ALLERGENS TABLE

OAKMAN CORE MENU SS24

BREAKFAST	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - EGGS BENEDICT		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - HALF EGGS BENEDICT		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - EGGS BENEDICT				Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - HALF EGGS BENEDICT				Does contain			Does contain							Does contain
OAKMAN - EGGS ROYALE		Does contain Wheat		Does contain	Does contain		Does contain							Does contain
OAKMAN - HALF EGGS ROYALE		Does contain Wheat		Does contain	Does contain		Does contain							Does contain
OAKMAN - GLUTEN FREE - EGGS ROYALE				Does contain	Does contain		Does contain							Does contain
OAKMAN - GLUTEN FREE - HALF EGGS ROYALE				Does contain	Does contain		Does contain							Does contain
OAKMAN - EGGS FUNGHI		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - HALF EGGS FUNGHI		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - EGGS FUNGHI				Does contain			Does contain							Does contain
OAKMAN - HALF EGGS FUNGHI - GLUTEN FREE				Does contain			Does contain							Does contain
OAKMAN - SMOKED BACON & AVOCADO BRIOCHE BUN - SS24		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
OAKMAN - GLUTEN FREE - SMOKED BACON & AVOCADO BRIOCHE BUN				Does contain			Does contain		Does contain					Does contain
OAKMAN - CUMBERLAND SAUSAGE & HASH BROWN BRIOCHE BUN		Does contain Wheat Barley Rye		Does contain			Does contain							Does contain
OAKMAN - NO-PORK SAUSAGE BUN		Does contain Wheat Barley Rye											Does contain	
OAKMAN - THE FULL VEGANO		Does contain Wheat											Does contain	
OAKMAN - GLUTEN FREE - THE FULL VEGANO													Does contain	
OAKMAN - THE FULL ENGLISH + POACHED EGGS		Does contain Wheat		Does contain										Does contain
OAKMAN - THE FULL ENGLISH + SCRAMBLED EGGS		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - THE FULL ENGLISH + FRIED EGGS		Does contain Wheat		Does contain										Does contain

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							Does							
STACK - WITH RASPBERRY JAM							contain							
		Dana contain Onto Darlass					Dees							
OAKMAN - GOLDEN SYRUP RAISIN GRANOLA - SS24		Does contain Oats Barley					Does contain							
GRANOLA - 3324							Contain							
OAKMAN - PAIN AU CHOCOLAT		Does contain Wheat		Does			Does						Does	
CARMAN - I AIR AU CHOCOLAT		Does contain wheat		contain			contain						contain	
OAKMAN - PLAIN CROISSANT		Does contain Wheat		Does			Does						Contain	├─── ┤
CARMIAN - PLAIN CROISSANT		Does contain wheat		contain			contain							
OAKMAN - BLUEBERRY		Does contain Wheat		contain			contain							
CROISSANT		Barley												
ONOIOCAN		Danoy												
OAKMAN - WEETABIX		Does contain Wheat				<u> </u>	Does							
		Barley					contain							
OAKMAN - CORNFLAKES		Does contain Barley					Does							
							contain							
OAKMAN - RICE CRISPIES		Does contain Barley					Does						1	
							contain							
OAKMAN - ALL BRAN		Does contain Wheat					Does						<u> </u>	
		Barley					contain							
OAKMAN - ADD FRIED EGG				Does		<u> </u>								
				contain										
OAKMAN - ADD SCRAMBLED EGGS				Does			Does							
				contain			contain							
OAKMAN - ADD POACHED EGG				Does										Does contain
				contain										Docs contain
Add Spanish Chorizo														
Add on Halloumi							Does							
							contain							
OAKMAN - ADD 2 HASHBROWNS														
*OAKMAN - BERRY GO ROUND														
*OAKMAN - STRAWBERRY SPLIT														
*OAKMAN - PASH N SHOOT														
														0.1.11
LUNCH	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - BUTTERMILK CALAMARI		Does contain Wheat		Does			Does	Does contain	Does contain					Does contain
PANINO		Does contain wheat		contain			contain	Dues contain	Dues contain					Dues contain
OAKMAN - ITALIAN MEATBALL &		Deep contain Wheat		Contain		<u> </u>			Dece contoin				ļ	Dece contain
MOZZARELLA PANINO SANDWICH		Does contain Wheat					Does		Does contain					Does contain
WOLLARELLA FAMINO SANDWICH							contain							
BRUNCH - SWEET POTATO,				Does			Does					Does contain		Does contain
COURGETTE & FETA FRITTERS				contain			contain					Dooronnain		Decercontain
				CO. RUIT			2 CT TCAIL							
OAKMAN - TURKISH EGGS		Does contain Wheat		Does			Does							Does contain
				contain			contain							
OAKMAN - GLUTEN FREE -				Does			Does							Does contain
TURKISH EGGS				contain			contain							Does contain
OAKMAN - PROSCUITTO COTTO		Does contain Wheat		Does			Does		Does contain					Does contain
HAM & CHEDDAR CHEESE PANINO		Does contain wheat		contain			contain		Does contain					Dues contain
SANDWICH				Contain			Contain							

OAKMAN - PROSCUITTO COTTO HAM & CHEDDAR CHEESE				Does contain			Does contain		Does contair					Does contain
SANDWICH GLUTEN FREE														
OAKMAN - AVOCADO & HUMMUS PANINO SANDWICH		Does contain Wheat							Does contair	1		Does contain		Does contain
OAKMAN - AVOCADO & HUMMUS SANDWICH GLUTEN FREE									Does contair			Does contain		Does contain
OAKMAN - SPANISH CHORIZO PANINO SANDWICH	Does contain	Does contain Wheat							Does contair	1				Does contain
OAKMAN - SPANISH CHORIZO SANDWICH - GLUTEN FREE	Does contain								Does contair	1				Does contain
OAKMAN - BATTERED FISH FINGER PANINO SANDWICH		Does contain Wheat		Does contain	Does contai				Does contain	1				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 & CARAMELISED 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											Does contain
CHORIZO IN CIDER											
OAKMAN - LEBANESE FRIES	Does						Does contain			Does	Does contain
	contain									contain	
OAKMAN - CRISPY ARTICHOKES											
OAKMAN - PROSCIUTTO											
OAKMAN - NAPOLI SALAMI											
OAKMAN - BAKED FETA & SPICED					Does		Does contain				Does contain
CHICKPEAS					contain						
OAKMAN - SMALL PLATES -		Does contain Wheat	Does		Does	Does contain	Does contain				
BUTTERMILK CALAMARI			contain		contain						
OAKMAN - CRISPY CAULIFLOWER	Does	Does contain Wheat							Does contain		
BITES	contain	Barley									
OAKMAN - HARISSA GLAZED	Does										Does contain
CHICKEN WINGS	contain										
OAKMAN - HALLOUMI CHIPS	Does				Does						Does contain
	contain				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

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 conta								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 contair	ו			Does contain	
OAKMAN - PORCHETTA		Does contain Wheat												Does contain
OAKMAN - 10oz SIRLOIN STEAK	Does contain						Does contain		Does contair	l			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 contair	۱			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 contair	٦			Does contain	Does contain
NEW - AW22 - OAKMAN - GLUTEN FREE - BACON AND CHEDDAR HOUSE BURGER				Does contain			Does contain		Does contair	ר			Does contain	Does contain
OAKMAN - HARISSA CHICKEN BURGER	Does contain	Does contain Wheat		Does contain			Does contain		Does contair	ו			Does contain	Does contain
OAKMAN - LEMON & ROSEMARY BRAISED LAMB SHOULDER	Does contain	Does contain Wheat					Does contain		Does contair	١		Does contain		Does contain
CORE ESTATE - SYMPLICITY BURGER	Does contain	Does contain Wheat										Does contain	Does contain	Does contain

SMALL FISH AND CHIPS		Does contain Wheat		Does	Does		Does		Does contain				Does	Does contain
		Barley		contain	contain		contain						contain	
BH WATFORD - FISH AND CHIPS	Does contain	Does contain Wheat Barley		Does contain	Does contain		Does contain		Does contain				Does contain	Does contain
PIZZA	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - PIZZA MARGHERITA		Does contain Wheat					Does contain							
OAKMAN - CALZONE MARGHERITA		Does contain Wheat					Does contain		Does contain					
OAKMAN - PIZZA MARGHERITA ROYALE		Does contain Wheat					Does contain							
OAKMAN - CALZONE MARGHERITA ROYALE		Does contain Wheat					Does contain		Does contain					
OAKMAN - PIZZA MARINARA D.O.C.		Does contain Wheat												
OAKMAN - CALZONE MARINARA D.O.C.		Does contain Wheat							Does contain					
OAKMAN - PIZZA VEGAN MARGHERITA		Does contain Wheat												
OAKMAN - CALZONE VEGAN MARGHERITA		Does contain Wheat							Does contain					
OAKMAN - PIZZA BIANCO PROSCIUTTO E FUNGHI		Does contain Wheat					Does contain							
OAKMAN - CALZONE BIANCO PROSCIUTTO E FUNGHI		Does contain Wheat					Does contain		Does contain					
*OAKMAN - PIZZA CASA LINGO		Does contain Wheat		Does contain			Does contain							Does contain
*OAKMAN - CALZONE CASA LINGO		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
OAKMAN - PIZZA ZUCCA [V]		Does contain Wheat					Does contain							
OAKMAN - PIZZA ZUCCA - SWAP TO VEGAN		Does contain Wheat												
*OAKMAN - CALZONE ZUCCA		Does contain Wheat					Does contain		Does contain					Does contain
OAKMAN - CALZONE ZUCCA - SWAF TO VEGAN	`	Does contain Wheat							Does contain					
OAKMAN - PIZZA CASA PEPPERONI		Does contain Wheat					Does contain							
OAKMAN - CALZONE CASA PEPPERONI		Does contain Wheat					Does contain		Does contain					
OAKMAN - PIZZA POLLO DIAVOLA		Does contain Wheat		Does contain			Does contain							
OAKMAN - CALZONE POLLO DIAVOLA		Does contain Wheat		Does contain			Does contain		Does contain					
OAKMAN - PIZZA NAPOLETANA		Does contain Wheat			Does contain		Does contain							
OAKMAN - CALZONE NAPOLETANA		Does contain Wheat			Does contain		Does contain		Does contain					
OAKMAN - PIZZA NAPOLI FORTE		Does contain Wheat					Does contain							
OAKMAN - CALZONE NAPOLI FORTE		Does contain Wheat					Does contain		Does contain					Does contain
OAKMAN - PIZZA BOLOGNESE	Does contain	Does contain Wheat		Does contain			Does contain							Does contain

OAKMAN - CALZONE BOLOGNESE	Does contain	Does contain Wheat		oes ontain			Does contain		Does contain					Does contain
OAKMAN - PIZZA PARMA		Does contain Wheat					Does contain		Does contain					Does contain
OAKMAN - CALZONE PARMA		Does contain Wheat		oes ontain			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		Does				
		contain		contain				
OAKMAN - BAKED VANILLA	Does contain Wheat	Does		Does				
CHEESECAKE SS24		contain		contain				
OAKMAN - CHOCOLATE ICE CREAM		Does		Does				
		contain		contain				
OAKMAN - SALTED CARAMEL ICE							Does	
CREAM							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							

OAKMAN - KIDS VEGANO	Does contain Wheat						Does contain	
OAKMAN - KIDS VEGANO GLUTEN FREE							Does contain	
OAKMAN - KIDS BEANS ON TOAST	Does contain Wheat							
OAKMAN - GLUTEN FREE - KIDS BEANS ON TOAST								
OAKMAN - BACON BRIOCHE BUN	Does contain Wheat	Does contain		Does contain				
OAKMAN - GLUTEN FREE - BACON BRIOCHE BUN								
OAKMAN - SAUSAGE BRIOCHE BUN	Does contain Wheat	Does contain		Does contain				Does contain
*OAKMAN - KIDS NO-PORK SAUSAGE BUN	Does contain Wheat						Does contain	
OAKMAN - KIDS BUTTERMILK PANCAKES - With Bacon & Maple Syrup	Does contain Wheat	Does contain		Does contain				

KIDS SUNDAY ROASTS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - KIDS ROAST CHICKEN BREAST	Does contain	Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - KIDS ROAST CHICKEN BREAST	Does contain													Does contain
OAKMAN - KIDS ROAST BEEF	Does contain	Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - KIDS ROAST BEEF	Does contain													Does contain

KIDS STARTERS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - KIDS GARLIC BREAD		Does contain Wheat												
OAKMAN - KIDS VEGETABLE STICKS												Does contain		
OAKMAN - KIDS HALLOUMI CHIPS							Does contain							
KIDS MAINS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - KIDS BEEF BURGER	Does contain	Does contain Wheat											Does contain	
OAKMAN - GLUTEN FREE - KIDS BEEF BURGER	Does contain													
OAKMAN - KIDS CHICKEN BURGER	Does contain	Does contain Wheat											Does contain	
OAKMAN - GLUTEN FREE - KIDS CHICKEN BURGER	Does contain													
OAKMAN - KIDS PIZZA		Does contain Wheat					Does contain							
OAKMAN - KIDS VEGAN PIZZA		Does contain Wheat												

OAKMAN - KIDS - SPAGHETTI BOLOGNESE	Does contain	Does contain Wheat							Does contain
OAKMAN - KIDS - SPAGHETTI BOLOGNESE - GLUTEN FREE	Does contain								Does contain
OAKMAN - KIDS TOMATO AND BASIL FUSILLI		Does contain Wheat							
OAKMAN - GLUTEN FREE - KIDS TOMATO AND BASIL - LENTIL PASTA									
OAKMAN - KIDS FISH GOUJONS		Does contain Wheat Barley	Does contain	Does contain		Does contain			Does contain
OAKMAN - KIDS GRILLED PORK SAUSAGE	Does contain	Does contain Wheat							Does contain
OAKMAN - KIDS GRILLED NO PORK SAUSAGE GLUTEN FREE								Does contain	

KIDS SIDES	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - KIDS - CHUNKY CHIPS													Does contain	
OAKMAN - KIDS HOUSE FRIES														
OAKMAN - KIDS GEM LETTUCE AND TOMATO SALAD									Does contain					Does contain
OAKMAN - KIDS MASHED POTATO							Does contain							Does contain
OAKMAN - KIDS BAKED BEANS														
KIDS DESSERTS	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - KIDS TRIPLE CHOCOLATE BROWNIE - CHOCOLATE SAUCE				Does contain			Does contain						Does contain	
OAKMAN - ROCKET LOLLY														
GLOBAL - KIDS BUTTERMILK PANCAKES with CHOCOLATE SAUCE		Does contain Wheat		Does contain			Does contain						Does contain	
*OAKMAN - KIDS MILK							Does contain							
OAKMAN - KIDS STRAWBERRY MILKSHAKE							Does contain							
OAKMAN - KIDS CHOCOLATE MILKSHAKE							Does contain							
OAKMAN - KIDS HOT CHOCOLATE							Does contain						Does contain	

WOBURN HOTEL SET	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
BREAKFAST														
WOBURN - BREAKFAST - FULL		Does contain Wheat		Does			Does							Does contain
ENGLISH				contain			contain							

			1	-			-		1					
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										1				
OAKMAN - SUPERFRUIT TEA														
OAKMAN - GREEN TEA										1				
OAKMAN - HOT CHOCOLATE							Does contain						Does contain	
OAKMAN - OAT MILK HOT CHOCOLATE		Does contain Oats											Does contain	
OAKMAN - SINGLE ESPRESSO														
OAKMAN - DOUBLE ESPRESSO														
OAKMAN - CAPPUCCINO							Does contain							
OAKMAN - OAT MILK CAPPUCCINO		Does contain Oats												
OAKMAN - FLAT WHITE							Does contain							
OAKMAN - OAT MILK FLAT WHITE		Does contain Oats												
OAKMAN - CAFFE LATTE							Does contain							