THE WIGHT MOUSE INN

ALLERGEN DATA SHEET

WINTER MENU 2026 - 2027

COMPLETED BY A. BIRD & K. WINSOR-VINEY

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THE WIGHT MOUSE INN WINTER MENU 26-27														
STARTERS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
SOUP OF THE DAY		GLUTEN FREE AVAILABLE		MAY CONTAIN			MAY CONTAIN	**PLEASE ASK A MEMBER OF STAFF FOR THE SOUP OF THE DAYS ALLERGENS**				MAY CONTAIN	MAY CONTAIN	
CALAMARI		**CONTAINS**						**CONTAINS**	IN SALAD DRESSING ONLY				CONTAINS	IN SALAD DRESSING ONLY
GARLIC MUSHROOMS		GLUTEN FREE AVAILABLE		MAY CONTAIN			VEGAN OPTION AVAILABLE					MAY CONTAIN	MAY CONTAIN	**CONTAINS**
PRAWN COCKTAIL		GLUTEN FREE AVAILABLE	**CONTAINS**	**CONTAINS**					IN SALAD DRESSING ONLY				CONTAINS	IN SALAD DRESSING ONLY
PULLED PORK FRIES				**CONTAINS**			**CONTAINS**		**CONTAINS**					
BRUSCHETTA		GLUTEN FREE AVAILABLE					**CONTAINS**					MAY CONTAIN	MAY CONTAIN	**CONTAINS**

THE WIGHT MOUSE INN WINTER MENU 26-27														
SANDWICH BREADS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BREADS														
BAGUETTE		**CONTAINS**		MAY CONTAIN			MAY CONTAIN					MAY CONTAIN	MAY CONTAIN	
WHITE BREAD		**CONTAINS**											**CONTAINS**	
BROWN BREAD		**CONTAINS**											**CONTAINS**	
GLUTEN FREE WHITE BREAD				**CONTAINS**										
GLUTEN FREE BROWN BREAD				**CONTAINS**										

SANDWICH FILLINGS + SIDE SALAD & TORTILLA CHIP ALLERGENS BELOW ONLY - PLEASE CHECK THE BREAD ALLERGENS ABOVE

THE WIGHT MOUSE INN WINTER MENU 26-27														
SANDWICH FILLINGS MAKE SURE TO CHECK BREAD ABOVE	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
HAM & MUSTARD		**CONTAINS**							**CONTAINS**					IN SALAD DRESSING
FISH FINGER		**CONTAINS**			**CONTAINS**				IN SALAD DRESSING					IN SALAD DRESSING
PRAWNS & MARIE-ROSE			**CONTAINS**	**CONTAINS**					IN SALAD DRESSING					IN SALAD DRESSING
PULLED PORK & APPLE SAUCE									IN SALAD DRESSING					IN SALAD DRESSING
CHICKEN CLUB							**CONTAINS**		IN SALAD DRESSING					IN SALAD DRESSING
BRIE CLUB							**CONTAINS**		IN SALAD DRESSING					IN SALAD DRESSING
SAUSAGE & CHUTNEY									IN SALAD DRESSING					**CONTAINS**

THE WIGHT MOUSE INN WINTER MENU 26-27														
TOASTIE BREADS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
WHITE BREAD		**CONTAINS**											**CONTAINS**	
BROWN BREAD		**CONTAINS**											**CONTAINS**	
GLUTEN FREE WHITE BREAD				**CONTAINS**										
GLUTEN FREE BROWN BREAD				**CONTAINS**										

THE WIGHT MOUSE INN WINTER MENU 26-27														
TOASTIE FILLINGS MAKE SURE TO CHECK BREAD ABOVE	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHEDDAR							**CONTAINS**		ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
BRIE							**CONTAINS**		ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
BACON									ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
HAM									ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
CHORIZO							**CONTAINS**		ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
PULLED PORK									ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
RED ONION									ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
CHIMICHURRI									ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
CRANBERRY SAUCE									ONLY IN SALAD DRESSING					**CONTAINS**

THE WIGHT MOUSE INN WINTER MENU 26-27														
JACKET POTATOES	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
JACKET POTATO							ONLY IN BUTTER PORTION		ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
JACKET POTATO FILLINGS														
CHEDDAR							CONTAINS							
BRIE							CONTAINS		ONLY IN SALAD DRESSING					
VEGAN CHEESE									ONLY IN SALAD DRESSING					
BACON							ONLY IN BUTTER PORTION		ONLY IN SALAD DRESSING					
HEINZ BAKED BEANS							ONLY IN BUTTER PORTION		ONLY IN SALAD DRESSING					
COLESLAW				CONTAINS			ONLY IN BUTTER PORTION		CONTAINS					
PRAWNS & MARIE-ROSE							ONLY IN BUTTER PORTION		ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
PULLED PORK							ONLY IN BUTTER PORTION		ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
CHILLI CON CARNE							ONLY IN BUTTER PORTION & SOUR CREAM		ONLY IN SALAD DRESSING					CONTAINS
MIXED BEAN CHILLI							ONLY IN BUTTER PORTION & SOUR CREAM		ONLY IN SALAD DRESSING					CONTAINS

THE WIGHT MOUSE INN WINTER MENU 26-27														
PLOUGHMAN'S	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
PLOUGHMAN'S		**CONTAINS**		**CONTAINS**			**CONTAINS**		**CONTAINS**			MAY CONTAIN	MAY CONTAIN	**CONTAINS**

ASK MEMBER OF STAFF FOR SOUP OF THE DAY ALLERGENS

THE WIGHT MOUSE INN WINTER MENU 26-27														
MAINS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
STEAK & ALE PIE		**CONTAINS**		**CONTAINS**			ONLY IN MASHED POTATO							
CHICKEN & CHORIZO PIE		**CONTAINS**		**CONTAINS**			**CONTAINS**							**CONTAINS**
FISH & CHIPS		**CONTAINS**			**CONTAINS**				ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
WHOLETAIL SCAMPI		**CONTAINS**	**CONTAINS**						ONLY IN SALAD DRESSING					ONLY IN SALAD DRESSING
HAM & EGGS				**CONTAINS**			ONLY IN MASHED POTATO							
CHILLI CON CARNE							ONLY IN SOUR CREAM		**CONTAINS**					**CONTAINS**
LOADED NACHOS							**CONTAINS**		**CONTAINS**					**CONTAINS**
BEEF LASAGNE		**CONTAINS**		MAY CONTAIN			**CONTAINS**		**CONTAINS**			MAY CONTAIN	MAY CONTAIN	**CONTAINS**
CHICKEN CURRY		ONLY IN NAAN BREAD					**CONTAINS**		**CONTAINS**					**CONTAINS**
FISHERMAN'S PIE		ONLY IN BAGUETTE	**CONTAINS**	MAY CONTAIN	**CONTAINS**		**CONTAINS**					MAY CONTAIN	MAY CONTAIN	**CONTAINS**
PORK MEDALLION LINGUINE		**CONTAINS**		MAY CONTAIN			**CONTAINS**					MAY CONTAIN	MAY CONTAIN	**CONTAINS**
CHICKEN CAESAR SALAD		ONLY IN CRUTONS		**CONTAINS**			**CONTAINS**					MAY CONTAIN	CONTAINS	

THE WIGHT MOUSE INN WINTER MENU 26-27														
WINTER WARMERS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
SAUSAGES & MASH		ONLY IN ONION RINGS					**CONTAINS**							**CONTAINS**
LIVER & BACON							COOKED WITH BUTTER BUT CAN BE DONE WITHOUT							**CONTAINS**
SHEPHERDS PIE		ONLY IN BAGUETTE		MAY CONTAIN			**CONTAINS**					MAY CONTAIN	MAY CONTAIN	**CONTAINS**
BEEF & GUINNESS STEW		**CONTAINS**		MAY CONTAIN			**CONTAINS**		**CONTAINS**			MAY CONTAIN	MAY CONTAIN	**CONTAINS**

THE WIGHT MOUSE INN WINTER MENU 26-27														
VEGGIES	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
VEGETABLE PIE		**CONTAINS**					ONLY IN MASHED POTATO							**CONTAINS**
MACARONI CHEESE		**CONTAINS**		MAY CONTAIN			**CONTAINS**		**CONTAINS**			MAY CONTAIN	MAY CONTAIN	ONLY IN SALAD DRESSING
VEGETABLE LASAGNE		**CONTAINS**		MAY CONTAIN			**CONTAINS**		**CONTAINS**			MAY CONTAIN	MAY CONTAIN	**CONTAINS**
MUSHROOM BOURGUIGNON							ONLY IN MASHED POTATO		**CONTAINS**					**CONTAINS**
MIXED BEAN CHILLI							ONLY IN SOUR CREAM		**CONTAINS**					**CONTAINS**
VEGGIE LOADED NACHOS							ONLY IN SOUR CREAM		**CONTAINS**					**CONTAINS**
BUTTERNUT SQUASH & CHICKPEA CURRY		ONLY IN NAAN BREAD							**CONTAINS**					**CONTAINS**
THIS ISN'T PORK PLANT BASED SAUSAGES		IN ONION RINGS + MAY CONTAIN IN SAUSAGES					ONLY IN MASHED POTATO							**CONTAINS**
SQUEAKY GARDEN LINGUINE		**CONTAINS**		MAY CONTAIN			**CONTAINS**					MAY CONTAIN	MAY CONTAIN	**CONTAINS**

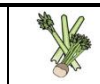
THE WIGHT MOUSE INN WINTER MENU 26-27														
BURGERS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CLASSIC		ONLY IN BURGER BUN, GLUTEN FREE BUN AVAILABLE		**CONTAINS**					**CONTAINS**					ONLY IN SALAD DRESSING
CHEESE & BACON				**CONTAINS**			**CONTAINS**		**CONTAINS**					ONLY IN SALAD DRESSING
MEXICAN				**CONTAINS**			ONLY IN SOUR CREAM		**CONTAINS**					**CONTAINS**
ULTIMATE				**CONTAINS**			**CONTAINS**		**CONTAINS**					ONLY IN SALAD DRESSING
BIG CHICK	CONTAINS	**CONTAINS**		**CONTAINS**			**CONTAINS**		**CONTAINS**				**CONTAINS**	ONLY IN SALAD DRESSING
BBQ CHICKEN		ONLY IN BURGER BUN, GLUTEN FREE BUN AVAILABLE		**CONTAINS**			**CONTAINS**		**CONTAINS**					ONLY IN SALAD DRESSING
PULLED PORK				**CONTAINS**					**CONTAINS**					**CONTAINS**

THE WIGHT MOUSE INN WINTER MENU 26-27														
VEGETARIAN BURGERS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
V CLASSIC		ONLY IN BURGER BUN, GLUTEN FREE BUN AVAILABLE + THIS BURGERS MAY CONTAIN		**CONTAINS**					**CONTAINS**				**CONTAINS**	ONLY IN SALAD DRESSING
V CHEESE BURGER				**CONTAINS**			**CONTAINS**		**CONTAINS**				**CONTAINS**	ONLY IN SALAD DRESSING
VEGAN CHEESE BURGER													**CONTAINS**	ONLY IN SALAD DRESSING
VEGGIE MEXICAN				ONLY IN COLESLAW			ONLY IN SOUR CREAM		**CONTAINS**				**CONTAINS**	ONLY IN SALAD DRESSING
VEGGIE ULTIMATE				**CONTAINS**			**CONTAINS**		**CONTAINS**				**CONTAINS**	ONLY IN SALAD DRESSING
HALLOUMI & AUBERGINE		ONLY IN BURGER BUN, GLUTEN FREE BUN AVAILABLE		**CONTAINS**			**CONTAINS**		**CONTAINS**					ONLY IN SALAD DRESSING

THE WIGHT MOUSE INN WINTER MENU 26-27														
FROM THE GRILL	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
HUNTER'S CHICKEN							**CONTAINS**		**CONTAINS**					**CONTAINS**
BRIE & BACON BIRD				**CONTAINS**			**CONTAINS**		**CONTAINS**					**CONTAINS**
FORAGER'S CHICKEN				**CONTAINS**			DAIRY FREE AVAILABLE		**CONTAINS**					**CONTAINS**
GAMMON		ONLY IN ONION RINGS		**CONTAINS**										**CONTAINS**
RUMP STEAK		ONLY IN ONION RINGS												
MIXED GRILL		ONLY IN ONION RIINGS		**CONTAINS**										
THE WIGHT MOUSE INN WINTER MENU 26-27														
TOPPERS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
PEPPER SAUCE							**CONTAINS**							
CHIMICHURRI														**CONTAINS**
GARLIC MUSHROOMS							DAIRY FREE AVAILABLE							**CONTAINS**
BLUE CHEESE SAUCE							**CONTAINS**							
HALLOUMI							**CONTAINS**							
SCAMPI		**CONTAINS**	**CONTAINS**											

THE WIGHT MOUSE INN WINTER MENU 26-27														
PIZZA	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
PIZZA BASE		**CONTAINS**							MAY CONTAIN				**CONTAINS**	
PIZZA TOPPINGS														
TOMATO SAUCE														
BBQ SAUCE									**CONTAINS**					
MOZZARELLA							**CONTAINS**							
PEPPERONI														
CHICKEN														
BACON														
CHORIZO							**CONTAINS**							
HALLOUMI							**CONTAINS**							
CHIMICHURRI														**CONTAINS**
SUN DRIED TOMATOES														**CONTAINS**
SWEETCORN														
RED ONION														
PEPPERONI														
MUSHROOM														

THE WIGHT MOUSE INN WINTER MENU 26-27														
MNI MEALS & TODDLERS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
FISHERMAN'S PIE			**CONTAINS**		**CONTAINS**		**CONTAINS**							**CONTAINS**
STEAK PIE		**CONTAINS**					**CONTAINS**						MAY CONTAIN	
MACARONI CHEESE		**CONTAINS**		MAY CONTAIN			**CONTAINS**		**CONTAINS**			MAY CONTAIN	MAY CONTAIN	
FISH & CHIPS		**CONTAINS**			**CONTAINS**									
FISH FINGERS		**CONTAINS**			**CONTAINS**									
WHOLETAIL SCAMPI		**CONTAINS**	**CONTAINS**											
GAMMON STEAK				**CONTAINS**										
HAM & EGGS				**CONTAINS**			ONLY IN MASHED POTATO							
PORK SAUSAGES							ONLY IN MASHED POTATO							CONTAINS
THIS ISN'T PORK SAUSAGES		MAY CONTAIN					ONLY IN MASHED POTATO						**CONTAINS**	MAY CONTAIN
CHICKEN NUGGETS		**CONTAINS**					**CONTAINS**						MAY CONTAIN	
4OZ CHEESE BURGER		GLUTEN FREE BUN AVAILABLE					**CONTAINS**							
LOADED NACHOS							**CONTAINS**		**CONTAINS**					**CONTAINS**
VEGGIE LOADED NACHOS							ONLY IN SOUR CREAM		**CONTAINS**					**CONTAINS**
JAM SANDWICH		GLUTEN FREE BREAD AVAILABLE											**CONTAINS**	
CHEESE SANDWICH		GLUTEN FREE BREAD AVAILABLE					**CONTAINS**						**CONTAINS**	

THE WIGHT MOUSE INN WINTER MENU 26-27														
SIDES	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHIPS														
FRIES														
CHEESY CHIPS							**CONTAINS**							
CHEESY FRIES							**CONTAINS**							
GARLIC BREAD		GLUTEN FREE AVAILABLE		MAT CONTAIN			**CONTAINS**					MAY CONTAIN	MAY CONTAIN	**CONTAINS**
CHEESY GARLIC BREAD		GLUTEN FREE AVAILABLE		MAY CONTAIN			**CONTAINS**					MAY CONTAIN	MAY CONTAIN	**CONTAINS**
ONION RINGS		**CONTAINS**							MAY CONTAIN				MAY CONTAIN	
VEGETABLES														
BREAD & BUTTER		**CONTAINS**					**CONTAINS**						**CONTAINS**	
SALAD														
SALAD DRESSING									**CONTAINS**					**CONTAINS**

THE WIGHT MOUSE INN WINTER MENU 26-27														
DESSERTS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
WHITE CHOCOLATE MOUSE TO ACCOMPANY ALL DESSERTS		**CONTAINS**					**CONTAINS**						**CONTAINS**	
TRIPLE CHOC COOKIE DOUGH		**CONTAINS**		**CONTAINS**			**CONTAINS**						ONLY IN WHITE MOUSE	
STICKY TOFFEE PUDDING		**CONTAINS**		**CONTAINS**			**CONTAINS**						ONLY IN WHITE MOUSE	
APPLE, RHUBARB AND GINGER CRUMBLE		GLUTEN FREE AVAILABLE					DAIRY FREE AVAILABLE						ONLY IN WHITE MOUSE	
NUTELLA CROISSANT BREAD & BUTTER PUDDING		**CONTAINS**		**CONTAINS**			**CONTAINS**			**CONTAINS**			ONLY IN WHITE MOUSE	
CHEESE & BISCUITS		GLUTEN FREE AVAILABLE					**CONTAINS**						ONLY IN WHITE MOUSE	
THE WIGHT MOUSE INN WINTER MENU 26-27														
ICE CREAM	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
VANILLA		ONLY IN WHITE MOUSE		MAY CONTAIN						MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		
CHOCOLATE		ONLY IN WHITE MOUSE		MAY CONTAIN						MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		
STRAWBERRY		ONLY IN WHITE MOUSE		MAY CONTAIN						MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		
VEGAN VANILLA		ONLY IN WHITE MOUSE					MAY CONTAIN			MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		
THE WIGHT MOUSE INN WINTER MENU 26-27														
MNI MEALS DESSERTS	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	TREE NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
APPLE, RHUBARB & GINGER CRUMBLE		GLUTEN FREE AVAILABLE					DAIRY FREE AVAILABLE						ONLY IN WHITE MOUSE	
COOKIE DOUGH		**CONTAINS**		**CONTAINS**			**CONTAINS**						ONLY IN WHITE MOUSE	
VANILLA ICE CREAM		GLUTEN FREE AVAILABLE					**CONTAINS**						ONLY IN WHITE MOUSE	