

# Bill's

## ALLERGEN MENU

November 2017

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[bills-website.co.uk](http://bills-website.co.uk)

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   @BillsRestaurant

Allergies and special dietary requirements are taken very seriously at Bill's. We work closely with our suppliers and our food safety partners to ensure that our information is correct and customers with allergies feel reassured that we will look after their needs properly. We therefore ask that you inform your waiter before ordering of any special dietary requirements that you may have.

Our recipe information is frequently updated so please check each time you visit to ensure that you have the most up to date recipes. Whilst every care is taken with your meal, we cannot guarantee a 100% allergen free environment, nor can we guarantee against the processes used by our Suppliers or products which may be produced in an environment with other allergens. Where an ingredient is included as part of the recipe, this will be specified, however it is possible that dishes may contain traces of other allergens. Please ask to speak with a Manager for more information. Burgers are cooked to order. Consuming raw or undercooked meats may increase your risk of foodborne illness and effects may be more severe in children, pregnant women, the elderly and those with weakened immune systems.

	DOES IT CONTAIN?														
BILL'S BREAKFASTS	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
Bill's breakfast	yes				yes - wheat & barley	yes							yes		
Bill's breakfast with beans	yes				yes - wheat & barley	yes							yes		
Bill's breakfast with rosti	yes				yes - wheat & barley	yes						yes	yes		
Bill's breakfast with black pudding	yes				yes - wheat & barley	yes							yes		
baked spicy beans, chorizo and eggs	yes				yes - wheat & barley	yes			yes				yes		yes
Bill's vegetarian breakfast	yes				yes - wheat & barley	yes						yes	yes		yes
Bill's vegetarian breakfast with beans	yes				yes - wheat & barley	yes						yes	yes		yes
Bill's vegetarian breakfast with rosti	yes				yes - wheat & barley	yes						yes	yes		yes
toasted bloomer with butter, jam and marmalade	yes				yes - wheat & barley										
coconut porridge					gluten free oats			yes - pistachios					yes		
Brioche basket	yes				yes - wheat	yes	yes		yes				yes		
buttermilk pancakes - banana, strawberries, blueberries and Bill's pancake syrup	yes				yes - wheat	yes									
buttermilk pancakes - smoked streaky bacon and Bill's pancake syrup	yes				yes - wheat	yes									
Bill's granola sundae	yes				yes - wheat & oats			yes - almond cashew hazelnut					yes		
cumberland sausage sesame bun	yes				yes - wheat & barley	yes			yes			yes	yes		
streaky bacon sesame bun	yes				yes - wheat & barley	yes			yes			yes			
avocado on toast					yes - wheat & barley	yes			yes			yes	yes		
avocado on toast with salmon		yes			yes - wheat & barley	yes			yes			yes	yes		
avocado on toast with bacon					yes - wheat & barley	yes			yes			yes	yes		
scrambled eggs on toast	yes				yes - wheat & barley	yes									

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DOES IT CONTAIN?

## BILL'S BREAKFASTS

	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
scrambled eggs on toast with smoked salmon	yes	yes			yes - wheat & barley	yes									
scrambled eggs on toast with bacon	yes				yes - wheat & barley	yes									
Bill's omelette	yes					yes			yes						yes
eggs royale	yes	yes			yes - wheat	yes			yes			yes	yes		
eggs benedict	yes				yes - wheat	yes			yes			yes	yes		

## EXTRAS & AMENDS

baked beans															
rosti	yes				yes - wheat	yes						yes			
black pudding					yes - wheat & barley								yes		
gluten free bread						yes									

## FOR THE TABLE

giant green gordal olives															
spiced white corn tortilla	*				yes - wheat	*						yes			yes
mini cumberland sausages					yes - wheat						yes		yes		
garlic and herb flatbread	yes				yes - wheat & barley										yes
Bill's smoky firebread	yes				yes - wheat & barley	*						yes			yes
flatbread hummus and olives					yes - wheat & barley							yes			yes

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DOES IT CONTAIN?

STARTERS	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
wild mushroom soup					yes - wheat & barley					yes					yes
crumbed halloumi sticks	yes				yes - wheat	yes					yes	yes			yes
golden fried sesame pork dumplings	yes	*	*	*	yes - wheat	*			yes			yes			yes
dakkochi chicken skewers	yes				under 20ppm				yes				yes		yes
roasted butternut squash and lentil salad															
oak smoked chicken liver parfait	yes				yes - wheat & barley	yes									yes
baked crab cakes	yes	yes	yes		yes - wheat & barley	yes				yes	yes		yes		yes
crispy calamari	*	*	*	yes	yes - wheat	yes					yes	yes			yes
mezze	yes	yes	yes	yes	yes - wheat & barley	yes			yes	yes	yes	yes	yes		yes
veggie mezze	yes				yes - wheat	yes						yes	yes		yes

MAINS	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
mojo chicken skewers	yes				yes - wheat					yes	yes		yes		yes
thai green chicken curry		yes											yes		yes
gnocchi bolognese	yes				yes - wheat					yes			yes		yes
Bill's fish pie	yes	yes	yes			yes					yes		yes		
smoky barbecue ribs	yes	yes			yes - wheat & barley	yes			yes		yes	yes	yes		yes
macaroni cheese	yes				yes - wheat	*				yes	yes	yes	yes		yes
- with streaky bacon	yes				yes - wheat	*				yes	yes	yes	yes		yes
rustic butternut squash stew					yes - wheat			yes - pistachios							yes
fish finger sandwich	yes	yes	*	*	yes - wheat & barley	yes				yes	yes	yes	yes		yes

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## DOES IT CONTAIN?

MAINS	DOES IT CONTAIN?														
	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
Bill's hamburger	yes	yes			yes - wheat	yes			yes	yes	yes	yes	yes		yes
- with cheddar cheese or streaky bacon	yes	yes			yes - wheat	yes			yes	yes	yes	yes	yes		yes
- with guacamole	yes	yes			yes - wheat	yes			yes	yes	yes	yes	yes		yes
naked burger	yes										yes		yes		yes
halloumi burger	yes				yes - wheat	yes			yes		yes	yes			yes
with falafel	yes				yes - wheat	yes			yes		yes	yes	yes		yes
buttermilk chicken burger	yes	*	*	*	yes - wheat & oats	yes			yes		yes	yes	yes		yes
- with cheddar cheese, streaky bacon or sliced avocado	yes	*	*	*	yes - wheat & oats	yes			yes		yes	yes	yes		yes
lamb burger	yes				yes - wheat	yes			yes			yes	yes		yes
chicken milanese	yes	*	*	*	yes - wheat	yes						yes	yes		yes
grilled halloumi salad	yes				yes - wheat & barley						yes				yes
chicken caesar salad	yes	yes			yes - wheat & rye	yes					yes		yes		yes
feta and butternut squash quiche	yes				yes - wheat	yes					yes				yes
minute steak and chips	yes				yes - wheat	*						yes			yes
sirloin or ribeye and chips	*				yes - wheat	*						yes			
- with béarnaise sauce (sauce only)	yes					yes							yes		
- with peppercorn sauce (sauce only)	yes				yes - wheat					yes	yes		yes		yes
- with garlic butter (sauce only)	yes														yes
- with chimichurri (sauce only)															yes
steak, egg and chips	yes				yes - wheat	yes						yes			yes
flat iron steak	*				yes - wheat	*						yes			yes
baked caper and herb crusted cod	yes	yes			yes - wheat						yes		yes		
braised lamb shank and mash	yes					yes				yes	yes		yes		yes
oven roasted ginger and sesame cauliflower steak					yes - wheat				yes	yes		yes			yes

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SIDES	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
mixed salad											yes				yes
skin-on fries	*				yes - wheat	*						yes			
long stem broccoli with toasted seeds	yes								yes			yes			yes
sweet potato fries	*				yes - wheat	*						yes			
cauliflower cheese to share	yes				yes - wheat						yes		yes		yes
sauteed kale															
chestnut mushrooms															yes

PUDDINGS & TEATIME

warm scones	yes				yes - wheat	yes									
toasted tea cakes	yes				yes - wheat										
Victoria sponge	yes					yes									
cream tea with Victoria sponge and tea	yes				yes - wheat	yes									
cream tea with Victoria sponge and Hedgerow Fizz	yes				yes - wheat	yes							yes		
chocolate brownie	yes					yes			yes						
baked alaska cookie	yes				yes - wheat	yes		yes - macadamia	yes						
mini cinnamon doughnuts	yes				yes - wheat	yes			yes				yes		
banana and honeycomb cheesecake	yes				gluten free oats	yes			yes				yes		
apple and blackberry crumble	yes				gluten free oats	yes							yes		
chocolate bombe	yes					yes			yes				yes		
coconut rice brulee								yes - almonds							

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DOES IT CONTAIN?

PUDDINGS & TEATIME	Milk & Milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
wafer for ice cream (wafer only)	yes				yes - wheat				yes						
chocolate ice cream no wafer	yes					yes			Yes						
strawberry ice cream no wafer	yes					yes									
salted caramel ice cream no wafer	yes														
vanilla ice cream no wafer	yes					yes									
lemon sorbet no wafer															
salted caramel and chocolate truffles	yes								yes						

**HARD SHAKES**

black forest gateau hardshake	yes					yes			yes				yes		
salted caramel and brownie	yes					yes			yes				yes		
white russian	yes														

**MILKSHAKES**

chocolate brownie	yes					yes			yes						
banoffee	yes												yes		
coffee frappe	yes														

**COCKTAILS**

just peachy bellini													yes		
lemongrass margarita															
english country garden													yes		
gin and tonic															
bramble mojito															

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DOES IT CONTAIN?

## COCKTAILS

	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
aperol spritz													yes		
hedgerow fizz													yes		
amaretto sour						yes							yes		
whiskey sour															
bloody mary		yes								yes					yes
espresso martini															
raspberry and rosehip collins															
orange old fashioned													yes		
winter pimm's															
damson gin martini						yes									
sloe gin negroni															
slow gin royale													yes		

## NON-ALCOHOLIC COCKTAILS

watermelon and raspberry cooler															
Sussex sunset															

## KID'S BREAKFASTS

Bill's breakfast	yes				yes - wheat & barley	yes							yes		
toast with butter	yes				yes - wheat & barley										
eggs on toast	yes				yes - wheat & barley	yes							yes		
beans on toast	yes				yes - wheat & barley										
bacon sandwich	yes				yes - wheat & barley	yes			yes						
sausage sandwich	yes				yes - wheat & barley	yes			yes				yes		

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## KID'S BREAKFASTS

	Milk & Milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
buttermilk pancakes	yes				yes - wheat	yes									
yoghurt, strawberries, bananas, honey	yes														
corn tortillas, hummus, carrot and cucumber sticks	*				yes - wheat	*						yes			yes

## KID'S MAIN MEALS

ham and cheese toastie	yes				yes - wheat & barley						yes		yes		
cod fish fingers	yes	yes	*	*	yes - wheat	yes					*	yes			
cumberland sausages and mash	yes				yes - wheat	yes				yes	yes		yes		yes
little bill's chicken burger with fries	yes				yes - wheat	yes			yes	yes	yes	yes	yes		yes
little bill's hamburger with fries	yes				yes - wheat	yes			yes		yes	yes	yes		
macaroni with cheese sauce	yes				yes - wheat					yes	yes				
steak and chips	*				yes - wheat	*						yes			
chocolate brownie	yes					yes			yes						
strawberries and banana with dipping sauce	yes								yes						
vanilla ice cream sundae	yes					yes			yes				yes		
wafer for ice cream (wafer only)	yes				yes - wheat				yes						
chocolate ice cream no wafer	yes					yes			Yes						
strawberry ice cream no wafer	yes					yes									
vanilla ice cream no wafer	yes					yes									
salted caramel ice cream no wafer	yes														

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DOES IT CONTAIN?

## AVOIDING GLUTEN BREAKFASTS

	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
toasted non-gluten bread with butter, jam and marmalade	yes					yes									
Bill's breakfast - without sausage and with non-gluten toast	yes					yes							yes		
Bill's breakfast with baked beans - without sausage and with non-gluten toast	yes					yes							yes		
Bill's vegetarian breakfast with non-gluten toast	yes					yes						yes	yes		yes
Bill's vegetarian breakfast with non-gluten toast and beans	yes					yes						yes	yes		yes
Bill's omelette	yes					yes			yes						yes
smoked streaky bacon in non-gluten bun	yes					yes									
smoked streaky bacon in non-gluten bun with egg	yes					yes									
scrambled egg on non-gluten toast	yes					yes									
scrambled egg on non-gluten toast with bacon	yes					yes									
scrambled egg on non-gluten toast with salmon	yes	yes - salmon				yes									
avocado on non-gluten toast						yes			yes			yes	yes		
avocado on non-gluten toast with bacon						yes			yes			yes	yes		
avocado on non-gluten toast with smoked salmon		yes - salmon				yes			yes			yes	yes		
eggs royale with non-gluten toast	yes	yes - salmon				yes			yes			yes	yes		
eggs benedict with non-gluten toast	yes					yes			yes			yes	yes		
coconut porridge					gluten free oats			yes - pistachios							

## AVOIDING GLUTEN STARTERS

wild mushroom soup						yes				yes					yes
giant green gordal olives															
oak smoked chicken liver parfait	yes					yes									yes

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## AVOIDING GLUTEN STARTERS

	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
dakkochi chicken skewers	yes				below 20ppm				yes				yes		yes
roasted butternut squash and lentil salad															

## AVOIDING GLUTEN MAINS

chicken caesar salad	yes	yes				yes			yes		yes	yes	yes		yes
Bill's fish pie	yes	yes	yes			yes					yes		yes		
Bill's hamburger		yes			below 20ppm	yes				yes	yes		yes		yes
halloumi burger with side salad	yes					yes					yes	yes			yes
naked burger	yes										yes		yes		yes
thai green chicken curry	yes	yes											yes		yes
grilled halloumi salad	yes					yes					yes				yes
grilled halloumi salad with mojo marinated skewer	yes					yes					yes		yes		yes
lamb burger	yes					yes					yes		yes		yes
braised lamb shank and mash	yes					yes				yes	yes		yes		yes
steak and rosti	yes					yes									yes
- with béarnaise sauce (sauce only)	yes					yes							yes		
- with garlic butter (sauce only)	yes														yes
- with chimichurri (sauce only)															yes
flat iron steak with rosti	yes					yes									yes

## AVOIDING GLUTEN SIDES

mixed salad											yes				yes
long stem broccoli with toasted seeds	yes								yes			yes			yes
potato rosti	yes					yes									
sauteed kale and shallots															
chestnut mushrooms															yes

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DOES IT CONTAIN?

## AVOIDING GLUTEN DESSERTS

	Milk & milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic
victoria sponge	yes					yes									
warm chocolate brownie	yes					yes			yes						
melting chocolate bombe	yes					yes			yes				yes		
banana and honeycomb cheesecake	yes				gluten free oats	yes			yes				yes		
apple and blackberry crumble	yes				gluten free oats	yes	yes								
coconut rice brulee								yes - almonds							
ice cream	please see below - ask for no wafer														
chocolate ice cream no wafer	yes					yes			Yes						
strawberry ice cream no wafer	yes					yes									
vanilla ice cream no wafer	yes					yes									
salted caramel ice cream no wafer	yes														
lemon sorbet no wafer															

## DON'T DO DAIRY BREAKFASTS

avocado on toast					yes - wheat & barley	yes			yes			yes	yes		
avocado on toast with bacon					yes - wheat & barley	yes			yes			yes	yes		
avocado on toast with smoked salmon		yes			yes - wheat & barley	yes			yes			yes	yes		
toast with jam (NO BUTTER)					yes - wheat & barley										
beans on plain toast					yes - wheat & barley										
plain grilled tomatoes on toast					yes - wheat & barley										
coconut porridge					gluten free oats			yes - pistachios							

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**DON'T DO DAIRY STARTERS**

	Milk & Milk products	Fish	Crustaceans	Molluscs	Gluten containing Cereals	Egg	Peanuts	Other nuts	Soy inc. soya	Celery	Mustard	Sesame	Sulphur dioxide	Lupin	Garlic	
giant green gordal olives																
mini cumberland sausages					yes - wheat						yes		yes			
roasted butternut squash and lentil salad																
wild mushroom soup					yes - wheat & barley					yes						yes

**DON'T DO DAIRY MAINS**

naked burger with guacamole (NO TZATZIKI)											yes		yes			yes
chicken skewers with guacamole (NO TZATZIKI)					yes - wheat					yes	yes		yes			yes
thai green chicken curry		yes											yes			yes
rustic butternut squash stew					yes - wheat			yes - pistachios								yes
oven roasted ginger and sesame cauliflower steak					yes - wheat				yes	yes		yes				yes

**DON'T DO DAIRY SIDES**

mixed salad											yes					yes
sauteed kale																
chestnut mushrooms																yes

our fries are cooked in a fryer that is used for milk, wheat & egg containing products, therefore allergy sufferers may wish to avoid these dishes

**DON'T DO DAIRY DESSERTS**

toasted teacake without butter					yes - wheat											
coconut rice brulee								yes - almonds								
sorbet																please see below - ask for no wafer
lemon sorbet no wafer																

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<b>VEGAN BREAKFASTS</b>																
avocado on toast with no egg					yes - wheat & barley				yes			yes	yes			
toast with jam (NO BUTTER)					yes - wheat & barley											
beans on plain toast					yes - wheat & barley											
plain grilled tomatoes on toast					yes - wheat & barley											
coconut porridge					gluten free oats			yes - pistachios								
<b>VEGAN STARTERS</b>																
giant green gordal olives																
roasted butternut squash and lentil salad																
wild mushroom soup					yes - wheat & barley					yes					yes	
<b>VEGAN MAINS</b>																
rustic butternut squash stew					yes - wheat			yes - pistachios							yes	
oven roasted ginger and sesame cauliflower steak					yes - wheat				yes	yes		yes			yes	
<b>VEGAN SIDES</b>																
mixed salad											yes				yes	
sauteed kale																
chestnut mushrooms															yes	
our fries are cooked in a fryer that is used for milk, wheat & egg containing products, therefore allergy sufferers may wish to avoid these dishes																
<b>VEGAN DESSERTS</b>																
toasted teacake without butter					yes - wheat											
coconut rice brulee								yes - almonds								
sorbet									please see below - ask for no wafer							
lemon sorbet no wafer																

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