

# Allergy advice sheet

*The Old Spotted Cow*  
at Marston Meysey

The Street, Marston Meysey, Wiltshire, SN6 6LQ; Telephone 01285 810 264  
www.theoldspottedcow.co.uk & email: theoldspottedcow@outlook.com

**Allergens listed:** gluten; dairy; peanuts; nuts; mustard; celery; molluscs; crustaceans; sesame; garlic  
please tell us of any other dietary issues we need to know about.

--- / DF	Bread & dipping oil (veggie; vegan)	Contains DAIRY if you opt for butter
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GF / DF	Olive antipasti (veggie; vegan)	Contains GARLIC
--- / DF	Squid & aioli	GF on request; Aioli contains EGGS & GARLIC
GF / DF	Patatas bravas (veggie; vegan)	Contains GARLIC
GF / ---	Chilli prawns	Contains DAIRY and GARLIC
GF / DF	Chorizo	
GF / DF	Broad beans	
GF / DF	Mushrooms (veggie; vegan)	Contains GARLIC
--- / DF	Whitebait	Contains FISH
GF / ---	Marinated feta (veggie)	Contains DAIRY
GF / ---	Stuffed peppers (veggie)	Contains DAIRY
GF / DF	Quails' eggs (veggie)	

GF / DF	White bean & rosemary soup (veggie & vegan without bacon)	Contains CELERY
GF / ---	Wild mushroom soup (veggie)	Contains CELERY and GARLIC

FOR ALLENGENS IN TODAY'S **SPECIALS**, PLEASE ASK YOUR WAIT STAFF

--- / ---	Macaroni (veggie)	Contains DAIRY & GLUTEN
--- / ---	Bubble & squeak	Contains EGGS & DAIRY (GF / DF / Veggie on request)
GF / ---	Omelette (can be veggie)	Contains EGGS – ask about allergens in specific fillings pls
--- / DF	Scampi	Contains CRUSTACEANS & GLUTEN
--- / ---	Fish & chips	Contains FISH & GLUTEN (GF on request)
--- / DF	Steak	Contains GLUTEN in onion rings – ask about allergens in specific toppings pls

--- / ---	Sunday roast (can be veggie)	Contains CELERY and GARLIC and GLUTEN and DAIRY. Can be adapted to suit most allergies – please ask
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LANDLADY & HEAD CHEF: ANNA LANGLEY-POOLE

Front of House: Perri Modrak; Nikita Monk; Russell Volk

Kitchen: Graham Hankinson; Jonathan Varkevisser; Tom Stewart

Part time helpers: Emily James; Sam Sparkes; Freddie Marsh

--- / ---	Filled roll, with chips and salad	<p>Contains GLUTEN and optional DAIRY (butter)</p> <p><b>Fillings</b></p> <p>Rare roast beef &amp; horseradish - horseradish sauce contains DAIRY</p> <p>Bacon &amp; cheese melt- contains DAIRY</p> <p>Halloumi, sun-blush, baby spinach – Veggie. Contains DAIRY&amp; GARLIC</p> <p>Prawn Marie Rose - Contains CRUSTACEANS and EGG</p> <p>Cajun chicken - Contains traces of GARLIC</p> <p>Cheese &amp; pickle – Vegetarian. Contains DAIRY (&amp; GARLIC in the pickle)</p> <p>Roast pork &amp; apple</p>
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Garlic bread	Vegetarian, contains dairy and gluten.
Cheesy garlic bread	Vegetarian, contains dairy and gluten.
Macaroni cheese	Vegetarian. Contains dairy, gluten
Truffle mash	Vegetarian. Contains dairy
Chips & Bloody Mary sauce	Vegetarian, sauce contains traces of celery and garlic; DAIRY FREE.
Cheesy chips	Vegetarian, contains dairy.
Mixed leaf salad	Vegetarian, vegan GLUTEN FREE, DAIRY FREE
Seasonal mixed greens	Vegetarian. GLUTEN FREE., can be dairy free and vegan on request

### Vegan main course options

Bubble & squeak with tomato sauce, fine beans and toasted mixed seeds £10.00

Spiced chickpea & spinach stew with rice, chutney & pappadums £10.00

\*\*\* Additional options can be made if more than 24 hours' advance notice is given.

### Desserts

For gluten free, dairy free or vegan desserts we require at least 24 hours' notice please

### Tea & Coffee

We have soya milk available on request, as well as various caffeine free options.

Please note that the chocolates that we serve with coffee and tea contain dairy and NUTS.