

CATEGORY: BREAKFAST

Recipe	ALLERGENS													
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - HALF EGGS FUNGHI		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - BACON BRIOCHE BUN		Does contain Wheat		Does contain			Does contain							
OAKMAN - GLUTEN FREE - BACON BRIOCHE BUN														
OAKMAN - SAUSAGE BRIOCHE BUN		Does contain Wheat		Does contain			Does contain							Does contain
OAKMAN - ADD FRIED EGG				Does contain										
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										
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO				Does contain										
OAKMAN - NEW: CHOPPED AVOCADO & SMOKED SALMON		Does contain Wheat Rye		Does contain	Does contain									
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO & SMOKED SALMON				Does contain	Does contain									
OAKMAN - NEW: CHOPPED AVOCADO & BACON		Does contain Wheat Rye		Does contain										
OAKMAN - GLUTEN FREE - CHOPPED AVOCADO & BACON				Does contain										
TOAST STACK		Does contain Wheat					Does contain							
OAKMAN - GLUTEN FREE - TOAST STACK							Does contain							
OAKMAN - PAIN AU CHOCOLAT		Does contain Wheat		Does contain			Does contain						Does contain	
OAKMAN - BLUEBERRY CROISSANT		Does contain Wheat Barley												
OAKMAN - PLAIN CROISSANT		Does contain Wheat		Does contain			Does contain							
OAKMAN - WEETABIX		Does contain Wheat Barley					Does contain							
OAKMAN - CORNFLAKES		Does contain Barley					Does contain							
OAKMAN - RICE CRISPIES		Does contain Barley					Does contain							
OAKMAN - ALL BRAN		Does contain Barley					Does contain							
HLT		Does contain Wheat		Does contain			Does contain							
OAKMAN - GLUTEN FREE - HLT				Does contain			Does contain							
BLT		Does contain Wheat		Does contain										
OAKMAN - GLUTEN FREE - BLT				Does contain										
OAKMAN - EGGS BENEDICT		Does contain Wheat		Does contain			Does contain							
OAKMAN - GLUTEN FREE - EGGS BENEDICT				Does contain			Does contain							

OAKMAN - HALF EGGS BENEDICT		Does contain Wheat		Does contain			Does contain								
OAKMAN - GLUTEN FREE - HALF EGGS BENEDICT				Does contain			Does contain								
OAKMAN - EGGS ROYALE		Does contain Wheat		Does contain	Does contain		Does contain								
OAKMAN - GLUTEN FREE - EGGS ROYALE				Does contain	Does contain		Does contain								
OAKMAN - HALF EGGS ROYALE		Does contain Wheat		Does contain	Does contain		Does contain								
OAKMAN - GLUTEN FREE - HALF EGGS ROYALE				Does contain	Does contain		Does contain								
OAKMAN - EGGS FUNGHI		Does contain Wheat		Does contain			Does contain								Does contain
OAKMAN - GLUTEN FREE - EGGS FUNGHI				Does contain			Does contain								Does contain
OAKMAN - GLUTEN FREE - HALF EGGS FUNGHI				Does contain			Does contain								Does contain

CATEGORY: NIBBLES

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - 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														
OAKMAN - GARLIC FLATBREAD		Does contain Wheat												
OAKMAN - GARLIC FLATBREAD ADD MOZZARELLA		Does contain Wheat					Does contain							
OAKMAN - GARLIC FLATBREAD ADD VEGAN MOZZARELLA ALTERNATIVE		Does contain Wheat												
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
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
OAKMAN - VEGETABLE FRITTI														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: PIZZA

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - MARGHERITA		Does contain Wheat					Does contain							
OAKMAN - MARINARA D.O.C.		Does contain Wheat												
OAKMAN - VEGAN MARGHERITA		Does contain Wheat												
OAKMAN - POLLO BIANCO		Does contain Wheat					Does contain							
OAKMAN - CAPRICCIOSA PIZZA		Does contain Wheat					Does contain							
OAKMAN - FUNGHI PIZZA		Does contain Wheat					Does contain							Does contain
OAKMAN - NAPOLETANA		Does contain Wheat			Does contain		Does contain							
OAKMAN - NAPOLI FORTE		Does contain Wheat					Does contain							
OAKMAN - PARMA		Does contain Wheat					Does contain		Does contain					Does contain
OAKMAN - VEGANO		Does contain Wheat											Does contain	
OAKMAN - CALZONE NDUJA		Does contain Wheat					Does contain		Does contain					Does contain
OAKMAN - CALZONE PRIMAVERA		Does contain Wheat					Does contain		Does contain					Does contain
OAKMAN - CALZONE NAPOLI FORTE		Does contain Wheat					Does contain		Does contain					Does contain

CATEGORY: PIZZA TOPPINGS

ALLERGENS														
Recipe	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
OAKMAN - AVOCADO PIZZA TOPPING														
OAKMAN - ANCHOVIES PIZZA TOPPING					Does contain									
OAKMAN - VEGETARIAN PARMESAN PIZZA TOPPING							Does contain							
OAKMAN - PARMIGIANO-REGGIANO PIZZA TOPPING							Does contain							
OAKMAN - NO-BEEF MEATBALLS PIZZA TOPPING													Does contain	
OAKMAN - CHILLI PIZZA TOPPING														
OAKMAN - MIXED MUSHROOMS PIZZA TOPPING														
OAKMAN - OLIVES PIZZA TOPPING														
OAKMAN - ARTICHOKE PIZZA TOPPING														
OAKMAN - GRILLED PEPPERS PIZZA TOPPING														
OAKMAN - GRILLED COURGETTES PIZZA TOPPING														
OAKMAN - GARLIC & BASIL MARINATED TOMATOES PIZZA TOPPING														
OAKMAN - PORCINI PASTE PIZZA TOPPING														Does contain
OAKMAN - ROCKET & BASIL PESTO PIZZA TOPPING														
OAKMAN - RED ONION MARMALADE PIZZA TOPPING														
OAKMAN - ROCKET PIZZA TOPPING														
OAKMAN - SPINACH PIZZA TOPPING														
OAKMAN - SMOKED SALMON PIZZA TOPPING					Does contain									
OAKMAN - PROSCIUTTO PIZZA TOPPING														
OAKMAN - MOZZARELLA DI BUFALA PIZZA TOPPING							Does contain							
OAKMAN - NDUJA PIZZA TOPPING														
OAKMAN - PANCETTA PIZZA TOPPING														
OAKMAN - NAPOLI SALAMI PIZZA TOPPING														
OAKMAN - CHICKEN PIZZA TOPPING														
OAKMAN - CHORIZO PIZZA TOPPING							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							
OAKMAN - BEETROOT FALAFEL, AVOCADO & ROCKET SALAD									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 - CHICKPEA - RIGATONI ALL'ARRABBIATA														Does contain
OAKMAN - RIGATONI POLLO E PANNA		Does contain Wheat					Does contain							Does contain
OAKMAN - CHICKPEA PASTA - RIGATONI POLLO E PANNA							Does contain							Does contain
OAKMAN - RIGATONI E FUNGHI		Does contain Wheat					Does contain							Does contain
OAKMAN - CHICKPEA - RIGATONI E FUNGHI							Does contain							Does contain
OAKMAN - NEW: PRAWN BUCATINI	Does contain	Does contain Wheat	Does contain		Does contain		Does contain	Does contain						Does contain
OAKMAN - NEW: CHICKPEA PASTA PRAWN BUCATINI	Does contain		Does contain		Does contain		Does contain	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
TL - SIRLOIN STEAK	Does contain								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
OAKMAN - 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				Does contain					Does contain
NO-BEEF MEATBALLS		Does contain Wheat											Does contain	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 Barley		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		
OAKMAN - BEETROOT FALAFEL BURGER		Does contain Wheat										Does contain		
OAKMAN - 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
TL - 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
TL - (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														
OAKMAN - 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							

