

## Allergen List - Tir a Môr Llanrwst - Gluten Free

We are happy to provide you with the information you need to make your own menu choice. We cannot recommend or tell you what is suitable for you to eat or drink. Please note that our menu descriptions do not include all ingredients or allergens. This information is subject to change and updated by our suppliers in real time. Therefore, even if you have chosen the item previously, please make sure that you check it each time you visit and always inform your server / ordering point of your allergy, intolerance or dietary requirements.

If you have any questions, allergies or intolerances, please let us know before ordering.

Our allergen information covers the following major allergens: Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts) and products there of.

Garnishes and accompaniments are included in the allergen information. Items that are added as a self-selection, choice, upgrade or swap (e.g. side salad instead of chips) must be checked and the allergen information considered.

**CROSS CONTAMINATION:** Our food and drinks are prepared in food areas where cross contamination may occur.

We declare allergens if they are intentionally added to a product.




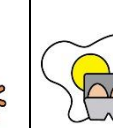
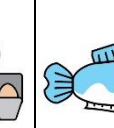
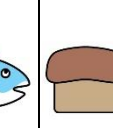
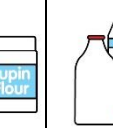

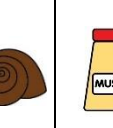
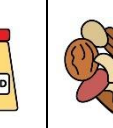
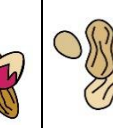

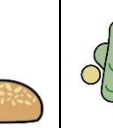
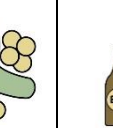
Where our suppliers have indicated possible cross contamination risks, we also declare their allergen 'may contain' risks.

Our food and drink preparation and serving areas, storage areas and cooking equipment (e.g. fryers, grills etc) may be shared and fried items containing different allergens may be cooked in the same oil. If you are concerned about possible allergen cross contamination of the food or drink you wish to consume, please ask us for further information on our cooking methods and policies.

**Diolch,**



Our gluten free meals are cooked in a dedicated pan just for chips and gluten free products. Although all effort is made to ensure our meals are allergen free, we can't guarantee our food is 100% gluten free due to the nature of our kitchen. Please speak to a member of staff if you wish to discuss our cooking process.

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Gluten Free Battered Cod, Chips and Tartare Sauce				X	x				X					X
Gluten Free Battered Small Cod, Chips and Tartare Sauce				X	x				X					X
Gluten Free Battered Haddock, Chips and Tartare Sauce				X	x				X					X
Gluten Free Breaded Cod, Chips and Tartare Sauce				X	x				X					X
Gluten Free Breaded Small Cod, Chips and Tartare Sauce				X	x				X					X
Gluten Free Battered Cod and Chips, Tartare Sauce				X	x				X					X
Gluten Free Battered Small Cod and Chips, Tartare Sauce				X	x				X					X





Review date: 12/11/2024

Reviewed  
by:  
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You can find this  
template, including more  
information at  
[www.food.gov.uk/allergy-  
guidance](http://www.food.gov.uk/allergy-guidance)