

The Stafford Arms

14 Allergens



The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1	Celery This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
2	Cereals containing gluten Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
3	Crustaceans Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
4	Eggs Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
5	Fish You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
6	Lupin Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
7	Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
8	Molluscs These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
9	Mustard Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
10	Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
11	Peanuts Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
12	Sesame seeds These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
13	Soya Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
14	Sulphur dioxide (sometimes known as sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on [food.gov.uk/allergy-alerts](https://twitter.com/allergyalerts), or follow [#AllergyAlert](https://twitter.com/allergyalerts) on Twitter and Facebook Let's keep connected at [food.gov.uk/facebook](https://www.facebook.com/foodgov)
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Nibbles

Artisan Breadbasket with Balsamic and Virgin Olive Oil	2,4,7,9,10,12,13,14
Nocellara del Belice Sicilian Green Olives (VE) (GF)	4,7
Garlic and Rosemary Ciabatta (VE)	2,7,9,12,13
Garlic and Rosemary Ciabatta	2,7,9,12,13
Garlic and Rosemary Ciabatta with Buffalo Mozzarella	2,7,9,12,13
Beetroot and Cumin Hummus (VE) (GF)	1,9,12
Black Pudding Fritters	1,2,9,10,13

Starters

Soup of the Day	Please ask your server
Chicken Liver Parfait (GF)	1,2,7,9,10,11,12,13,14
Chorizo Scotch Egg	1,2,4,7,9,13,14
Heritage Tomato and Burrata Salad	1,7,9,13,14
Charred Aubergine	1,9,10,12,13,14
Crispy Buttermilk Chicken Thighs 1,2,4,7,9,10,11,12,13,14	
Smoked Salmon and Whipped Goats Cheese	1,2,4,5,7,9,12,13,14
North Atlantic Prawns	1,2,3,4,7,9,13,14

From the Grill

28 Day Salt Aged 8oz Rump Steak (GF)	13,14
28 Day Salt Aged 8oz Rib Eye Steak (GF)	13,14
The Stafford Mixed Grill:	2,4,13,14
Peppercorn Sauce	1,7,13,14
Port & Stilton Sauce	7,14
Bordelaise Sauce	13,14
12oz Gammon (GF)	2,4,7,13,14

Younger Guests and Smaller Plates

Panko Crumb Chicken Goujons	1,2,7,13,14
Battered Atlantic Cod Fillet Goujons	2,5,13,14
4oz Cheeseburger (GF)	2,4,7,13,14
Bangers & Mash	1,2,7,13,14
Bacon Crumb Macaroni Cheese	2,7,9,10,12,13
6oz Gammon (GF)	2,4,7,13,14

Sundays and Favourites

The Stafford Arms Beef Shin and Bass Ale Pie	1,2,4,7,13,14
Chicken, Ham & Leek Short Crust Pastry Pie	1,2,4,7,13,14
Beer Battered Atlantic Cod Fillet	2,4,5,9,13,14
The Stafford Arms Angus Steak Burger (GF)	2,4,5,7,9,13,14
Spicy Buttermilk Chicken Fillet Burger	2,4,5,7,13,14
Lentil & Mushroom Burger	2,4,7,13,14
Poached Pear Salad	1,7,9,10,13,14
Chicken and Avocado Caesar Salad (GF)	2,4,5,7,12,13,14
Bangers & Mash	1,2,7,13,14
Creamy Linguini	1,2,7,9,12,13,14
Roast Beef with Yorkshire Pudding	1,2,4,7,13,14
Roast Loin of Pork	1,2,7,9,13,14
Roast Turkey with Stuffing and Pigs in Blankets	1,2,7,13,14
Vegetarian "Roast Chicken" with Roasts & Yorkshire	2,4,7,13,14
Vegetables served with Roasts	2,7,9,12,13,14

Something More

Herb & Parmesan crusted Sea Trout	1,2,4,5,7,9,12,13,14
Pan-fried Chicken Supreme Thai Green Curry	1,3,5,8,9,10,11,13
Barnsley Lamb Chop	1,7,9,13,14
Slow cooked Pork Belly	1,3,7,9,13,14
Sticky BBQ Beef Short Rib	1,2,5,7,9,13,14

Sides

Beer Battered Onion Rings	2,5,13,14
Triple Cooked Chips (GF)	13,14
Double Cream Mash (GF) and Medley of Green Vegetables (GF)	7
Side Salad with Dressing (GF)	13,14
Tender-stem Broccoli (GF) and Fine Green Beans (GF)	7
Sautéed Garlic Mushrooms (GF)	13
Cauliflower Cheese topped with Parmesan Breadcrumbs	2,7,9,12,13
Macaroni Cheese topped with Smoked Bacon Crumb	2,7,9,12,13
Garlic & Chilli Prawns	3,7,13,14
Beef Gravy	1,13
Curry Sauce	1,7,13
Fried Egg	4,13

Sunday Sides

Yorkshire Pudding	2,4,7,13
Braised Red Cabbage (GF)	7,14
Buttered Carrots (GF) and Medley of Green Vegetables (GF)	7
Pigs in Blankets	2,14

Sandwiches (on Ciabatta)

Flat Iron Steak (GF)	2,7,9,12,13
Chicken Mozzarella	2,7,9,12,13
Hot Topside of Beef in Rich Gravy (GF)	1,2,7,9,12,13
Fish Finger Butty	2,4,5,7,9,12,13,14
Beetroot and Cumin Hummus	2,7,9,12,13
Cumberland Sausage	2,7,9,12,13
Mature Cheddar (GF)	2,4,7,9,12,13
North Atlantic Prawns (GF)	1,2,3,4,7,9,12,13
Triple Cooked Chips	13,14

Desserts

Handmade Italian Chocolate Truffles served with Italian Filter Coffee	2,4,7,10,11,13
Cake of the Day served with Italian Filter Coffee	Ask your server
Cheshire Farm Ice Cream Pots (GF)	7,10,11
Cheshire Farm Gelato Coffee and Caramel Crunch Slice	2,4,7,10,11,13,14
Four Layer Chocolate Fudge Cake	2,4,7,10,11,13,14
New York Cheesecake	2,4,7,10,11,13,14
Raspberry and Almond Panna Cotta (GF)	7,10,13
Apple and Ginger Eton Mess	4,7
Trillionaires Tart (VE) (GF)	7,10,11,13
Caramelised Lemon Tart	2,4,7,10,11,13
Banana and Cinnamon Bread & Butter Pudding	2,4,7,10,11,12,13
Cheese & Biscuits	1,2,4,7,10,13,14
Liquid Dessert - Chocolate Liqueur	Ask your server

PLEASE CHECK WITH YOUR SERVER TO SEE IF A DISH CAN BE ADAPTED TO YOUR DIETARY REQUIREMENTS.