

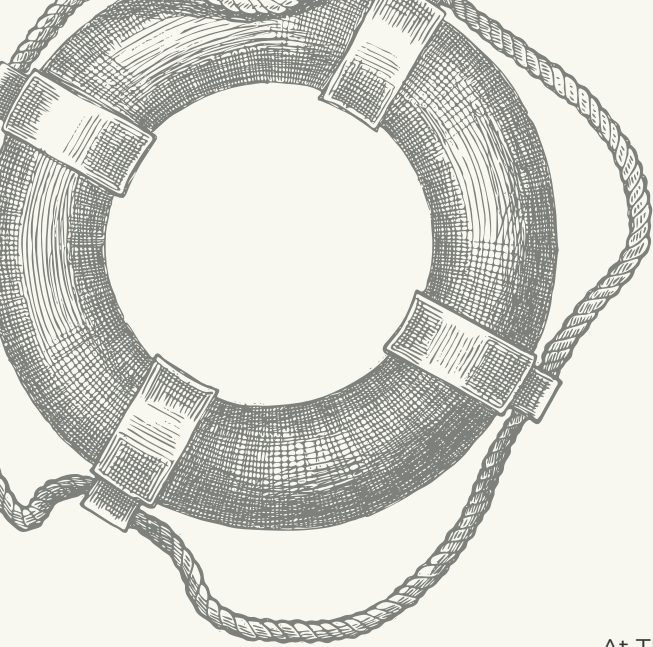
The background features a white line-art illustration of a ship's hull and a chain. The hull is shown in a perspective view, with a chain running along its length. The lines are clean and stylized, creating a nautical theme. The entire illustration is set against a solid teal background.

THE DOCK

BAR & KITCHEN

Allergen
GUIDE

OCTOBER
2023



THE DOCK

BAR & KITCHEN

ALLERGENS & INTOLERANCES

At The Dock we take food allergens very seriously. If you have an allergy or intolerance please let us know before ordering. This allergen list includes all of the 14 allergens we are legally required to declare for every dish on our menu.

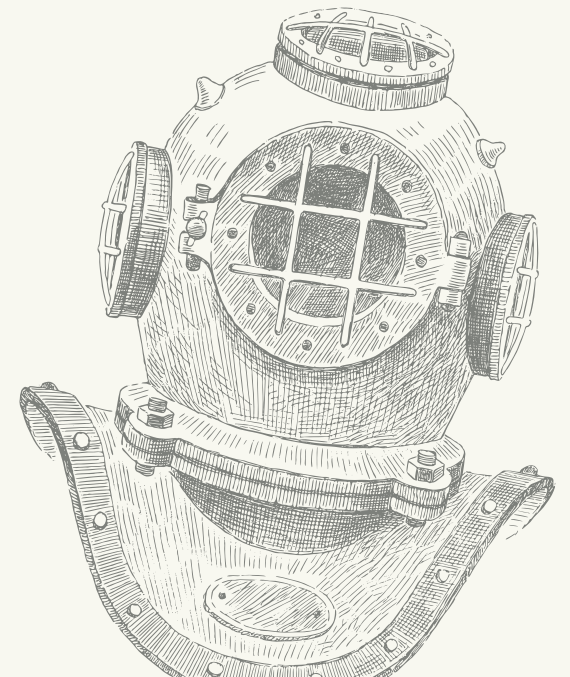
We have strict procedures in place for taking and preparing allergen orders, however even with the considerable efforts we go to, unfortunately we can never 100% guarantee that dishes will be totally free from allergens.

Whilst our vegan/vegetarian dishes contain no meat or animal-derived ingredients, we cannot always guarantee that meals will be cooked in dedicated vegetarian/vegan fryers. Please ask your server for more information

(VG) - Vegan (V) - Vegetarian

Key	
Y	Contains Allergen
M	May Contain Traces

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BREAKFAST

*(There have been rare cases of allergic reactions to products containing mycoprotein. Mycoprotein is made with a member of the fungi/mould family. It is high in protein and fibre which may cause intolerance in some people.)

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Full Welsh Breakfast / Dockers Breakfast	Smoked Back Bacon											Y			
	Pork & Leek Sausage										Y	Y			Y
	Fried Egg	Y													
	Grilled Mushroom														
	Grilled Tomato														
	Hash Browns														
	Baked Beans														
	Sourdough Toast														Y
	Butter Portion							Y							
Veggie Full Welsh Breakfast (v)	Quorn® Sausages*														Y
	Hash Browns														
	Baked Beans														
	Fried Egg	Y													
	Grilled Mushroom														
	Grilled Tomatoes														
	Sourdough Toast														Y
	Butter Portion							Y							
Veggie Full Welsh Breakfast (Vegan Serve)	Quorn® Sausages*														Y
	Hash Browns														
	Baked Beans														
	Avocado														
	Grilled Mushroom														
	Grilled Tomatoes														
	Sourdough Toast														Y
	Sunflower Spread														

BUTTIES

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Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Bread Options	Brioche Style Bun (ve)									M					Y
	White Bloomer (ve)										M				Y
	Gluten Free Roll (gf) (v)	Y													
Breakfast Butty	Smoked Back Bacon														
	Pork & Leek Sausage										Y	Y			Y
	Fried Egg	Y													
Bacon Butty	Smoked Back Bacon											M			
Sausage Butty	Pork & Leek Sausage										Y	Y			Y
Vegan Butty (ve)	Quorn®Sausages*														Y
Veggie Butty (v)	Quorn®Sausages*														Y
	Fried Egg	Y													

BREAKFAST MUFFINS

Sausage Patty Muffin	Toasted Muffin									M	Y				Y
	Fried Egg														
	Cheese							Y							
	Sausage Patty										Y				Y
Smoked Back Bacon Muffin	Toasted Muffin									M	Y				Y
	Fried Egg														
	Cheese							Y							
	Smoked Back Bacon											M			
Vegan Muffin (ve)	Toasted Muffin									M	Y				Y
	Quorn®Sausages*														Y
	Vegan Cheese														

PANCAKES

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Pancakes w/ Streaky Bacon & Maple Syrup	Buttermilk Pancakes	Y					M	Y			Y	M		M	Y
	Streaky Bacon											Y			
	Maple Sauce														
Pancakes w/ Vanilla Yoghurt & Berries (v)	Buttermilk Pancakes	Y					M	Y			Y	M		M	Y
	Vanilla Yoghurt														
	Mixed Berries														
Pancakes w/ Banana & Lotus Biscoff® (v)	Buttermilk Pancakes	Y					M	Y			Y	M		M	Y
	Lotus Biscoff® Sauce										Y				Y
	Lotus Biscoff® Crumb										M				Y

ON TOAST

BBQ Beans & Chorizo	BBQ Beans														
	Chorizo							Y			Y				
	Sunflower Spread														
	Toasted Bloomer										M				Y
Baked Beans, Sausage & Cheese	Baked Beans														
	Pork & Leek Sausage										Y				Y
	Cheese							Y							
	Sunflower Spread														
	Toasted Bloomer										M				Y
Baked Beans & Smoked Bacon	Baked Beans														
	Smoked Back Bacon											M			
	Sunflower Spread														
	Toasted Bloomer										M				Y

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Baked Beans (ve)	Baked Beans														
	Sunflower Spread														
	Toasted Bloomer									M					Y
Baked Beans & Quorn®Sausages* (ve)	Baked Beans														
	Quorn®Sausages*														Y
	Sunflower Spread														
	Toasted Bloomer									M					Y

LIGHTER OPTIONS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Smashed Avocado on Toast (v)	Avocado Mix														
	Poached Egg	Y													
	Sourdough Toast							M							Y
	+ add Halloumi (v)							Y							
	+ add Bacon											M			
Smashed Avocado on Toast (Vegan Serve)	Avocado Mix														
	Sourdough Toast							M							Y
Porridge w/ Soy Milk & Mixed Berries (ve)	Porridge Oats														Y
	Soy Milk										Y				
	Mixed Berries														
Granola w/ Vanilla Yoghurt & Mixed Berries (v)	Granola								Y	Y				Y	Y
	Vanilla Yoghurt							Y							
	Mixed Berries														

KIDS BREAKFAST

*(There have been rare cases of allergic reactions to products containing mycoprotein. Mycoprotein is made with a member of the fungi/mould family. It is high in protein and fibre which may cause intolerance in some people.)

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Kids Welsh Breakfast	Smoked Back Bacon											M			
	Pork & Leek Sausage										Y	Y			Y
	Baked Beans														
	Hash Browns							M							M
	Fried Egg	Y													
	Toasted Bloomer										M				Y
Kids Vegan Breakfast (ve)	Quorn®Sausages*														Y
	Baked Beans														
	Hash Browns							M							M
	Toasted Bloomer										M				Y
Baked Beans, Bacon & Cheese on Toast	Baked Beans														
	Smoked Back Bacon											M			
	Cheese							Y							
	Sunflower Spread														
	Toasted Bloomer										M				Y
Baked Beans, Sausage & Cheese on Toast	Baked Beans														
	Pork & Leek Sausage										Y	Y			Y
	Cheese							Y							
	Sunflower Spread														
	Toasted Bloomer										M				Y
Baked Beans & Quorn®Sausages* on Toast (ve)	Baked Beans														
	Quorn®Sausages*														Y
	Sunflower Spread														
	Toasted Bloomer										M				Y
Baked Beans on Toast (ve)	Baked Beans														
	Sunflower Spread														
	Toasted Bloomer										M				Y

PANCAKES - KIDS MENU

Dish	Item	Cereal	Egg	Shellfish	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Streaky Bacon & Maple Syrup	Buttermilk Pancakes	Y				M	M	Y				M			Y
	Streaky Bacon											Y			
	Maple Sauce														
Vanilla Yoghurt & Berries (v)	Buttermilk Pancakes	Y				M	M	Y				M			Y
	Vanilla Yoghurt														
	Mixed Berries														
Banana & Lotus Biscoff® (v)	Buttermilk Pancakes	Y				M	M	Y				M			Y
	Lotus Biscoff® Sauce											Y			
	Lotus Biscoff® Crumb											Y			

CAKE & CUPPA DEAL

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Milk	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Blueberry Muffin (v)	Packaged Blueberry Muffin	Y						Y	M	M	M	M		M	Y
Chocolate-Caramel Muffin (v)	Packaged Chocolate-Caramel Muffin	Y						Y	M	M	Y	M		M	Y

HOT DRINKS

Due to the way our hot drinks are dispensed, these drinks may contain traces of milk, even if ordered without milk or with oat milk. If you have an allergen or intolerance, please speak to a member of our team before ordering.

SHARERS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Charcuterie Board	Alex Gooch Sourdough										M				Y
	Caws Cenarth Cheese							Y							
	Chilli-Garlic Olives								M	M				M	
	Tomarosso Tomatoes														
	Balsamic Vinegar, Sea Salt, Olive Oil											Y			
Bay Seafood Platter	Whitebait				Y										Y
	Garlic Prawns		Y												
	Cod Goujons				Y										
	Salt & Pepper Squid			Y											Y
	Chunky Tartare Sauce														
	Sriracha												M		
Corn Tortilla Nachos (v)	Corn Tortilla Chips							M			M				M
	Nacho Cheese Sauce							Y			Y				
	Spicy Salsa														
	Sour Cream							Y					M		
	Jalapeños														
	Guacamole														
Vegan Corn Tortilla Nachos (ve)	Corn Tortilla Chips							M			M		M		M
	Vegan Cheese														
	Spicy Salsa												M		
	Jalapeños														
	Guacamole														
Nachos Add-Ons	BBQ Pulled Pork														
	Oumph!® Vegan BBQ Pulled Pork										Y				

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Dirty Fries (gf)	Skin-on-fries														
	BBQ Pulled Pork														
	Nacho Cheese Sauce							Y			Y				
	Grated Cheese							Y							
	Jalapeños														
	Red Onion Marmalade														
Vegan Dirty Fries (ve) (gf)	Skin-on-fries														
	Oumph!® Vegan BBQ Pulled Pork										Y				
	Vegan Cheese														
	Jalapeños														
	Red Onion Marmalade														

SMALL PLATES

*(There have been rare cases of allergic reactions to products containing mycoprotein. Mycoprotein is made with a member of the fungi/mould family. It is high in protein and fibre which may cause intolerance in some people.)

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Hand-Battered Cod Goujons (gf)	Battered Cod Goujons				Y										
	Tartare Sauce														
Crispy Breaded Fish Fingers* (ve)	Quorn® Vegan Fishless Fingers*														Y
	Tartare Sauce														
Teifi Organic Fried Halloumi (v) (gf)	Fried Halloumi Strips							Y							
	Sour Cream							Y							
Garlic Prawns (gf)	Marinated Tiger Prawns		Y												Y
	Sriracha Mayo														
Salt & Chilli Chicken Chunks	Battered Chicken	Y													Y
	Garlic Mayo														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Vegan Squid Rings (ve)	Vegan Squid Rings										M				Y
	Sriracha Sauce														
Whitebait	Fried Whitebait				Y										Y
	Garlic Lemon Mayo														
Sourdough Selection (ve)	Alex Gooch Sourdough										M				Y
	Sea Salt, Balsamic Vinegar & Olive Oil											Y			
Caws Cenarth & Chorizo (gf)	Caws Cenarth Cheese							Y							
	Chorizo										Y				
	Bydafau Honey														
Welsh Rarebit Croquettes (v)	Rarebit Croquettes						Y	Y							Y
	Red Onion Marmalade														
Lamb Koftas	Garlic & Mint Kofta						M	M			M	Y	M		Y
	Tzatziki						M	Y			M	Y	M		Y

SIDES

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Seasoned Skin-on-fries (ve) (gf)	Skin-on-fries														
	Seasoning														
Thick-Cut Chips (ve) (gf)	Thick-Cut Chips														
	Seasoning														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Loaded Fries (gf)	Skin-on-fries														
	Nacho Cheese Sauce							Y			Y				
	Smoked Bacon											M			
Beer-Battered Onion Rings (ve)	Beer-Battered Onion Rings						M				M				Y
Garlic Ciabatta (ve)	Ciabatta														Y
	Garlic & Herb Topping														
Cheesy Garlic Ciabatta (veo)	Ciabatta														Y
	Garlic & Herb Topping														
	Dragon Cheddar							Y							
	Vegan Cheese														
Garlic Bread (gluten free serve)	Gluten Free Bread	Y													
	Garlic & Herb Topping														
Cheesy Garlic Bread (gluten free serve)	Gluten Free Bread	Y													
	Garlic & Herb Topping														
	Dragon Cheddar							Y							
	Dairy Free Cheese														

MAINS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Traditional Welsh Cawl	Cawl												Y		
	Alex Gooch Sourdough														Y

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Traditional Welsh Cawl (gluten free serve)	Cawl												Y		
	Gluten Free Bread	Y													
Welsh Beef Lasagne	Beef Lasagne	M						Y			M		Y		Y
	Garlic Ciabatta														Y
Chargrilled Vegetable Lasagne (ve)	Vegetable Lasagne										Y		Y	M	Y
	Garlic Ciabatta														Y
Lime & Ginger Seabass Fishcakes (gf)	Fishcakes				Y										
	Peas, Green Beans & Baby Spinach														
	Crème Fraîche							Y							
Cardiff Victoria Park Pie	Victoria Park Pie (Allergens may change depending on available fillings. Ask for details)							M	M				M	M	Y
	Buttery Mash							Y				M			M
	Mushy Peas														
	Gravy												Y		
Chimichurri Chargrilled Chicken (gf)	Chargrilled Chicken														
	Sautéed New Potatoes														
	Silverskin Onions														
	Green Beans & Baby Spinach														
	Crème Fraîche							Y							

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Chicken Tikka Masala	Chicken Tikka Masala						M	Y	M					M	Y
	Basmati Rice														
	Naan Bread							M							Y
	Poppadom														
	Raita							Y							
Thai-Style Panang Curry (ve) (gfo)	Panang Curry														
	Basmati Rice														
	Naan Bread <small>(remove for gluten free serve)</small>							M							Y
	Poppadom														
Classic Fish & Chips	Battered Cod Fillet				Y										
	Thick-cut Chips														
	Minted Mushy Peas														
	Tartare Sauce														
8oz Sirloin Steak (gf)	Sirloin Steak														
	Thick-cut Chips														
	Slow-Roasted Tomatoes														
	Baked Garlic Mushroom							Y							
Steak Sauces	Peppercorn Sauce (gf)							Y							
	Chimichurri (gf)														

BURGERS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Big Bay Burger	Brioche-Style Bun									M					Y
	6oz Beef Patty														Y
	Burger Cheese							Y							
	BBQ Pulled Pork														
	Nacho Cheese Sauce							Y			Y				
	House Burger Sauce						Y								
	Salad														
	Skin-on-Fries														
	House Slaw														
Hunters Chicken Burger (gfo) (Gluten free bun allergens: egg)	Brioche-Style Bun									M					Y
	Gluten Free Bun Swap	Y													
	Grilled Chicken Breast														
	Dragon Cheddar Cheese							Y							
	Smoked Streaky Bacon												M		
	BBQ Sauce												M		
	Salad														
	Skin-on-Fries														
	House Slaw														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
The Big Cheeseburger	Brioche-Style Bun									M					Y
	6oz Beef Patty														Y
	Burger Cheese							Y							
	Nacho Cheese Sauce							Y			Y				
	House Burger Sauce						Y								
	Salad														
	House Slaw														
The Oumph!® Burger (ve)	Brioche-Style Bun														Y
	Oumph!® Burger Patty										Y				Y
	House Burger Sauce						Y								
	Salad														
	House Slaw														
Burger Extras	Cheese (v) (gf)							Y							
	Vegan Cheese (ve) (gf)														
	Extra Beef Patty														
	Extra Chicken Breast (gf)														
	Extra Oumph!® Burger Patty (ve)										Y				

Burger Extras (continued)	BBQ Pulled Pork (gf)															
	Oumph!® Vegan BBQ Pulled Pork (ve)										Y					
	Streaky Bacon (gf)											M				
	Jalapeños (ve) (gf)															

SANDWICHES

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Bread Options	Malted Seeded Bread														Y
	Alex Gooch Sourdough														Y
	Gluten Free Roll	Y													
Salami & Carmarthen Ham Sandwich (gfo)	Salami														
	Carmarthen Ham														
	Lettuce & Tomato														
	Mayo														
	Skin-on-Fries														
Pantysgawn Goats Cheese Sandwich (gfo)	Goats Cheese							Y							
	Rocket														
	Red Onion Marmalade														
	Skin-on-Fries														
Tiger Prawns & Avocado Sandwich (gfo)	Tiger Prawns		Y	M	M										
	Rocket & Tomato														
	Sriracha Mayo														
	Skin-on-Fries														

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Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Hand-Battered Crispy Cod Goujon Sandwich (gfo)	Cod Goujons				Y										
	Baby Gem Lettuce														
	Tartare Sauce														
	Skin-on-Fries														
Crispy Breaded F*sh Finger Sandwich (ve)	Quorn® Vegan Fishless Fingers*														Y
	Baby Gem Lettuce														
	Tartare Sauce														
	Skin-on-Fries														

FLATBREADS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Lamb Kofta Flatbread	Flatbread							M			M				Y
	Garlic & Mint Kofta						M	M			M	Y	M		Y
	Rocket														
	Tzatziki						M	Y			M	Y	M		Y
	Tomato Cucumber Salsa														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Shawarma Chicken Flatbread	Flatbread							M			M				Y
	Shawarma Chicken										Y				
	Baby Gem Lettuce														
	House Slaw														
	Garlic Mayo														
Oumph!® BBQ Pulled Pork Flatbread (ve)	Flatbread										Y				Y
	Oumph!® Vegan BBQ Pulled Pork										Y				
	BBQ Sauce						M					M			
	House Slaw														
	Vegan Cheese														

KIDS MENU

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Beef Lasagne	See main menu serve														
Vegetable Lasagne	See main menu serve														
Cod Goujons	See main menu serve														
Crispy Chicken Tenders	Chicken Tenders												Y		Y
	Skin-on-Fries & Peas														
Oumph!® Burger	See main menu serve														

SUNDAY ROASTS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Proteins	Topside of Beef														
	Half Roast Chicken														
	Garlic & Rosemary Leg of Lamb														
	Butternut Squash & Lentil Wellington (ve)										Y		Y	Y	Y
Vegetables (v) (gf)	Maple Glazed Parsnips							Y							
	Carrots							Y							
	Swede Mash							Y							
	Cabbage							Y							
	Peas							Y							
	Leeks							Y							
	Roasted Potatoes							Y							
Vegetables (vegan serve) (gf)	Maple Glazed Parsnips														
	Carrots														
	Swede Mash														
	Cabbage														
	Peas														
	Leeks														
	Roasted Potatoes														
Accompaniments	Yorkshire Pudding (v)	Y													Y
	Stuffing (ve)														Y
	Gravy (ve) (gf)														

DESSERTS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Bramble Apple & Blackberry Crumble (v)	Bramble Apple & Blackberry Crumble	Y						Y							Y
	Custard	Y						Y							
Sticky Toffee Pudding (v)	Sticky Toffee Pudding	Y						Y	M		M			M	Y
	Toffee Sauce							Y							
	Vanilla Ice Cream							Y							
	Custard														
Bailey's Profiteroles (v)	Irish Cream Filled Profiteroles	Y						Y	M		Y			M	Y
	Chocolate Sauce										Y				
Orange & Passionfruit Cheesecake (ve)	Cheesecake	M						M			Y	Y		M	
	Orange Passionfruit Coulis														

KIDS DESSERTS

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Chocolate Brownie	Brownie								M					M	
	Vanilla Ice Cream							Y							
Ice Cream	Vanilla Ice Cream							Y							
	Red Berry Sauce														
Chocolate Brownie (vegan serve)	Brownie								M					M	
	Vegan Ice Cream							M			M				

THE DOCK

BAR & KITCHEN

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