

VENTANA ALLERGEN INFO GUIDE
AUTUMN/WINTER MENUS 2025/2026
*We do everything possible to avoid cross contamination, but cannot guarantee that products are completely free of allergens.
If you have any dietary requirements or need specific allergen advice, please let us know.*

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Mains	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
BRAISED MORROCAN LAMB SHANK Creamy Polenta, Wilted Kale, Spiced Carrot Crisp, Rosemary & Lamb Jus					✓										
PAN ROASTED CHICKEN SUPREME Wilted Spinach, Saffron Risotto, Basil & Almond Pesto				✓				✓							
CONFIT OF PORK BELLY Braised Red Cabbage, Baby Carrots, Apple, Sage & Cider Sauce					✓			✓							
SEAFOOD CIOPINNO Tiger Prawns, Mussels, Clams, Haddock Provençal tomato sauce, Olive Bread			✓					✓		✓	✓	✓	✓		
VENTANA CLASSIC DUO OF SALMON FISH CAKE With Choice of Chips/Fries, Creamy Watercress Sauce, Rocket Leaves			✓		✓	✓	✓	✓		✓					
PAN SEARED SALMON FILLET Potato Rosti, Confit Fennel, Mussel Bouillabaise Suce, Crispy Leeks					✓			✓		✓		✓			
VENTANA FISH & CHIPS Battered Haddock Fillet, Rustic Chunky Chips, Garden Pea Purée, Homemade Tartar Sauce, Charred Lemon			✓			✓	✓			✓					
FOREST MUSHROOM RISOTTO Wild Mushrooms, Spinach, Crème Fraiche, Truffle, Parmesan	✓							✓							
CAULIFLOWER STEAK Bean Cassoulet, Root Vegetables, Kale, Pumpkin Seed		✓			✓										
Grill	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin

VENTANA PRIME GRILLED STEAKS Sautéed Asparagus, Cherry Vine Tomatoes, Choice of Sauce & Chips 8oz SIRLOIN 8oz RIBEYE 8oz FILLET Sauces to accompany, choose from: Pink Peppercorn, Isle of Wight Blue or Thyme & Redcurrant Jus					✓			✓							
Pies	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
FISH PIE Salmon, Pollock, Haddock, White Wine & Leek Veloute, Cheesy Mash, Vegetables					✓			✓		✓				✓	
STEAK & GUINNESS PIE Rich Guinness Sauce, Creamy Mash, Vegetables			✓		✓		✓	✓						✓	
Sides	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
RUSTIC CHUNKY CHIPS		✓													
SKINNY CHIPS		✓													
SWEET POTATO FRIES		✓													
VEG OF THE DAY		✓													
Desserts	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
VANILLA CHEESECAKE Raspberry Gel, Pistachio Cream	✓		✓	✓				✓							

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Sandwiches	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
STEAK SANDWICH Caramelised Onion, Rocket, Mayo with a hint of Mustard, Ciabatta			✓			✓	✓	✓							
SMOKED SALMON & CREAM CHEESE			✓					✓		✓			✓		
BBQ Pulled Pork Bricolhe Bun, Slaw, Pickles			✓				✓	✓					✓		
CLASSIC CORONATION CHICKEN			✓				✓	✓					✓		
TUNA MAYO			✓				✓	✓					✓		
EGG MAYO	✓		✓				✓	✓					✓		
CHEESE & PICKLE	✓		✓					✓					✓		
Night Owl	V Vegetarian	VG Vegan	GL Gluten	NU Nuts	CE Celery	MU Mustard	E Eggs	D Dairy	SE Sesame	F Fish	C Crustaceans	MO Molluscs	SO Soya	SU Sulphites	LU Lupin
CHICKEN TIKKA MASALA Basmati Wild Rice, Poppadom								✓							
CREAMY PESTO PENNE Baby Spinach, Cherry Tomato, Parmesan	✓		✓	✓				✓							