

## 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.

*Always 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 FOR THE MENU**  
**Available Lunch, Evening & all day Sunday**

**TO SHARE – PERFECT FOR TWO**

**Homemade Bread, Antipasti & Dips (v)**

Wheat, Milk, Sulphur Dioxide

£ 4.95

**Honey, Thyme & Garlic Baked Camembert (v)**

Wheat, Milk, Sulphur Dioxide

£ 9.95

**Sharing Seafood Platter**

Wheat, Crustaceans (Crab, Prawns), Eggs, Fish, Milk, Molluscs (Scallops), Mustard, Sulphur Dioxide

£ 12.95

**STARTERS**

**Soup of the Day**

Please ask as this item changes.

£ 4.95

**Bloody Mary Crab & Prawn Cocktail**

Wheat, Crustaceans (Crab, Prawns), Eggs, Mustard, Sulphur Dioxide

£ 7.95

**Wild Mushrooms & Truffle Oil Toast (v)**

Wheat, Milk

£ 6.95

**Gin-Cured Salmon**

Fish, Milk, Mustard

£ 6.95

**Vine Tomato & Mozzarella Salad (v)**

Milk, Sulphur Dioxide

£ 5.95

**Fish Goujons, Tartare Sauce**

Wheat, Eggs, Fish, Milk, Mustard

£ 6.95

**Ham Hock & Black Pudding Scotch Egg**

Wheat, Eggs, Milk

£ 6.95

**Pork, Pistachio & Smoked Bacon Terrine**

Wheat, Eggs, Mustard, Nuts (Pistachios), Sulphur Dioxide

£ 7.95

**Queen Scallops Gratin (v)**

Wheat, Milk, Molluscs (Scallops)

£ 8.95

**MAINS**

**8oz Gammon Steak**

Eggs, Milk

£ 9.95

**8oz Fillet Steak**

Milk

£24.95

**Pan-Fried Sea Bass**

Fish, Milk

£14.95

**10oz Rib Eye Steak**

Milk

£19.95

**Lemon & Herb Chicken Breast,**

Wheat, Eggs, Milk,

£14.50

**Venison Steak**

Wheat, Milk

£19.95

**Beer Battered Fish & Chips**

Wheat, Eggs, Mustard

£11.95

**Blue Bell Cheese & Bacon Burger**

Wheat, Eggs, Milk, Mustard

£11.95

**Chicken, Ham, Applewood & Leek Pie**

Wheat, Eggs, Milk

£12.95

**Herb Crusted Lamb Rump**

Wheat, Milk, Sulphur Dioxide

£16.95

**Summer Herb & Vegetable Risotto (v)**

Wheat, Milk

£10.95

**Chicken Caesar Salad**

Wheat, Eggs, Fish, Milk, Mustard

£11.95

**Monkfish & Prawn Curry**

Crustaceans (Prawns), Fish, Milk, Nuts (Cashews)

£14.95

**Roasted Cod Loin, Beetroot Gnocchi**

Wheat, Eggs, Fish, Milk

£14.95

(V) Suitable for Vegetarians

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**SIDES & SAUCES - All £2.50**

**Onion Rings**

Wheat

**Garlic Ciabatta**

Wheat, Milk

**Skinny Fries**

No Allergens

**Hand Cut Chips**

No Allergens

**Seasonal Vegetables**

Milk

**Mixed Peppercorn Sauce**

Wheat, Milk, Sulphur Dioxide

**Harrogate Blue Cheese Sauce**

Milk

**Mushroom Bordelaise Sauce**

Wheat, Sulphur Dioxide

**DESSERTS**

**Fresh Berry & Lemon Curd Eton Mess (v)** £5.95

Eggs, Milk

**Sticky Toffee Pudding (v)** £5.95

Wheat, Eggs, Milk

**Homemade Cherry Bakewell (v)** £5.95

Wheat, Eggs, Milk, Nuts (Almonds)

**Carrot & Coconut Cake (v)** £5.95

Wheat, Eggs, Milk, Nuts (Walnuts), Sulphur Dioxide

**Elderflower Peach Melba (v)** £5.95

Eggs, Milk, Nuts (Almonds)

**Layered Chocolate Orange Cheesecake (v)** £5.95

Wheat, Eggs, Milk

**Cheeseboard**

Celery, Wheat, Milk, Sulphur Dioxide

£7.95

**Please Ask Staff for More Information About Allergens in Our Specials**

(V) Suitable for Vegetarians

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**DISHES ADAPTED FOR THOSE AVOIDING DAIRY**

*Please note these dishes have been specially adapted.  
Please make sure you let us know when ordering that you would like the version made without dairy.*

**TO SHARE – PERFECT FOR TWO**

**Homemade Bread, Antipasti & Dips (v)**

Homemade Bread, Olives, Sun Blushed Tomatoes, Olive Oil, Balsamic Dip (without butter)

£ 4.95

**STARTERS**

**Soup of the Day**

Artisan Roll. Please Ask as this Item is often Dairy Free.

£ 4.95

**Bloody Mary Crab & Prawn Cocktail**

Cucumber, Black Pepper Toasts, Lemon Oil

£ 7.95

**Fish Goujons, Tartare Sauce**

Panko Breadcrumbs, Roasted Red Pepper Ketchup,  
(No Pea Purée)

£ 6.95

**Gin-Cured Salmon**

Crisp Breakfast Radish, Summer Leaves,  
Herb Dressing (No Crème Fraîche)

£ 6.95

**MAINS**

**8oz Gammon Steak**

Garden Peas, Fries,  
Fried Egg or Grilled Fresh Pineapple

£ 9.95

**8oz Fillet Steak**

Hand-Cut Chips, Roasted Red Onion, Watercress,  
Vine Cherry Tomatoes, (No Black Pepper Butter)

£24.95

**Pan-Fried Sea Bass**

Crushed New Potatoes, Braised Fennel, Aubergine  
Purée, Sauce Vierge, Basil Oil (cooked without butter)

£14.95

**10oz Rib Eye Steak**

Hand-Cut Chips, Roasted Red Onion, Watercress,  
Vine Cherry Tomatoes, (No Black Pepper Butter)

£19.95

**Beer Battered Fish & Chips**

Minted Mushy Peas, Tartare Sauce

£11.95

**SIDES & SAUCES**

*Please See Section Above for More Information*

**DESSERTS**

**Elderflower Peach Melba (v)**

Toasted Almonds, Raspberry & Elderflower Coulis  
(No Vanilla Ice Cream)

£5.95

**Carrot & Coconut Cake (v)**

Walnut Crumb, Fresh Orange & Grand Marnier Sauce  
(No Cinnamon Mascarpone)

£5.95

**Selection of Sorbets**

Please ask Staff for available Flavours

£4.95

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## DISHES ADAPTED FOR THOSE AVOIDING WHEAT

Please note these dishes have been specially adapted.

Please make sure you let us know when ordering that you would like the version made without wheat.

### TO SHARE – PERFECT FOR TWO

#### Gluten Free Bread, Antipasti & Dips (v)

Gluten Free Bread, Olives, Sun Blushed Tomatoes, Olive Oil, Balsamic Dip  
£ 4.95

#### Honey, Thyme & Garlic Baked Camembert (v)

Grape Chutney, Gluten Free Bread  
£ 9.95

### STARTERS

#### Soup of the Day

Gluten Free Bread (Please check as this item changes)

£ 4.95

#### Bloody Mary Crab & Prawn Cocktail

Cucumber, Gluten Free Bread, Lemon Oil

£ 7.95

#### Wild Mushrooms & Truffle Oil Toast (v)

Garlic & Thyme Cream, Gluten Free Bread  
Italian Cheese Shavings, Truffle Oil

£ 6.95

#### Gin-Cured Salmon

Crisp Breakfast Radish, Summer Leaves,  
Crème Fraîche & Herb Dressing

£ 6.95

#### Vine Tomato & Mozzarella Salad (v)

Fresh Pesto & Balsamic Pearls, Deep Fried Basil

£ 5.95

### MAINS

#### 8oz Gammon Steak

Garden Peas, Fries,  
Fried Egg or Grilled Fresh Pineapple

£ 9.95

#### 8oz Fillet Steak

Hand-Cut Chips, Roasted Red Onion, Watercress,  
Vine Cherry Tomatoes, Black Pepper Butter

£24.95

#### Pan-Fried Sea Bass

Crushed New Potatoes, Braised Fennel, Aubergine  
Purée, Sauce Vierge, Basil Oil

£14.95

#### 10oz Rib Eye Steak

Hand-Cut Chips, Roasted Red Onion, Watercress,  
Vine Cherry Tomatoes, Black Pepper Butter

£19.95

#### Summer Herb & Vegetable Risotto (v)

Broad & Green Beans, Sugarsnaps, Peas  
Fresh Herbs, Blue Cheese Fritter

£10.95

#### Venison Steak

Pomme Purée, Pak Choi, (No Blueberry Sauce)

£19.95

#### Monkfish & Prawn Curry

Butternut Squash, Chick Peas, Lentils, Coconut,  
Basmati Rice, Toasted Cashew Nuts

£14.95

#### Blue Bell Cheese & Bacon Burger

Little Gem Lettuce, Plum Tomatoes, Fries, Mustard  
Mayo, Homemade Tomato Ketchup (No Bun)

£11.95

#### Chicken Caesar Salad

Anchovies, Parmesan, Classic Caesar Dressing (No Croutons)

£11.95

### SIDES & SAUCES

Please See Section Above for More Information

### DESSERTS

#### Fresh Berry & Lemon Curd Eton Mess (v)

Meringue, Raspberry Sorbet

£5.95

#### Elderflower Peach Melba (v)

Vanilla Ice Cream, Toasted Almonds,  
Raspberry & Elderflower Coulis

£5.95

#### Cheeseboard

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

£7.95

(V) Suitable for Vegetarians

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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.

(V) Suitable for Vegetarians

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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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