











































































Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Day Menu															
Almond croissant			Wheat 												Almonds 
Beef burger			Wheat  					 						 	
Beetroot & Feta								 						 	Walnut  
Eggs on toast			Wheat  					 							
Giant cous-cous with roasted red peppers			Wheat 											 	
Grilled chicken burger			Wheat  	Prawns 				 	Squid 						
House Spreads			Wheat  								 				
Hub Garden Salad															
Korean beef salad			Wheat 	Prawns 					Squid 						
Linguine			Wheat 	Prawns  											
Mini brunch			Wheat  	Prawns 	 				Squid 						
miso glazed aubergine			Wheat 											 	










































<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p>																	
Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS		







































































Day Menu

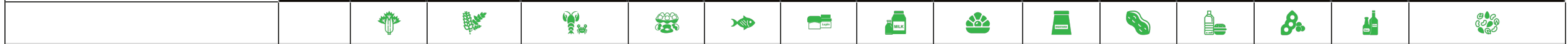
Pain au Chocolat			Wheat ✓		✓			✓					✓				
Pain au Raisin			Wheat ✓		✓			✓						✓			
Pan fried Chicken								Ⓡ ✓						Ⓡ ✓			
Salmon fillet			Wheat Ⓡ ✓			✓											
Salmon Gravelax Stack			Wheat Ⓜ	Prawns Ⓜ Ⓡ	Ⓡ ✓	✓		Ⓡ ✓	Squid Ⓜ	Ⓡ ✓							
Scrambled Eggs - Kids			Wheat Ⓡ ✓		✓			Ⓡ ✓									
Seasonal Greens								Ⓡ ✓									
Skinny Fries	✓																
Smashed peas & poached eggs on sourdough			Wheat Ⓡ ✓		Ⓜ Ⓡ							Ⓜ Ⓡ					
Smashed peas on toast kids			Wheat Ⓡ ✓									Ⓜ					
Soup of the day			Wheat Ⓜ Ⓡ														
The Fry			Wheat Ⓡ ✓	Prawns Ⓜ	Ⓡ ✓				Squid Ⓜ			Ⓜ					
The Vegan Fry			Wheat Ⓜ	Prawns Ⓜ		Ⓜ											
Triple cooked chips			Wheat Ⓜ	Prawns Ⓜ		Ⓜ			Squid Ⓜ								
Westcombe cheddar on toast			Wheat Ⓡ ✓					✓									

Signed by: _____ Signature: _____

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MLK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	
																
Evening Menu																
6oz Fillet Steak, red wine jus (stilton, peppercorn, bearnaise sauce)			Wheat 	Prawns 				 	Squid 					 		
8oz Ribeye			Wheat  	Prawns 				 	Squid 							
Baked chicken fingers			Wheat 	Prawns 					Squid 							
Bao buns			Wheat 													
Beef burger			Wheat  					 						 		
Beetroot & Feta								 						 	Walnut  	
Cod bites			Wheat 	Prawns 					Squid 							
Crispy calamari			Wheat 	Prawns 					Squid 							

<p>  Contains  May Contain  Removable </p> <p>Menu Dishes</p>	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Evening Menu															
Deli board			Wheat  												Almonds  Brazil nuts  Cashews  Hazelnuts  Macadamia nuts  Pecans  Pistachios  Queensland nuts  Walnut 
Giant cous-cous with roasted red peppers			Wheat 											 	
Grilled chicken burger			Wheat  	Prawns 				 	Squid 						
Grilled fig and halloumi skewers															
Hub board			Wheat 	Prawns 											
Hub Garden Salad															
Lamb kofta with tzatziki			Wheat 												
Linguine			Wheat 	Prawns  											
Marinated mixed olives with samphire															
mini beef sliders			Wheat  	Prawns 				 	Squid 						
Mini vegan bowl															
miso glazed aubergine			Wheat 											 	

<p>✓ Contains</p> <p>Ⓜ May Contain</p> <p>Ⓡ Removable</p>																
Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS	

















Evening Menu

Mushroom arancini balls			Wheat ✓		✓			✓								<ul style="list-style-type: none"> Almonds ✓ Brazil nuts ✓ Cashews ✓ Hazelnuts ✓ Macadamia nuts ✓ Pecans ✓ Pistachios ✓ Queensland nuts ✓ Walnut ✓
Padron Peppers and feta cheese dip								Ⓡ ✓								
Pan fried Chicken								Ⓡ ✓						Ⓡ ✓		
Sautéed king prawns			Wheat Ⓡ ✓	Prawns ✓				Ⓡ ✓				Ⓜ Ⓡ				
Seabass			Wheat ✓	Prawns ✓		✓		✓								
Seasonal greens								Ⓜ Ⓡ								
Skinny fries			Wheat Ⓜ	Prawns Ⓜ		Ⓜ			Squid Ⓜ							
Tempura prawns			Wheat Ⓜ	Prawns ✓		Ⓜ			Squid Ⓜ				Ⓡ ✓			
Trio of dips: baba ganoush, tzatziki & beetroot hummus			Wheat Ⓡ ✓					Ⓡ ✓				Ⓜ				
Triple cooked chips			Wheat Ⓜ	Prawns Ⓜ		Ⓜ			Squid Ⓜ							

Signed by: _____ Signature: _____

Site: The Hub on Verulam

Allergens Summary: Sunday roast menu

Menu Dishes	NO ALLERGENS	CELERY & CELERIAC	CEREALS CONTAINING GLUTEN	CRUSTACEAN	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE (SULPHITES)	TREE NUTS
															
Sunday roast															
Cauliflower cheese			Wheat ✓					✓							
Fish of the day						✓		✓							
Half chicken			Wheat R ✓		R ✓			R ✓							
Roast leg of lamb			Wheat R ✓		R ✓			R ✓							
Stuffing balls		✓	Wheat ✓					✓							
Topside of beef			Wheat R ✓		R ✓			R ✓							
Vegan nut roast		✓									✓				<ul style="list-style-type: none"> Almonds ✓ Brazil nuts ✓ Cashews ✓ Hazelnuts ✓ Macadamia nuts ✓ Pecans ✓ Pistachios ✓ Queensland nuts ✓ Walnut ✓