



Coral Harbour ALLERGEN GUIDE

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April 1st, 2025, Menu

Valid from 1st April 2025

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



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)

Barm Cake – Cereals including Gluten, Wheat, and Soya

Items list above may contain traces of Almonds, Cashew nut, Hazelnut and/or Sesame.

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Large Hotdog:

Krakow Sausage – No intentional allergens

Hotdog Bread Roll - Cereals including Gluten, Wheat

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

Mature cheddar Cheese Slice - Dairy

Smashed Beef Burger’s:

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

Chicken bites:

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

Fries – No Intentional allergens

BBQ sauce - No Intentional allergens

Chicken Wings:

Chicken Wings – Sesame Seeds

BBQ sauce – No Intentional allergens

Fries - No Intentional allergens



Amalfi:

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

Anchovies: No intentional allergens

Pepperoni Stamps: No intentional allergens

olives- No intentional allergens

70/30 grated mozzarella & cheddar: Milk

The Harbour:

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 onion: No intentional allergens

Olives: No intentional allergens

Pepperoni:

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

Pepperoni Stamps: No intentional allergens

70/30 grated mozzarella & cheddar: Milk

Arrabiata:

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

Bolognaise: cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk

Mixed Peppers: No intentional allergens

Mushrooms: No intentional allergens

Red chilli: No intentional allergens

70/30 grated mozzarella & cheddar: Milk

Meat Feast:

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

Pepperoni Stamps: No intentional allergens

Sliced Krakow: No intentional allergens

Peppers - No intentional allergens

70/30 grated mozzarella & cheddar: Milk

Chicken Tikka: Milk

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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

Regine:

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

Mushrooms: No intentional allergens

Ham Stamps: No intentional allergens

70/30 grated mozzarella & cheddar: Milk

Hawaiian:

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

Pineapple: No intentional allergens

Ham Stamps: No intentional allergens

70/30 grated mozzarella & cheddar: Milk

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

Lasagne:

Homemade Lasagne – Cereals including gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soya beans, mustard, milk

70/30 Grated Cheese - Milk

Mac & Cheese –

Homemade Cheese Sauce – Milk

Maccaroni pasta – Cereals including wheat, Gluten

70/30 Grated Cheese – Milk

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

Caesar Salad:

Lettuce gems – No intentional allergens

Croutons – cereals including gluten, wheat

Streaky Bacon – No intentional allergens

Parmesan – Milk

Hellman's Caesar salad dressing – Egg, Fish, Milk, Sesame seeds,
Mustard

Chicken fillet - No intentional allergens

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Almonds, Cashew nut, Hazelnut and/or
Sesame.**

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this guide**



Fish

Battered Haddock – Cereals including Gluten, wheat & fish

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

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Butter Chicken Curry:

Katerbake Butter Chicken Curry – Milk

Chicken Breast – No intentional allergens

Basmati Rice – No intentional allergens

Mini Garlic naan – Cereals including gluten, wheat.

Bao Bun with Salt & pepper Chicken:

Katerbake Bao Hirata Bun – Gluten and sesame

Crispy Salt & pepper chicken - Cereals including gluten, wheat.

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 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

Hoisin sauce – Cereals including wheat, 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

Stuffed Spuds

Tuna & Sweetcorn Mayonnaise;

Tuna – Fish

Sweetcorn – No intentional allergens

Mayonnaise – Egg, Mustard

Jacket Potato - No intentional allergens

Spicey Cajun Turkey in Mayonnaise;

Turkey Breast – No intentional allergens

Cajun Seasoning – No intentional allergens

Mayonnaise – Egg, Mustard

Jacket potato - No intentional allergens

Cheese, Ham & red onion:

Grated Red Cheese – Milk

Gammon – Gluten, Mustard

Red onion - No intentional allergens

Jacket Potato - No intentional allergens

Chicken With Curry Mayonnaise;

Chicken – Gluten, Soya, Milk, Celery, Mustard, Sulphur dioxide/Sulphites

Curry Spice – No intentional allergens

Mayonnaise - Egg, Mustard

Jacket Potato - No intentional allergens

Bolognaise sauce with cheese;

Bolognaise Sauce – Cereals incl Gluten, wheat, barley, fish, sulphur dioxide/Sulphites, celery, egg, soya beans, mustard, milk

Grated cheese – Milk

Jacket potato – No intentional allergens

Chilli Beef with cheese & crushed nachos;

Beef chilli – Barley, Fish, Milk

Grated cheese – Milk

Tortilla chips – No intentional allergens

Jacket potato - No intentional allergens

Butter Chicken Curry:

Jacket Potato - No intentional allergens

Homemade Butter Chicken Curry – Milk

Stuffed Spuds

Baked Beans & cheese;

Baked Beans – No intentional allergens

Grated Cheese- Milk

Jacket potato - No intentional allergens

Sliced sausage with BBQ beans:

IQF sausages – Cereals incl Gluten, Wheat, Soya, Sulphites

Baked beans – No intentional allergens

BBQ sauce - No intentional allergens

Jacket potato - No intentional allergens



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 – No intentional allergens

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



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

Thank you for dining with Coral
Harbour

Please return allergen guide back to a
member of staff.

