

THE DOCK FOOD MENU

ALLERGEN GUIDE OCTOBER 2024

If you have an allergy or intolerance, please let us know before ordering. Our allergen guide lists all 14 of the most common allergens for each dish on our menu. We have strict procedures in place for preparing orders, however due to the busy nature of our kitchens, we cannot always guarantee that dishes are totally free from allergens. Our dishes labeled as vegan are free from meat and animal-derived ingredients. While we strive to use dedicated vegan fryers, we can't always guarantee this will be possible. However, we have implemented numerous measures to reduce the chances of cross-contamination. Please ask your server for more information.

✓ Dish Contains Allergen M May Contain Traces (Produced in an environment which handles the allergen denoted)

SMALL PLATES

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten	
Hand-Battered Cod Goujons			Battered Cod				✓											
			Tartare Sauce															
Teifi Organic Fried Halloumi	✓		Halloumi							✓								
			Chilli Jam															
			Sour Cream								✓							
Garlic Prawns			Marinated Prawns		✓	M	M											
			Sriracha Mayo															
Salt & Chilli Chicken Chunks			Salt & Chilli Chicken Chunks	✓						M		M	M		M		✓	
			Garlic Mayo															
Mushroom Arancini	✓	✓	Mushroom Arancini															
Salt & Pepper Squid			Salt & Pepper Squid			✓							✓				✓	
			Sweet Chilli Sauce															
Whitebait			Whitebait		M	M	✓										✓	
			Garlic & Lemon Mayo															
Chicken Wings			Chicken Wings															
			Smoked Rub															
			BBQ Sauce															
Chip Shop Croquette Bites	✓	✓	Chip Shop Croquettes															
			Curry Sauce											✓				✓
Welsh Rarebit & Leek Toast			Welsh Rarebit		†	†	✓		✓	✓							✓	
			Blanched Leeks															
			Ciabatta										M	M				✓
			Pear Chutney															

SHARERS

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Chicken Platter			Maple & BBQ Chicken Wings																
			Southern Fried Chicken Tenders													✓		✓	
			Salt & Chilli Chicken Chunks	✓								M		M	M				✓
			Sweet Chilli Sauce																
			Salsa																
			Garlic Mayo																

† Contains anchovies, which whilst not classed as shellfish, have been known to trigger allergic reactions in people with a shellfish allergy and generally should be avoided.

SHARERS (Continued)

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten	
Bay Seafood Platter			Whitebait		M	M	✓										✓	
			Garlic Prawns		✓	M	M											
			Cod Goujons				✓											
			Salt & Pepper Squid		✓									✓				
			Tartare Sauce															
			Sriracha Mayo															
			Lemon Wedge															
Corn Tortilla Nachos	✓		Corn Tortilla Chips							M			M				M	
	✓		Nacho Cheese Sauce							✓			✓					
	✓		Spicy Salsa															
	✓		Jalapeños															
	✓		Guacamole															
			Add: Beef Burnt Ends															
	✓		Add: Oumph!® Vegan Pulled Pork											✓				
Vegan Corn Tortilla Nachos	✓	✓	Corn Tortilla Chips							M			M				M	
			Vegan Cheese							M								
			Spicy Salsa															
			Jalapeños															
			Add: Oumph!® Vegan Pulled Pork											✓				
Dirty Fries			Skin-On Fries															
			Nacho Cheese Sauce							✓			✓					
			Beef Burnt Ends															
			Cheddar Cheese							✓								
			Jalapeños															
			Red Onion Marmalade															
Vegan Dirty Fries	✓	✓	Skin-On Fries															
			Vegan Cheese							M								
			Oumph!® Vegan Pulled Pork											✓				
			Jalapeños															
			Red Onion Marmalade															

MAINS

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Traditional Welsh Cawl			Cawl														
			Ciabatta									M	M				✓
			Butter Portion							✓							
Sausage & Mash			Pork & Leek Sausages										✓	✓			✓
			Garden Peas														
			Leek & Grain Mustard Mashed Potato						✓	✓							
			Beer Battered Onion Rings						M				M				✓
			Giant Yorkshire Pudding	✓							✓						
Chicken, Ham & Leek			Chicken Breast, Ham & Leek in Cheddar Cheese Sauce							✓					✓		
			New Potatoes														
			Garden Peas														
Chicken Katsu & Curry			Chicken Katsu Fillet												✓		✓
			Japanese Style Curry Sauce										✓				✓
			Basmati Rice														
			Vegetable Spring Rolls									✓	✓				✓

BURGERS (Continued)

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Oumph!® Burger	✓	✓	Brioche-Style Bun									M					✓		
			Oumph!® Plant Based Burger Patty											✓					
			Lettuce, Tomato, Onion																
			Pickled Gherkins							✓									
			Burger Sauce							✓									
			Skin-On Fries																
Burger Extras	✓		Cheese							✓									
	✓	✓	Vegan Cheese																
			Beef Patty														✓		
			Southern Fried Chicken Breast												✓		✓		
			Beef Burnt Ends																
	✓	✓	Oumph!® Vegan Pulled Pork										✓						
			Streaky Bacon											✓					
✓	✓	Jalapeños												✓					

SANDWICHES & CIABATTA

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Crispy Hand-Battered Cod Goujon Sandwich			Bread									M	M				✓		
			Cod Goujons				✓												
			Lettuce																
			Tartare Sauce																
			Skin-On Fries																
Crispy Breaded F*sh Fingers Sandwich*	✓	✓	Bread									M	M				✓		
			Quorn® Vegan Fishless Fingers*															✓	
			Lettuce																
			Tartare Sauce																
			Skin-On Fries																
The Dock Club Sandwich			Bread														✓		
			Southern Fried Chicken														✓	✓	
			Smoked Bacon													✓			
			Lettuce, Tomato																
			Garlic Mayo																
			Skin-On Fries																
Welsh Beef & Horseradish Ciabatta			Ciabatta									M	M				✓		
			Roast Beef																
			Horseradish Sauce	✓						✓	✓								
			Rocket																
			Skin-On Fries																
Teifi Oak Smoked Cheese & Sundried Tomato Ciabatta	✓		Ciabatta									M	M				✓		
			Teifi Oak Smoked Cheese								✓								
			Sundried Tomato																
			Rocket																
			Skin-On Fries																

*(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.)

SANDWICHES & CIABATTA (Continued)

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
B.L.T Ciabatta			Ciabatta									M	M				✓		
			Smoked Back Bacon												✓				
			Lettuce, Tomato																
			Mayo																

FLATBREADS

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten			
Beef Burnt Ends & Cheese Sauce			Flatbread															✓		
			Beef Brisket Burnt Ends																	
			Roasted Green Peppers																	
			Rocket																	
			Smoked Cheese																	
			Cheddar Cheese Sauce									✓			✓					
Shawarma Chicken			Flatbread															✓		
			Shawarma Chicken																	
			Lettuce																	
			House Slaw																	
			Garlic Mayo																	
Mozzarella, Sundried Tomato & Pesto	✓		Flatbread																✓	
			Mozzarella Cheese								✓									
			Sundried Tomato									✓								
			Lettuce																	
			Basil Pesto									✓				✓		✓		

DESSERTS

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Chocolate Fudge Cake	✓		Chocolate Fudge Cake	✓						✓								✓	
			Cream								✓								
Sticky Toffee Pudding	✓		Sticky Toffee Pudding	✓						✓	M		M				M	✓	
			Choose: Vanilla Ice Cream								✓								
Churros	✓		OR: Custard	✓						✓									
			Cinnamon Sugared Churros											✓					✓
			Salted Caramel Dipping Sauce									✓		✓					
Churros (vegan option)	✓	✓	Chocolate Dipping Sauce							M			✓						
			Cinnamon Sugared Churros											✓					✓
Orange & Passionfruit Cheesecake	✓	✓	Chocolate Dipping Sauce							M			✓						
			Cheesecake	M							M			✓	✓			M	
Vanilla Ice Cream	✓		Orange & Passionfruit Coulis																
			Vanilla Ice Cream								✓								
			Choose: Salted Caramel Sauce									✓			✓				
			OR: Chocolate Sauce									M			✓				
			OR: Strawberry Sauce									✓							

BREAKFAST

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Full Welsh Breakfast/ Docker's Breakfast			Smoked Back Bacon											✓					
			Pork & Leek Sausage											✓	✓			✓	
			Fried Egg	✓															
			Grilled Mushroom																
			Grilled Tomato																
			Hash Brown									M				M			M
			Baked Beans																
			Sourdough Toast												M				✓
Butter Portion									✓										
Veggie Full Welsh Breakfast	✓		Quorn® Vegan Sausages*														✓		
			Hash Brown							M					M			M	
			Baked Beans																
			Fried Egg	✓															
			Grilled Mushroom																
			Grilled Tomato																
			Sourdough Toast												M	M			✓
Butter Portion									✓										
Vegan Full Welsh Breakfast	✓	✓	Quorn® Vegan Sausages*														✓		
			Hash Brown							M					M			M	
			Baked Beans																
			Avocado																
			Grilled Mushroom																
			Grilled Tomato																
			Sourdough Toast												M				✓
Flora® Sunflower Spread Portion																			

BUTTIES

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten	
Bread Options (add to allergens of below dishes to get total allergens for dish)	✓	✓	Brioche-Style Bun									M					✓	
	✓	✓	White Bloomer										M				✓	
	✓		Gluten Free Roll	✓														
Breakfast Butty			Smoked Back Bacon															
			Pork & Leek Sausage											✓	✓			✓
			Fried Egg	✓														
			Sunflower Spread															
Sausage or Bacon Butty			Choose: Smoked Back Bacon											M				
			OR: Pork & Leek Sausage											✓	✓			✓
			Sunflower Spread															
Vegan Butty	✓	✓	Quorn® Vegan Sausages*														✓	
			Sunflower Spread															
Veggie Butty	✓		Quorn® Vegan Sausages*															✓
			Fried Egg	✓														
			Sunflower Spread															

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BREAKFAST MUFFINS

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Sausage Patty Muffin			English Breakfast Muffin									M	✓				✓		
			Sausage Patty											✓				✓	
			Fried Egg	✓															
			Cheese Slice									✓							
			Sunflower Spread																
Smoked Back Bacon Muffin			English Breakfast Muffin									M	✓				✓		
			Smoked Back Bacon											M					
			Fried Egg	✓															
			Cheese Slice									✓							
			Sunflower Spread																
Vegan Muffin	✓	✓	English Breakfast Muffin									M	✓				✓		
			Quorn® Vegan Sausages*															✓	
			Vegan Cheese																
			Sunflower Spread																

PANCAKES

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Pancakes with Streaky Bacon & Maple Syrup			Buttermilk Pancakes	✓					M	✓			✓	M		M	✓		
			Streaky Bacon												✓				
			Maple Flavoured Syrup																
Pancakes with Vanilla Yoghurt & Berries	✓		Buttermilk Pancakes	✓					M	✓			✓	M		M	✓		
			Vanilla Yoghurt																
			Mixed Berries																
Pancakes with Banana & Lotus Biscoff®	✓		Buttermilk Pancakes	✓					M	✓			✓	M		M	✓		
			Lotus Biscoff® Sauce											✓				✓	
			Lotus Biscoff® Crumb											M					✓
			Banana																

ON TOAST

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
BBQ Beans & Chorizo			Toasted Bloomer										M				✓		
			Sunflower Spread																
			BBQ Baked Beans																
			Chorizo									✓			✓				
Baked Beans, Sausage & Cheese			Toasted Bloomer										M				✓		
			Sunflower Spread																
			Pork & Leek Sausage												✓	✓			✓
			Baked Beans																
			Cheddar Cheese									✓							

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ON TOAST (Continued)

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Baked Beans & Smoked Bacon			Toasted Bloomer										M				✓
			Sunflower Spread														
			Baked Beans														
			Smoked Back Bacon												M		
Baked Beans	✓	✓	Toasted Bloomer										M				✓
			Sunflower Spread														
			Baked Beans														
Baked Beans & Quorn® Sausages	✓	✓	Toasted Bloomer														✓
			Sunflower Spread														
			Baked Beans														
			Quorn® Vegan Sausages*										M				✓

LIGHTER OPTIONS

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Smashed Avocado on Toast	✓		Sourdough Toast										M				✓
	✓		Avocado Mix														
	✓		Poached Egg	✓													
			Add: Halloumi							✓							
			Add: Smoked Bacon												M		
Smashed Avocado on Toast (vegan option)	✓	✓	Sourdough Toast										M				✓
			Avocado Mix														
Porridge with Soy Milk & Mixed Berries	✓	✓	Porridge - Soy Milk Base										✓				✓
			Mixed Berries														
Granola with Vanilla Yoghurt & Berries	✓	✓	Granola								✓	✓				✓	✓
			Vanilla Yoghurt							✓							
			Mixed Berries														

KIDS BREAKFAST

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Kids Welsh Breakfast			Smoked Back Bacon											M			
			Pork & Leek Sausage										✓	✓			✓
			Fried Egg	✓													
			Hash Brown							M					M		M
			Baked Beans														
			Sourdough Toast											M			✓
			Butter Portion								✓						
Kids Vegan Breakfast	✓	✓	Quorn® Vegan Sausages*														✓
			Hash Brown							M					M		M
			Baked Beans														
			Sourdough Toast										M				✓
			Flora® Sunflower Spread Portion														

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KIDS BREAKFAST (Continued)

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Baked Beans, Bacon & Cheese on Toast			Sourdough Toast										M				✓		
			Sunflower Spread																
			Smoked Back Bacon													M			
Baked Beans, Sausage & Cheese on Toast			Sourdough Toast										M					✓	
			Sunflower Spread																
			Pork & Leek Sausage											✓	✓				✓
			Baked Beans																
Baked Beans & Quorn® Sausages	✓	✓	Sourdough Toast										M					✓	
			Sunflower Spread																
			Quorn® Vegan Sausages*																✓
			Baked Beans																
Baked Beans on Toast	✓	✓	Sourdough Toast										M					✓	
			Sunflower Spread																
			Baked Beans																

KIDS PANCAKES

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten		
Pancakes with Streaky Bacon & Maple Syrup			Buttermilk Pancakes	✓					M	✓			✓	M		M	✓		
			Streaky Bacon												✓				
			Maple Flavoured Syrup																
Pancakes with Vanilla Yoghurt & Berries	✓		Buttermilk Pancakes	✓					M	✓			✓	M		M	✓		
			Vanilla Yoghurt																
			Mixed Berries																
Pancakes with Banana & Lotus Biscoff®	✓		Buttermilk Pancakes	✓					M	✓			✓	M		M	✓		
			Lotus Biscoff® Sauce											✓				✓	
			Lotus Biscoff® Crumb											M					✓
			Banana																

CAKE & CUPPA DEAL

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Blueberry Muffin	✓		Blueberry Muffin (Packaged product - ingredients are subject to change, always check product packaging for most up to date information)	✓						✓	M	M	M	M		M	✓
Chocolate-Caramel Muffin	✓		Chocolate-Caramel Muffin (Packaged product - ingredients are subject to change, always check product packaging for most up to date information)	✓						✓	M	M	✓	M		M	✓

HOT DRINKS

Oat & Soy alternatives to dairy milk are available for Tea & Americano. However, due to the way our hot drinks are dispensed, these drinks **may contain traces of dairy**, even if ordered without milk, or with oat or soy alternative to milk. If you have an allergen or intolerance, please speak to a member of our team before ordering. Please note that **our oat milk is not labelled gluten free**.

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KIDS MENU (Continued)

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
The Big Cheeseburger			Brioche-Style Bun									M					✓
			3oz Beef Patty														✓
			Cheese Slice							✓							
			Nacho Cheese Sauce														
			Lettuce, Tomato, Onion														
			Pickled Gherkins						✓								
			Burger Sauce						✓								
			Skin-On Fries														
The Oumph!® Burger	✓	✓	Brioche-Style Bun									M					✓
			Oumph!® Burger Patty										✓				
			Lettuce, Tomato, Onion														
			Pickled Gherkins						✓								
			Burger Sauce						✓								
		Skin-On Fries															

KIDS DESSERTS

Dish	Suitable For Vegetarians	Suitable For Vegans	Item	Egg	Crustaceans	Molluscs	Fish	Lupin	Mustard	Dairy	Legumes incl. Peanuts	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Vanilla Ice Cream	✓		Vanilla Ice Cream														
	✓		Strawberries														
	✓		Choose: Chocolate Sauce														
	✓		OR: Salted Caramel Sauce														
			OR: Strawberry Sauce														
Chocolate Fudge Cake	✓		Chocolate Fudge Cake	✓						✓							✓
			Chocolate Sauce							M			✓				
			Vanilla Ice Cream							✓							
Churros	✓		Cinnamon Sugared Churros										✓				✓
			Chocolate Dipping Sauce							M			✓				
			Salted Caramel Sauce							✓			✓				
Churros (vegan option)	✓	✓	Cinnamon Sugared Churros										✓				✓
			Chocolate Dipping Sauce							M			✓				