

## ***ALLERGEN GUIDE***

The following guide provides information on common allergens present in our dishes and also contains sections recommending dishes for those avoiding wheat & dairy.

This information is intended to help you make an informed choice but please make sure you let us know if you have an allergy so we can take extra-precautions when preparing your meal. Only you understand your specific dietary requirements, we're happy to help answer any questions you might have about our food but ultimately you have to decide whether or not it is suitable.

*Remember: always let us know if you have an allergy.*

### ***The Team at The Grantham***

## ***ALLERGENS COVERED***

Celery

Cereals Containing Gluten (Wheat)

Crustaceans (Prawns, Lobster, Crabs, Crayfish etc.)

Eggs

Fish

Lupin

Milk (& Milk Products)

Molluscs (Mussels, Clams, Oysters, Scallops, Squid etc.)

Mustard

Nuts

(Almonds, Hazelnuts, Walnuts, Cashews, Pecans, Brazils, Pistachios, Macadamias)

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

*Allergic to something else? Just let us know.*

## ALLERGEN INFORMATION FOR THE MENU

*Please See Our Main Menu for Full Descriptions of Dishes*

### TO SHARE – PERFECT FOR TWO

#### Whole Baked Camembert

Contains: Wheat, Milk, Mustard, Sulphur Dioxide  
Add a Selection of Cured Meats for £3.50

£10.95

#### Grantham's Seafood Platter

Contains: Wheat, Fish, Milk, Molluscs (Squid, Scallops), Mustard, Sulphur Dioxide

£ 13.95

### STARTERS

#### Crispy Fried Salt & Pepper Squid

Contains: Wheat, Molluscs (Squid), Mustard, Peanuts

£ 5.95

#### Smoked Chicken & Avocado Salad

Contains: Wheat, Milk, Mustard, Sulphur Dioxide

£ 6.50

#### Deep-Fried Sesame Chicken Wings

Contains: Wheat, Eggs, Milk, Mustard, Sesame Seeds, Sulphur Dioxide

£ 5.95

#### Baked Queen Scallops Gratin

Contains: Wheat, Milk, Molluscs (Scallops), Mustard, Sulphur Dioxide

£ 7.95

#### Mozzarella & Tomato Bruschetta (v)

Contains: Wheat, Milk, Mustard, Sulphur Dioxide

£ 5.50

#### Crispy Goat's Cheese Fritters (v)

Contains: Wheat, Eggs, Milk, Mustard, Sulphur Dioxide

£ 5.95

#### Homemade Soup of the Day (v)

Please ask staff as this item changes daily.

£ 4.95

### MAINS

#### Traditional Cumberland Sausage

Contains: Wheat, Milk, Mustard, Sulphur Dioxide

£11.95

#### 10oz Sirloin Steak

Contains: Milk, Mustard, Sulphur Dioxide

£21.95

#### Steak & Ale Pie

Contains Celery, Wheat, Milk, Sulphur Dioxide

£11.95

#### Grilled Yorkshire Barnsley Chop

Contains: Milk, Nuts (Pistachios), Sulphur Dioxide

£15.95

#### The Grantham Steak Burger

Contains: Wheat, Eggs, Milk, Mustard, Sulphur Dioxide

£11.95

#### Pan-Seared Duck Breast

Contains: Wheat, Eggs, Sulphur Dioxide

£14.95

#### Lemon & Thyme Roast Chicken

Contains: Wheat, Milk, Nuts (Pine Nuts)

£13.95

#### Roasted Salmon Fillet

Contains: Celery, Eggs, Milk, Mustard, Sulphur Dioxide

£14.95

#### Aubergine Parmigiana (v)

Contains: Wheat, Eggs, Milk, Mustard, Sulphur Dioxide

£11.95

#### Summer Goat's Cheese Salad (v)

Contains: Milk, Mustard, Nuts (Pistachios), Sulphur Dioxide

£12.95

#### Beer Battered Haddock & Chips

Contains: Wheat, Fish, Sulphur Dioxide

£11.95

#### Roast Cod Fillet

Contains: Eggs, Milk, Mustard, Sulphur Dioxide

£13.95

(V) Suitable for Vegetarians

Most of our dishes can be adapted for those with allergies. Please ask staff for our 'Allergen Guide'

**SIDES - £2.95**

House Salad (Mustard, Sulphur Dioxide)  
Seasonal Vegetables (Milk)  
Onion Rings (Wheat)  
Hand Cut Chips  
(May Contain Wheat & Fish from our Fryer)  
Skinny Fries  
(May Contain Wheat & Fish from our Fryer)  
Sweet Potato Fries  
(May Contain Wheat & Fish from our Fryer)  
Buttered New Potatoes (Milk)

**SAUCES - £2.25**

Peppercorn (Wheat, Eggs, Milk)  
Blue Cheese (Milk)  
Béarnaise (Eggs, Milk, Mustard)

**DESSERTS**

<b>Vanilla Crème Brûlée</b> (v) Contains: Wheat, Eggs, Milk	£ 5.95	<b>Salted Caramel &amp; Chocolate Tart</b> (v) Contains: Wheat, Eggs, Milk	£ 5.95
<b>Sticky Toffee Pudding</b> (v) Contains: Wheat, Eggs, Milk	£ 5.95	<b>Individual Red Berry Pavlova</b> (v) Contains: Eggs, Milk	£ 5.95
<b>White Chocolate &amp; Cherry Cheesecake</b> (v) Contains: Wheat, Eggs, Milk	£ 5.95	<b>Apple &amp; Sultana Crumble</b> (v) Contains: Wheat, Eggs, Milk Custard	£ 5.95

**Grantham Cheese Selection**

Please ask staff as our cheese selection changes.

£ 7.95

*Add a glass of Graham's Tawny Port for £4.95*

**Please Ask Staff for Information About The Allergens Contained  
In Our Blackboard Specials**

(V) Suitable for Vegetarians

Most of our dishes can be adapted for those with allergies. Please ask staff for our 'Allergen Guide'

***DISHES ADAPTED FOR THOSE AVOIDING WHEAT***

*Please note these dishes have been specially adapted and it is important that you let us know when ordering that you would like the version made without wheat.*

*We cannot guarantee these dishes are 100% gluten free as we do use cereals in our kitchen. However, we can make them without using flour, or other gluten containing cereals as an ingredient.*

***TO SHARE – PERFECT FOR TWO***

**Whole Baked Camembert**

Grapes, Figs, Apricot & Cranberry Chutney, Gluten Free Bread  
Add a Selection of Cured Meats for £3.50  
£10.95

***STARTERS***

<b>Mozzarella &amp; Tomato Bruschetta</b> (v)    £ 5.50 Olives, Tomatoes, Red Onions, Basil, & Melted Mozzarella on Gluten Free Bread		<b>Smoked Chicken &amp; Avocado Salad</b> £ 6.50 Smokey Bacon, Chive Yoghurt, Served without Croutons
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**Homemade Soup of the Day** (v)

Our soup is generally wheat-free if served with Gluten Free Bread – please check with staff.  
£ 4.95

***MAINS***

<b>The Grantham Steak Burger</b> £11.95 Gluten Free Bun, Cheese, Bacon, Skinny Fries, Salad		<b>10oz Sirloin Steak</b> £21.95 Garlic Butter, Slow Braised Shallots, Roasted Vine Cherry Tomatoes, Chunky Chips, Salad
<b>Summer Goat's Cheese Salad</b> (v)    £12.95 Apples, Grapes, Mixed Leaves, Asparagus Pistachio Crusted Goat's Cheese		<b>Grilled Yorkshire Barnsley Chop</b> £15.95 Buttered New Potatoes, Peas, Broad & Green Beans, Salsa Verde, Pistachio Crumble
<b>Roast Cod Fillet</b> £13.95 Summer Ratatouille, Lemon Butter		<b>Roasted Salmon Fillet</b> £14.95 On a Garden Pea & Mint Risotto, Parmesan Salad

*Although our Skinny Fries & Chips do not contain wheat, they are cooked in a fryer that is also used to cook things that include wheat. If you prefer, Fries or Chips can be replaced with Buttered New Potatoes.*

***SIDES - £2.95***

House Salad | Seasonal Vegetables  
Buttered New Potatoes

***SAUCES – £2.25***

Blue Cheese  
Béarnaise

***DESSERTS***

<b>Vanilla Crème Brûlée</b> (v)    £ 5.95 Served without Grasmere Gingerbread		<b>Individual Red Berry Pavlova</b> (v)    £ 5.95 Fresh Whipped Cream
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**Grantham Cheese Selection**

Celery, Grapes, Apricot & Cranberry Chutney, Gluten Free Bread or Biscuits.  
Please check with staff as our cheese selection changes.  
£ 7.95

*Add a glass of Graham's Tawny Port for £4.95*

***DISHES ADAPTED FOR THOSE AVOIDING MILK PRODUCTS***

*Please note these dishes have been specially adapted and it is important that you let us know when ordering that you would like the version made without milk.*

*We cannot guarantee these dishes are completely free of milk products as we do use these in our kitchen. However, we can make them without using butter, cream, & other milk products as an ingredient.*

***STARTERS***

<b>Crispy Fried Salt &amp; Pepper Squid</b> Creamy Peanut Butter Coleslaw	£ 5.95	<b>Smoked Chicken &amp; Avocado Salad</b> Smokey Bacon, Served without Chive Yoghurt	£ 6.50
<b>Deep-Fried Sesame Chicken Wings</b> Mixed Leaves, Sweet Chilli Sauce Served without Soured Cream	£ 5.95	<b>Homemade Soup of the Day (v)</b> This can often be made without milk, cream or butter but please ask staff as our soup changes.	£ 4.95

***MAINS***

<b>Traditional Cumberland Sausage</b> Seasonal Vegetables, Red Onion Gravy Served with Chips in place of Mash	£11.95	<b>10oz Sirloin Steak</b> Braised Shallots, Roasted Cherry Tomatoes, Chips, Salad. Served without Garlic Butter.	£21.95
<b>Lemon &amp; Thyme Roast Chicken</b> Chicken Breast, Pine Nut Couscous, Green Beans, Served without Yoghurt Dressing	£13.95	<b>Grilled Yorkshire Barnsley Chop</b> New Potatoes (no butter), Peas, Broad & Green Beans, Salsa Verde, Pistachio Crumble	£15.95
<b>Beer Battered Haddock &amp; Chips</b> Mushy Peas, Tartare Sauce	£11.95	<b>Pan-Seared Duck Breast</b> Spiced Plum Sauce, Noodles, Charred Pak Choi, Carrot Crisps. No Butter on Noodles.	£14.95
<b>Roast Cod Fillet</b> Summer Ratatouille, Served without the Lemon Butter	£13.95	<b>Roasted Salmon Fillet</b> On a Garden Pea & Mint Risotto, Without Butter or Parmesan	£14.95

*If you would prefer your dish prepared without butter, please let us know. Butter is often added to finish a dish but can easily be left out if you prefer.*

***SIDES - £2.95***

House Salad | Seasonal Vegetables (no butter) | Onion Rings  
Hand Cut Chips | Skinny Fries | Sweet Potato Fries  
New Potatoes (no butter)

***DESSERTS***

<b>Meringue &amp; Fresh Fruit (v)</b>	£ 4.95	<b>Selection of Sorbets (v)</b>	£ 4.95
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## ALLERGEN INFORMATION FOR OUR SET MENU

*Available at Lunch & Between 5-6.30pm, Monday – Saturday*

*Please see the allergen guide for our main menu for more dishes suitable for those avoiding wheat or milk products.*

**2 Courses £13.95 | 3 Courses £16.95**

### STARTERS

**Homemade Soup of the Day (v)**

Sliced Granary Bread  
Contains: Please Ask Staff

**Crispy Goat's Cheese Fritters (v)**

Homemade Piccalilli  
Contains: Wheat, Eggs, Milk, Mustard, Sulphur Dioxide

**Deep-Fried Sesame Chicken Wings**

Mixed Leaves, Soured Cream, Sweet Chilli Sauce  
Contains: Wheat, Eggs, Milk, Mustard, Sesame Seeds, Sulphur Dioxide

**Melted Mozzarella & Tomato Bruschetta (v)**

Olives, Tomatoes, Red Onions, Basil, & Mozzarella on Homemade Focaccia  
Contains: Wheat, Milk, Mustard, Sulphur Dioxide

### MAINS

**Lemon & Thyme Roast Chicken Breast**

Pine Nut Couscous, Green Beans, Minted Yoghurt Dressing  
Contains: Wheat, Milk, Nuts (Pine Nuts)

**Roasted Salmon Fillet**

On a Garden Pea & Mint Risotto, Parmesan Salad  
Contains: Celery, Eggs, Milk, Mustard, Sulphur Dioxide

**Traditional Cumberland Sausage**

Creamy Mash, Seasonal Vegetables, Red Onion Gravy  
Contains: Wheat, Milk, Mustard, Sulphur Dioxide

**Aubergine Parmigiana (v)**

Tomato Sauce, Creamy Mozzarella, Fresh Tomato & Red Onion Salad  
Contain: Wheat, Eggs, Milk, Mustard, Sulphur Dioxide

### SIDES – All £2.95

House Salad (Mustard, Sulphur Dioxide) | Seasonal Vegetables (Milk) | Onion Rings (Wheat)  
Hand Cut Chips | Skinny Fries | Sweet Potato Fries  
(All Our Chips May Contain Wheat & Fish from our Fryer)  
Buttered New Potatoes (Milk)

(V) Suitable for Vegetarians

**DESSERTS**

**Apple & Sultana Crumble** (v)

Vanilla Ice Cream or Custard  
Contains: Wheat, Eggs, Milk

**Sticky Toffee Pudding** (v)

Butterscotch Sauce, Vanilla Ice Cream  
Contains: Wheat, Eggs, Milk

**Vanilla Crème Brûlée** (v)

Grasmere Gingerbread  
Contains: Wheat, Eggs, Milk

**White Chocolate & Cherry Cheesecake** (v)

Berry Coulis  
Contains: Wheat, Eggs, Milk

(V) Suitable for Vegetarians

**ALLERGEN INFORMATION FOR OUR SANDWICH MENU**

*Available on Toasted Ciabatta, Toasted Granary, White Bloomer, or Gluten Free Bread  
Served with a Side Salad, Olives & Coleslaw Add Chunky Chips or Skinny Fries for £2.95*

**COLD SANDWICHES**

**THE CLASSIC HAM SALAD**

With Homemade Piccalilli

Contains: Wheat, Milk, Mustard, Sulphur Dioxide  
£5.95

**THE FARMHOUSE (v)**

Mature Cheddar Cheese, Onion Chutney

Contains: Wheat, Milk, Mustard, Sulphur Dioxide  
£5.95

**THE SMOKEHOUSE**

Smoked Salmon, Cream Cheese, Cucumber

Contains: Wheat, Fish, Milk, Mustard, Sulphur Dioxide  
£6.95

**HOT SANDWICHES**

**THE FISHERMAN**

Homemade Fish Fingers, Rocket, Tartare Sauce

Contains: Wheat, Fish, Milk, Mustard, Sulphur Dioxide  
(Please note this sandwich contains gluten even when made on gluten free bread)  
£6.95

**THE MEAT MELT**

Thinly Sliced Hot Roast Beef, Buffalo Mozzarella, Caramelised Red Onion Chutney

Contains: Wheat, Milk, Mustard, Sulphur Dioxide  
£6.95

**THE BIG OINK**

Hot Roast Pork, Crispy Crackling, Black Pudding, Apple Sauce

Contains: Wheat, Milk, Mustard, Sulphur Dioxide  
(Please ask for a version without the Black Pudding on Gluten Free Bread)  
£6.95

**THE GRANTHAM TOWER**

Cajun Chicken Strips, Bacon, Roast Beef, Chicory, Tomato, Battered Onion Rings

Contains: Wheat, Milk, Mustard, Sulphur Dioxide  
(Please ask for a version without the Onion Rings on Gluten Free Bread)  
£7.95

**SOUP & A SANDWICH OFFER: £9.95**

(V) Suitable for Vegetarians



## ALLERGEN INFORMATION FOR OUR CHILDREN'S MENU

1 Course £4.95 | 2 Courses £6.95 | 3 Courses £8.95

### STARTERS

Soup of The Day, Fresh Bread (v)  
Contains: Please ask staff as this item changes

Deep-Fried Mozzarella Sticks, Tomato & Basil Ketchup (v)  
Contains: Wheat, Eggs, Milk

Cheesy Garlic Bread (v)  
Contains: Wheat, Milk

### MAINS

Fish Fingers, Skinny Fries, Garden Peas  
Contains: Wheat, Fish, Milk

Chicken Goujons, Skinny Fries, Beans  
Contains: Wheat

Ciabatta Pizza with Tomato & Cheese Topping (v)  
Contains: Wheat, Milk

*Children's Mini-Roast Also Available on Sundays*  
Contains: Wheat, Eggs, Milk, Sulphur Dioxide

### DESSERTS

Sticky Toffee Pudding, Toffee Sauce, Ice Cream (v)  
Contains: Wheat, Eggs, Milk

Fresh Fruit Salad, Ice Cream (v)  
Contains: Milk

Mini Strawberry Eton Mess (v)  
Contains: Eggs, Milk

(V) Suitable for Vegetarians  
Some of our dishes can be adapted for those with allergies.  
Please ask staff for more information,