

THE DISCOVERY 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)

STARTERS

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		
Tomato Bruschetta	✓	✓	Tomato & Basil Mix																
			Garlic Balsamic																
			Toasted Sourdough								M			M				M	✓
Garlic Prawns			Marinated Tiger Prawns		✓	M	M												
			Garlic Mayo																
Chicken Wings			Chicken Wings																
			Choose: BBQ Sauce																
			OR: Peri-Peri Sauce																
Pork & Penderyn Whisky Pâté			Pâté							✓					✓				
			Apple Chutney																
			Toasted Sourdough								M			M				M	✓
Cod Goujons			Cod Goujons																
			Chunky Tartare Sauce																
Soup of The Day	✓	✓	Soup of The Day (Ingredients vary daily - ask your server for more information)												✓				
			Sourdough								M			M				M	✓
			Butter Portion									✓							

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		
Fish & Chips			Battered Cod Fillet				✓												
			Chunky Chips																
			Mushy Peas													✓			
			Tartare Sauce																
Cardiff Victoria Park Pie			Victoria Park Pie of The Week (Ingredients vary weekly - ask your server for more information)										✓		✓		✓		
			Buttery Mash								✓								
			Mushy Peas												✓				
			Gravy																
Welsh Beef Lasagne			Welsh Beef Lasagne							✓					✓		✓		
			Garlic Bread										M	M					✓

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		
Platter of Wings			Chicken Wings																
			Choose: BBQ Sauce																
			OR: Peri-Peri Sauce																
Chicken Platter			BBQ Chicken Wings																
			Crispy Chicken Tenders														✓	✓	
			Popcorn Chicken												M				✓
			Smoked Rub																
			Choose: BBQ Sauce																
			OR: Peri-Peri 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			Smoked Back Bacon											✓					
			Pork & Leek Sausage															✓	
			Baked Beans																
			Hash Brown								M					M			M
			Mushrooms																
			Fried Egg			✓													
			Tomato																
			Toasted Sourdough									M		M	✓			M	✓
			Butter Portion									✓							
Vegan Full Welsh Breakfast	✓	✓	Quorn Vegan Sausages														✓		
			Baked Beans																
			Hash Brown							M				M			M		
			Mushrooms																
			Tomato																
			Spinach																
			Toasted Sourdough							M		M	✓			M	✓		
		Flora® Sunflower Spread Portion																	
Kids Breakfast			Smoked Back Bacon											✓					
			Pork & Leek Sausage															✓	
			Baked Beans																
			Hash Brown									M				M			M
			Fried Egg			✓													
			Toasted Sourdough									M		M	✓			M	✓
Kids Vegan Breakfast	✓	✓	Quorn Vegan Sausages																
			Mushrooms																
			Baked Beans																
			Hash Brown							M				M			M		
			Toasted Sourdough							M		M	✓			M	✓		
		Flora® Sunflower Spread Portion																	
Beans on Toast	✓	✓	Toast							M		M	✓			M	✓		
			Spread																
			Baked Beans																
Avocado on Toast	✓		Toasted Sourdough							M		M	✓			M	✓		
			Avocado, Tomato, Chilli, Lime & Coriander Mix																
Avocado on Toast (vegan option)	✓	✓	Poached Egg	✓															
			Toasted Sourdough							M		M	✓			M	✓		
			Avocado, Tomato, Chilli, Lime & Coriander Mix																

*(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.)

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
Eggs Benedict			Toasted English Muffin									M	✓				✓
			Poached Eggs	✓													
			Ham											✓			
			Hollandaise Sauce	✓						✓							
Eggs Florentine	✓		Toasted English Muffin									M	✓				✓
			Poached Eggs	✓													
			Mushroom														
			Spinach														
			Hollandaise Sauce	✓						✓							

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
Breakfast Butty			Brioche-Style Bun									M					✓
			Spread														
			Pork & Leek Sausage														✓
			Smoked Back Bacon											✓			
			Hash Brown							M				M			
Bacon Butty			Brioche-Style Bun									M					✓
			Spread														
			Smoked Back Bacon										✓				
Sausage Butty			Brioche-Style Bun									M					✓
			Spread														
			Pork & Leek Sausages														✓
Vegan Sausage Butty	✓	✓	Brioche-Style Bun									M					✓
			Spread														
			Quorn Vegan Sausages*														✓

BREAKFAST EXTRAS

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
Breakfast Extras			Smoked Back Bacon											✓			
			Pork & Leek Sausage														✓
	✓	✓	Quorn Vegan Sausage*														✓
	✓		Fried Egg	✓													
	✓	✓	Baked Beans														
	✓	✓	Hash Brown								M			M			
	✓	✓	Slice of Toast								M		M	✓		M	✓
	✓	✓	Slice of Toast with Flora® Sunflower Spread Portion								M		M	✓		M	✓
✓		Slice of Toast with Butter								✓		M	✓		M	✓	

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SANDWICHES & BAGUETTES

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		
Fish Finger Sandwich			Bread							M		M	✓			M	✓		
			Breaded Fish Fingers				✓											✓	
			Chunky Tartare Sauce																
			Skin-On Fries																
Fishless Finger Sandwich	✓	✓	Bread							M		M	✓			M	✓		
			Quorn Vegan Fishless Fingers*															✓	
			Chunky Tartare Sauce																
			Skin-On Fries																
Discovery Club Sandwich			Bread							M		M	✓			M	✓		
			Southern Fried Chicken													✓		✓	
			Smoked Bacon													✓			
			Lettuce, Tomato																
			Garlic Mayo																
			Skin-On Fries																
Ham & Cheese Baguette			Baguette	M						M		M	✓			M	✓		
			Ham												✓				
			Cheese								✓								
			Lettuce																
			Mayo																
			Skin-On Fries																
4oz Welsh Rump Steak Baguette			Baguette	M						M		M	✓			M	✓		
			Rump Steak																
			Garlic Spread																
			Lettuce, Tomato																
			Skin-On Fries																
B.L.T. Baguette			Baguette	M						M		M	✓			M	✓		
			Smoked Back Bacon												✓				
			Lettuce, Tomato																
			Mayo																
			Skin-On Fries																
Cheese & Coleslaw Baguette	✓		Baguette	M						M		M	✓			M	✓		
			Cheddar Cheese								✓								
			House Slaw																
			Skin-On Fries																
Vegan Cheese & Coleslaw Baguette	✓	✓	Baguette	M						M		M	✓			M	✓		
			Applewood Vegan® Cheeze								M								
			House Slaw																
			Skin-On Fries																

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KIDS MENU

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	
Cheesy Garlic Bread			Baguette	M						M		M	✓			M	✓	
			Garlic & Herb Spread															
			Cheddar Cheese								✓							
Garlic Bread	✓	✓	Baguette	M						M		M	✓			M	✓	
			Garlic & Herb Spread															
Corn Tortilla Nachos	✓		Corn Tortilla Chips							M			M				M	
			Nacho Cheese Sauce							✓				✓				
			Salsa															
			Sour Cream								✓							
Corn Tortilla Nachos (vegan option)	✓	✓	Corn Tortilla Chips							M			M				M	
			Vegan Cheese							M								
			Salsa															
			Guacamole															
Mac N Cheese	✓		Mac N Cheese						✓	✓			✓				✓	
			Baguette	M							M		M	✓		M	✓	
			Garlic & Herb Spread															
Welsh Beef Burger			Brioche-Style Bun									M					✓	
			3oz Beef Patty															✓
			Lettuce, Tomato															
			Pickled Gherkins							✓								
			Burger Sauce							✓								
			Skin-On Fries															
Plant Based Burger	✓	✓	Brioche-Style Bun									M					✓	
			Oumph! Burger Patty											✓				
			Lettuce, Tomato															
			Pickled Gherkins							✓								
			Burger Sauce							✓								
			Skin-On Fries															
Fish Fingers			Breaded Cod Fish Fingers				✓										✓	
			Skin-On Fries															
			Choose: Peas															
			OR: Baked Beans															
Crispy Chicken Tenders			Chicken Tenders												✓		✓	
			Skin-On Fries															
			Choose: Peas															
			OR: Baked Beans															
Sausage & Mash			Pork & Leek Sausages														✓	
			Mashed Potatoes								✓							
			Peas															
			Gravy															
Vanilla Ice Cream	✓		Vanilla Ice Cream							✓								
			Choose: Strawberry Sauce															
			OR: Chocolate Sauce								M			✓				
Chocolate Fudge Cake	✓		Chocolate Fudge Cake	✓						✓							✓	
			Vanilla Ice Cream								✓							
			Chocolate Shavings								✓			✓				
Churros	✓		Cinnamon Sugared Churros														✓	
			Salted Caramel Dipping Sauce								✓							
			Chocolate Dipping Sauce								M			✓				
Churros (vegan option)	✓	✓	Cinnamon Sugared Churros														✓	
			Chocolate Dipping Sauce								M			✓				

SUNDAY MENU

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
Proteins			Topside of Beef														
			Turkey Breast														
			Honey Glazed Gammon														
			Lentil & Almond Wellington										✓		✓	✓	✓
			Joint of the Week (Allergens may vary weekly - ask your server for more information)														
Vegetables	✓	✓	Maple Glazed Parsnips														
			Carrots														
			Swede Mash														
			Cabbage														
			Peas														
			Leeks														
			Roasted Potatoes														
Accompaniments	✓		Yorkshire Puddings	✓						✓							✓
	✓	✓	Stuffing														✓
	✓	✓	Gravy														
Sunday Roast Extras			Pigs in Blankets						M				✓	✓			✓
	✓		Cauliflower Cheese							✓			✓				

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Information correct to the best of our knowledge at the time of publication (28/10/2024)

Note that our vegan menu items are prepared to a vegan recipe but made in a kitchen or facility which handles non-vegan ingredients.