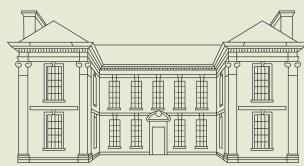


# Allergens

The  
**POST HOUSE**  
— BAR & GRILL —





The  
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*Winter 2025*  
*Allergens*

**Please speak to your server regarding allergens. The chefs may be able to substitute items on menus to make them certain allergen free.**

**The below booklet lists the 14 main allergens, for any other allergen not listed please speak to your server.**

**All dishes are prepared in a kitchen where nuts & the 13 other major allergens could be present, factory labelled allergen notes will be added as an extra may contain.**

All our breads are produced in a local bakery where nuts may be present therefore, we cannot guarantee they will be nut free.

# Main Menu

## NIBBLES

### **Nocellara olives GF VG**

Contains: sulphites

### **Charred wild garlic & rosemary flatbread GFO VGO**

Contains: gluten, milk, sulphites

### **Smoked paprika tortilla chips**

Contains: gluten, eggs, mustard, milk

## TAPAS 'TO SHARE'

### **Tempura crispy beef GFO**

Contains: gluten, soya, sulphites

### **Salt & pepper squid GFO**

Contains: mustard, sulphites, molluscs

May contain: sesame, nuts, peanuts

### **Korean cauliflower VGO**

Contains: gluten, sesame, sulphites

### **Sun blushed tomato & mozzarella arancini GFO**

Contains: gluten, eggs, sulphites, milk, mustard

May contain: nuts, peanuts

### **Buffalo fried chicken GFO**

Contains: gluten, milk

### **Smoked haddock, chorizo & cheddar croquettes GFO**

Contains: gluten, eggs, fish, milk, mustard

May contain: nuts, peanuts

# TO START

## Duck & port parfait GFO

Contains: gluten, milk, soya, egg, sulphites

May contain: nuts, peanuts, mustard, sesame

## Smoked salmon, lime & tarragon mousse GFO

Contains: gluten, egg, fish, milk, sulphites

May contain: nuts, peanuts, soya, mustard, sesame

## Pan fried king prawns GFO

Contains: gluten, crustaceans, egg, milk, mustard

May contain: soya, sesame

## Heritage tomato & red onion bruschetta GFO VGO

Contains: gluten, milk, sulphites

May contain: eggs, soya, milk, nuts, peanuts, sesame

## Wild mushroom & thyme soup GFO VGO

Contains: gluten, milk, sulphites, celery

May contain: soya, sesame, mustard

## Chargrilled Flat iron steak GFO

Contains: gluten, milk, sulphites

May contain: egg, nuts, peanuts

# FROM THE CHARGRILL

All our steaks from the chargrill are served with a rocket, balsamic and parmesan salad, please ask your server to remove this if necessary.

## Garnish served with all steaks GF

Contains: eggs, milk, sulphites

## Butchers grill GFO

Contains: gluten, eggs, milk, sulphites

## Peppercorn GFO

Contains: gluten, milk, sulphites

May contain: celery, mustard

## Staffordshire blue cheese GF

Contains: milk, sulphites, celery

## Marrow & malbec jus GFO

Contains: celery, sulphites, gluten

## Tarragon butter cream GF

Contains: milk, sulphites, celery

## Chimichurri GF

Contains: sulphites

## Mushroom dijon cream GF

Contains: milk, mustard, sulphites

# BURGERS

## Angus beef burger GFO

Contains: gluten, eggs, milk, mustard, sesame

May contain: nuts, soya

## Chicken burger GFO

Contains: gluten, eggs, milk, mustard, sesame, sulphites

May contain: nuts, soya

## Veggie burger VGO

Contains: gluten, eggs, soya, milk, mustard, sesame

May contain: nuts

# MAINS

## Duo of venison GF

Contains: milk, sulphites, celery

## Duo of fish GFO

Contains: gluten, fish, crustaceans, milk, peanuts, nuts, sulphites

## South Indian vegetable curry GFO

Contains: gluten, mustard

May contain: celery, nuts, peanuts

## Champagne battered haddock fillet GFO

Contains: gluten, eggs, fish, milk, mustard

## Thai red chicken skewer GFO

Contains: crustaceans, celery, mustard, sesame, sulphites

May contain: nuts, peanuts

## Slow roast belly pork GFO

Contains: gluten, milk, celery, mustard

## Oven baked chicken supreme GFO

Contains: gluten, milk, celery, sulphites, mustard

## Korean braised lamb shank

Contains: gluten, milk, sesame, sulphites

May contain: molluscs, mustard, nuts, peanuts, soya, fish, egg, crustaceans

## Nduja & chicken fettuccine alfredo

Contains: gluten, eggs, milk, sulphites

## Baked Gnocchi Sorrentina GFO

Contains: gluten, egg, milk, sulphites

May contain: fish, peanuts, nuts, soya, celery, mustard

## Thai red vegetable & halloumi skewer GFO VGO

Contains: gluten, milk, sulphites, celery, mustard

May contain: nuts, peanuts

## Black sesame seared tuna fillet GFO

Contains: gluten, fish, celery, sesame, sulphites

## SIDES

### Truffle & parmesan fries GFO

Contains: gluten, eggs, milk, sulphites

### Salt & pepper fries GFO VG

Contains: soya, milk, sulphites, gluten

May contain: nuts, peanuts, sesame

### Skin on French fries GF VG

Contains:

### Champagne battered onion rings GFO VGO

Contains: gluten, sulphites

### Seasonal buttered greens GF VGO

Contains: milk

### Triple cooked hand cut chips GFO VG

Contains:

### Garlic & rosemary flatbread GFO VGO

Contains: gluten, milk

May contain: eggs, sesame, sulphites

### Mini-Asian salad GFO VGO

Contains: gluten, soya, nuts, sesame, sulphites

May contain: peanuts, milk, celery

### Baby caesar salad GFO

Contains: gluten, eggs, milk, fish, mustard, sesame

May contain: nuts, soya

### Chilli & garlic king prawns GF

Contains: crustaceans, milk, sulphites

### Beef mac & cheese

Contains: gluten, milk, sulphites

### Cheddar mash GFO VGO

Contains: milk, sulphites

## SALADS

### Caesar salad GFO

Contains: gluten, eggs, milk, mustard, fish

May contain: sesame, soya

### Asian salad GFO VGO

Contains: gluten, soya, nuts, sesame, sulphites

May contain: peanuts, milk, celery

### Poke bowl GFO VGO

Contains: gluten, sesame, sulphites

May contain: peanuts

# DESSERTS

## Brownie GFO VGO

Contains: gluten, eggs, soya, milk

## Cheesecake GFO VGO

Contains: gluten, soya, milk

## Crumble

Contains: gluten, milk, sulphites

May contain: nuts, peanuts

## Ice cream or sorbet GFO VGO

Contains: Check with your server for daily flavours

## Crème brûlée GFO

Contains: gluten, milk, eggs

May contain: nuts, peanuts, soya, sulphites

## Lemon tart

Contains: gluten, milk, sulphites, eggs

May contain: nuts, peanuts

## Selection of British cheeses GFO

Contains: gluten, milk, mustard, celery, sulphites, sesame

May contain: nuts, peanuts, eggs, soya

## Dessert Sharer GFO

Contains: gluten, eggs, soya, milk, sulphites

May contain: nuts, peanuts

# Lunch/Sunday Menu

# STARTERS

## Prawn cocktail GFO

Contains: gluten, crustaceans, eggs, milk, mustard

May contain: soya, sesame

## Korean cauliflower VGO

Contains: gluten, sesame, sulphites

## Buffalo fried chicken GFO

Contains: gluten, milk

## Wild mushroom & thyme soup GFO VGO

Contains: gluten, milk, sulphites, celery

May contain: soya, sesame, mustard

## Heritage tomato & red onion bruschetta GFO VGO

Contains: gluten, milk, sulphites

May contain: eggs, soya, milk, nuts, peanuts, sesame

## Duck & port parfait GFO

Contains: gluten, milk, soya, egg, sulphites

May contain: nuts, peanuts, mustard, sesame

# MAINS

## Angus beef burger GFO

Contains: gluten, eggs, milk, mustard, sesame

May contain: nuts, soya

## Champagne battered haddock fillet GFO

Contains: gluten, eggs, fish, milk, mustard

## Pan fried chicken supreme GFO

Contains: gluten, milk, celery, sulphites, mustard

## Caesar salad GFO

Contains: gluten, eggs, milk, mustard, fish

May contain: sesame, soya

## Beef Bourguignon pie

Contains: gluten, milk, sulphites

## 6oz chargrilled gammon GFO

Contains: eggs, milk

## Chargrilled 6oz sirloin steak GFO

Contains: eggs, milk, sulphites

May contain: sesame

## Baked Gnocchi Sorrentina GFO VGO

Contains: gluten, egg, milk, sulphites

May contain: fish, peanuts, nuts, soya, celery, mustard

## South Indian vegetable curry VG GFO

Contains: gluten, mustard

May contain: celery, nuts, peanuts

## Cod loin GFO

Contains: gluten, fish, milk, peanuts, nuts, sulphites

# ROASTS

Our roast dinners are freshly sourced Staffordshire meats, plated with Yorkshire pudding, Cumberland &mixed herb stuffing, roasted potatoes, truffle mashed potatoes, bacon wrapped old English sausage, honey glazed parsnips, roast carrot, and seasonal buttered greens.

## All roast dishes GFO

Contains: gluten, eggs, soya, milk, sulphites, celery

## Sharing board GFO

Contains: gluten, eggs, soya, milk, sulphites, mustard, celery

## Nut roast GFO

Contains: gluten, soya, nuts, peanuts, egg, milk, sulphites, celery

# SIDES

## **Yorkshire pudding**

Contains: gluten, milk, eggs

## **Roast potatoes GF**

Contains: milk

## **Baked cauliflower cheese & chives GFO**

Contains: gluten, mustard, milk

## **Pancetta wrapped chipolata sausages**

Contains: gluten, sulphites

## **Seasonal buttered greens GF VGO**

Contains: milk

# SANDWICHES & PIZZAS

## **Chicken Caesar wrap**

Contains: gluten, eggs, fish, milk, mustard

May contain: soya, sesame

## **Steak ciabatta GFO**

Contains: gluten, milk, sulphites

May contain: eggs, peanuts, nuts, soya, mustard, celery

## **Tuna sourdough GFO**

Contains: gluten, fish, sulphites

May contain: eggs, peanuts, nuts, milk, sesame

## **Halloumi ciabatta GFO**

Contains: gluten, milk, sulphites

May contain: eggs, peanuts, nuts, soya, mustard, sesame

## **Ham baguette GFO**

Contains: gluten, milk, mustard, sulphites

May contain: sesame

## **Caprese pizza GFO VGO**

Contains: gluten, milk, sulphites

May contain: soya, sesame, nuts, peanuts, mustard

## **Nduja pizza**

Contains: gluten, milk, sulphites

May contain: soya, sesame, nuts, peanuts, mustard

## **Bacon & chicken pizza**

Contains: gluten, milk, sulphites

May contain: soya, sesame, nuts, peanuts, mustard

# Children's Menu

## STARTERS

### **Garlic & rosemary flatbread GFO VGO**

Contains: gluten, milk

May contain: eggs, sesame, sulphites

### **Carrot & cucumber sticks with tomato salsa GF VG**

Contains: Sulphites, celery, mustard

### **Pineapple sticks with raspberry coulis GF VG**

Contains: sulphites

## ROASTS

Our children's roast dinners are freshly sourced Staffordshire meats, plated with Yorkshire pudding, roasts & mashed potatoes, vegetables and gravy

Contains: gluten, eggs, milk, sulphites, soya, celery

### **Nut Roast VGO**

Contains: gluten, milk, nuts, peanuts, soya, sulphites, celery

## MAINS

### **Battered haddock fillet GFO**

Contains: gluten, fish, milk

### **4oz chargrilled steak GFO**

Contains: gluten, milk, sulphites

### **Angus beef burger GFO VGO**

Contains: gluten, eggs, milk, sesame

May contain: nuts, soya

### **Chicken supreme GFO**

Contains: milk, celery, sulphites, gluten,

### **Panko breaded chicken GFO**

Contains: gluten, milk, sulphites, soya

May contain: sesame

## DESSERTS

### **Brownie GFO VGO**

Contains: gluten, eggs, soya, milk

### **Cheesecake GFO VGO**

Contains: gluten, soya, milk

### **Two scoops of ice cream or sorbet GFO VGO**

Contains: check with your server for daily flavours

# Set Menu

## STARTERS

### Duck & port parfait GFO

Contains: gluten, milk, soya, egg, sulphites

May contain: nuts, peanuts, mustard, sesame

### Smoked salmon, lime & tarragon mousse GFO

Contains: gluten, egg, fish, milk, sulphites

May contain: nuts, peanuts, soya, mustard, sesame

### Heritage tomato & red onion bruschetta GFO VGO

Contains: gluten, milk, sulphites

May contain: eggs, soya, milk, nuts, peanuts, sesame

### Wild mushroom & thyme soup GFO VGO

Contains: gluten, milk, sulphites, celery

May contain: soya, sesame, mustard

## MAINS

### Slow roast belly pork GFO

Contains: gluten, milk, celery, mustard

### Cod loin GFO

Contains: gluten, fish, milk, peanuts, nuts, sulphites

### South Indian vegetable curry VG GFO

Contains: gluten, mustard

May contain: celery, nuts, peanuts

### Angus beef burger GFO

Contains: gluten, eggs, milk, mustard, sesame

May contain: nuts, soya

### Pan fried chicken supreme GFO

Contains: gluten, milk, celery, sulphites, mustard

### 8oz Fillet steak GFO

Contains: gluten, milk, sulphites, eggs

May contain: celery, mustard

## DESSERTS

### Brownie GFO VGO

Contains: gluten, eggs, soya, milk

### Cheesecake GFO VGO

Contains: gluten, soya, milk

### Crème brûlée GFO

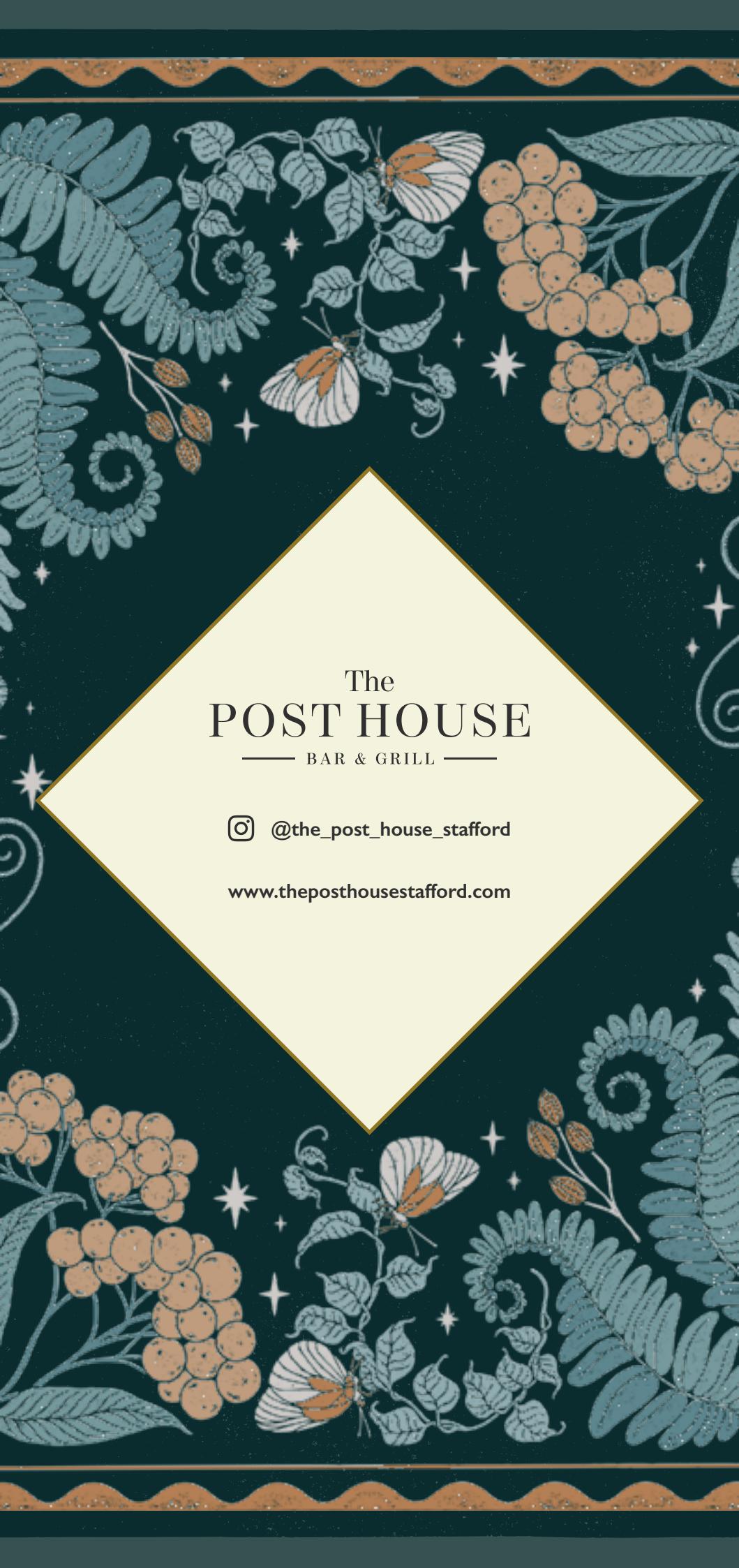
Contains: gluten, milk, eggs

May contain: nuts, peanuts, soya, sulphites

### Lemon tart

Contains: gluten, milk, sulphites, eggs

May contain: nuts, peanuts



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