







































































































































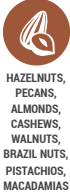








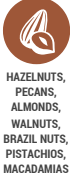



# Connaught Summer menu 2024

Item	Price	Calories per serving	Contains Allergens	May Contain Allergens	Other Properties
Chicken poppers - 1 Serving	6.95	783Kcal	 WHEAT  MILK		
Bang Bang Cauliflower - 1 Serving	6.95	248Kcal	 SOYA		 VEGETARIAN  VEGAN
Calamari - 1 Serving	6.95	599Kcal	 WHEAT  EGGS  MILK  MOLLUSCS		
King Prawns - 1 Serving	8.95	811 Kcal	 WHEAT, RYE  CRUSTACEANS	 OATS, BARLEY  WALNUTS  MILK  SESAME	
Lamb Kofta - 1 Serving	7.95	331 Kcal	 WHEAT  MILK		
Chorizo, pepper & Halloumi skewers - 1 Serving	5.95	548Kcal	 WHEAT  MILK		
Burrata salad - 1 Serving	7.95	241 Kcal	 MILK		
Large Nachos - 1 Serving	14.95	1285Kcal	 WHEAT  EGGS  MILK	 SESAME	
Houmous - 1 Serving	6.95	893Kcal	 WHEAT  SESAME  SULPHITES		
Fish & Chips - 1 Serving	16.95	1698Kcal	 WHEAT  EGGS  MILK  FISH  CELERY  MUSTARD	 SOYA	
6 piece Chinken wings - 1 Serving	7.95	649Kcal	 EGGS  MILK  MUSTARD	 SESAME	
12 piece chicken wings - 1 Serving	13.95	1253Kcal	 EGGS  MILK  MUSTARD	 SESAME	
Extra Bacon - 1 Serving	1	50Kcal			
Cheese burger - 1 Serving	14.95	1664Kcal	 WHEAT, RYE  EGGS  MILK  CELERY  SULPHITES	 SESAME	

Thai Vegetable curry - 1 Serving	14.95	735Kcal					 VEGETARIAN  VEGAN	
Lemon and herb Half chicken - 1 Serving	14.95	1780Kcal	 EGGS	 MILK	 CELERY			
Meatless Burger - 1 Serving	14.95	1446Kcal	 WHEAT, BARLEY, RYE	 EGGS	 CELERY	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	 PEANUTS	 VEGETARIAN  VEGAN
Southern fried chicken burger - 1 Serving	14.95	1717Kcal	 WHEAT, RYE	 EGGS	 MILK	 CELERY	 SESAME	
TOMS steak and ale pie - 1 Serving	14.95	1235Kcal	 WHEAT, BARLEY	 EGGS	 MILK	 CELERY		
			 SULPHITES					
Sausage & Mash - 1 Serving	12.95	1054Kcal	 WHEAT	 EGGS	 MILK	 CELERY		
			 SULPHITES					
Superfood salad - 1 Serving	12.95	453Kcal		 CELERY	 MUSTARD		 SESAME	 VEGETARIAN  VEGAN
Cobb Salad - 1 Serving	14.95	677Kcal	 WHEAT	 EGGS	 MILK	 MUSTARD	 SESAME	
Extra Halloumi - 1 Serving	3.95	406Kcal		 MILK				 VEGETARIAN
Extra Chicken - 1 Serving	3.95	191Kcal						
House Salad - 1 Serving	2.95	54Kcal		 MUSTARD			 SESAME	 VEGETARIAN  VEGAN
Chunky chips - 1 Serving	3.95	899Kcal		 EGGS	 CELERY			 VEGETARIAN  VEGAN

Chips & Cheese - 1 Serving	4.95	925Kcal	 EGGS	 MILK	 CELERY		 VEGETARIAN	
Lime and Herbs Crusted Salmon - 1 Serving	17.95	1237Kcal	 WHEAT	 MILK	 FISH			
10oz Rump Steak - 1 Serving	19.95	501Kcal	 EGGS	 CELERY				
Chimichuri sauce - 1 Serving	1.50	119Kcal	 SULPHITES					
Pepper sauce - 1 Serving	1.50	225Kcal	 MILK				 VEGETARIAN	
Bernaise sauce - 1 Serving	1.50	158Kcal	 EGGS	 MILK			 VEGETARIAN	
Garlic Bread - 1 Serving	4.95	663Kcal	 WHEAT, BARLEY, RYE	 MILK		 HAZELNUTS, ALMONDS, CASHEWS	 SESAME	 VEGETARIAN
Garlic Bread & Cheese - 1 Serving	5.95	869Kcal	 WHEAT, BARLEY, RYE	 MILK		 HAZELNUTS, ALMONDS, CASHEWS	 SESAME	 VEGETARIAN
Lamb Rump - 1 Serving	19.95	655Kcal	 MILK					
Chicken Parmigiana - 1 Serving	14.95	1131Kcal	 WHEAT	 MILK		 MUSTARD	 SOYA	
Waffles - 1 Serving	6.95	735Kcal	 WHEAT	 EGGS	 MILK	 SOYA		 VEGETARIAN
Vanilla ice cream - 1 Serving	3.95	418Kcal	 MILK				 VEGETARIAN	
Tiramisu - 1 Serving	6.95	297Kcal	 WHEAT	 EGGS	 MILK	 SOYA	 HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	 VEGETARIAN
Banoffee Cheesecake - 1 Serving	7.95	469Kcal	 EGGS	 MILK	 SOYA	 HAZELNUTS, PECANS, ALMONDS, WALNUTS, PISTACHIOS		 VEGETARIAN
Chocolate truffle Tort - 1 Serving	6.95	348Kcal	 OATS	 SOYA		 HAZELNUTS, PECANS, ALMONDS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS	 PEANUTS	