



*daffodil*

# Allergen Guide

July 2023





# daffodil

## Allergens & Intolerances

At Daffodil we take food allergens very seriously. If you have an allergy or intolerance please let us know. This allergen list includes all of the 14 allergens we are legally required to declare for every dish on our menu.

We have strict procedures in place for taking and preparing allergen orders, however even with the considerable efforts we go to, unfortunately we can never 100% guarantee that dishes will be totally free from allergens.

Whilst our vegan/vegetarian dishes contain no meat or animal-derived ingredients, we cannot always guarantee that meals will be cooked in dedicated vegetarian/vegan fryers.

Please ask your server for more information

(VG) - Vegan (V) - Vegetarian

Key	
Y	Contains Allergen
M	May Contain Traces

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## Brunch & Lunch Dishes

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Scrambled Egg & Smoked Salmon	Sourdough									M	M				M	Y
	Scrambled Egg		Y						Y							
	Smoked Salmon					Y										
Ham Hock Hash	Brown Sauce															
	Egg		Y													
	Hash															
Eggs Benedict	Muffin										M	Y				Y
	Egg		Y													
	Hollandaise Sauce		Y					Y	Y							
	Ham															
Eggs Royale	Muffin										M	Y				Y
	Egg		Y													
	Hollandaise Sauce		Y					Y	Y							
	Smoked Salmon					Y										
Eggs Florentine (V)	Muffin										M	Y				Y
	Egg		Y													
	Hollandaise Sauce		Y					Y	Y							
	Mushrooms								Y							
Smashed Avocado (V)	Sourdough									M	M					Y
	Egg		Y													
	Avocado Mix															
Smashed Avocado (Vegan Option)	Sourdough									M	M					Y
	Avocado Mix															

## Sandwiches

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
<b>Bread (VG)</b>	Sourdough									M	M				M	Y
<b>Bread (V)</b>	Gluten Free Bread		Y							M	M				M	
<b>Croque Monsieur (V)</b>	-							Y	Y							Y
<b>Steak Sandwich</b>	-								Y							
<b>Goats Cheese &amp; Chutney (V)</b>	-								Y							
<b>Avocado, Rocket &amp; Tomato (VG)</b>	-												Y			
<b>Mushroom Rarebit Toastie (V)</b>	-								Y							Y
<b>Smoked Salmon</b>	-					Y							Y			

## To Graze

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
<b>Mixed Olives w/ Chilli &amp; Garlic (VG)</b>	Olives									M	M				M	
<b>Pork Belly Bites</b>	Pork Belly															
	Honey & Soy											Y				
	Sesame Seeds										Y					
<b>Sourdoughs w/ Balsamic &amp; Olive Oil (VG)</b>	Sourdough									M	M				M	Y
	Balsamic Vinegar												Y			
	Extra Virgin Olive Oil															

<b>Chorizo w/ Black Sheep Cheese &amp; Honey</b>	Black Sheep Cheese								Y							
	Chorizo								Y			Y				
	Brecon Honey															
<b>Chargrilled Teifi Halloumi (V)</b>	Teifi Halloumi								Y							
	Carrot Salad							Y								

## Starters

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
<b>Antipasti Selection</b>	Mint & Lemon Cannellini Beans															
	Chorizo											Y				M
	Tomarosso Tomatoes															
	Caws Cenarth Cheese								Y							
	Mixed Olives															
	Carmarthen Ham															
	Salami												Y			M
Sourdough																Y
<b>Crispy Pineapple Squid</b>	Crispy Pineapple Squid				Y											
	Cabbage & Mango Slaw															
	Mint, Chilli, Lime Dressing															
<b>Chorizo Scotch Egg</b>	Chorizo Scotch Egg		Y						Y			Y				Y
	Apple Chutney															
<b>Heritage Tomato Bruschetta</b>	Malted Sourdough															Y
	Tomatoes															
	Garlic Balsamic Dressing												Y			

<b>Panko Breaded Mozzarella (V)</b>	Breaded Mozzarella		Y						Y							Y
	Chilli Oil															
	Basil															
<b>King Scallops</b>	King Scallops			Y												
	Penderyn Whiskey Butter								Y							
	Carmarthen Ham												M			
<b>Chimichurri Chicken Skewers</b>	Marinated Chicken Breast															
	Paprika Yoghurt								Y							

## Mains

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
<b>Welsh Leg of Lamb Skewers</b>	Marinated Lamb															
	Flatbread											Y				Y
	Carrot Salad							Y								
	Tzatziki								Y							
<b>Crayfish &amp; Crab Linguine</b>	Linguine		Y													Y
	Crayfish & Crab			Y	M	M										
	Sauce												M			
<b>Chicken Supreme in Wild Mushroom Sauce</b>	Chicken Breast															
	Wild Mushroom Sauce								Y							
	Potatoes & Spinach															



<b>Slow Roasted Pork Belly</b>	Pork Belly																			
	Colcannon Mash								Y											
	Green Beans								Y											
	Grain Mustard Sauce								Y											
<b>Mushroom &amp; Lentil Lasagne (VG)</b>	Pasta																			Y
	Mushroom, Lentil & Tomato Filling																			
	Béchamel																			Y
<b>Welsh Lamb Rack</b>	Welsh Lamb Rack																			
	Veal Jus																			
	Soubise Sauce									Y										
	Pancetta																			
<b>Baked Hake &amp; Cannellini Beans</b>	Hake						Y													
	Cannellini Beans																			M
	Chorizo									Y						Y				
	Mojo Verde																			
<b>Chargrilled Teifi Halloumi Salad (V)</b>	Teifi Halloumi									Y										
	Salad Mix																			
	Herb Dressing																			M

## Steaks

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Steaks	Steak															
	Mushroom															
	Tomato															
	Triple-Cooked Chips															
Steak Sauces (V)	Peppercorn Sauce								Y							
	Chimichurri															
	Bearnaise Sauce		Y					Y	Y							

## Sides

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Triple-Cooked Chips (VG)	Potatoes															
Crushed Potatoes w/ Parmesan Butter	Potatoes															
	Parmesan Butter								Y							
Buttery Leeks, Cabbage & Peas (V)	Leeks, Cabbage, Peas															
	Butter								Y							
Buttery Leeks, Cabbage & Peas (Vegan Option)	Leeks, Cabbage, Peas															
	Sunflower Spread															



## Sunday Roasts

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Roast Meats	Beef												M			
	Lamb												M			
	Chicken												M			
	Pork												M			
Vegan Roast (VG)	Mushroom Wellington															Y
Vegetables	Carrots (V)								Y							
	Beetroot (VG)															
	Roast Potatoes															
	Baked Leeks (V)								Y							Y
	Parsnips (V)															
	Broccoli (V)								Y							
	Peas & Green Beans (V)								Y							
Roast Accompaniments	Stuffing															Y
	Yorkshire Pudding (V)		Y						Y							Y
	Pigs in Blankets															Y
Condiments & Sauces	Gravy															Y
	Veggie Gravy (VG)															Y
	Bread Sauce															Y
	Apple Sauce (VG)															

## Kids Menu

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Sausage & Chips	Sausage															
	Chips															
	Peas															
Fish Fingers & Chips	Fish Fingers		Y						Y							Y
	Chips															
	Peas															
Cheddar Sandwich (V)	Sourdough									M	M				M	Y
	Cheddar								Y							
	Butter								Y							
Mushroom & Lentil Lasagne (VG)	Pasta															Y
	Mushroom, Lentil & Tomato Filling															
	Béchamel															Y
Battered Chicken Chunks & Chips	Chicken Chunks													Y		Y
	Chips															
	Peas															

## Desserts

Dish	Item	Cereal	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
<b>Lemon Meringue Slice (V)</b>	Lemon Meringue Slice		Y						Y							Y
<b>Vanilla Panacotta</b>	Panacotta								Y							
	White Chocolate								Y							
	Raspberries															
<b>Pistachio Brownie (V)</b>	Pistachio Brownie		Y						Y	M					Y	
	Vanilla Ice Cream								Y							
<b>Cheeseboard (V)</b>	Cheeses								Y							
	Celery													Y		
	Pear Chutney															
	Crackers								M	M			M	M		Y
<b>Strawberry &amp; Prosecco Sorbet (VG)</b>	Sorbet															
<b>Sticky Toffee Pudding (V)</b>	Sponge		Y						Y							Y
	Toffee Sauce								Y							Y
	Vanilla Ice Cream								Y							



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