

FH
THE FARMHOUSE
INNOVATORS OF FOOD

ALLERGEN INFORMATION GUIDE

THE FARMHOUSE

COVENTRY | ALLERGEN MATRIX | V1.9 — 05/10/2026

A = Contains allergen | M = Manufacturer may contain | V = Vegetarian | Blank = Chef to confirm | * = Estimated Kcal

SMALL PLATES

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Lamb Cutlets	815		A	A	M				M	A	M	M	M	A	M
Beef Short Ribs	1425		A	M	M	M	M		A	M	M	M	A	A	M
Gulafi Seekh	680*			A		M	M								
FH Nachos	900*		M	A										M	
Bang Bang Chicken	670		A	M	A	M	M		A	M	M	M	A	A	M
Malai Tikka	1050		M	A	M				M	M	M	M	M	M	M
Dynamite Shrimp	1055		M	A	A	A	M		A	A	M	M	A	M	M
Amritsari Cod	750		A	A	A		A		A	A	M	M		M	M
Gyoza Chaat	465	V	A	A	M				M	M	M	M	A	A	M
Mac & Cheese Croquettes	700	V	A	A	A				M	M					

STEAK & GRILL

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Mixed Grill	2050		A	A	A				A	A	M	M	M	A	A
Blade of Beef	1500		M	A	M				M	A	M	M	M	M	M
Bombay Badboy	1510		A	A	A				A	A	M	M	M	A	A
T-Bone	1250*		M												
Wagyu Ribeye	1450*		M												
Sea and Mountain	1480*		M			A									
Bombay Sauce	220*	V	A						A					A	M
Peppercorn Sauce	120	V	M	A	M				M	A	M	M	M	M	M
Farmhouse Gravy	180*	V	A	A										A	
Alfredo Sauce	280*	V													
The Presidential Platter	2450*		A	A	A		A			A				A	M

CHICKEN & SEAFOOD

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Chicken Chilli Mac	1730		A	A	A				A	A	M	M	M	A	A
Parmesan Chicken	1730		A	A	A				A	A	M			M	A
Half Roast Chicken	1250*		A	A	A									A	
Indian Fish and Chips	1550		A	A	A		A		A	A	M	M	M	M	M

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Sicilian Sea Bass	1250		M	A	M		A		A	M	M	M	M	M	M
Mai Thai Prawns	1180*			A		A									

SIDES

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Farmhouse Chips	620	V	M	A	A				M		M			M	M
Triple-Cooked Chips	550	V	M	A	A				M		M			M	M
Skin-On Fries	450	V													
Mashed Potatoes	350	V		A					M	M	M	M	M	M	M
Mac & Cheese	580	V	A	A	A				A	M	M	M	M	A	M
Garlic Bread	420*	V	A	A											
Caesar Salad	450*	V		A											
Roasted Vegetables	320*	V		A					M				M	M	

BURGERS

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Crispy Chicken	1050		A	A	A				A	A	M	M	M	M	A
Angus Beef	900		A	A	A				A	A			M		A
Afghan Lamb	980*		A	A	A								M		
Halloumi & Chilli Jam	990	V	A	A	A		M						M		

PASTA - CARBONARA

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Carbonara - Chicken	1200		A	A	A				M	A	M		M	A	A
Carbonara - Shrimp	1050		A	A	A	A			M	M	M	M	M	M	M
Carbonara - Halloumi	1100	V	A	A	A				M	M	M	M	M	M	A

KOREAN STIR-FRY

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Korean Stir-Fry - Chicken	980*		A		A								A	A	M
Korean Stir-Fry - Crispy Beef	1000*		A		A								A	A	M
Korean Stir-Fry - Shrimp	1050*		A		A	A							A	A	M
Korean Stir-Fry - Halloumi	980*	V	A	A	A								A	A	M

ASIA

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Punjabi Lamb Shank	1250*		A												
Butter Chicken	1190*		M	A					A		A				
Chilli Malai - Chicken	980*		M	A					A						
Chilli Malai - Lamb	1050*		M	A					A						
Chilli Malai - Prawn	1080*		M	A		A			A						
Lahori Lamb Chops	1280*		A	A	M				M	A	M	M	A	A	M
Karahi - Chicken	1190*		M						A						
Karahi - Lamb	1290*		M						A						
Chicken Palak	980*		M						A						
Desi - Chicken	1100*		M						A						
Desi - Lamb	1200*		M						A						
Desi - Prawn	1180*		M			A			A						
Lamb Pilau	620*		M						A						

VEGETARIAN

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Daal Makhani	650*	V		A					A						
Sweet Potato, Chana & Spinach Pathia	630*	V							A				M	M	
Aloo Matar Paneer	680*	V		A					A						
Bullet Chilli Paneer	720*	V		A					A						

ASIA SIDES

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Tandoori Roti	320*	V	A												
Butter Naan	380*	V	A	A	A										
Garlic & Herb Naan	420*	V	A	A	A										
Sesame Naan	420*	V	A	A	A								A		
Cheese & Chilli Naan	480*	V	A	A	A										
Peshwari Naan	450*	V	A	A	A						A				
Raita Yoghurt	280*	V		A											
Jasmine Rice	320*	V													
Pilau Rice	350*	V													
FH Fried Rice	420*	V	A		A								A	A	

SUNDAY ROAST

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Lamb Shank	1250*		A	A	A				M	A	M				
Roast Chicken	1180*		A	A	A									A	
Wagyu Ribeye - Sunday Roast	1250*		A	A	A										
Mushroom & Halloumi	980*	V	A	A	A										
The Ultimate Roast for Two	2450*		A	A	A									A	
Yorkshire Puddings	320*	V	A		A										
Sage & Onion Stuffing	280*	V	A												
Garlic Bread - Sunday Roast	420*	V	A	A											
Farmhouse Gravy - Sunday Roast	180*	V	A	A						A				A	
Peppercorn Sauce - Sunday Roast	120	V	M	A	M				M	A	M	M	M	A	M
Creamy Mushroom Sauce	150	V	A	A			A		M	A	M	M	M	M	M
Cranberry Sauce	120*	V													A
Apple Sauce	120*	V													
Mint Sauce	80*	V													
Mashed Potatoes - Sunday Roast	350	V		A					M	M	M	M	M	M	M

DESSERTS

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Honey Mango Cheesecake	950	V	A	A	A						M			A	
Black Forest Cheesecake	900	V													
Sticky Toffee Pudding	950	V	M	A	A						M			M	
Banana Bhai	850*	V		A	A						A	M		M	
Ras Malai Milk Cake	850*	V	A	A	A						A	M			
French Toast	1650	V	A	A	A					M	M	M	M	A	M
Nutella Doughnuts	900	V	A	A	A						A			A	
Matilda Cake	1530	V	A	A	A						M			A	
Eton Mess	830	V	M	A	A						M	M			
Gulab Jamun	650	V	A	A	A						M	M			
Belgian Chocolate Magnum Brownie	1250*	V	A	A	A										
Dubai Kunafa Magnum Brownie	1650	V	A	A	A						A			A	
Signature Platter	2400*	V	A	A	A						A			A	
Kulfi - Mango	300*	V		A							A				
Kulfi - Pistachio	340*	V		A							A				
Lemon Sorbet	180*	V		M	M										
Ice Cream - Vanilla	220*	V		A	A						M				
Ice Cream - Chocolate	240*	V		A	A						M				
Ice Cream - Strawberry	220*	V		A	A						M				

MOCKTAILS

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Ginger Lychee Cooler	190	V													
Virgin Colada	410	V	A	A							A			M	
Kiwi Krush	110	V													
Pear Drop	110	V													
Peach & Raspberry Lemonade	270	V													
Mango Solero	300	V		A											
Purple Rain	150	V													
The Pink Panther	240*	V													
Espresso Martini	180	V													
Cherry Cola	190	V													

FROZEN DAIQUIRIS

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Mango	190*	V													
Bubblegum	210*	V													
Strawberry	170	V													
Wicked & Bad	220*	V													

CUBAN MOJITOS

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Classic	185	V	A												
Red Bull	115	V													
Strawberry	170	V													
Mango & Passion	180	V													

COLD DRINKS

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Still Water	0	V													
Sparkling Water	0	V													
Apple Juice	100	V													
Orange Juice	105	V													
Pineapple Juice	110	V													
0% Cobra	65	V													
0% Kopparberg - Strawberry & Lime	120	V													
Cola	140	V													
Diet Cola	1	V													

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Lemonade	90	V													
Ginger Beer	125*	V													
Irn-Bru	130	V													
Red Bull	115	V													

HOT DRINKS

Item	Kcal	Veg	Gluten	Milk	Egg	Crustacean s	Fish	Lupin	Mustard	Celery	Tree Nuts	Peanuts	Sesame	Soya	Sulphites
Tea	5*	V													
Karak Chai	180	V	M	A					M	M	M	M	M	M	M
Mint Tea	5*	V													
Americano	15	V													
Cappuccino	170	V		A											
Spanish Latte	240*	V													
Luxury Hot Chocolate	360	V		A						M	M			A	M