OAKMAN - GRILLED PEPPERS PIZZA TOPPING														
OAKMAN - ROCKET PIZZA TOPPING														
OAKMAN - NDUJA PIZZA TOPPING														
OAKMAN - PANCETTA PIZZA TOPPING														
OAKMAN - PIZZA TOPPING PEPPERONI														

DESSERTS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - TRIPLE CHOCOLATE BROWNIE				Does contain			Does contain						Does contain	
OAKMAN - CHOCOLATE CHIP BAKED COOKIE DOUGH													Does contain	
OAKMAN - STICKY TOFFEE PUDDING - SS24													Does contain	
OAKMAN - CHOCOLATE TORTE - SS24														
OAKMAN - DULCE DE LECHE SUNDAE				Does contain			Does contain						Does contain	

OAKMAN - VANILLA ICE CREAM				Does contain			Does contain							
OAKMAN - BAKED VANILLA CHEESECAKE SS24		Does contain Wheat		Does contain			Does contain							
OAKMAN - CHOCOLATE ICE CREAM				Does contain			Does contain							
OAKMAN - SALTED CARAMEL ICE CREAM													Does contain	
*OAKMAN - MANGO SORBET														
OAKMAN - RASPBERRY SORBET														
OAKMAN - SPICED TOFFEE SAUCE														
OAKMAN - CHOCOLATE SAUCE													Does contain	
OAKMAN - RASPBERRY SAUCE														

MINI DESSERTS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
*OAKMAN - AFFOGATO				Does contain			Does contain							
CORE ESTATE - PASTEL DE NATA		Does contain Wheat		Does contain			Does contain							
OAKMAN - BOMBOLONE		Does contain Wheat					Does contain						Does contain	
SUNDAY ROASTS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
BARBERS PDO CAULIFLOWER CHEESE		Does contain Wheat					Does contain		Does contain					Does contain
SUNDAY SIDE - HONEY AND MUSTARD CHIPOLATAS		Does contain Wheat							Does contain					Does contain
OAKMAN - DUCK FAT ROAST POTATOES														
CORE SOUTH - ROAST BEEF SIRLOIN	Does contain	Does contain Wheat		Does contain			Does contain		Does contain					Does contain
CORE SOUTH - ROAST SIRLOIN BEEF - GLUTEN FREE	Does contain			Does contain			Does contain		Does contain					Does contain
OAKMAN - SUNDAY PORCHETTA	Does contain	Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - THYME ROASTED HALF CHICKEN WITH STUFFING	Does contain	Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - THYME ROASTED HALF CHICKEN - GLUTEN FREE	Does contain													Does contain
AW23 - OAKMAN - SUNDAY BUTTERNUT SQUASH, MUSHROOM & SPINACH PIE		Does contain Wheat											Does contain	
KIDS BREAKFAST	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - KIDS FULL ENGLISH		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - KIDS FULL ENGLISH				Does contain			Does contain							

WOBURN - BREAKFAST - GLUTEN FREE - FULL ENGLISH				Does contain			Does contain							
WOBURN - BREAKFAST - OAKMAN - CHOPPED AVOCADO		Does contain Wheat		Does contain										Does contain
WOBURN - BREAKFAST - GLUTEN FREE - CHOPPED AVOCADO				Does contain										Does contain
WOBURN BREAKFAST - EGGS BENEDICT		Does contain Wheat		Does contain			Does contain							Does contain
WOBURN BREAKFAST - GLUTEN FREE - EGGS BENEDICT				Does contain			Does contain							Does contain
WOBURN - BREAKFAST - THE VEGANO		Does contain Wheat											Does contain	
WOBURN - BREAKFAST - GLUTEN FREE- THE VEGANO													Does contain	
HOT DRINKS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - OAT MILK CAFFE LATTE		Does contain Oats												
OAKMAN - MOCHA							Does contain						Does contain	
OAKMAN - OAT MILK MOCHA		Does contain Oats											Does contain	
OAKMAN - MACCHIATO							Does contain							
OAKMAN - OAT MILK MACCHIATO		Does contain Oats												
OAKMAN - AMERICANO							Does contain							
OAKMAN - ENGLISH BREAKFAST TEA							Does contain							
OAKMAN - EARL GREY TEA							Does contain							
OAKMAN - PEPPERMINT TEA														
OAKMAN - SUPERFRUIT TEA														
OAKMAN - GREEN TEA														
OAKMAN - HOT CHOCOLATE							Does contain						Does contain	
OAKMAN - OAT MILK HOT CHOCOLATE		Does contain Oats											Does contain	
OAKMAN - SINGLE ESPRESSO														
OAKMAN - DOUBLE ESPRESSO														
OAKMAN - CAPPUCINO							Does contain							
OAKMAN - OAT MILK CAPPUCINO		Does contain Oats												
OAKMAN - FLAT WHITE							Does contain							
OAKMAN - OAT MILK FLAT WHITE		Does contain Oats												
OAKMAN - CAFFE LATTE							Does contain							