



Coral Harbour
ALLERGEN GUIDE

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**ALLERGEN
GUIDE**

February 2024 Menu

Valid from 10th February 2024

PLEASE RETURN THIS GUIDE TO A STAFF MEMBER

We cannot guarantee that any foods will be completely free from any of the allergens stated in this guide

OUR ALLERGEN GUIDE

Coral Island attempts to provide as-complete-as-possible allergen information about its food products. Customers with specific food allergens need to use this guide to assist them with choosing items in our restaurant.

We cannot fully guarantee that any foods will be completely free from any allergens stated in this guide. Ingredients vary and may have changed since your last visit. Please check the relevant section in this allergen guide

If you, or someone with you ordering has a food allergy or intolerance and have any questions or specific requirements please notify a member of staff when placing your food order.

Palm oil is used for cooking our products

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Speciality Breakfast Items

Breakfast Items:

Egg – Egg

Bacon – No intentional allergens

Sausage - Cereals including Gluten, Wheat, Soya, and Sulphites.

Baked Beans - No intentional allergens

Hash Browns - Cereals including Gluten, Wheat, Eggs, and Milk

Plum Tomato - No intentional allergens

Mushrooms – Milk (From butter used when pre-cooking)

Mature Cheddar Slice – Dairy

Ciabatta Sandwich Roll - Cereals including Barley, Gluten, Rye, and Wheat

Barm Cake – Cereals including Gluten, Wheat, and Soya

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Large Hotdog:

Krakow Sausage – No intentional allergens

Hotdog Bread Roll - Cereals including Gluten, Wheat, and Soya

Fries Onions – No intentional allergens

Regular Hotdog:

Krakow Sausage – No intentional allergens

Hotdog Bread Roll - Cereals including Gluten, Wheat, and Soya

Fries Onions – No intentional allergens

Chicken Burger with bacon meal:

Chicken Breast – No intentional allergens

4" Brioche Burger Bun – Cereals including Gluten, Wheat, and Soya

Streaky Bacon – No intentional allergens

Shredded Lettuce – No intentional allergens

Mayonnaise – Egg

Fries - No intentional allergens

Chicken Burger with bacon and cheese meal:

Chicken Breast – No intentional allergens

4" Brioche Burger Bun – Cereals including Gluten, Wheat, and Soya

Streaky Bacon – No intentional allergens

Shredded Lettuce – No intentional allergens

Mayonnaise – Egg

Mature cheddar Cheese Slice - Dairy

Fries - No intentional allergens



Smashed Beef Burger Meals:

Burger Patty – No Intentional allergens

Streaky bacon - No Intentional allergens

4” Brioche Burger Bun - Cereals including Gluten, Wheat, and Soya

Sliced Gherkins – Mustard

Shredded Lettuce – No Intentional allergens

Burger Relish – Mustard

Mature Cheddar Slice – Dairy

Fries - No Intentional allergens

Half Rotisserie Chicken :

Chicken - Cereals including Gluten, Milk, Soya, Celery, Mustard, Sulphur dioxide/ Sulphites (From marinate)

Fries - No Intentional allergens

Tennessee Glaze – No Intentional allergens

Spicy Chipotle - No Intentional allergens

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Rigatoni with Italian sausage in tomato and mascarpone sauce :

Rigatoni – cereals including wheat and gluten

Tuscan sausage mince – No Intentional allergens

Tomato and mascarpone sauce – Milk

Grated parmesan – Milk

Parsley – No intentional allergens

Penne Pesto Chicken:

Chicken Breast – No intentional allergens

Penne pasta – Cereals including wheat and gluten

Pesto – Cashew nuts

Sliced semi dried tomato – No Intentional allergens

Parmesan cheese - Milk

Basil – No intentional allergens

Roasted Arrabiatta congille:

Courgette – No Intentional allergens

Red pepper – No Intentional allergens

Yellow pepper – No Intentional allergens

Aubergine – No Intentional allergens

Congille – No Intentional allergens

Arrabiatta sauce – No Intentional allergens

Pomace oil – No Intentional allergens

Balsamic Vinegar - Potassium metabisulphite

Penne Bolognese:

Penne – cereals including wheat and Gluten

Bolognese Sauce - cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk

Parmesan Cheese – Milk

Parsley – No intentional allergens



Farfalle with mushroom sauce and pancetta:

Farfalle – Wheat and Gluten

Mushroom sauce - cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk

Pancetta – No intentional allergens

Parmesan cheese - Milk

Parsley – No intentional allergens

Garlic Bread:

Pukk Bases – Wheat

Garlic butter – Milk

Parsley – No intentional allergens

Garlic Bread with cheese:

Pukk Bases – Wheat

Garlic butter – Milk

Parsley – No intentional allergens

Cheese 70/30 – Milk

4 Cheese Pizza:

Woodfire Base - cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk & sesame seeds.

Parmesan cheese –Milk

Red cheddar –Milk

70/30 Mozzarella and cheddar mix –Milk

Red onion – No intentional allergens

Mushrooms – No intentional allergens

Black pitted olives - No intentional allergens

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Tuna Pizza:

Woodfire Base - Cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk & sesame seeds.

70/30 Mozzarella and cheddar mix –Milk

Tuna – Fish

Red peppers – No intentional allergens

Red onion - No intentional allergens

Salami & ham pizza;

Woodfire Base - Cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk & sesame seeds.

70/30 Mozzarella and cheddar mix –Milk

Ham stamps – No intentional allergens

Pepperoni - soya beans, milk

Margarita:

Woodfire Base - cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk & sesame seeds.

70/30 Mozzarella and cheddar mix –Milk

Salad Bowl:

Lettuce – No intentional allergens

Cherry tomatoes – No intentional allergens

Red onion – No intentional allergens

Cucumber – No intentional allergens

Salad toppings:

Mozzarella balls & sundried tomatoes – Milk

Feta cheese & olives – Milk



Fish

Battered Haddock – Fish, Cereals including Gluten, wheat

Jumbo Sausage:

Sausages - Cereals including Gluten, wheat, soya, sulphites,

Battered Jumbo Sausage:

Battered Sausages - Cereals including Gluten, wheat, soya, sulphites

Chips:

Cut Potato – No intentional allergens

Pies/Puddings

Meat & Potato – Cereals Including gluten, wheat, milk

Cheese & Onion – Cereals Including gluten, wheat, milk

Chicken & Mushroom – Cereals Including gluten, wheat, milk

Steak & Kidney pies – Cereals Including gluten, wheat, milk

Steak Pudding - Cereals Including gluten, wheat.

Sides:

Curry sauce – Cereals including gluten, wheat, celery

Mushy Peas – No intentional allergens

Baked Beans – No intentional allergens

Gravy – Cereals including gluten, wheat

Buttered Bread Roll – Milk, cereals including gluten, wheat, soya

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Noodles:

Lucky Boat Noodles – Wheat

Bean Sprouts – Soy

Sesame Oil – Sesame

Soya Sauce – Soya, and Gluten

Spring Onion – No intentional allergens

Fried Rice:

Long Grain Rice – No Intentional allergens

Egg – Egg

Peas - No intentional allergens

Soya Sauce – Soya, and Gluten

Salt and Pepper Chicken – ‘With a chilli kick’:

Salt and Pepper Chicken – Wheat, and Soya

Thai garlic, ginger and chilli sauce – No Intentional allergens

Red Chilli - No Intentional allergens

Spring onions – No Intentional allergens

Coriander – No Intentional allergens

White and black sesame seeds – Sesame

Crispy Chilli Beef:

Crispy Chilli Beef – Wheat, and Soya

Thai garlic, ginger and chilli sauce – No Intentional allergens

Spring onions – No Intentional allergens

Coriander – No Intentional allergens

White and black sesame seeds – Sesame

Sweet and Sour Pork Balls:

Pork Mincemeat – No intentional allergens

Special Plus Batter – No Intentional allergens

Sweet and Sour Sauce - No Intentional allergens

Spring onions – No Intentional allergens

Coriander – No Intentional allergens

White and black sesame seeds – Sesame



Szechuan Vegetables:

Red Pepper – No intentional allergens

Yellow Pepper – No intentional allergens

Straw Mushrooms – No intentional allergens

Mangetout – No intentional allergens

Spring Onion – No intentional allergens

Red Chilli – No intentional allergens

Szechuan Sauce – Soya and wheat

Chinese Chicken Curry:

Goldfish Curry Paste – Wheat, soya and celery

Chicken Breast – No intentional allergens

Spring Onions – No intentional allergens

Red Chilli - No intentional allergens

Bao Bun with Batter Haddock:

Katerbake Bao Hirata Bun – Gluten and sesame

Haddock Slices – Fish

Special Plus Batter – Cereals including Gluten, wheat

Miso and Lemon Mayonnaise – Soya and Egg

Cucumber – No intentional allergens

Red Chilli – No intentional allergens

Spring Onion – No intentional allergens

White and black sesame – Sesame

Bao Bun with Batter Cauliflower:

Katerbake Bao Hirata Bun – Gluten and sesame

Cauliflower Florets – No intentional allergens

Gram Flour Batter – Cereals including Gluten, wheat

Thai garlic, ginger and chilli sauce – No Intentional allergens

Cucumber – No intentional allergens

Red Chilli – No intentional allergens

Spring Onion – No intentional allergens

White and black sesame – Sesame



Bao Bun with Shredded Duck:

Katerbake Bao Hirata Bun – Gluten and sesame

Shredded Duck– No intentional allergens

Hoisin sauce –Gluten, Sesame and soya

Cucumber – No intentional allergens

Red Chilli – No intentional allergens

Spring Onion – No intentional allergens

White and black sesame – Sesame

Bao Bun with Belly Pork:

Katerbake Bao Hirata Bun – Gluten and sesame

Sliced Belly Pork– No intentional allergens

Teriyaki sauce – Gluten, Soya, Peanuts, and Nuts

Soya Sauce - Soya and Gluten

Cucumber – No intentional allergens

Red Chilli – No intentional allergens

Spring Onion – No intentional allergens

White and black sesame – Sesame

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Children's Meals

Mini fish and chips:

Haddock – Fish, Cereals including Gluten, wheat

Special plus batter – Cereals including Gluten, wheat, soya, sulphites

Fries - No intentional allergens

Beef Burger and Chips:

Beef Burger – cereals including gluten, wheat, soya, sulphites

Sesame seeded bun – cereals including gluten, wheat, sesame

Fries – No intentional allergens

Pasta spirals:

Pasta spirals – cereals including gluten, wheat

Homepride tomato and basil sauce – celery, milk

Chicken Nuggets and Chips:

Chicken Nuggets – cereals including gluten, wheat, milk, celery, soya, egg, mustard

Fries – No intentional allergens

Hot dog in a bun:

Hot Dog – soya, milk, celery – may contain mustard

Hot Dog bun – cereals including gluten, wheat – may contain sesame

Fries – No intentional allergens

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Additional Sauces

Table Condiments & Sauces:

Malt Vinegar – Cereals including gluten, barley

Salt Sachets– No intentional allergens

Pepper Sachets - No intentional allergens

Heinz Mayonnaise – Eggs, mustard

Heinz Tomato Ketchup – Celery

Hp Brown Sauce – Cereals including gluten, barley, rye

Please return allergen guide back to a member of staff.