

# GLUTEN FREE MENU

AVAILABLE ALL DAY EVERY SUNDAY  
& FROM 4PM EVERY MONDAY & TUESDAY

## £10 FISH & CHIPS

MEDIUM FILLET OF HAKE,  
CHIPS & MUSHY PEAS OR  
CURRY SAUCE FOR JUST £10!

## SENIORS/ MINI FILLET MEALS

HADDOCK *901cal* £7.99  
COD *901cal* £8.99

## FISH

|                   |     |                |       |     |                |        |
|-------------------|-----|----------------|-------|-----|----------------|--------|
| HADDOCK           | SML | <i>429kcal</i> | £8.15 | MED | <i>585kcal</i> | £10.30 |
|                   |     |                |       | LRG | <i>741kcal</i> | £11.80 |
| COD               | SML | <i>429kcal</i> | £8.30 | MED | <i>585kcal</i> | £10.75 |
|                   |     |                |       | LRG | <i>741kcal</i> | £12.30 |
| PLAICE            |     |                |       |     | <i>702kcal</i> | £10.00 |
| KIDS HADDOCK MEAL |     |                |       |     | <i>655kcal</i> | £6.95  |

## CHIPS

|       |               |       |         |                |       |
|-------|---------------|-------|---------|----------------|-------|
| LARGE | <i>884cal</i> | £4.89 | REGULAR | <i>589kcal</i> | £3.69 |
|-------|---------------|-------|---------|----------------|-------|

## SAUSAGES

|          |               |       |       |                |       |
|----------|---------------|-------|-------|----------------|-------|
| BATTERED | <i>495cal</i> | £3.20 | PLAIN | <i>340kcal</i> | £3.20 |
|----------|---------------|-------|-------|----------------|-------|

## CHICKEN

|  |  |  |  |                 |       |
|--|--|--|--|-----------------|-------|
| 1/2 SPIT ROAST CHICKEN<br>& FREE CHIPS |  |  |  | <i>1384kcal</i> | £9.99 |
|--|--|--|--|-----------------|-------|

## SIDES

|               |                |       |            |                |       |
|---------------|----------------|-------|------------|----------------|-------|
| CURRY SAUCE   | <i>121kcal</i> | £3.30 | MUSHY PEAS | <i>148kcal</i> | £3.30 |
| PICKLED ONION | <i>20kcal</i>  | £0.95 | GHERKIN    | <i>13kcal</i>  | £1.35 |

PLEASE ENSURE YOU CLEARLY STATE THAT YOU WISH TO ORDER FROM THE  
GLUTEN FREE MENU TO ENSURE WE PROVIDE YOU WITH THE RIGHT FOOD.

*Adults need around 2000 kcal a day*

# ALLERGEN INFORMATION

## STATEMENT ON GLUTEN FREE

All our Gluten Free products are cooked in a dedicated frying pan, separate from our standard products. Only Gluten Free products are cooked in this fryer on our Gluten Free Days.

We use the same oil to fry our Gluten Free Cod, Plaice, Haddock, Battered Sausages, Plain Sausages and Chips. This means products fried in oil may contain traces of the other products and any allergens in them.

## STATEMENT ON ALLERGENS

The management of allergens is something we take very seriously. The nature of our business means there is a high risk of cross contamination and so we cannot guarantee any of our food is suitable for those with allergies.

We work closely with suppliers to ensure we have accurate information about the products we buy and sell. In addition, we train our teams in allergen management because they handle and prepare open food. We take all reasonable steps to minimise the risk of cross-contamination, but we strongly advise customers with questions to talk to us.

Information about the 14 declarable allergens (as defined in law) is available in store and online, but if you are allergic to something additional, please speak to a manager when you are in store. Please be advised that our vegetarian menu may not be suitable for customers with an allergy to milk and/or eggs.

To the best of our knowledge, all information provided is correct at time of going to print (April 2026). If we can help by providing further information for any of our products, please let us know and we will be more than happy to help.

For further information please contact us as [01279 713560](tel:01279713560) or alternatively via [customerservice@tcg-ltd.co.uk](mailto:customerservice@tcg-ltd.co.uk)