**Wealden Rambler**

**Traditional Menu**

**A selection of sandwiches**

Cucumber and minted cream cheese

Honey roasted ham & wholegrain mustard

Smoked salmon with a dill crème fraiche

**Savouries**

Pork and caramelised onion sausage roll

Sun dried tomato and parmesan twist

**-O-**

**Homemade warm sultana and plain scones**

with Cornish clotted cream & strawberry preserve

**-O-**

**Pastries & cakes**

Lemon and elderflower sponge

Hand crafted éclair

Fruit tartlet

Classic macaron

White chocolate and raspberry cup

**Wealden Rambler Traditional Menu**

**Dishes and their allergen content**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dishes | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| A **✓** indicates the allergen is present. | **Celery** | **Cereals containing gluten\*** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts†** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| A selection of sandwiches |
| Cucumber & cream cheese |  | **✓** wheat |  |  |  |  | **✓** |  |  |  |  |  | **✓** |  |
| Honey roasted ham & wholegrain mustard |  | **✓** wheat |  |  |  |  |  |  | **✓** |  |  |  | **✓** |  |
| Smoked salmon with a dill crème fraiche |  | **✓** wheat |  |  | **✓** |  | **✓** |  |  |  |  |  | **✓** |  |
| Savouries |
| Pork and caramelised onion sausage roll |  | **✓** wheat |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| Sun dried tomato and parmesan twist |  |  |  | **✓** |  |  | **✓** |  | **✓** |  |  |  |  |  |
| Scones |
| Sultana |  | **✓** wheat |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Plain |  | **✓** wheat |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Clotted cream |  |  |  |  |   |  | **✓** |  |  |  |  |  |  |  |
| Strawberry preserve |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Pastries & Cakes |
| Lemon & elderflower sponge |  | **✓** wheat |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Hand crafted éclair  |  | **✓** wheat |  | **✓** |  |  | **✓** |  |  |  |  |  | **✓** |  |
| Fruit tartlet |  | **✓** wheat |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| Classic macaron |  | **✓** wheat |  | **✓** |  |  | **✓** |  |  | **✓** |  |  |  |  |
| White choc & raspberry cup |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |

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**Wealden Rambler**

**Vegetarian Menu**

**A selection of sandwiches**

Grilled courgette and red pepper houmous

Plant based cream cheese and cucumber

Plant based smoked applewood cheddar and pickle

**Savouries**

Vegan sausage roll

Sun dried tomato and parmesan twist

**-O-**

**Homemade warm sultana and plain scones**

with Cornish clotted cream & strawberry preserve

**-O-**

**Pastries & cakes**

Lemon and elderflower sponge

Hand crafted éclair

Fruit tartlet

Classic macaron

White chocolate and raspberry cup

**Wealden Rambler Vegetarian Menu**

**Dishes and their allergen content**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dishes | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| A **✓** indicates the allergen is present. | **Celery** | **Cereals containing gluten\*** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts†** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| A selection of sandwiches |
| Courgette & houmous |  | **✓** wheat |  |  |  |  |  |  |  |  |  | **✓** | **✓** |  |
| Plant based cream cheese & cucumber |  | **✓** wheat |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Plant based smoked applewood cheese & pickle |  | **✓** wheat |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Savouries |
| Vegan sausage roll |  | **✓** wheat |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| Sun dried tomato and parmesan twist |  |  |  | **✓** |  |  | **✓** |  | **✓** |  |  |  |  |  |
| Scones |
| Sultana |  | **✓** wheat |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Plain |  | **✓** wheat |  |  |  |  | **✓** |  |  |  |  |  |  |  |
| Clotted cream |  |  |  |  |   |  | **✓** |  |  |  |  |  |  |  |
| Strawberry preserve |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Pastries & Cakes |
| Lemon & elderflower sponge |  | **✓** wheat |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Hand crafted éclair  |  | **✓** wheat |  | **✓** |  |  | **✓** |  |  |  |  |  | **✓** |  |
| Fruit tartlet |  | **✓** wheat |  | **✓** |  |  |  |  |  |  |  |  | **✓** |  |
| Classic macaron |  | **✓** wheat |  | **✓** |  |  | **✓** |  |  | **✓** |  |  |  |  |
| White choc & raspberry cup |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |

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**Wealden Rambler**

**Vegan Menu**

**A selection of sandwiches**

Grilled courgette and red pepper houmous

Plant based cream cheese and cucumber

Plant based smoked applewood cheddar and pickle

**Savouries**

Vegan sausage roll

Sun dried tomato and plant based parmesan twist

**-O-**

**Warm sultana scones**

with plant based Chantilly cream & strawberry preserve

**-O-**

**Pastries & cakes**

Pistachio crusted strawberry

Millionaires caramel shortbread

Cranberry and pecan flapjack

White chocolate and raspberry cup

Fruit cake

**Wealden Rambler Vegan Menu**

**Dishes and their allergen content**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dishes | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| A **✓** indicates the allergen is present. | **Celery** | **Cereals containing gluten\*** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts†** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| A selection of sandwiches |
| Courgette & houmous |  | **✓** wheat |  |  |  |  |  |  |  |  |  | **✓** | **✓** |  |
| Plant based cream cheese & cucumber |  | **✓** wheat |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Plant based smoked applewood cheese & pickle |  | **✓** wheat |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Savouries |
| Vegan sausage roll |  | **✓** wheat |  |  |  |  |  |  | **✓** |  |  |  |  |  |
| Sun dried tomato and plant based parmesan twist |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scones |
| Sultana |  | **✓** wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Plant based Chantilly cream |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Strawberry preserve |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Pastries & Cakes |
| Pistachio crust strawberry |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| Millionaires shortbread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cranberry & pecan flapjack |  | **✓** GF oats |  |  |  |  |  |  |  |  | **✓** |  | **✓** |  |
| White choc & raspberry cup |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Fruit cake |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |

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**Wealden Rambler**

**Gluten Free Menu**

**A selection of sandwiches**

Cucumber and minted cream cheese

Honey roasted ham & wholegrain mustard

Smoked salmon with a dill crème fraiche

**-O-**

**Savouries**

Sausage roll

Sun dried tomato and parmesan twist

**-O-**

**Warm sultana scones**

with Cornish clotted cream & strawberry preserve

**-O-**

**Pastries & cakes**

Pistachio crusted strawberry

Millionaires caramel shortbread

Cranberry and pecan flapjack

White chocolate and raspberry cup

Fruit cake

**Wealden Rambler Gluten Free Menu**

**Dishes and their allergen content**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dishes | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| A **✓** indicates the allergen is present. | **Celery** | **Cereals containing gluten\*** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts†** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| A selection of sandwiches |
| Cucumber & cream cheese |  |  |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Honey roasted ham & wholegrain mustard |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| Smoked salmon with a dill crème fraiche |  |  |  | **✓** |  |  |  |  |  |  |  |  |  |  |
| Savouries |
| Sausage roll |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  | **✓** |
| Sun dried tomato and plant based parmesan twist |  |  |  | **✓** |  |  | **✓** |  | **✓** |  |  |  |  |  |
| Scones |
| Sultana |  |  |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Cornish clotted cream |  |  |  |  |   |  | **✓** |  |  |  |  |  |  |  |
| Strawberry preserve |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Pastries & Cakes |
| Pistachio crust strawberry |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| Millionaires shortbread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cranberry & pecan flapjack |  | **✓** GF oats |  |  |  |  |  |  |  |  | **✓** |  | **✓** |  |
| White choc & raspberry cup |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Fruit cake |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |

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**Wealden Rambler**

**Dairy Free Menu**

**A selection of sandwiches**

Plant based cream cheese & cucumber

Honey roasted ham & wholegrain mustard

Smoked salmon with a dill mayonnaise

**Savouries**

Pork and caramelised onion sausage roll

Sun dried tomato and parmesan twist

**-O-**

**Warm sultana scones**

with plant based Chantilly cream & strawberry preserve

**-O-**

**Pastries & cakes**

Pistachio crusted strawberry

Millionaires caramel shortbread

Cranberry and pecan flapjack

White chocolate and raspberry cup

Fruit cake

**Wealden Rambler Dairy Free Menu**

**Dishes and their allergen content**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Dishes | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| A **✓** indicates the allergen is present. | **Celery** | **Cereals containing gluten\*** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts†** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** |
| A selection of sandwiches |
| Plant based cream cheese  |  | **✓** wheat |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Honey roast ham & wholegrain mustard |  | **✓** wheat |  |  |  |  |  |  | **✓** |  |  |  | **✓** |  |
| Smoked salmon with a dill mayonnaise |  | **✓** wheat |  |  |  |  |  |  | **✓** |  |  |  | **✓** |  |
| Savouries |
| Pork & caramelised onion sausage roll |  | **✓** wheat |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| Sun dried tomato and plant based parmesan twist |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Scones |
| Sultana |  | **✓** wheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Plant based Chantilly cream |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Strawberry preserve |  |  |  |  |   |  |  |  |  |  |  |  |  |  |
| Pastries & Cakes |
| Pistachio crust strawberry |  |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |
| Millionaires shortbread |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cranberry & pecan flapjack |  | **✓** GF oats |  |  |  |  |  |  |  |  | **✓** |  | **✓** |  |
| White choc & raspberry cup |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Fruit cake |  |  |  |  |  |  |  |  |  |  |  |  | **✓** |  |

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