

A vertical landscape painting in a soft, painterly style. In the foreground, a white egret stands in a pond, surrounded by purple irises and green lily pads. A willow tree with long, drooping branches hangs over the water from the left. In the background, a stone bridge with arches is visible through a misty, hazy atmosphere. The sky is filled with soft, white clouds. A large, light-colored diamond shape is superimposed over the center of the image, containing the text.

Allergens

The
POST HOUSE
— BAR & GRILL —



Allergens 2026

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

Gordal pitted olives GF VG
Contains: sulphites, sesame

Lebanese flat bread GFO VGO
Contains: gluten, milk, sesame, sulphites
May contain: nuts, peanuts

Sweet potato wedges GFO
Contains: milk, mustard, sulphites, eggs
May contain: gluten

TAPAS 'TO SHARE'

Salt & pepper beef GFO
Contains: gluten, soya, sesame, sulphites
May contain: celery, nuts, peanuts

Haddock fishcakes GFO
Contains: gluten, eggs, fish, milk, celery, mustard, sesame, sulphites
May contain: nuts, peanuts

Chicken bon bons GFO
Contains: nuts, peanuts, gluten, soya, milk, celery, sesame, sulphites, mustard

Lamb koftas GFO
Contains: milk, sulphites

Tomato crostini GFO VGO
Contains: gluten, eggs, milk, sesame, sulphites
May contain: nuts, peanuts, mustard, soya

Thai prawns GFO
Contains: crustaceans, celery, sesame, sulphites

TO START

Chicken parfait GFO

Contains: gluten, celery, sulphites, sesame

May contain: nuts, peanuts

Belly pork GFO

Contains: gluten, milk, celery, sulphites

May contain: mustard

Scallops GFO

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

Garlic mushrooms GFO VGO

Contains: gluten, eggs, milk, celery, sulphites

May contain: nuts, peanuts, soya, sesame

Sweet potato soup GFO VGO

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

May contain: nuts, peanuts, mustard

Shredded duck

Contains: gluten, sulphites, sesame, soya

May contain: nuts, peanuts

SALADS & TOPPINGS

Caesar salad GFO

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

May contain: nuts, peanuts

Asian salad GFO VGO

Contains: gluten, soya, nuts, peanuts, sesame, sulphites

May contain: milk

Goats' cheese & potato GFO VGO

Contains: nuts, peanuts, milk, sulphites

Poke bowl GFO VGO

Contains: gluten, sesame, sulphites, soya

May contain: peanuts

Chicken breast GF

Contains: milk, sulphites

Halloumi GF

Contains: sulphites, milk

Belly pork GFO

Contains:

King prawns GF

Contains: milk, sulphites, crustaceans

Salmon fillet GF

Contains: sulphites, fish

Tandoori chicken GF

Contains: nuts, peanuts, mustard

Sirloin steak GF

Contains: sulphites

Korean cauliflower VG

Contains: gluten

BURGERS

Angus beef GFO

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

May contain: nuts, peanuts

Panko chicken GFO

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

May contain: nuts, peanuts

Greek lamb GFO

Contains: gluten, milk, sulphites, soya, sesame

May contain: nuts, peanuts

MAINS

Duck breast GFO

Contains: gluten, milk, celery, sesame, sulphites

Seafood risotto GFO

Contains: crustaceans, molluscs, milk, celery, sulphites

Lamb shoulder GFO

Contains: gluten, milk, celery, sulphites

Chicken & halloumi skewer GFO

Contains: milk, celery, sulphites, sesame, mustard

May contain: nuts, peanuts, gluten

Chinese belly pork

Contains: gluten, crustaceans, milk, celery, sulphites

May contain: nuts, peanuts, mustard, soya

Chicken parmigiana GFO

Contains: gluten, eggs, milk, celery, sulphites

May contain: nuts, peanuts

Salmon fillet GFO

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

Pan fried chicken GFO

Contains: milk, celery, sulphites

Champagne haddock GFO

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

Halloumi & vegetable skewer GFO VGO

Contains: gluten, celery, sesame, sulphites, mustard

May contain: nuts, peanuts

Pad Thai GFO VGO

Contains: gluten, soya, milk, sesame, sulphites, nuts, peanuts, mustard

Tandoori vegetable masala GFO VGO

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

May contain: nuts, peanuts

Gnocchi GFO VGO

Contains: gluten, eggs, milk, celery, sesame, sulphites, nuts, peanuts

THE GRILL

Garnish served with all steaks GFO

Contains: eggs, milk, sulphites
May contain: gluten

Butchers grill GFO

Contains: gluten, eggs, milk, sulphites

Peppercorn GFO

Contains: gluten, milk, celery, sulphites
May contain: mustard

Staffordshire blue cheese GF

Contains: milk, sulphites, celery

Marrow & malbec Jus GFO

Contains: gluten, celery, sulphites

Bearnaise GF

Contains: milk, eggs, sulphites

SIDES

Chips GFO VG

May contain: gluten

Fries GFO VG

May contain: gluten

Onion rings GFO VGO

Contains: gluten, sulphites

Salt & pepper halloumi GFO

Contains: gluten, milk, sulphites
May contain: nuts, peanuts, sesame

Seasonal vegetables GF VGO

Contains: milk

Mini-Asian salad GFO VGO

Contains: gluten, soya, nuts, peanuts, sesame, sulphites
May contain: milk

Baby Caesar salad GFO

Contains: gluten, eggs, milk, mustard, fish, sulphites, sesame, soya
May contain: nuts, peanuts

Salt & pepper fries GFO VG

Contains: gluten, soya, sesame, sulphites
May contain: milk, nuts, peanuts

Lebanese flat bread GFO VGO

Contains: gluten, milk, sulphites, sesame
May contain: nuts, peanuts

Truffle & parmesan fries GFO

Contains: eggs, milk, sulphites
May contain: gluten

Thai prawns GF

Contains: crustaceans, sesame, sulphites

Tender stem goats' cheese GF VGO

Contains: nuts, peanuts, milk, sulphites

Honey sweet potato wedges GFO VGO

Contains: sulphites, milk, mustard, egg
May contain: gluten

Truffle mac & cheese

Contains: gluten, sulphites, egg

Desserts

Passion fruit creme brulee GFO

Contains: gluten, eggs, milk
May contain: nuts, peanuts

Lemon sponge

Contains: gluten, eggs, soya, milk, sulphites

Brownie GFO VGO

Contains: gluten, eggs, milk

Strawberry cheesecake GFO VGO

Contains: gluten, milk, sulphites
May contain: nuts, peanuts

Oreo torte

Contains: gluten, egg, milk, soya, nuts
May contain: peanuts

Cheese board GFO

Contains: gluten, eggs, celery, milk, sesame, sulphites
May contain: nuts, peanuts, soya

Dessert sharer GFO

Contains: gluten, eggs, milk, sulphites, nuts, soya
May contain: peanuts

Lunch/Sunday Menu

STARTERS

Whitebait

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

Chicken parfait GFO

Contains: gluten, celery, sesame, sulphites
May contain: nuts, peanuts

Garlic mushrooms GFO VGO

Contains: gluten, milk, celery, egg, sulphites
May contain: nuts, peanuts, soya, sesame

Sweet potato & chilli soup GFO VGO

Contains: gluten, soya, milk, celery, sesame, sulphites
May contain: nuts, peanuts, mustard

Chicken bon bons GFO

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

Prawn cocktail GFO

Contains: gluten, crustaceans, eggs, milk, mustard, celery
May contain: soya, sesame, nuts, peanuts

MAINS

Chicken & leek pie

Contains: gluten, eggs, milk, celery, mustard, sulphites
May contain: nuts, peanuts

Chargrilled gammon GFO

Contains: eggs, sulphites
May contain: gluten

Angus burger GFO

Contains: gluten, eggs, milk, mustard, sesame, soya
May contain: nuts, peanuts

Belly pork GFO

Contains: gluten, milk, celery, nuts, peanuts, sulphites
May contain: mustard

6oz Sirloin GFO

Contains: eggs, milk, sulphites
May contain: gluten

Champagne haddock GFO

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

Pan fried chicken GFO

Contains: milk, celery, sulphites

Tomato Linguine GFO VGO

Contains: gluten, milk, eggs, celery, sesame, sulphites
May contain: nuts, peanuts

Tandoori vegetable masala GFO VGO

Contains: gluten, eggs, milk, celery, mustard, sesame, sulphites
May contain: nuts, peanuts

Gnocchi GFO VGO

Contains: gluten, eggs, milk, celery, sesame, sulphites, nuts, peanuts

Salmon fillet GFO

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

SANDWICHES

Steak sandwich GFO

Contains: gluten, milk, celery, sulphites
May contain: nuts, peanuts, mustard, soya, egg, sesame

Tandoori wrap GFO

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

Fish sourdough GFO

Contains: gluten, fish, milk, mustard, sesame, sulphites
May contain: nuts, peanuts, soya

Cheese & med veg ciabatta GFO VGO

Contains: gluten, milk, celery, sulphites, nuts, peanuts
May contain: mustard, soya, eggs, sesame

ROASTS & SIDES

Our roast dinners are freshly sourced Staffordshire meats, plated with Yorkshire pudding, Cumberland & mixed herb stuffing, roasted potatoes, truffle mashed potatoes, and seasonal buttered greens.

Meat roasts GFO

Contains: gluten, eggs, milk, celery, sulphites
May contain: nuts, peanuts

Nut roast VGO

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

Sharing board GFO

Contains: gluten, eggs, milk, celery, sulphites, soya, mustard
May contain: nuts, peanuts

Yorkshire pudding

Contains: gluten, milk, eggs

Cauliflower cheese GFO

Contains: gluten, milk, mustard

Pancetta sausages

Contains: gluten, soya, sulphites
May contain: nuts, peanuts

Roast potatoes GFO

Contains: milk

DESSERTS

Passion fruit creme brulee GFO

Contains: gluten, eggs, milk
May contain: nuts, peanuts

Brownie GFO VGO

Contains: gluten, eggs, milk

Strawberry cheesecake GFO VGO

Contains: gluten, milk, sulphites
May contain: nuts, peanuts

Lemon sponge

Contains: gluten, eggs, soya, milk, sulphites

Cheese board GFO

Contains: gluten, eggs, celery, milk, sesame, sulphites
May contain: nuts, peanuts, soya

Children's Menu

STARTERS

Garlic flat bread GFO VGO

Contains: gluten, milk, sesame, sulphites

May contain: nuts, peanuts

Tomato soup GFO VGO

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

May contain: nuts, peanuts, egg, mustard

Carrot & cucumber GF VG

Contains: sulphites

MAINS

Haddock GFO

Contains: gluten, fish

Angus burger GFO

Contains: gluten, eggs, milk, sesame, soya

May contain: nuts, peanuts

Sirloin steak GFO

Contains: sulphites

May contain: gluten

Linguine GFO VGO

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

May contain: nuts, peanuts

Breaded chicken GFO

Contains: gluten, eggs, soya, milk

May contain: nuts, peanuts

DESSERTS

Strawberry cheesecake GFO VGO

Contains: gluten, milk, sulphites

May contain: nuts, peanuts


Brownie GFO VGO

Contains: gluten, eggs, milk





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 @the_post_house_stafford

www.theposthousestafford.com