



Coral Harbour  
**ALLERGEN GUIDE**

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GUIDE**

September 19th, 2024, Menu

Valid from 19th September 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** – Milk

**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, egg

**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, egg

**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, egg

**Parsley** – No intentional allergens



### **Garlic Bread:**

**Doughboys** – Cereals including gluten, wheat, soya bean, milk, mustard

**Garlic butter** – Milk

**Parsley** – No intentional allergens

### **Garlic Bread with cheese:**

**Doughboys** – Cereals including gluten, wheat, soya bean, milk, mustard

**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, egg

**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

### **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

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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

### **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** – No intentional allergens.

**Sesame Oil** – Sesame

**Soya Sauce** – Cereals including gluten, wheat, soya bean.

**Spring Onion** – No intentional allergens

**Fried Rice:**

**Long Grain Rice** – No Intentional allergens

**Egg** – Egg

**Peas** - No intentional allergens

**Soya Sauce** – Cereals including gluten, wheat, soya bean.

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

**Salt and Pepper Chicken** –Cereals including gluten, wheat.

**Thai garlic, ginger and chilli sauce** – Cereals including gluten, wheat., soya

**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** – Cereals including gluten, wheat, soya bean.

**Thai garlic, ginger and chilli sauce** –Cereals including gluten, wheat., soya

**Spring onions** – No Intentional allergens

**Coriander** – No Intentional allergens

**White and black sesame seeds** – Sesame

**Sweet and Sour Pork Balls:**

**Pork Mince** – No intentional allergens

**Gram flour 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

**Gram Flour Batter** – No intentional allergens

**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** – No intentional allergens

**Thai garlic, ginger and chilli sauce** – Cereals including gluten, wheat., soya

**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.

