

ALLERGEN INFORMATION

The allergen information provided is based on our suppliers' ingredient lists as of June 2016. Please note that normal kitchen operations may involve some shared cooking and preparation areas and utensils, and the possibility exists that your food items may come in contact with other food products, including other allergens.

All products fried in oil may be subject to cross-contamination from other products cooked in the same oil. This means any fried product may contain traces of allergens present in any of the other products fried in the same oil. All products cooked in the same oil are marked in the chart with a black dot (●) to denote that they may be at risk from cross-contamination.

KEY



Contains allergen



May contain traces of allergen



Risk of cross-contamination

Product	None	Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
FISH															
SMALL COD IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
MEDIUM COD IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
LARGE COD IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
OAP COD IN BATTER		✓	✓	✓	✓		✓	✓		✓	✓	●	●		●
COD GOUJONS		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
COD FISHCAKES		✓	●	●	✓		●	●		✓	✓	●	●		●
MEDIUM ROCK EEL IN BATTER		✓	✓	✓	✓		✓	✓		✓	✓	●	●		●
LARGE ROCK EEL IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
PLAICE IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
HAKE IN BATTER		✓	✓	✓	✓		✓	✓		✓	✓	●	●		●
JOHN DORY IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
SKATE IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
MEDIUM HADDOCK IN BATTER		✓	✓	✓	✓		✓	✓		✓	✓	●	●		●
LARGE HADDOCK IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
12 X SCAMPI		✓	✓	●	●		●	✓		✓	✓	●	●		●
COD ROE IN BATTER		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
FISHCAKE		✓	●	●	✓		●	✓		✓	✓	●	●		●
CRISPY PRAWNS		✓	✓	●	①		①	●		✓	✓	●	①		①
SALT & PEPPER SQUID		✓	✓	✓	✓		✓	①		✓	✓	●	✓		✓
CALAMARI IN BATTER		✓	●	✓	●		✓	✓		✓	✓	●	●		✓
CHIPS															
REGULAR CHIPS		✓	●	●	●		●	●		✓	✓	●	●		●
LARGE CHIPS		✓	●	●	●		●	●		✓	✓	●	●		●
CHICKEN															
WHOLE ROAST CHICKEN (2)		✓								✓					
1/2 ROAST CHICKEN		✓								✓					
1/4 WING ROAST CHICKEN		✓								✓					
1/4 LEG ROAST CHICKEN		✓								✓					
1 SFC - PRESSURE FRYER		✓		✓	✓		✓	✓		✓	✓				
2 SFC - PRESSURE FRYER		✓		✓	✓		✓	✓		✓	✓				
3 SFC - PRESSURE FRYER		✓		✓	✓		✓	✓		✓	✓				
1 SFC - PAN FRIED		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
2 SFC - PAN FRIED		✓	✓	✓	✓		✓	✓		✓	✓	●	●		●
3 SFC - PAN FRIED		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
7 CHICKEN NUGGETS		✓	●	●	●		●	✓		✓	✓	●	●		●
10 CHICKEN NUGGETS		✓	✓	✓	✓		●	✓		✓	✓	●	●		●
8 CHICKEN CHUNKS		✓	●	●	●		●	✓		✓	✓	●	●		●
SFC CHICKEN STRIPS		✓	●	✓	✓		✓	✓		✓	✓	●	●		●
RIBS															
1/2 RACK BBQ RIBS		✓								✓	✓		✓		
MEDIUM BBQ RIBS		✓								✓	✓		✓		
LARGE BBQ RIBS		✓								✓	✓		✓		
COMBOS															
MIXER (1SFC FRYER & 1/2 RIBS)		✓		✓	✓		✓	✓		✓	✓		✓		
MIXER (1SFC PAN & 1/2 RIBS)		✓	●	✓	✓		✓	✓		✓	✓	●	✓		●
MEGA MIX 1 (1/4 ROAST + M RIBS)		✓								✓	✓		✓		
MEGA MIX 2 (2SFC FRYER + M RIBS)		✓		✓	✓		✓	✓		✓	✓		✓		
MEGA MIX 2 (2SFC PAN + M RIBS)		✓	●	✓	✓		✓	✓		✓	✓	●	✓		●
SAUSAGES															
JUMBO PORK SAUSAGE		✓	●	●	●		✓	●		✓	✓	●	✓		●
JUMBO BATTERED SAUSAGE		✓	●	✓	●		✓	✓		✓	✓	●	✓		●
SMALL PORK SAUSAGE		✓	●	●	●		✓	●		✓	✓	●	✓		●
SMALL BATTERED SAUSAGE		✓	●	✓	●		✓	✓		✓	✓	●	✓		●
SAVELOY		✓				①			①				✓		
SAUSAGE ROLL		✓		✓		①	✓	①	①	①	①	①			

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One taste and you'll be hooked...

CHURCHILL'S
FISH & CHIPS
OUR FAMILY TRADITION SINCE 1923

BANKERS
TRADITIONAL FISH & CHIP RESTAURANT

Product	None	Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
PIES															
PUKKA PIE CHICKEN & MUSHROOM		<		<			<	<		<					
PUKKA PIE MINCED BEEF & ONION		<					<	<		<					
PUKKA PIE STEAK & KIDNEY		<					<	<		<					
CORNISH PASTY		<		<		①	①	①	①	①	①				
BURGERS															
2OZ BURGER (BATTERED)		<	●	<	●		<	<		<	<	●	<		●
2OZ BURGER		<					<	<				<	<		
2OZ CHEESE BURGER		<					<	<				<	<		
4OZ BURGER		<					<	<				<	<		
4OZ CHEESE BURGER		<					<	<				<	<		
8OZ BURGER		<					<	<				<	<		
8OZ CHEESE BURGER		<					<	<				<	<		
EGG AND BACON BURGER		<		<			<	<				<	<		
BACON BURGER		<					<	<				<	<		
CHICKEN BURGER		<	●	●	●		<	<		●	●	<	●		●
ROYAL CHICKEN BURGER		<	●	<	●		<	<		●	●	<	●		●
FISH IN A BUN		<	●	<	●		<	<		<	<	<	●		●
SFC CHICKEN - N - BUN		<	●	<	●		<	<		<	<	<	●		●
SFC CHICKEN - N - BUN RINGER		<	●	<	<		<	<		<	<	<	●		●
BBQ BURGER		<					<	<				<	<		
DOUBLE DECKER BURGER		<					<	<				<	<		
6OZ BURGER		<					①	<				<	<		
6OZ CHEESEBURGER		<					①	<				<	<		
VEGETARIAN															
VEGETARIAN NUGGETS		<	●	●	●		●	●		●	●	●	●		●
VEGGIE BURGER		<	●	●	●		<	<		<	<	<	●		●
VEGETARIAN KIEV		<					<	<				<	●		
PANCAKE ROLLS															
PANCAKE ROLL - CHINESE		<	●	●	●		<	●		<	<	●	●		●
PANCAKE ROLL - CURRY		<	●	●	●		<	●		<	<	●	●		●
PANCAKE ROLL - VEGETABLE		<	●	<	●		<	<		<	<	●	●		●
SIDES															
ONION RINGS		<	●	<	●		<	●		●	●	●	●		●
BREADED MUSHROOMS		<	●	●	●		●	●		●	●	●	●		●
PINEAPPLE FRITTERS		<	●	<	●		<	<		<	<	●	●		●
BANANA FRITTERS		●	●	●	●		●	●		●	●	●	●		●
SPAM FRITTERS		<	●	<	●		<	<		<	<	●	●		●
BREAD ROLL		<													
CHIP ROLL		<	●	●	●		●	●		●	●	●	●		●
PICKLED EGG				<											
PICKLED ONION													<		
GHERKIN											<				
CURRY SAUCE		<		<	<		<	<		<	<		<		
MUSHY PEAS	<														
GRAVY		<		<	<		<	<		<	<		<		
BAKED BEANS	<														
SIDE SALAD	<														
GREEK SALAD								<							
PRAWN SALAD			<	<	①					<	<				
GARDEN PEAS	<														
COLESLAW				<							<				

Product	None	Cereals Containing Gluten	Crustaceans	Egg	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
KIDS MEALS															
KIDS COD IN BATTER		<	●	<	<		<	<		<	<	●	●		●
KIDS FISHCAKE		<	●	●	<		●	<		<	<	●	●		●
KIDS FISHCAKES (Homemade)		●	●	●	<		●	●		●	●	●	●		●
KIDS CHICKEN NUGGETS		<	●	●	●			●		●	●	●	●		●
KIDS JUMBO PORK SAUSAGE		<	●	●	●		<	●		●	●	●	<		●
KIDS JUMBO BATTERED SAUSAGE		<	●	<	●		<	<		<	<	●	<		●
KIDS SMALL PORK SAUSAGE		<	●	<	●		<	<		<	●	●	<		●
KIDS SMALL BATTERED SAUSAGE		<	●	<	●		<	<		<	●	●	<		●
KIDS SAVELOY		<				①			①				<		
KIDS CHIPS		●	●	●	●		●	●		●	●	<	●		●
KIDS BURGER		<					<	<				<	<		
EXTRAS															
TOMATO SAUCE SACHET										<					
BBQ SAUCE SACHET	<														
MAYONNAISE SACHET				<							<				
TARTARE SAUCE SACHET				<											
GARLIC MAYO SAUCE SACHET				<						<	<				
SWEET & SOUR SAUCE SACHET	<														
SWEET CHILLI DIP POT	<														
TARTARE SAUCE JAR				<											
TOMATO SAUCE BOTTLES		<					<			<	<				
BROWN SAUCE BOTTLES		<													
VINEGAR BOTTLES	<														
ONION VINEGAR BOTTLES	<														
DRINKS															
7UP CAN	<														
DIET PEPSI CAN	<														
DR PEPPER CAN	<														
GINGER BEER CAN	<														
PEPSI CAN	<														
PEPSI MAX CAN	<														
SPARKLING WATER BOTTLE	<														
TANGO APPLE CAN	<														
TANGO CHERRY CAN	<														
TANGO ORANGE CAN	<														
MINERAL WATER BOTTLE	<														
COKE BOTTLE 1.5LTR	<														
DIET COKE BOTTLE 1.5LTR	<														
APPLE & BLACKCURRENT FRUITSHOOT	<														
ORANGE FRUITSHOOT	<														
COLA STARSLUSH	<														
LEMON & LIME STARSLUSH	<														
RASPBERRY STARSLUSH	<														
STRAWBERRY STARSLUSH	<														
OTHER															
TOMATO SAUCE										<					
MAYONNAISE		<		<							<				
BURGER SAUCE		<		<							<				
SWEET CHILLI SAUCE	<														
TARTARE SAUCE				<							<				
CHEESE								<							
VINEGAR ESSENCE		<													
SMALL DONER KEBAB (WITHOUT SAUCE)							<	<			<				
LARGE DONER KEBAB (WITHOUT SAUCE)		<					<	<			<				

CHURCHILL'S

FLEET



FISH & CHIPS
OUR FAMILY TRADITION SINCE 1923

GLUTEN FREE MENU

AVAILABLE ALL DAY
EVERY MONDAY AND TUESDAY

GF FISH

GF MEDIUM COD	£5.00
GF LARGE COD	£6.00
GF KIDS COD MEAL	£4.00
GF PLAICE	£5.20
GF MEDIUM HADDOCK	£5.15
GF LARGE HADDOCK	£6.10

GF CHIPS

GF REGULAR CHIPS	£2.00
GF LARGE CHIPS	£3.00

GF SAUSAGES

GF BATTERED SAUSAGE	£2.00
GF PLAIN SAUSAGE	£2.00

GF SIDES

HOMEMADE MUSHY PEAS	£1.40
PICKLED ONION	£0.50
GHERKIN	£0.60



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training - choice - standards

GLUTEN FREE MENU

AVAILABLE ALL DAY
EVERY MONDAY AND TUESDAY

All our Gluten Free products are cooked in a dedicated frying pan, separate from our standard products. Only Gluten Free products are cooked in this fryer on our Gluten Free Days.

We use the same oil to fry our Gluten Free Cod, Plaice, Haddock, Battered Sausages, Plain Sausages and Chips. This means any product fried in that oil may contain traces of Fish (Cod, Plaice, or Haddock), Soya or Sulphites.

GF COD Ingredients: Cod, Ground White Rice, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Fish (Cod). May contain traces of Plaice, Haddock, Soya and Sulphite.

GF PLAICE Ingredients: Plaice, Ground White Rice, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Fish (Plaice). May contain traces of Cod, Haddock, Soya and Sulphite.

GF HADDOCK Ingredients: Haddock, Ground White Rice, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Fish (Haddock). May contain traces of Cod, Plaice, Soya and Sulphite.

GF CHIPS Ingredients: Potatoes, Palm Oil

Allergens: May contain traces of Fish (Cod, Plaice, Haddock), Soya and Sulphites.

MUSHY PEAS

Ingredients: Processed peas 95%, water, sugar, salt, colours E101 E133

Allergens: None

GF BATTERED SAUSAGE Ingredients: Pork (50%), Water, Crumb (Rice Flour, Dehydrated Potato, Salt, Emulsifier E471, Dextrose), Isolated Soya Protein, Potato Starch, Salt, Pork Fat, Pork Rind, Flavour Enhancer (E621), Stabilisers (E450 (i), E450 (iii)), Dextrose, Potato Fibre, Sugar, Preservative (E223), Spice Extracts (Black Pepper, Cayenne, Coriander, Ginger, Mace, Nutmeg), Sunflower Oil, Gluten Free Batter Mix (Rice Flour, Potato Starch, Tapioca Flour, Maize Flour, Buckwheat Flour, Gram Flour, Raising Agents (Sodium Bicarbonate, Mono Calcium Phosphate, Salt), Palm Oil

Allergens: Soya, Sulphite. May contain traces of Fish (Cod, Plaice, Haddock)

GF PLAIN SAUSAGE Ingredients: Pork (50%), Water, Crumb (Rice Flour, Dehydrated Potato, Salt, Emulsifier E471, Dextrose), Isolated Soya Protein, Potato Starch, Salt, Pork Fat, Pork Rind, Flavour Enhancer (E621), Stabilisers (E450 (i), E450 (iii)), Dextrose, Potato Fibre, Sugar, Preservative (E223), Spice Extracts (Black Pepper, Cayenne, Coriander, Ginger, Mace, Nutmeg), Sunflower Oil.

Allergens: Soya, Sulphite. May contain traces of Fish (Cod, Plaice, Haddock)

PICKLED ONION Ingredients: Water, Onions, Acetic Acid, Lactic Acid, Salt, Spices, Caramel, Preservative (E223)

Allergens: Sulphites

GHERKIN Ingredients: Gherkins, Water, Spirit Vinegar, Spices, Salt, Artificial Sweetener (saccharine 5mg per 100g) Mustard Seed

Allergens: Mustard