

ALLERGEN GUIDE

The following guide provides information on the common allergens present in our dishes and also contains sections recommending dishes for those avoiding wheat and dairy.

These recommended dishes have often been adapted from our main menu, so please make sure to let staff know that you're ordering the dairy or wheat free version.

Please let us know if you have allergies. We prepare and cook everything on site and will always take extra care when we know we're cooking for someone with a specific allergy.

The Team at The Blue Bell

ALLERGENS COVERED

Celery

Cereals Containing Gluten (Wheat)

Crustaceans (Prawns, Lobster, Crabs, Crayfish etc.)

Eggs

Fish

Lupin

Milk (& Milk Products)

Molluscs (Mussels, Clams, Oysters, Scallops, Squid etc.)

Mustard

Nuts

(Almonds, Hazelnuts, Walnuts, Cashews, Pecans, Brazils, Pistachios, Macadamias)

Peanuts

Sesame Seeds

Soya

Sulphur Dioxide

01423 369 242

Moor Lane | Arkendale | Knaresborough | HG5 0QT

ALLERGEN INFORMATION - THE MENU

Please see the Menu for full descriptions of dishes.

NIBBLES

Homemade Bread, Sun Blushed Tomato, Olive Oil, Balsamic Dip £2.95

Contains: Wheat, Eggs, Milk

Mixed Olives, Warm Spiced Nuts £3.95

Contains: Nuts (Walnuts, Pecans, Almonds & Cashews)

STARTERS

Soup of the Day Contains: please ask staff as this item changes	£ 4.95	Whole Baked Camembert to Share (V) Contains: Wheat, Milk	£ 9.95
Grilled Mackerel Fillet Contains: Eggs, Fish, Mustard	£ 6.95	Fresh Crab & Crayfish Pot Contains: Wheat, Crustaceans (Crab), Eggs, Mustard	£ 7.95
Blue Bell Pork Pie Contains: Wheat, Eggs, Milk, Mustard	£ 6.95	Ham Hock & Black Pudding Scotch Egg Contains: Wheat, Eggs, Milk	£ 6.95
Smoked Duck, Fig & Mozzarella Salad Contains: Milk, Mustard, Nuts (Hazelnuts)	£ 6.95	Cider Steamed Mussels Contains: Milk, Mussels, Sulphur Dioxide	£ 5.95
Wild Mushrooms, Sourdough Toast (v) Contains: Wheat, Milk	£ 6.95	'Duck À L'Orange' Pâté Contains: Wheat, Eggs, Milk	£ 6.95

MAINS

8oz Gammon Steak Contains: Eggs	£ 9.95	8oz Fillet Steak Contains: Milk, Mustard	£24.95
Beer Battered Fish & Chips Contains: Wheat, Eggs, Fish, Mustard	£11.95	10oz Rib Eye Steak Contains: Milk, Mustard	£19.95
Blue Bell Cheese & Bacon Burger Contains: Wheat, Eggs, Milk, Mustard	£11.95	Pan-Fried Chicken Supreme Contains: Celery, Wheat, Eggs, Milk, Sulphur Dioxide	£14.50
Monkfish & Prawn Curry Contains: Crustaceans (Prawns), Fish, Milk, Nuts (Cashews), Sesame Seeds, Soya	£14.95	Market Fish Contains: Please ask staff as this item changes.	-
Beef & Root Vegetable Pie Contains: Celery, Wheat, Eggs, Milk, Mustard, Sulphur Dioxide	£11.95	Roast Rump of Lamb Contains: Wheat, Milk, Sulphur Dioxide	£16.95
Curried Chicken Salad Contains: No Allergens	£11.95	Sticky Ginger Beer Glazed Pork Belly Contains: Wheat, Milk, Sulphur Dioxide	£15.95
Pea & Mint Macaroni (v) Contains: Wheat, Eggs, Milk	£10.95	Wild Mushroom & Gnocchi Gratin (v) Contains: Wheat, Eggs, Milk	£10.95

(V) Suitable for Vegetarians

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SIDES & SAUCES - All £2.50

Onion Rings

Contains: Wheat

Garlic Ciabatta

Contains: Wheat, Milk

Skinny Fries

Contains: No Allergens

Mixed Peppercorn Sauce

Contains: Wheat, Milk, Sulphur Dioxide

Seasonal Vegetables

Contains: Milk

Hand Cut Chips

Contains: No Allergens

Harrogate Blue Cheese Sauce

Contains: Milk

Mushroom Bordelaise Sauce

Contains: Wheat, Sulphur Dioxide

DESSERTS

Rhubarb Bakewell Tart (v)

Contains: Wheat, Eggs, Milk, Nuts (Almonds)

£5.95

Millionaire's Shortbread Cheesecake (v)

Contains: Wheat, Eggs, Milk

£5.95

Homemade Treacle Tart (v)

Contains: Wheat, Eggs, Milk

£5.95

Sticky Toffee Pudding (v)

Contains: Wheat, Eggs, Milk

£5.95

Rum & Raisin Crème Brûlée (v)

Contains: Wheat, Eggs, Milk

£5.95

Dark Chocolate & Orange Mousse (v)

Contains: Eggs, Milk

£5.95

Black Forest Trifle

Contains: Wheat, Eggs, Milk

£5.95

Cheeseboard

Contains: Celery, Wheat, Eggs, Milk

£7.95

DISHES ADAPTED FOR THOSE AVOIDING DAIRY

Please make sure you let us know if you're ordering one of these dishes – they're adapted just for you!

STARTERS

Soup of the Day

Artisan Roll. Please ask staff as this item changes.

£ 4.95

Cider Steamed Mussels

Bacon, Watercress, No Cream

£ 5.95

Grilled Mackerel Fillet

Chargrilled Leeks, Soft Boiled Egg, Micro Herb Salad, Vinaigrette

£ 6.95

Fresh Crab & Crayfish Pot

Lemon & Chive Mayonnaise, Slow-Roasted Plum Tomatoes, Toast

£ 7.95

MAINS

8oz Gammon Steak

Garden Peas, Hand Cut Chips, Fried Egg

£ 9.95

8oz Fillet Steak

Hand-Cut Chips, Roasted Red Onion, Watercress, Vine Cherry Tomatoes, Cooked Without Butter

£24.95

Beer Battered Fish & Chips

Minted Mushy Peas, Tartare Sauce

£11.95

10oz Rib Eye Steak

Hand-Cut Chips, Roasted Red Onion, Watercress, Vine Cherry Tomatoes, Cooked Without Butter

£19.95

Curried Chicken Salad

Little Gem Lettuce, Red Onion, Roasted Tomatoes, Golden Raisins, Curry Oil

£11.95

Market Fish

Please ask staff as this item changes.

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DESSERTS

Fruit Salad (v)

Please Ask Staff for Today's Selection of Fruit

£4.95

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DISHES ADAPTED FOR THOSE AVOIDING WHEAT

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STARTERS

Soup of the Day Gluten Free Bread. Please ask staff as this item changes.	£ 4.95	Whole Baked Camembert to Share (V) Chutney, Gluten Free Bread	£ 9.95
Grilled Mackerel Fillet Chargrilled Leeks, Soft Boiled Egg, Micro Herb Salad, Vinaigrette	£ 6.95	Fresh Crab & Crayfish Pot Lemon & Chive Mayonnaise, Slow-Roasted Plum Tomatoes, Gluten Free Bread	£ 7.95
Smoked Duck, Fig & Mozzarella Salad Toasted Hazelnuts, Orange & Mustard Dressing	£ 6.95	Cider Steamed Mussels Bacon, Clotted Cream, Watercress	£ 5.95
Mushrooms, Gluten-Free Bread (v) Garlic & Thyme Cream, Italian Cheese Shavings, Truffle Oil	£ 6.95	'Duck À L'Orange' Pâté Duck Liver Pâté, Gluten Free Bread, Cointreau & Orange Marmalade	£ 6.95

MAINS

8oz Gammon Steak Garden Peas, Hand Cut Chips, Fried Egg	£ 9.95	8oz Fillet Steak Hand-Cut Chips, Roasted Red Onion, Watercress, Vine Cherry Tomatoes, Black Pepper Butter	£24.95
Blue Bell Cheese & Bacon Burger Little Gem Lettuce, Plum Tomatoes, Fries, Mustard Mayo, Homemade Tomato Ketchup, No Bun	£11.95	10oz Rib Eye Steak Hand-Cut Chips, Roasted Red Onion, Watercress, Vine Cherry Tomatoes, Black Pepper Butter	£19.95
Monkfish & Prawn Curry Butternut Squash, Chick Peas, Lentils, Coconut, Basmati Rice, Toasted Cashew Nuts	£14.95	Market Fish Please ask staff as this item changes	-
Curried Chicken Salad Little Gem Lettuce, Red Onion, Roasted Tomatoes, Golden Raisins, Curry Oil	£11.95	Roast Rump of Lamb Crispy Fried Liver, Fondant Potato, Carrot Purée, Spring Greens, No Red Wine Sauce	£16.95

DESSERTS

Rum & Raisin Crème Brûlée (v) Pineapple & Lime Compôte, No Shortbread	£5.95	Dark Chocolate & Orange Mousse (v) Chantilly Cream, Candied Orange	£5.95
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Cheeseboard

Celery, Grapes, Cider & Grape Chutney , Gluten Free Bread
£7.95

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ALLERGEN INFORMATION - SANDWICH MENU
Please see Sandwich Menu for full descriptions.

Served on White or Granary Bread with Salad Garnish, Root Vegetable Crisps & Coleslaw

Smoked Salmon & Saltwater Prawn Open Sandwich

Contains: Wheat, Crustaceans (Prawns), Eggs, Fish

£ 7.95

Yorkshire Ploughman's (with or without Ham) (v)

Contains: Milk, Mustard

£ 6.95

Fish Finger Sandwich

Contains: Wheat, Eggs, Fish, Mustard

£ 7.95

Warm Beef

Contains: Wheat, Eggs, Mustard

£ 7.95

The Blue Bell Club

Contains: Wheat, Eggs, Mustard

£ 7.95

SANDWICHES ADAPTED FOR THOSE AVOIDING DAIRY

All our Sandwiches can be adapted for those avoiding dairy.
Please Note the Yorkshire Ploughman's will come without Wensleydale Cheese
if ordered as a dairy free option.

SANDWICHES ADAPTED FOR THOSE AVOIDING WHEAT

All our Sandwiches can be made on Gluten Free Bread.
Please Note the Fish Finger Sandwich cannot be made without wheat,
as it is included in the batter for the Haddock Goujons.

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ALLERGEN INFORMATION - CHILDREN'S MENU

1 Course £4.95 | 2 Courses £6.95 | 3 Courses £8.95

STARTERS

Soup of the Day (v)

Contains: Please Ask Staff as This Item Changes

Garlic Bread (v)

Contains: Wheat, Milk

MAINS

Choose your Main

Crispy Chicken Goujons

Contains: Wheat, Eggs

Pork Sausage

Contains: Wheat

Cheese & Tomato Ciabatta Pizza (v)

Contains: Wheat, Milk

Mini Battered Haddock

Contains: Wheat, Fish

Choose your Potatoes

Chips

Contains: No Allergens

New Potatoes

Contains: Milk

Mash

Contains: Milk

Choose a Side

Baked Beans

Contains: No Allergens

Peas

Contains: Milk

Seasonal Veg

Contains: Milk

DESSERTS

Sticky Toffee Pudding (v)

Contains: Wheat, Eggs, Milk

Ice Cream (v)

Contains: Wheat, Eggs, Milk

(v) Suitable for Vegetarians

Most of our dishes can be adapted for those with allergies.

Please ask staff for more information.



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