

Nutrition Information Ryder Restaurant Spring 2025

Dish	Total Cal	Cal per100g	Allergen info
STARTERS			
Local Artisan Bread Selection, Balsamic & Rapeseed Oil	971	405	GLUTEN, MILK, MUSTARD, SULPHITE
Textures of Salmon	465	176	GLUTEN, FISH, SOYA, EGG, MUSTARD, SULPHITE MAY CONTAIN CRUSTACEAN, MOLLUSC, PEANUT, TREE NUT, CELERY, SESAME
Ragstone Goat's Cheese Custard	391	220	GLUTEN, PEANUT, TREE NUT, SOYA, MILK, EGG, SESEAME, SULPHITES MAY CONTAIN MUSTARD
Pibil Style Pulled Pork Taco	518	182	GLUTEN, SOYA, EGG, MILK, MUSTARD MAY CONTAIN CELERY
Roast Hand Dived Scallops	409	141	MOLLUSC, FISH, PEA NUT, MILK, CELERY, SULPHITE MAY CONTAIN GLUTEN, TREE NUT, SOYA, EGG, MUSTARD, SESAME
Sun Blushed Tomato & Olive Tartar	514	182	GLUTEN, SOYA, EGG, MILK, MUSTARD, SULPHITE MAY CONTAIN FISH, CELERY
Slow Poached Duck Egg	341	224	GLUTEN, TREE NUTS, EGG, MUSTARD, SULPHITE MAY CONTAIN

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			CELERY
Chef's Soup of the Day (v)	N/A	N/A	ON THE DAY
MAINS			
Chargrilled 10oz Black Angus Ribeye Steak	857	156	EGG, MILK, MUSTARD, SULPHITE
Chargrilled 7oz Centre Cut Fillet Steak	1120	127	FISH, MILK, MUSTARD, SULPHITE MAY CONTAIN CELERY
Chargrilled 600g Chateaubriand (To Share)	1509	145	GLUTEN, EGG, MILK, MUSTARD, SULPHITE
Daily Market Fish of the Day	N/A	N/A	ON THE DAY
Gun Powder Monkfish & Mango Curry			GLUTEN, FISH, SOYA, MILK, CELERY, MUSTARD, SULPHITE MAY CONTAIN PEA NUT, TREE NUT, SESAME
Assiette of English Lamb (Loin Noisette, Herb Crusted Chop, Leg Bolognaise)	1120	127	GLUTEN, FISH, SOYA, EGG, MILK, CELERY, SESEAME, SULPHITE MAY CONTAIN TREE NUTS, MUSTARD
Applewood Smoked Gressingham Duck Breast	1167	195	GLUTEN, SOYA, CELERY, SULPHITE MAY CONTAIN GLUTEN, MUSTARD
Miso Glazed Corn fed Chicken Supreme	1608	221	GLUTEN, CRUSTACEAN, FISH, SOYA, EGG, MILK, CELERY, SESAME, SULPHITE
Rigatoni Piemontaise	696	252	GLUTEN, TREE NUT, EGG, MILK, CELERY MAY CONTAIN FISH, PEA NUT, MUSTARD,

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			SOYA, SESAME, SULPHITE
Wye Valley Asparagus & Brie Strudel			GLUTEN, TREE NUT, EGG, MILK, MUSTARD MAY CONTAIN PEA NUT, SOYA, CELERY, SESAME, SULPHITE
<u>SAUCES</u>			
Béarnaise	768	475	EGG, MILK, SULPHITE
Peppercorn	585	378	MILK, SULPHITE
Red wine	242	48	CELERY, SULPHITE
<u>SIDES</u>			
Honey Glazed Carrots	580	104	MILK MAY CONTAIN SOYA, EGG
French Beans & Sugar Snaps with Confit Shallots	331	290	MILK
French Fries	408	218	SOYA
Onion Rings	561	362	GLUTEN, SOYA
Creamy Mash Potato with Crispy Onions	616	138	GLUTEN, MILK
Tender Stem Broccoli with Confit Garlic	356	213	NO
Herb & Garlic Roast New Potatoes	279	107	MAY CONTAIN MILK, SULPHITE
Roquette & Parmesan Salad	151	124	EGG, MILK, MUSTARD
Mixed Tossed Salad	273	72	MUSTARD, SULPHITE
<u>DESSERT</u>			
Chocolate Fondant	585	298	GLUTEN, SOYA, EGG, MILK MAY CONTAIN TREE NUT
Slate of British & Artisan Cheeses	867	312	GLUTEN, TREE NUT, MILK, CELERY, SULPHITE MAY CONTAIN EGG, MUSTARD, SESAME
70% Valrhona Chocolate Fondant	585	298	GLUTEN, SOYA, EGG, MILK MAY CONTAIN TREE NUT

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White Chocolate Cheesecake	330	293	GLUTEN, SOYA, EGG, MILK, SULPHITE MAY CONTAIN PEA NUT, TREE NUT, CELERY, MUSTARD, SESEAME
Rhubarb & Ginger Parfait	249	258	GLUTEN, EGG, MILK
Apricot & Vodka Savarin	334	281	GLUTEN, EGG, MILK, SULPHITE
Grilled Golden Pineapple	309	151	GLUTEN, EGG, MILK, SULPHITE MAY CONATIN TREE NUT, SOYA, SESAME
Slate of British & Artisan Cheeses	867	312	GLUTEN, TREE NUT, MILK, CELERY, SULPHITE MAY CONTAIN EGG, MUSTARD, SESAME
Banana Bread	517	288	GLUTEN, EGG, SOYA, MILK, SULPITE
Apple Crumble Tart	488	232	GLUTEN, TREE NUT, EGG, MILK, SULPHITE MAY CONTAIN SOYA
Chocolate delice	501	410	GLUTEN, SOYA, EGG, MILK, SULPHITE MAY CONTAIN CELERY, MUSTARD
Tropical Fruit Sundae	293	209	GLUTEN, MILK