

Food Bible & Allergen Matrix Workbook

Steak & Lobster Heathrow December 2020

Steak & lobster

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This workbook is to be completed by the employee as part of the learning process. All answers required are contained within the pages of the document.

Opening Times

Breakfast

Monday to Sunday 06:30 – 10:30

Steak & Lobster

Lunch Service Sunday 12:30 – 17:00

Monday – Saturday Closed

Dinner Service Monday to Sunday 17:00 – 21:30

Last reservation: 21:30 Last orders: 21:45

All guests must vacate the premises by 22:45

*Please note that these operational hours are subject to change.

Annayu

Closed

Bijou Lounge Bar

Closed

In-Room Dining

24 hours

Please note that outside of restaurant & bar operational hours, guests can enjoy complimentary items from the Residence Cart – offering tea, coffee and Sicilian lemonade.

The items should be served by the reception team and should not be accessible for guests.

Brand ethos

We aspire to be the very best in what we do: delivering the finest steak and freshest lobster to your plate. We believe simplicity is key and let the food speak for itself.

With freshly caught lobster and steak from County Antrim in Northern Ireland, we understand the importance of provenance and quality.

Celebrating the finest from land and sea, our signature cuts and lobsters can be enjoyed in their purest form straight from the charcoal grill, in a baked brioche roll or through other exquisite combinations.

Concept Explanation

The concept is simple, to have a select number of dishes that showcase the quality ingredients of steak and lobster. We have a selection of starters and salads that are fantastic individually or shared, the Crispy Steak Rolls are a great choice for the table.

We then have our brioche roll selection, our signature items from the Charcoal Grill as well as The Rest, with highlights such as our Fettucine Alfredo with Lobster.

Menu Composition

Starters	Oven-Baked Brioche Rolls
3 x beef dishes	1 x beef dish
2 x vegetarian	1 x beef and lobster dish
1 x beef and lobster dish	1 x vegetarian dish
Charcoal Grill	The Rest
3 x beef dishes	2 x lobster dish
1 x lobster	1 x vegetarian dish
1 x beef and lobster dish	

Steak Elonger

Starlers

 Smoked beef flat tacos with lime and crème fraîche
 7
 Warm veggie mince lettuce cups
 6

 Crispy steak rolls with spiced bourbon maple glaze
 8
 Blackened steak salad with balsamic mustard
 9/14

 Surf and turf croquettes with jalapeño mayo
 8
 Spinach, apple and pecan salad with maple dressing
 7/10

Oven-Baked Brioche Kolls

All rolls are served with a choice of paprika fries or spicy lemon salad

 Steak brioche roll
 15
 Veggie brioche roll
 15

 Philly cheese steak with creamy spicy mayo
 Veggie Philly cheese steak with creamy spicy mayo
 15

 Surf and turf brioche roll
 18

 Sliced steak and lobster dressed with horseradish
 18

Charcoal Grill

All grills are served with a choice of paprika fries or spicy lemon salad

Steaks		Lobster	
251g rib-eye	22	1lb lobster	25
226g fillet	26	Grilled with garlic butter	
454g T-bone	30	Surf 'n' turf Grilled steak and half lobster with spicy roasted garlic and chimichurri butter	36

Keylime cheesecake

Sefore Jon Go
The mason

Warm cookie dough Oven-baked marshmallows, Reese's Peanut Butter Cups and chocolate chip cookies

garlic mayo

The mason jar Honeycomb, chocolate fudge brownie, vanilla ice cream and

toffee caramel sauce

Lobster macaroni cheese 18 Fettuccine Alfredo with lobster 18 Veggie steak macaroni cheese 12

 Blue cheese
 3

 Chimichurri
 2

 Jalapeño
 2

 Green peppercorn
 2

Steamed tenderstem broccoli 4
Rosemary, garlic and 3
Parmesan fries
Spicy lemon salad 3
Heritage tomato and feta salad 4

If you have a food allergy or intolerance, please speak to a member of our staff before you order or consume any food or beverage.

A discretionary service charge of 12.5% will be added to your bill. All prices are inclusive of VAT.

rak Elobyler

Set Menu 2 courses - 28 per guest 3 courses - 34 per guest

Smoked beef flat tacos with lime and crème fraîche
Surf and turf croquettes with jalapeño mayo
Warm veggie mince lettuce cups
Spinach, apple and pecan salad with maple dressing

All served with paprika fries, spicy lemon salad, steamed tenderstem broccoli and peppercorn sauce

Main Courses

Grilled 1lb lobster with garlic butter 251g rib-eye Lobster macaroni cheese Veggie steak macaroni cheese

Before You Go

The mason jar

Honeycomb, chocolate fudge brownie, vanilla ice cream and toffee caramel sauce

Keylime cheesecake

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Steak & lobster

Vegan Menu

Salad

Main Course

Before You Go

Baby spinach and almond salad with thyme and shallot dressing

10

Eggless pasta with cherry tomato crème and green chillies

11

Sticky toffee and poached pear pudding

6

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Item	Starters	Picture	Description for guests
Smoked beef flat tacos with lime and crème fraiche f Allergens:	Cut tortilla and fry till golden brown. Mix diced rib-eye steak with diced red chilli, diced red onion and finely chopped coriander. Season and mix with lime and crème fraiche. These are served 4 per portion. Comments		Crispy flat tacos topped with diced rib-eye, dressed in lime and crème fraiche. Keywords: Crunchy, lime balance, creamy
Crispy steak rolls with bourbon maple glaze f Allergens:	Beef short rib is marinated before being slow-cooked and flaked, before being placed inside spring roll paper with chilli, garlic, spring onion, ginger, and coriander. Then deep fry and serve with bourbon maple glaze.		Tender short rib with garlic, ginger and spring onion in a crispy spring roll. Keywords: crispy, sweet and savoury, warming
	Comments		
Surf and turf croquettes with jalapeño mayo	Tender steak and lobster tail pieces with a béchamel sauce . Breadcrumbed and fried. Served with a jalapeño mayo .		Three golden croquettes filled with beef, lobster and béchamel sauce. Keywords: soft, spicy, creamy
Allergens:	Comments		

ltem	Starters	Picture	Description for guests
Warm veggie mince lettuce cups f Allergens:	Chopped ginger, garlic, cumin seeds and diced onion, cherry tomatoes and red chilli mixed with Quorn mince and coriander and pan fried. These are finished with a squeeze of fresh lime juice and served in little gem cups. There are served 4 per portion. Comments		Spiced veggie mince in a lettuce cup with a zesty touch of fresh lime. Keywords: healthy, spiced
Blackened steak salad with balsamic mustard f Allergens:	Rib eye steak is marinated for 4 hours; seasoned and covered in cracked black pepper then cooked on the chargrill to the required preference. Spinach leaves are tossed with the balsamic mustard dressing. Available in both a starter and main course portion. Comments		Marinated rib-eye steak is coated with pepper and chargrilled on a high heat. Tossed with spinach and a balsamic mustard dressing. Keywords: Warming, smoky, tart
Spinach, apple and pecan salad with maple dressing f Allergens:	Apples thinly sliced, toasted pecans and spinach tossed in a maple dressing. Available in both a starter and main course portion. Comments		Thinly sliced apples, roasted pecans topping spinach leaves. The dressing is a sweet, spicy and smoky maple dressing. Keywords: light, sweet, crunch
Allergens:	Comments		

ltem	Oven-baked brioche rolls	Picture	Description for guests
Steak brioche roll Philly cheese steak with creamy spicy mayo f Allergens:	Slice the onions and jalapeños, heat the pan and then add the steak mince. Slice the Monterey Jack cheese and cover the steak. Grill until the cheese melts. Pipe creamy spicy mayo into the bun and add the meat and cheese. Served with a spicy lemon salad. Comments		Warm steak mince with melted Monterey Jack cheese, in a soft brioche roll with jalapeños, onions and creamy spicy mayo. Keywords: grilled, creamy, spicy
Surf and turf brioche roll Sliced steak and lobster dressed with horseradish garlic mayo £ Allergens:	Lobster tail and marinated chargrilled steak are panfried with garlic and butter, placed in a brioche bun with horseradish mayo. Served with a spicy lemon salad. Comments		Steak and lobster served warm on a spicy horseradish mayo in a brioche roll. Keywords: tender meat, creamy, warming
Veggie brioche roll Veggie Philly cheese steak with creamy spicy mayo f	Slice the onions and jalapeños, heat the pan and then add the veggie mince. Slice the Monterey Jack cheese and cover the steak. Grill until the cheese melts. Pipe creamy spicy mayo into the bun and add the meat and cheese.		Warm steak with melted Monterey Jack cheese, in a soft brioche roll with jalapeños, onions and creamy spicy mayo. Keywords: grilled, creamy, spicy
Allergens:	Comments		

ltem	Charcoal grill	Picture	Description for guests
	All grills are served with a cho	pice of paprika fries or spicy le	mon salad
251g rib-eye (8oz) Rib eye is from the rib of the cow f Allergens:	Rib eye is marinated for a minimum of 4 hours then chargrilled to taste. Recommend cooking temperature is med- rare, as this is enough to render the fat but keep the meat tender. Comments		A cut of meat with natural fat throughout, full of flavour with a smoky chargrill taste. Keywords: flavourful, full-bodied, buttery
454g T-bone (16oz) Our cut from the rear end of the short loin and thus include more tenderloin steak. f Allergens:	The T-bone is marinated for a minimum of 4 hours then chargrilled to taste. Recommend cooking is medium/ rare, though due to the nature of the cut there may be differing temperatures on both sides of the T-bone.		The meat is marinated for 4 hours before being cooked on the chargrill. It has both fillet and sirloin steaks, giving it both lean tender meat and natural marbling. Keywords: buttery meat, tender
, mergens.	Comments		
226g fillet (7 1/2 oz) Fillet is from the smaller end of the tenderloin	The fillet is marinated for 4 hours then chargrilled to preference. Recommend cooking temperature is med- rare.		From an area of the cow that is not weight bearing, it is naturally lean and soft. If cooked longer than med-rare, the meat with start to tighten. Keywords: soft, buttery
f Allergens:	Comments		

ltem	Charcoal grill	Picture	Description for guests
	All grills are served with a cho	oice of paprika fries or spicy le	mon salad
1lb lobster Grilled with butter f Allergens:	Lobsters are steamed, then cut in half and cleaned. During service they are either finished fully in the steamer, or partially before being chargrilled for 30 seconds to finish. Finished with lemon garlic butter. Comments		Whole lobster cut in half, grilled on the chargrill with lemon garlic butter. Keywords: meaty, soft, lemon buttery, sweet
Surf 'n' turf Grilled steak and half lobster with spicy roasted garlic and chimichurri butter f Allergens:	Lobsters are steamed, then cut in half and cleaned. During service they are either finished fully in the steamer, or partially before being chargrilled for 30 seconds to finish. Rib eye is marinated for a minimum of 4 hours then chargrilled to taste. Both topped with chimichurri butter. A garlic bulb is cut in half and grilled. Comments		The best of land and sea together, with the added herb and spice flavours of a delicious chimichurri butter. Best enjoyed with a squeeze of fresh lemon juice. Keywords: herby, meaty, sweet

ltem	The rest	Picture	Description for guests
Lobster macaroni cheese f Allergens:	Macaroni is cooked and added to béchamel and chives. Pieces of lobster tail and claw are mixed through then it is topped with a gratin mix and grilled until golden brown.		Served in an elegant cast iron dish, a rich mix of lobster and a flavourful cheese sauce. Served with a golden-brown top. Keywords: creamy, indulgent, sweet
	Comments		
Fettuccine Alfredo with lobster f Allergens:	Diced lobster is sautéed with garlic then added to chicken stock, white wine, cream, salt, parmesan, garlic and shallots. Add the cooked pasta and season, garnish with parmesan and chopped parsley. Egg pasta is made with semolina. Comments		Creamy egg pasta with diced lobster, finish with grated parmesan and parsley. Keywords: creamy, rich, cheesy
Veggie steak macaroni cheese £	Macaroni is cooked and added to béchamel and chives. Pieces of marinated veggie steak pieces are mixed through then it is topped with a gratin mix and grilled until golden brown.		Served in an elegant cast iron dish, a rich mix of lobster and a flavourful cheese sauce. Served with a golden-brown top. Keywords: creamy, crispy
Allergens:	Comments		

ltem	Sauce	Picture	Description for guests
Blue cheese f Allergens:	Heat milk, garlic, gorgonzola and stilton. Make a roux with butter and flour and add to the hot cheese and milk and season. Comments		A strong and flavourful sauce to enhance any steak Keywords: strong, full-flavoured
Chimichurri £ Allergens:	Chop the parsley, coriander, shallots, garlic, oregano, chilli flakes, mix and season. Add lemon juice and oil and mix. Comments		A herbaceous and spicy mix with a balance of lemon juice Keywords: herby, citrus, spice
Jalapeño f Allergens:	Green chili emulsion, the following ingredients are blended: Whole jalapeño chilli seeded, jalapeño chili, rice wine vinegar, grapeseed oil, garlic, salt. Comments		A smooth and spicy sauce that has sharpness to balance rich and fatty steaks. Keywords: smooth, spicy, sharp
Green peppercorn f	Veal jus is added to brandy, green peppercorns, banana shallots and double cream. Comments		A rich and spiced sauce with depth from the jus and red wine. Keywords: creamy, peppery, bold
Allergens:			

Steamed tenderstem broccoli is steamed to al dente and seasoned. Rosemary, garlic and Parmesan fries £ Allergens: Golden and crispy fries drizzled with garlic and rosemary butter finished with finely grated parmesan. £ Allergens: Comments Crispy fries covered with garlic and parmesan cheese. Keywords: garlicy, crispy, nutty, herby Comments Spinach leaves with a refreshing lemon dressing. Spicy lemon salad f Allergens: Comments Comments Comments	Item	Sides	Picture	Description for guests
Rosemary, garlic and Parmesan fries f Allergens: Golden and crispy fries drizzled with garlic and rosemary butter finished with finely grated parmesan. Comments Salad leaves with spicy lemon dressing. Spicy lemon salad f Allergens:	tenderstem broccoli £	steamed to al dente and seasoned.		with Maldon's sea salt Keywords: tender, buttery,
Rosemary, garlic and Parmesan fries f Allergens: Golden and crispy fries drizzled with garlic and rosemary butter finished with finely grated parmesan. Comments Salad leaves with spicy lemon dressing. Spicy lemon salad f Allergens:				
Salad leaves with spicy lemon dressing. Spinach leaves with a refreshing lemon dressing. Keywords: light, lemon, spicy Allergens:	and Parmesan fries	drizzled with garlic and rosemary butter finished with		and rosemary butter and parmesan cheese. Keywords: garlicy, crispy, nutty,
dressing. Spicy lemon salad f Allergens:	Allergens:	Comments		
Allergens: Comments	-			lemon dressing.
	Allergens:	Comments		
Clean and prepare the heritage tomatoes, cube the feta cheese and combine, then add some olive oil and seasoning to taste. Clean and prepare the heritage tomatoes, cube the feta cheese and combine, then add some olive oil and seasoning to taste. Clean and prepare the heritage tomatoes, cube the feta cheese and combine, then add some olive oil and seasoning to taste. Keywords: light, fresh, tangy	and feta salad f	heritage tomatoes, cube the feta cheese and combine, then add some olive oil and		tomatoes mixed with cubed feta cheese and olive oil dressing.
Allergens: Comments	Allergens:	Comments	,	

Item	Desserts	Picture	Description for guests
Keylime cheesecake £ Allergens:	Crumble base placed in a ring and topped with lime cheesecake mix. Lime cheesecake: Condensed milk, soft cheese, lemon curb, lime juice. Crumble: Butter, Demerara sugar, plain flour, baking powder, salt, oats. Lime curd: Lime juice, whole egg, sugar and butter.		A buttery crumble base topped with a soft lime cheesecake mix. Keywords: light, soft and crunch textures
	Comments		
Baked chocolate cookie dough Oven-baked marshmallows, Reese's Peanut Butter Cups and chocolate chip cookies	Peanut butter, reeses cupcakes, marshmallows and dark chocolate. Baked in the oven until the marshmallows are golden brown and garnished with chocolate chip cookies.		A rich and indulgent dessert with chocolate, melted peanut butter cups, sticky marshmallows and chocolate chip cookies. Keywords: peanut, rich, mallowy
£ Allergens:	Comments		
The mason jar Honeycomb, chocolate fudge brownie, vanilla ice cream and toffee caramel sauce	Brownie, caramel sauce, chocolate sauce and honeycomb are built in a mason jar and finished with one vanilla ice cream scoop.		Soft brownie, crunchy honeycomb, sweet caramel sauce and creamy vanilla ice cream together in a dessert. Keywords: creamy, sweet, crunchy, chocolatey
f Allergens:	Comments		

Steak & Lobster – Vegan Tasting Bible

ltem	Vegan	Picture	Description for guests
Baby spinach and almond salad with thyme and shallot dressing f	Spinach leaves and almonds are tossed in a dressing of grapeseed oil, thyme, fennel and apple cider vinegar.		Light and nutty salad Keywords: light, herby, healthy
Allergens:	Comments		
Eggless pasta with cherry tomato crème and green chillies f Allergens:	Trofie pasta is coated in a light arrabbiata sauce made from roasted San Marzano and cherry tomatoes, with garlic, oregano and salt. Comments		Trofie pasta in a silky and tangy tomato sauce with fresh green chillies. Keywords: spicy, tangy, light
Sticky toffee and poached pear pudding f Allergens:	Half a deseeded pear is poached in sugar, cinnamon, star anise, cloves and citrus zest. A sponge base containing dates, flaxseed, almond milk and dried fruits. Once baked the pear and poaching sauce is poured over. Served with vegan ice cream. Comments		A delicious vegan sponge cake with a poached pear and toffee sauce. Served with vegan ice cream. Keywords: soft, caramel, warm, pear

Steak & Lobster – Sauces and Marinades

Menu Item	Ingredients
Balsamic Mustard Dressing	Balsamic vinegar Colman's English mustard Garlic Olive oil Salt Ground black pepper Lemon juice Soy sauce
Béchamel	Plain flour Unsalted butter Salt Ground black pepper Milk
Beef Short Rib Marinade	Cumin powder Salt Chilli powder Cayenne pepper Soy sauce Garlic Honey Red wine vinegar Ground black pepper
Chimichurri butter	Parsley Coriander Banana shallots Dried oregano Peeled garlic Chilli flakes Lemon butter Salt
Garlic and Rosemary Butter	Unsalted butter Garlic Salt Rosemary
Green Chilli Emulsion	Jalapeno Rice wine vinegar Grapeseed oil Garlic Salt
Jalapeño Mayo	Green chilli emulsion Mayo
Lemon Garlic Butter	Unsalted butter Lemon zest Lemon juice Garlic Salt

Menu Item	Ingredients
Maple Dressing	Ground black pepper Maple syrup Salt Colman's English mustard Garlic Cayenne pepper Smoked paprika
Maple Glaze	Brown sugar Pineapple juice Water Teriyaki sauce Soy sauce reduction Lemon juice White onion Jack Daniels Cayenne pepper
Spicy Lemon Dressing	Grapeseed oil Lemon juice Soy sauce Salt Ground black pepper Cayenne pepper Garlic puree
Steak Marinade	Grapeseed oil Garlic Thyme Salt Ground pepper
Veal Jus	Onions Carrot Celery Veal bones Chicken bones Red wine Salt Ground black pepper
Veggie Steak Marinade	Grapeseed oil Garlic Thyme Salt Ground pepper

Steak & Lobster – À La Carte Allergen Matrix

							Allei	rgen			1			
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
Starters														
Flat smoked beef tacos with lime and crème fraîche														
Crispy steak rolls with bourbon maple glaze														
Surf and turf croquettes with jalapeño mayo														
Warm veggie mince lettuce cups														
Blackened steak salad with balsamic mustard														
Spinach, apple and pecan salad with maple dressing														
Our Baked Brioche Rolls														
Steak brioche roll - Philly cheese steak with creamy spicy mayo														
Surf and turf brioche roll - Sliced steak and lobster dressed with horseradish garlic mayo														
Veggie Philly cheese steak with creamy spicy mayo														
From the grill														
251g Rib-eye														
226g Fillet														
454g T-bone														
1lb lobster - Grilled with garlic butter														
Surf 'n' turf - Grilled steak and half lobster with spicy roasted garlic and Chimichurri butter														

All of our dishes are prepared in areas where allergenic ingredients are present.

The Allergen Matrix shows dishes that do not contain allergenic ingredients as intentional ingredients, however we cannot guarantee that they are 100% free from ingredients due to the preparation process.

Steak & Lobster – À La Carte Allergen Matrix

							Allei	gen						
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
The rest														
Lobster macaroni cheese														
Fettuccini Alfredo with lobster														
Veggie steak macaroni cheese														
Sauces														
Bourbon maple glaze														
Lemon garlic butter														
Chimichurri														
Jalapeño														
Blue cheese														
Green peppercorn														
Extras and Sides														
Steamed tenderstem broccoli														
Rosemary, garlic and Parmesan fries														
Spicy lemon salad														
Heritage tomato and feta salad														
Paprika Fries														

All of our dishes are prepared in areas where allergenic ingredients are present.

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Steak & Lobster – Dessert Allergen Matrix

							Allei	rgen						
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
Before You Go														
Key Lime Cheesecake														
Warm Cookie Dough														
Mason Jar														

All of our dishes are prepared in areas where allergenic ingredients are present.

The Allergen Matrix shows dishes that do not contain allergenic ingredients as intentional ingredients, however we cannot guarantee that they are 100% free from ingredients due to the preparation process.

Steak & Lobster – Glossary

Glossary	Descriptions
Croquettes	In a cylinder shape, bread crumbed and fried. This can have various fillings.
Jalapeño	A hot medium sized chilli pepper.
Veal	A young calf.
Semolina	Hard grains with a pale yellow colour, high in gluten content.
Gratin	A dish with a lightly browned crust of breadcrumbs or melted cheese
Monterey Jack	An American white cheese that resembles cheddar
Heritage tomato	Tomatoes that are full of flavour and comes in a large variety of shapes, sizes and colours.

What are the lund	ch and dinner	options withi	n the property?	?			
What time are the	e lunch & dinr	ner options se	rved within the	property on	each day?		
Option/Offering	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	,						
Are there options	s for guests o	utside of outle	et serving perio	ds?			
What is the dining	a style and ty	no of cuicino?					
What is the diffin	g style allu ty	pe or cuisine:					
How would you e	xplain the co	ncept to a firs	t-time guest?				
What sections do	es the à la ca	rte menu cont	tain?				

List the items within one of the sections
How would you describe and recommend a seafood dish to start to a guest?
Choose two dishes to start, and explain how you would describe and recommend these to a guest (not including the seafood choice above):
What food item would you recommend with an aperitif while the guest is browsing the menu?
What is the most expensive dish on the menu?
What dishes would you recommend to a guest who had the following requirements, (this needs to cover the full experience from start to dessert): Doesn't eat seafood and has a gluten allergy

What dishes would you recommend to a guest who had the following requirements, (this needs to cover the full experience from start to dessert): Doesn't eat meat, has high expectations of value for money
What dishes would you recommend to a guest who had the following requirements, (this needs to cover the full experience from start to dessert):
Eats everything, is not concerned with value for money as they want to try a large variety of options
Are any of our dishes 100% free from allergens?
What are Our Brioche Rolls and Charcoal Grill dishes served with?
What are Our Brioche Rolls and Charcoal Grill dishes served with?

Nan	ne the Brioche Rolls and how you would describe these to the guest
1	
2	
3	
Wha	at options are available from the Charcoal Grill and what are they priced at?
1	
2	
3	
4	
5	
Wha	at items are an upsell to the Charcoal Grill dishes?
Wha	at dishes are available from The Rest and what are they priced at?
1	
2	
3	

Name the sauces we have and the allergens within each one						
Sauce	Allergen					
Is the peppercorn sau	uce suitable for vegetarian guests?					
What dishes contain l	both steak and lobster?					
1						
2						
3						
Name the side dishes	s, are they all suitable for guests with a gluten allergy?					
Choose one dessert,	how would you describe and recommend this to a guest?					

What ingredients are in the steak marinade?
What ingredients are in the balsamic mustard dressing?
What dishes are suitable for vegans?

