



ALLERGEN GUIDE

March 2023





Allergens & Intolerances

At Blue Bell we take food allergens very seriously. If you have an allergy or intolerance please let us know before ordering. 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

† We use dedicated fryers for our fish products whenever possible. As this is not always possible to maintain during certain periods, our fried foods may occasionally contain small traces of fish. Please speak to your server for more information.

Key	
Y	Contains Allergen
M	May Contain Traces

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Brunch

Allergen info also applies to kids brunch dishes

*(There have been rare cases of allergic reactions to products containing mycoprotein. Mycoprotein is made with a member of the fungi/mould family. It is high in protein and fibre which may cause intolerance in some people.)

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Breads	White Bread (VG)														Y
	Brown Bread (VG)							M			M				Y
	Breakfast Butty Roll (VG)														Y
	Gluten Free Roll (V)										M				Y
Full Welsh Breakfast	Smoked Bacon											Y			
	Pork & Leek Sausage	Y										Y			Y
	Hash Browns				M [†]										
	Eggs		Y												
	Baked Mushroom														
	Grilled Tomato														
	Baked Beans														
Veggie Welsh Breakfast (V)	Glamorgan Sausage				M [†]		Y	Y							Y
	Hash Browns				M [†]										
	Eggs		Y												
	Baked Mushroom														
	Grilled Tomato														
	Baked Beans														
Vegan Welsh Breakfast (VG)	Quorn®Sausages*														Y
	Hash Browns				M [†]										
	Baked Mushroom														
	Grilled Tomato														
	Baked Beans														
Breakfast Butty	Pork & Leek Sausage	Y										Y			Y
	Hash Brown				M [†]										
	Egg		Y												
	Smoked Bacon											Y			
	Tomato Chutney														

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Pork & Leek Sausage Butty	Pork & Leek Sausage	Y										Y			Y
	Tomato Chutney														
Veggie Sausage Butty (V)	Glamorgan Sausage				M [†]		Y	Y							Y
	Tomato Chutney														
Smoked Bacon Butty	Smoked Bacon											Y			
	Tomato Chutney														

Add Fried Egg (V)	Fried Egg		Y												
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Sides

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Chunky Chips (VG)	Chunky Chips				M [†]										
Cheesy Chips (V)	Chunky Chips				M [†]										
	Cheese							Y							
Garlic Ciabatta (VG)	Ciabatta							M		M	M			M	Y
	Garlic Spread														
Garlic Ciabatta w/ Cheese (V)	Ciabatta							M		M	M			M	Y
	Garlic Spread														
	Cheese							Y							
Beer Battered Onion Rings (VG)	Onion Rings				M [†]										
	Beer Batter				M [†]										Y

Sandwiches

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Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Breads	White Bread (VG)														Y
	Brown Bread (VG)							M			M				Y
	Ciabatta (VG)							M		M	M			M	Y
	Gluten Free Roll (V)										M				Y
Fish Finger Sandwich	Fish Fingers			Y	Y										Y
	Tartare Sauce														
	Chips				M [†]										
Fishless Finger Sandwich (VG)	Fishless Fingers				M [†]										Y
	Tartare Sauce														
	Chips				M [†]										
BLT	Smoked Bacon											Y			
	Tomato & Lettuce														
	Mayo		Y												
Roast Chicken & Mayo	Roast Chicken Breast														
	Mayo														
	Lettuce & Tomato														
	Mayo		Y												
Welsh Rarebit (V)	Rarebit						Y	Y							Y
	Tomato Chutney														
	Chips				M [†]										

Mains

† We use dedicated fryers for our fish products whenever possible. As this is not always possible to maintain during certain periods, our fried foods may occasionally contain small traces of fish. Please speak to your server for more information. *(Pie fillings change weekly. Please speak to your server & inform them of any allergens before ordering.)

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Blue Bell Ale Battered Fish & Chips	Cod				Y										
	Batter														Y
	Mushy Peas														
	Tartare Sauce														
	Lemon Wedge														
	Chunky Chips				M [†]										
Burger & Chips	Beef Patty														Y
	Burger Sauce						Y								
	Burger Bun														Y
	Chunky Chips				M [†]										
	Coleslaw														
	(+ Add Rarebit)						Y	Y							
(+ Smoked Bacon)											Y				
8oz Rump Steak	Rump Steak														Y
	Chunky Chips				M [†]										
	Onion Rings				M [†]										Y
	(+ Peppercorn Sauce)							Y							
Oumph! Burger (VG)	Oumph! Plant-Based Patty										Y				
	Burger Sauce						Y								
	Burger Bun														Y
	Chunky Chips				M [†]										
	Coleslaw														
Pie of the Week* (w/ Mashed Potato or Chips)	Pie										Y		Y		Y
	Mashed Potato							Y							Y
	Chips				M [†]										
	Mushy Peas														
	Gravy														

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Traditional Welsh Cawl	Diced Lamb														
	Vegetable Stock	Y											Y		
	Ciabatta							M		M	M				Y
Welsh Faggots	Welsh Faggots	Y													Y
	Mashed Potato							Y							Y
	Mushy Peas														
	Gravy														
Mal's Recipe Chicken Curry	Chicken Thighs														
	Curry Sauce						M						M		M
	Rice														
	Chunky Chips				M ⁺										
	Poppadom				M ⁺										
Lasagne	Pasta		Y												Y
	Pork & Beef Mince														
	Tomato Sauce														
	Béchamel							Y							Y
	Cheese							Y							
	Garlic Ciabatta							M		M	M				Y
Filled Jacket Potatoes	Jacket Potato (VG)														
	Mal's Recipe Chicken Curry						M						M		M
	Bacon & Cheese							Y				Y			
	Rarebit (V)						Y	Y							Y
	Beans & Cheese (V)							Y							
	Side Salad (Lettuce, Tomato, Red Onion, Cucumber) (VG)														
	Balsamic Salad Dressing (VG)														

Sunday Roasts Allergen info also applies to kids portion Sunday roasts

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Sunday Roast Vegetables (V)	Roasted Potatoes														
	Carrots (w Sunflower Spread)														
	Peas														
	Broccoli														
	Honey Roast Parsnips														
	Baked Leeks							Y	Y						
Traditional Roast Beef	Beef														
	Yorkshire Pudding		Y					Y							Y
	Gravy														
Half Roasted Chicken	Roasted Chicken														
	Stuffing														Y
	Gravy														
Vegetarian Mushroom & Chestnut Wellington (V)	Mushroom & Chestnut Wellington														
	Gravy														
Vegan Mushroom & Chestnut Wellington (VG)	Mushroom & Chestnut Wellington														
	Gravy														
	Roasted Potatoes														
	Carrots (w Sunflower Spread)														
	Peas														
	Broccoli														
	Roast Parsnips														
Soup of the Day (V)	Ask server for soup of the day info														
	White Bread														Y
	Brown Bread							M			M				Y

Kids Menu

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Fish Fingers & Chips w/ Peas or Beans	Fish Fingers			Y	Y										Y
	Chunky Chips				M ⁺										
	Garden Peas														
	Baked Beans														
Sausage & Chips w/ Peas or Beans	Sausages	Y													Y
	Chunky Chips				M ⁺										
	Garden Peas														
	Baked Beans														
Lasagne	Pasta		Y												Y
	Pork & Beef Mince														
	Tomato Sauce														
	Béchamel							Y							Y
	Cheese							Y							
	Garlic Bread							M		M	M				Y
Kids Welsh Breakfast	Smoked Bacon											Y			
	Pork & Leek Sausage	Y										Y			Y
	Hash Browns				M ⁺										
	Eggs		Y												
	Baked Mushroom														
	Grilled Tomato														
	Baked Beans														
Kids Battered Fish & Chips	Cod				Y										
	Batter														Y
	Garden Peas														
	Chunky Chips				M ⁺										

Desserts

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Sticky Toffee Pudding (w/ Ice Cream or Custard) (V)	Sticky Toffee Pudding		Y					Y	M					M	M
	Vanilla Ice Cream							Y							
	Custard							Y							
Dark Chocolate Brownie (V)	Dark Chocolate Brownie										Y				
	Vanilla Ice Cream							Y							
Dark Chocolate Brownie (Vegan Serve) (VG)	Dark Chocolate Brownie										Y				
	Dairy Free Vanilla Ice Cream														



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