

Allergen List – Tir a Môr Llanrwst – Restaurant.

We are happy to provide you with the information you need to make your own menu choice. We cannot recommend or tell you what is suitable for you to eat or drink. Please note that our menu descriptions do not include all ingredients or allergens. This information is subject to change and updated by our suppliers in real time. Therefore, even if you have chosen the item previously, please make sure that you check it each time you visit and always inform your server / ordering point of your allergy, intolerance or dietary requirements.

If you have any questions, allergies or intolerances, please let us know before ordering.

Our allergen information covers the following major allergens: Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts) and products there of.

Garnishes and accompaniments are included in the allergen information. Items that are added as a self-selection, choice, upgrade or swap (e.g. side salad instead of chips) must be checked and the allergen information considered.

CROSS CONTAMINATION: Our food and drinks are prepared in food areas where cross contamination may occur.




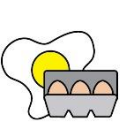
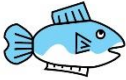
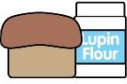








We declare allergens if they are intentionally added to a product.




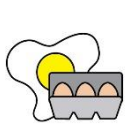
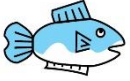
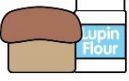








Where our suppliers have indicated possible cross contamination risks, we also declare their allergen 'may contain' risks.



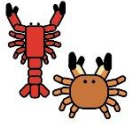
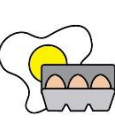
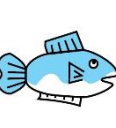
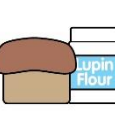






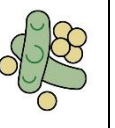

Our food and drink preparation and serving areas, storage areas and cooking equipment (e.g. fryers, grills etc) may be shared and fried items containing different allergens may be cooked in the same oil. If you are concerned about possible allergen cross contamination of the food or drink you wish to consume, please ask us for further information on our cooking methods and policies.




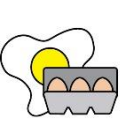
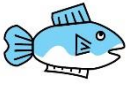
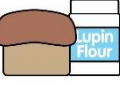






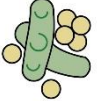

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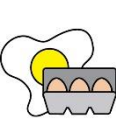
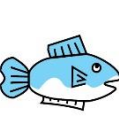
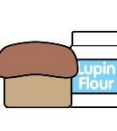






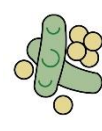






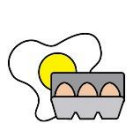
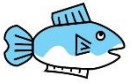
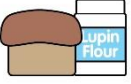








Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Sticky Toffee Pudding with ice cream		(WHEAT)		x			x			May Contain (Not suitable)	May Contain (Not suitable)			
Belgium Waffle with strawberries and chocolate sauce and ice cream		(WHEAT)		x			x						x	
Chocolate Fudge Cake and ice cream		(WHEAT)		x			x			May Contain			x	
Lemon Meringue and ice cream		(WHEAT)		x			x							
Chocolate Orange Cheese Cake and ice cream		(WHEAT)					(WHEY) x							
White Chocolate and Ginger and ice cream		(WHEAT)					x							




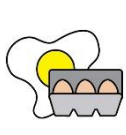
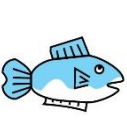



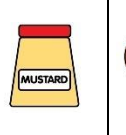
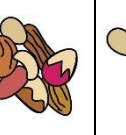
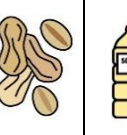
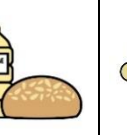
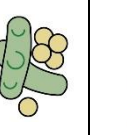

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Homemade Southern Fried Chicken Strips	May Contain	(WHEAT)		May Contain	X		May Contain		May Contain				X	May Contain
Pea and Mint Fritter	May Contain	(WHEAT)		May Contain			May Contain		May Contain				X	X
Beetroot and Goats Cheese Salad							X							
Prawn Cocktail in marie sauce with brown bread	x	(WHEAT)	(Prawn) x	x	x		x		x					x
Deep fried breaded seafood basket	x	x	x	x			x	x	x				x	x
Creamed Garlic Mushrooms		(WHEAT)					x							x
Garlic mushrooms in breadcrumbs		(WHEAT) (GLUTEN)		x			x							




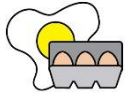
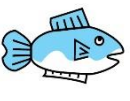
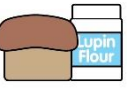








Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Battered Cod and Chips (Lemon and tartare)	May Contain	(WHEAT)		x	X		May Contain		x				x	x
Small Battered Cod and Chips (Lemon and tartare)	May Contain	(WHEAT)		x	X		May Contain		x				x	x
Battered Haddock and Chips (Lemon and tartare)	May Contain	(WHEAT)		x	X		May Contain		x				x	x
Breaded Cod and Chips (Lemon and tartare)	May Contain	(WHEAT)		x	X		May Contain		x				x	x
Small Breaded Cod and Chips (Lemon and tartare)	May Contain	(WHEAT)		x	X		May Contain		x				x	x




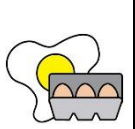
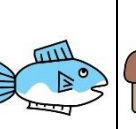
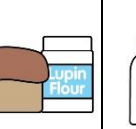

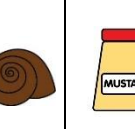
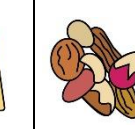
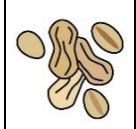

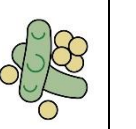

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Homemade Fish Cake and Chips, coleslaw, salad. (Lemon and tartare)	x	(WHEAT)		x	x		May Contain		x				X	x
Breaded Plaice and Chips (Lemon and tartare)	May Contain	(WHEAT)		x	x		May Contain		x				X	x

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Wholetail Scampi and Chips (Lemon and tartare)		(WHEAT)	X (Scampi-tail)	x	x				x					x
Baked Cod with Salad, Mid Potatoes and Coleslaw				X	X		X		X					X
Chicken Curry (Half rice / half chips, nan bread, mango chutney)	May Contain	(WHEAT)					May Contain		x	May Contain	May Contain		May Contain	x
Homemade Southern Fried Chicken Strips and Chips and sweet chilli sauce and coleslaw.	X	(WHEAT)		X			May Contain		X				May Contain	x
Chicken Fillet Nuggets, Chips, Sweet Chilli Sauce and Coleslaw		(WHEAT) MAY CONTAIN OATS, RYE, BARLEY)		X			x		X				May Contain	x
Chicken Breast on the bone with Chips and gravy.	May Contain	(WHEAT)		May Contain			May Contain		May Contain				May Contain	x

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Steak Pie, Chips and Gravy and Peas	x	(WHEAT)		X			x		May Contain				May Contain	X
Chicken and Mushroom Pie Chips and Gravy and Peas	x	(WHEAT)		X			x		May Contain				May Contain	x
Cheese and Onion Pie and Chips Gravy and Peas	x	(WHEAT)		X			x		x				x	x
Turkey and Ham Pie, Chips and Gravy and Peas	x	(WHEAT)		X			x		May Contain				May Contain	x
Double Sausage, Chips and Peas and Gravy.	May Contain	(WHEAT)		May Contain			x		May Contain				x	x
Chilli Con Carne, rice, chips, cheese and garlic bread		(WHEAT) BARLEY)			x		x							x

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Gammon, egg, chips, pineapple, onion rings, mushrooms, tomato, peas				X									X	X
Edwards of Conwy Beef Burger with Cheese, , Chips, Onion Rings, , Salad, , mayo, Coleslaw.	May Contain	(WHEAT)		x			x		X				X	x
Southern Fried Chicken Burger, Chips, Onion Rings, Mayo, salad, mayo and Coleslaw.	x	WHEAT) (GLUTEN)		x			May Contain		x				x	x
Elystan Metcalfe BBQ pulled pork, Chips, Onion Rings, salad, mayo, Coleslaw.	May Contain	WHEAT) (GLUTEN) (BARLEY)		x			May Contain		x				x	X

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Veggie Burger, Chips, Salad and mayo, coleslaw.	x	WHEAT) (GLUTEN)		x			x		x			x	x	x
Homemade Coleslaw				x					X					x
Bowl of Chips														X
Salad Bowl														x
Homemade Onion Rings	May Contain	(WHEAT)		May Contain			May Contain		May Contain				x	May Contain
Mushy Peas														X
Fruity Curry	x	(WHEAT)		May contain	May contain		May contain		x				x	May contain
Chinese Curry	May Contain	(WHEAT)							x				May Contain	

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts [†]	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hot Curry	May Contain	(WHEAT)		May Contain			May Contain		x					May Contain
SFG Gravy														
Heinz Beans														
Bread and Butter		(WHEAT)					x							
Kids Nuggets, Chips and Ketchup (Check allergens for sauces)	x	(WHEAT) MAY CONTAIN OATS, RYE, BARLEY)					x						May Contain	x
Kids Sausage Chips and Ketchup (Check allergens for sauces)	x	(WHEAT)					x		May Contain				x	x
Kids Battered Fish Strips, Chips and Ketchup (Check allergens for sauces)	x	(Wheat)		May Contain	x		May Contain		May Contain				x	x



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including more information
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guidance](http://www.food.gov.uk/allergy-guidance)

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09/11/2024

Reviewed
by: Lliwen
Williams