

OAKMAN - NEW: THE FULL ENGLISH		Does contain Wheat Rye		Does contain											Does contain
OAKMAN - GLUTEN FREE - THE FULL ENGLISH				Does contain											
OAKMAN - NEW: THE PORTOBELLO		Does contain Wheat Rye													
OAKMAN - GLUTEN FREE - THE PORTOBELLO															
OAKMAN - ADD POACHED EGG				Does contain											
OAKMAN - COOKED HASH BROWN															
OAKMAN - SWEET POTATO & CHORIZO HASH				Does contain				Does contain							
OAKMAN - SWEET POTATO, AVOCADO & RICOTTA HASH				Does contain				Does contain							
OAKMAN - NEW: CHOPPED AVOCADO		Does contain Wheat Rye		Does contain											

CATEGORY: NIBBLES

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
HONEY & MUSTARD CHIPOLATAS		Does contain Wheat							Does contain					Does contain
OAKMAN - BEETROOT FALAFEL							Does contain							
OAKMAN - SALT & PEPPER CHICKEN WINGS		Does contain Wheat		Does contain										Does contain
OAKMAN - MARINATED OLIVES														
BREAD, OIL & BALSAMIC		Does contain Wheat												Does contain
OAKMAN - GLUTEN FREE - BREAD, OIL & BALSAMIC														Does contain
OAKMAN - NEW: HALLOUMI CHIPS							Does contain							Does contain
RED PEPPER & GARLIC HUMMUS & FLATBREAD		Does contain Wheat										Does contain		
GLUTEN FREE - RED PEPPER & GARLIC HUMMUS & FLATBREAD												Does contain		

CATEGORY: STARTERS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - VEGETABLE FRITTI														Does contain
CHORIZO SCOTCH EGG		Does contain Wheat		Does contain			Does contain		Does contain					Does contain
ROSSO PRAWNS IN THE SHELL		Does contain Wheat	Does contain		Does contain									Does contain
GLUTEN FREE - ROSSO PRAWNS IN THE SHELL			Does contain		Does contain									Does contain
OAKMAN - NEW: TOMATO BRUSCHETTA		Does contain Wheat Rye												
OAKMAN - GLUTEN FREE - TOMATO BRUSCHETTA														
OAKMAN - NEW: MOZZARELLA DI BUFALA BRUSCHETTA		Does contain Wheat Rye					Does contain							
OAKMAN - GLUTEN FREE - MOZZARELLA DI BUFALA BRUSCHETTA							Does contain							
PORK BELLY HASH BROWN CAKE		Does contain Wheat		Does contain			Does contain		Does contain					Does contain

CATEGORY: SHARERS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - NEW: ANTIPASTO MISTO		Does contain Wheat Rye	Does contain		Does contain		Does contain							Does contain
OAKMAN - GLUTEN FREE - ANTIPASTO MISTO			Does contain		Does contain		Does contain							Does contain
OAKMAN - MEZZE PLATE		Does contain Wheat					Does contain					Does contain		
OAKMAN - GLUTEN FREE - MEZZE PLATE							Does contain					Does contain		

CATEGORY: SALADS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - SALMON, AVOCADO & NEW POTATO SALAD					Does contain				Does contain					Does contain
OAKMAN - CHICKEN CAESAR SALAD		Does contain Wheat Rye		Does contain	Does contain		Does contain							
OAKMAN - GLUTEN FREE - CHICKEN CAESAR SALAD				Does contain	Does contain		Does contain							

CATEGORY: PASTA

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - RIGATONI ALL'ARRABBIATA		Does contain Wheat												Does contain
OAKMAN - GLUTEN FREE - RIGATONI ALL'ARRABBIATA														Does contain
VENETIAN CRAB & ROSSO PRAWN BUCATINI		Does contain Wheat	Does contain		Does contain		Does contain		Does contain					Does contain
GLUTEN FREE - VENETIAN CRAB & ROSSO PRAWN BUCATINI			Does contain		Does contain		Does contain		Does contain					Does contain
OAKMAN - RIGATONI POLLO E PANNA		Does contain Wheat					Does contain							Does contain
OAKMAN - GLUTEN FREE - RIGATONI POLLO E PANNA							Does contain							Does contain
OAKMAN - RIGATONI E FUNGHI		Does contain Wheat					Does contain							Does contain
OAKMAN - GLUTEN FREE - RIGATONI E FUNGHI							Does contain							Does contain

CATEGORY: COOKED OVER THE COALS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
SIRLOIN STEAK									Does contain					Does contain
FILLET STEAK									Does contain					Does contain
OAKMAN - GRILLED ROSSO PRAWN ADD ON			Does contain		Does contain									Does contain
OAKMAN - NEW: GAMMON, EGG & CHIPS				Does contain										
OAKMAN - POLLO PICANTE				Does contain					Does contain					Does contain

CATEGORY: SAUCES

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - BEARNAISE SAUCE				Does contain			Does contain							
OAKMAN - PEPPERCORN JUS	Does contain						Does contain							Does contain
PORCINI & PORTOBELLO MUSHROOM CREAM SAUCE							Does contain							Does contain
HARISSA MAYONNAISE				Does contain										

CATEGORY: HOME COMFORTS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
(HOME COMFORTS) ROASTED PORK BELLY	Does contain													Does contain
COD AL FORNO		Does contain Wheat Barley			Does contain		Does contain		Does contain				Does contain	Does contain
FISH & CHIPS		Does contain Wheat Barley		Does contain	Does contain									
NO-BEEF MEATBALLS		Does contain Wheat											Does contain	Does contain
OREGANO MARINATED LAMB RUMP							Does contain							

CATEGORY: BURGERS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
BACON & CHEDDAR HOUSE BURGER	Does contain	Does contain Wheat		Does contain			Does contain		Does contain					Does contain
GLUTEN FREE - BACON & CHEDDAR HOUSE BURGER							Does contain							Does contain
OAKMAN - CHICKEN MILANESE BURGER		Does contain Wheat		Does contain			Does contain							
OAKMAN - HALLOUMI & PORTOBELLO MUSHROOM BURGER		Does contain Wheat		Does contain			Does contain					Does contain		
OAKMAN - GLUTEN FREE - HALLOUMI & PORTOBELLO MUSHROOM BURGER							Does contain					Does contain		
BEETROOT FALAFEL BURGER		Does contain Wheat										Does contain		
GLUTEN FREE - BEETROOT FALAFEL BURGER												Does contain		

CATEGORY: SUNDAY ROASTS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
GLUTEN FREE - (SUNDAY) ROASTED PORK BELLY	Does contain													Does contain
LEMON & THYME ROAST CHICKEN	Does contain	Does contain Wheat		Does contain			Does contain		Does contain					Does contain
OAKMAN - GLUTEN FREE - LEMON & THYME ROAST CHICKEN	Does contain													Does contain
MUSHROOM WELLINGTON		Does contain Wheat Oats												Does contain
OAKMAN - (SUNDAY) SLOW ROASTED RUMP OF LAMB	Does contain	Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - GLUTEN FREE - (SUNDAY) SLOW ROASTED RUMP OF LAMB	Does contain													Does contain
ROAST RUMP OF BEEF	Does contain	Does contain Wheat		Does contain			Does contain		Does contain					Does contain
GLUTEN FREE - ROAST RUMP OF BEEF	Does contain			Does contain			Does contain		Does contain					Does contain
(SUNDAY) ROASTED PORK BELLY	Does contain	Does contain Wheat		Does contain			Does contain							Does contain

CATEGORY: SIDES

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - HOUSE FRIES														
SWEET POTATO FRIES														
CHUNKY CHIPS														
OAKMAN - ROCKET & TOMATO SALAD									Does contain					Does contain
NEW POTATOES							Does contain							
OAKMAN - GREEN BEANS, SAVOY CABBAGE & PEAS														

CATEGORY: DESSERTS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - CHOCOLATE BROWNIE - CHOCOLATE SAUCE				Does contain			Does contain						Does contain	
OAKMAN - CHOCOLATE BROWNIE - CARAMEL SAUCE		Does contain Oats		Does contain			Does contain						Does contain	
OAKMAN - BANOFFEE SUNDAE		Does contain Oats		Does contain			Does contain						Does contain	
BAKED CHEESECAKE				Does contain			Does contain							
OAKMAN - CHRISTMAS DAY - CHOCOLATE BUDINO		Does contain Oats											Does contain	
OAKMAN - SOURDOUGH STICKY TOFFEE PUDDING		Does contain Wheat Oats											Does contain	
OAKMAN - VANILLA ICE CREAM				Does contain			Does contain							

