



THE DISCOVERY



CROESO PUBS
LTD

ALLERGEN GUIDE

February 2024



Allergies & Intolerances

At The Discovery, we take food allergies 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 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.

(ve) - Vegan (v) - Vegetarian

Key	
Y	Contains Allergen
M	May Contain Traces

Breakfast & Brunch

**(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
Full Welsh Breakfast / Big Discovery Breakfast	Smoked Back Bacon											M			
	Pork & Leek Sausage										Y	M			Y
	Fried Egg	Y													
	Grilled Mushroom														
	Grilled Tomato														
	Hash Browns							M				M			M
	Baked Beans														
	Sourdough Toast														Y
	Butter Portion								Y						
Vegan Full Welsh Breakfast (ve)	Quorn® Sausages*														Y
	Hash Browns							M				M			M
	Baked Beans														
	Avocado														
	Grilled Mushroom														
	Grilled Tomatoes														
	Sourdough Toast														Y
	Sunflower Spread														

Butties

**(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
Bread Options	Brioche Style Bun (ve)									M					Y
	White Bloomer (ve)										Y				Y
Breakfast Butty	Smoked Back Bacon											M			
	Pork & Leek Sausage										Y	M			Y
	Fried Egg	Y													
Bacon Butty	Smoked Back Bacon											M			
Sausage Butty	Pork & Leek Sausage										Y	M			Y
Vegan Butty (ve)	Quorn®Sausages*														Y
Veggie Butty (v)	Quorn®Sausages*														Y
	Fried Egg	Y													

On Toast

**(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
BBQ Beans & Chorizo	BBQ Beans														
	Chorizo														
	Sunflower Spread														
	Toasted Bloomer										Y				Y
Baked Beans, Sausage & Cheese	Baked Beans														
	Pork & Leek Sausage										Y	M			Y
	Cheese							Y							
	Sunflower Spread														
	Toasted Bloomer										Y				Y
Baked Beans & Smoked Bacon	Baked Beans														
	Smoked Back Bacon												M		
	Sunflower Spread														
	Toasted Bloomer										Y				Y
Baked Beans (ve)	Baked Beans														
	Sunflower Spread														
	Toasted Bloomer										Y				Y
Baked Beans & Quorn®Sausages* (ve)	Baked Beans														
	Quorn®Sausages*														Y
	Sunflower Spread														
	Toasted Bloomer										Y				Y

Kids Breakfast & Brunch

**(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
Kids Welsh Breakfast	Smoked Back Bacon											M			
	Pork & Leek Sausage										Y	M			Y
	Baked Beans														
	Hash Browns							M				M			M
	Fried Egg	Y													
	Toasted Bloomer											Y			Y
Kids Vegan Breakfast (ve)	Quorn®Sausages*														Y
	Baked Beans														
	Hash Browns							M				M			M
	Toasted Bloomer										Y				M
Baked Beans on Toast (ve)	Baked Beans														
	Sunflower Spread														
	Toasted Bloomer										Y				Y

Cake & Cuppa Offer

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	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
Cake of The Day (v)	Varies daily. Ask your server for allergens	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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.

Starters

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Soup of the Day (Ask your server for details)	Soup														
	Ciabatta	M						M		M				M	Y
	Butter							Y							
Crispy Chicken Wings (gf)	Chicken Wings														
	BBQ/Peri-Peri Sauce														
Popcorn Fried Chicken	Popcorn Chicken											M			Y
	Sweet Chilli Dip														
Cod Goujons (gf)	Cod Goujons				Y										
	Tartare Sauce														
Pan Fried Mushrooms (v)	Mushrooms in Garlic & Thyme Cream Sauce							Y							
	Ciabatta	M						M		M				M	Y
Halloumi Fries (v)	Halloumi Fries							Y			Y				Y
	Chilli Jam														
Mozzarella Sticks (v)	Mozzarella Sticks						M	Y			M				Y
	Tomato Salsa														
Cauliflower Wings (v)	Cauliflower Wings						M				M				Y
	BBQ/Peri-Peri Sauce														
Chickpea Hummus (v)	Hummus									Y					
	Ciabatta	M						M		M				M	Y

From The Grill

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
8oz Rump or Sirloin Steak (gf)	Rump/Sirloin Steak														
	Chips														
	Peas, Mushroom, Tomato, Watercress														
8oz Gammon (gf)	Gammon														
	Chips														
	Peas, Mushroom, Tomato, Watercress														
	Pineapple Egg	Y													
Mixed Grill	4oz Rump Steak														
	4oz Gammon														
	Pork & Leek Sausage														Y
	Chicken Breast														
Grill Extras	Fried Egg	Y													
	Peppercorn Sauce (gf)							Y							
	Mushroom Sauce (gf)							Y							
	Onion Rings						M				M				Y

Mains

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Chicken Tikka Masala (gf)	Chicken Tikka Masala						M		M					M	
	Basmati Rice														
	Chips														
	Poppadom														
	Mango Chutney														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Classic Fish & Chips (gf)	Battered Cod Fillet				Y										
	Chips														
	Minted Mushy Peas														
	Tartare Sauce														
Vegetable Lasagne (ve)	Vegetable Lasagne										Y		Y	M	Y
	Garlic Ciabatta	M						M		M				M	Y
Sausage & Mash	Sausages											M			Y
	Buttery Mash							Y				M			M
	Garden Peas														
	Gravy														
Mac N' Cheese (v)	Macaroni Pasta														Y
	Cheese Sauce						Y	Y			Y		Y		Y
	Garlic Ciabatta	M						M		M				M	Y
Add Ons	Pulled Pork (gf)														
	Bacon (gf)											M			
	Chicken Breast (gf)														
Hunters Chicken	Chicken Breast														
	Smoked Back Bacon											M			
	BBQ Sauce														
	Cheese							Y							
Welsh Beef Lasagne	Chips														
	Beef Lasagne	M					M	Y			M		Y		Y
	Garlic Ciabatta	M						M		M				M	Y
Cardiff Victoria Park Pie (Ask your server for details)	Pie							Y					Y		Y
	Buttery Mash							Y				M			M
	Mushy Peas														
	Gravy														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Penang Vegan Curry (gf) (ve)	Penang Vegetable Curry						M		M					M	
	Basmati Rice														
	Chips														
	Poppadom														
	Mango Chutney														

Burgers

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
The Discovery Beef Burger	Brioche-Style Bun									M					Y
	6oz Beef Patty														Y
	House Burger Sauce						Y								
	Salad														
	Skin-on Fries														
	House Slaw														
The Discovery Cheese Burger	Brioche-Style Bun									M					Y
	6oz Beef Patty														Y
	House Burger Sauce						Y								
	Cheese Slice							Y							
	Salad														
	Skin-on Fries														
	House Slaw														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Crispy Chicken Burger	Brioche-Style Bun									M					Y
	Southern Fried Chicken Breast							Y					Y		Y
	Mayo														
	Salad														
	Skin-on Fries														
	House Slaw														
The Oumph!® Burger (ve)	Brioche-Style Bun									M					Y
	Oumph!® Burger Patty										Y				Y
	House Burger Sauce						Y								
	Salad														
	Skin-on Fries														
	House Slaw														
Discovery Dirty Burger	Brioche-Style Bun									M					Y
	6oz Beef Patty														Y
	Cheese Slice							Y							
	BBQ Pulled Pork														
	Nacho Cheese Sauce							Y			Y				
	House Burger Sauce						Y								
	Salad														
	Skin-on Fries														
	House Slaw														

Burger Extras	Beef Patty														Y
	Southern Fried Chicken Breast							Y					Y		Y
	Bacon (gf)											M			
	Jalapeños (ve) (gf)														
	Hash Brown (ve) (gf)							M				M			M
	Cheese (v)							Y							

Side Dishes

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Garlic Ciabatta (ve)	Ciabatta	M						M		M				M	Y
	Garlic & Herb Topping														
Garlic Ciabatta with Cheese (v)	Ciabatta	M						M		M				M	Y
	Garlic & Herb Topping														
	Cheese							Y							
Skin-on Fries (ve) (gf)	Skin-on Fries														
	Seasoning														
Chunky Chips (gf)	Chunky Chips														
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
Side Mac N' Cheese (v)	Macaroni Pasta														Y
	Cheese Sauce						Y	Y			Y		Y		Y

Sharers

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Dirty Fries	Skin-on Fries														
	Nacho Cheese Sauce							Y			Y				
	Pulled Pork														
	House Slaw														
	Jalapeños														
Bucket of Wings	Chicken Wings														
	BBQ Sauce														
	Peri-Peri Sauce														
	Sweet Chilli Sauce														
Chicken Platter	Popcorn Chicken											M			Y
	Chicken Wings														
	Chicken Tenders												Y		Y
	BBQ Sauce														
	Peri-Peri Sauce														
	Sweet Chilli Sauce														
Nachos (v)	Corn Tortilla Chips														M
	Nacho Cheese Sauce							Y			Y				
	Tomato Salsa														
	Guacamole														
	Sour Cream							Y							
	Jalapeños														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Sides Platter	Mac N' Cheese						Y	Y			Y		Y		Y
	Beer-Battered Onion Rings						M				M				Y
	Skin-on Fries														
	Garlic Ciabatta	M						M		M				M	Y

Lunch Meal Deals

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Scampi, Chips & Peas	Breaded Langoustine		Y	M	M										Y
	Chunky Chips														
	Garden Peas														
Mac N' Cheese (v)	Macaroni Pasta														Y
	Cheese Sauce						Y	Y			Y		Y		Y
	Garlic Ciabatta	M						M		M				M	Y
Sausage & Mash	Sausages											M			Y
	Buttery Mash							Y				M			M
	Garden Peas														
	Gravy														
8oz Gammon (gf)	Gammon														
	Chips														
	Peas, Mushroom, Tomato, Watercress														
	Pineapple														
	Egg	Y													

Sandwiches & Baguettes

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Choose your bread:	Bloomer Bread	M								M					Y
	Baguette										M				Y
4oz Rump Steak	Steak														
	Garlic Spread														
	Salad														
Cheese & Coleslaw	Cheese							Y							
	House Slaw														
Fish Goujons	Cod Goujons				Y										
	Baby Gem Lettuce														
	Tartare Sauce														
Fishless Fingers	Fishless Fingers										Y				Y
	Baby Gem Lettuce														
	Tartare Sauce														
BLT	Bacon												M		
	Lettuce														
	Tomato														
	Mayo														
Hunters Chicken	Chicken Breast														
	BBQ Sauce														
	Cheddar Cheese							Y							

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Hummus & Peppers (ve)	Hummus									Y					
	Peppers														

Desserts

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Bramley Apple & Blackberry Crumble (v)	Crumble	Y						Y							Y
	Custard							Y							
Sticky Toffee Pudding (v)	Sticky Toffee Pudding	Y						Y	M		M			M	Y
	Custard							Y							
	Ice Cream							Y							
Chocolate Fudge Cake (v)	Chocolate Fudge Cake	Y						Y						M	Y
Chocolate Sundae (v)	Chocolate Cake Pieces	Y						Y						M	Y
	Chocolate Sauce										Y				
	Choc Curls							Y			Y				
	Vanilla Ice Cream							Y							

Kids Menu

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Garlic Bread (v)	Ciabatta	M						M		M				M	Y
	Garlic Spread														
	Cheese							Y							
Nachos (v)	Corn Tortilla Chips							M			M				M
	Nacho Cheese Sauce							Y			Y				
	Salsa														
	Sour Cream							Y							
	Guacamole														
Crudités (ve)	Carrot, Cucumber, Pepper														
	Breadsticks						M	M		M	M				Y
	Hummus									Y					
Mac N' Cheese (v)	Macaroni Pasta														Y
	Cheese Sauce						Y	Y			Y		Y		Y
	Garlic Ciabatta	M						M		M				M	Y
Sausage & Mash	Sausages											M			Y
	Buttery Mash							Y				M			M
	Garden Peas														
	Gravy														

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Cheeseburger	Brioche-Style Bun									M					Y
	3oz Beef Patty														Y
	House Burger Sauce						Y								
	Cheese Slice							Y							
	Salad & Fries														
Plant-Based Burger (ve)	Brioche-Style Bun									M					Y
	Oumph! Patty										Y				
	House Burger Sauce						Y								
	Salad & Fries														
Fish Fingers	Fish Fingers				Y										Y
	Skin-on-Fries														
	Garden Peas														
	Baked Beans														
Chicken Tenders	Chicken Tenders												Y		Y
	Skin-on-Fries														
	Garden Peas														
Vanilla Ice Cream (v)	Ice Cream							Y							
	Strawberry Sauce														
	Chocolate Sauce										Y				
Chocolate Brownie (v)	Chocolate Brownie								M					M	
	Caramel Sauce							Y							
	Vanilla Ice Cream							Y							

Carvery

Dish	Item	Egg	Shellfish	Molluscs	Fish	Lupin	Mustard	Dairy	Peanut	Sesame	Soya	Sulfites	Celery	Tree Nuts	Gluten
Proteins	Roast Beef (gf)														
	Roast Turkey (gf)														
	Roast Gammon (gf)														
	Butternut Squash & Lentil Wellington (ve)										Y		Y	Y	Y
Self-Service Vegetable Deck*	Maple Glazed Parsnips (ve)														
	Peas (ve)														
	Carrots (ve)														
	Leeks (ve)														
	Cabbage (ve)														
	Broccoli (ve)														
	Swede (ve)														
	Cauliflower Cheese (v)							Y							
	New Potatoes (ve)														
	Roast Potatoes (ve)														
Accompaniments	Yorkshire Pudding (v)	Y													Y
	Sage & Onion Stuffing (ve)														Y
	Gravy (ve) (gf)														

* (Due to the self-service nature of our carvery deck, cross-contamination of allergens is possible.)



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