

THE DORSET BAR & KITCHEN

ALLERGEN MATRIX

Date Updated: 05/04/2022

This table contains the food and drink items we sell that contain allergens; a tick in the box indicates the allergen(s) present. Our food and drinks are prepared in areas where cross-contamination may occur, and our menu descriptions do not include all ingredients. If you have any questions, allergies, or intolerances, or need help with our allergen information, please let us know before ordering. We've indicated where gluten free, vegetarian and vegan options are available, however some of our preparation, cooking and serving methods could affect this. If you require more information, please ask your server.

Menu Item	Dish Contains																				Suitable For								
	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Sesame Seeds	Soya	Sulphur Dioxide/Sulphites	Peanuts	Tree Nuts	Almond Nuts	Brazil Nuts	Cashew Nuts	Hazelnuts	Macadamia Nuts	Pecan Nuts	Pistachio Nuts	Walnuts	Cereals with Gluten	Barley	Oats	Rye	Wheat	Gluten Free Option Available	Vegetarian Option Available	Vegan Option Available
LIGHT BITES																													
Marinated Olives																											✓	✓	✓
Houmous					✓				✓													✓				✓		✓	✓
Halloumi Fries			✓			✓																✓				✓		✓	
Crispy Tempura Calamari		✓	✓	✓		✓	✓															✓				✓			
Camembert Melts			✓			✓																✓				✓		✓	
Oven-Baked Cauliflower Wings					✓				✓	✓																	✓	✓	✓
Local Moules Mariniere		✓		✓		✓	✓															✓				✓			
Marinated Chicken Wings				✓			✓	✓																			✓		
SHARERS																													
Loaded Nachos					✓	✓																✓				✓		✓	✓
Oven-Baked Camembert						✓																✓				✓	✓	✓	
MAINS																													
Local Ale-Battered Atlantic Cod Fillet			✓	✓	✓	✓	✓															✓	✓			✓			
Vegan Tempura Banana Blossom																						✓	✓			✓		✓	✓
Chicken Schnitzel			✓			✓																✓				✓			
Bangers & Crushed Potatoes						✓																✓				✓	✓	✓	
Homemade Fish Pie				✓		✓																✓				✓			
Local Moules Mariniere		✓		✓		✓	✓															✓				✓			
Vegetable Wellington																						✓				✓		✓	✓
Chicken Caesar			✓	✓		✓																✓				✓			
GRILLS																													

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	Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Sesame Seeds	Soya	Sulphur Dioxide/Sulphites	Peanuts	Tree Nuts	Almond Nuts	Brazil Nuts	Cashew Nuts	Hazelnuts	Macadamia Nuts	Pecan Nuts	Pistachio Nuts	Walnuts	Cereals with Gluten	Barley	Oats	Rye	Wheat	Gluten Free Option Available	Vegetarian Option Available	Vegan Option Available
30 Day-Aged 10oz Sirloin Steak			✓			✓		✓														✓				✓	✓		
Grilled Chicken Breast								✓																			✓		
BURGERS																													
The Smashed Beef			✓			✓		✓														✓				✓	✓		
The Brighton Blue			✓			✓		✓														✓				✓	✓		
The Chicken			✓					✓														✓				✓	✓		
The Korean BBQ			✓			✓			✓	✓												✓				✓	✓		
The Plant Based								✓		✓												✓	✓	✓				✓	✓
SIDES																													
Seasoned Chips																						✓				✓		✓	✓
Sweet Potato Fries																						✓				✓		✓	✓
Garden Salad								✓																			✓	✓	✓
Crushed Potatoes						✓																					✓	✓	
SAUCES																													
Korean BBQ Sauce									✓	✓																	✓	✓	✓
Hickory BBQ Sauce								✓	✓																		✓	✓	✓
Tarter Sauce			✓																								✓	✓	
Mushroom Sauce																													
Garlic Butter																													
DESSERTS																													
Homemade Strawberry Vanilla Cheesecake			✓			✓																✓				✓		✓	
Trio of Sorbet																											✓	✓	
Homemade Warm Chocolate Brownie			✓			✓							✓							✓		✓				✓		✓	
Vanilla Pod Ice Cream						✓																					✓	✓	
Chocolate Ice Cream						✓																					✓	✓	
Pistachio Ice Cream						✓							✓							✓							✓	✓	