

ALLERGEN TABLES

REEF ENCOUNTER

BAR AND GRILL

JAMES AND WHITE

BAR AND KITCHEN

ALLERGEN TABLES

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- ALLERGENS LISTED ARE PRESENT IN THE INGREDIENTS OF THE DISH
- SUBSTITUTIONS MAY BE AVAILABLE : PLEASE ASK YOUR SERVER FOR INFORMATION
- OUR FRIES DO NOT CONTAIN GLUTEN BUT DUE TO THE PRODUCTION PROCESS, TRACES MAY APPEAR. NEW POTATOES OR SALADS ARE AVAILABLE AS AN ALTERNATIVE.
- WE ARE NOT ABLE TO OPERATE ALLERGEN FREE AREAS IN OUR KITCHEN SO THERE IS A RISK OF CROSS CONTAMINATION. PLEASE ASK YOUR SERVER IF YOU HAVE ANY CONCERNS.
- ON A FUTURE VISIT WE WELCOME CALLS AHEAD REGARDING ALLERGIES AND WILL ALWAYS DO OUR BEST TO ACCOMMODATE DIETARY REQUIREMENTS.

REEF ENCOUNTER

BAR AND GRILL

JAMES AND WHITE

BAR AND KITCHEN















WHILE YOU WAIT

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Nachos														
Mixed Olives														
Garlic Baguette														
Flat Breads														
Sourdough														



STARTERS

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Squid		✓		✓	✓			✓	✓					
Chicken Wings	✓ *			✓			✓		✓					
Salt Beef	✓	✓					✓		✓					
Smoked Salmon		✓			✓				✓					
Goats Cheese		✓					✓		✓	✓				
Zuchini Fritters									✓					
Chorizo		✓		✓					✓					








SALADS & STEAKS

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Superfood		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							
House Caesar		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					
Sticky Beef					<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Rib Eye Steak including sauces							<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					
Sirloin Steak including sauces							<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					
Surf and Turf			<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>							

SKEWERS, BBQ & FISH

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Moroccan Lamb		✓					✓		✓			✓		
Chicken & Chorizo		✓					✓		✓			✓		
Halloumi		✓					✓		✓			✓		
BBQ Chicken				✓					✓					
Ribs				✓					✓					
Combo				✓					✓					
Fish Buckets		✓	✓	✓	✓			✓	✓					
Teriyaki Salmon	✓	✓			✓							✓	✓	
Lemon Sole		✓		✓	✓		✓		✓					




BURGERS

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Classic		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Stack		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Dorset Blue		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Deli	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Tex Mex		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Chicken		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		
Haloumi		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Falafel		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>		

GRILL MENU

DESSERTS

P6

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Cheesecake		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							
Sticky Toffee		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							
Brownie		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							
Crumble		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							
Waffle		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>				
Banana Split				<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>							
Ice Cream / Sorbet	Flavours	Vary	-	Flavours	Vary	x-	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary
Amy's Failing		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							
Choc on Choc		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							
Espresso Latte		<input checked="" type="checkbox"/> *					<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>				
Iced Eton Mess		<input checked="" type="checkbox"/> *					<input checked="" type="checkbox"/>							
Cheesebord	<input checked="" type="checkbox"/> *	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							

Review Date: 04/10/18

Reviewed by: JV/RS

* = Substitution Possible

GRILL MENU

BREAKFAST & BRUNCH

P7

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Granola Sundae		✓					✓							✓
Toast Basket		✓					✓							
Breakfast Sandwich		✓					✓							
Smashed Avocado		✓												
Full Dorset		✓		✓			✓							
Full Veggie		✓		✓			✓							
Vegan Breakfast		✓												
Salmon, Avo & Eggs		✓		✓	✓									
Frittata		✓		✓										
French Toast		✓		✓			✓							
Salmon & Scrambled		✓		✓	✓		✓							

Review Date: 04/10/18

Reviewed by: JV/RS

* = Substitution Possible

REEF ENCOUNTER
BAR AND GRILL

JAMES AND WHITE
BAR AND KITCHEN

GRILL MENU

BREAKFAST & BRUNCH















P8

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Eggs Benedict		✓		✓			✓							
Eggs Royale		✓		✓	✓		✓							
Eggs Florentine		✓		✓			✓							

Review Date: 04/10/18

Reviewed by: JV/RS

* = Substitution Possible















Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Fish Finger Sandw.		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>							
Village Club		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>					
Brie & Pancetta		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>							
Steak Frites														
HEC Plate				<input checked="" type="checkbox"/>										
Chicken & Chips														
Falafel Plate		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>		

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Kids Brekkie		✓		✓										
Eggy Bread		✓		✓			✓							
Egg & Soldiers		✓		✓										
Fruit Skewers														
Nutella Toast		✓					✓			✓				
Salmon Fillet					✓									
Mac & Cheese		✓					✓							
Fish Finger		✓		✓			✓							
Sausage		✓												

GRILL MENU

KIDS SET MENU

P11

Dish	 Celery	 Cereals containing gluten	 Crustacean	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame Seeds	 Soya	 Sulphur Dioxide
Burger		✓		✓			✓		✓					
Mac & Cheese		✓					✓							
Fish Finger		✓		✓			✓							
Chicken Goujons		✓												
Salmon Fillet					✓									
Ice Cream	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary	-	Flavours	Vary
Fruit Skewer														
Party Push Up							✓							

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