ALLERGENS

FLIGHT CLUB
SOCIAL DARTS®

MENU

Let us help you pick which of
our tasty dishes is right for you.

BAR SNACKS	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Necellara olives with citrus-infused oil														
Pan-roasted Padron peppers with smoked rock salt														
Paprika and rosemary popcorn *Please note: Gluten allergen for this dish is* ***wheat***		●												
Salt and pepper squid with chilli and Siracha mayo *Please note: Gluten allergen for this dish is* ***wheat***		●		●	●									
Scotch egg with mustard mayo *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●		●					●
Sorrento mixed olives with garlic and chilli														
Spiced and roasted mixed nuts *Please note: Nuts allergen for this dish is* ***Walnuts, Hazelnuts and shelled almonds***							●			●	●			
Sweet and salted popcorn *Please note: Gluten allergen for this dish is* ***wheat***		●												

MIX 'N' SHARE MINI PLATES	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Barbeque marinated aubergine mini tacos with mango salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●							●					●
Coconut popcorn chicken with sweet chilli sauce *Please note: Gluten allergen for this dish is* ***wheat***		●					●							●
Fried mac and cheese croquettes with chipotle and lime mayo *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Garlic and sea salt pizza bread (with or without cheese and olives) *Please note: Gluten allergen for this dish is* ***wheat***		●					●							
Grilled prawn skewers with mango salsa and rocket			●											
Kadai chicken skewers with mango, poppadoms and beetroot salad *Please note:* ***lactose, soya, peanut, sesame*** *and* ***mustard*** *allergen traces can be found in the factory that produces the poppadoms for this dish*							●				●			
Marinated heirloom tomato bruschetta *Please note: Gluten allergen for this dish is* ***wheat***		●												
Marinated salmon ceviche mini tacos with red onion, fresh chilli and guacamole					●									
Nacho stack with tomato salsa, sour cream dressing, guacamole and pickled chillies							●							●
with pulled pork	●				●		●		●					●
Pan-roasted Padron peppers with smoked rock salt														
Plain hummus												●		
with corn tortillas and stone-baked flatbread *Please note: Gluten allergen for this dish is* ***wheat***		●												
Salt and pepper squid with chilli and Sriracha mayo *Please note: Gluten allergen for this dish is* ***wheat***		●		●				●						
Sausage roll with HP sauce *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Scotch egg with mustard mayo *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●		●					●
Spinach and artichoke dip with corn tortillas *Please note: Gluten allergen for this dish is* ***wheat***		●					●							
Teriyaki beef mini tacos with chilli and pickled slaw *Please note: Gluten allergen for this dish is* ***wheat***	●	●										●	●	●
Trio of sliders – three mini burgers consisting of marinated Portobello mushroom, buttermilk chicken and prime-aged beef *Please note: Gluten allergen for this dish is* ***wheat*** *and* ***barley***	●	●		●	●		●		●					

LUNCH MENU	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Beer-battered haddock, served with fries, minted mushy peas and tartare sauce *Please note: Gluten allergen for this dish is* ***wheat***		●		●	●		●							●
Chargrilled Cajun chicken breast served with house salad and straight fries				●					●					
Flat iron steak served with fries, grilled tomato and Béarnaise sauce				●			●							●
Fire-roasted red pepper open sandwich with grilled courgette, hummus and a pesto dressing *Please note: Gluten allergen for this dish is* ***wheat*** *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine nuts***		●					●			●		●		
Grilled flat iron steak open sandwich with Buffalo Mozzarella, mustard mayonnaise and rocket *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●		●					●
Halloumi skewers with Moroccan yellow rice with a lime and yogurt dressing							●							
Kadai chicken skewers served with Moroccan yellow rice and a lime and yoghurt dressing							●				●			
Mac and cheese – Cheddar, Gruyère and Parmesan sauce, baked in the oven with a cheesy breadcrumb topping *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Pie of the day – meat or vegetarian pie served with creamy mashed potato and your choice parsley liquor or *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							●
with gravy *Please note: Gluten allergen for this dish is* ***wheat***		●											●	

PIZZAS *Please note: Gluten allergen for this dish is* ***wheat***	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Barbeque marinated chicken breast pizza with fresh red onion	●	●					●		●					●
Chargrilled chicken breast pizza with roasted peppers and a pesto drizzle *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*		●					●			●				
Classic Margherita pizza		●					●							
Coppa salami pizza with rocket and Parmesan		●					●							
Marinated Portobello mushroom pizza with truffle oil		●					●							●
Pork and fennel sausage pizza on a white cream base with Tenderstem broccoli and smoked Mozzarella		●					●							●
Spicy 'Nduja sausage pizza with fresh chillies, red onion and Sriracha chilli sauce		●					●							
Summer vegetable pizza with fresh red onion and chopped vine tomatoes		●					●							
Three cheese pizza with rosemary oil		●					●							

SALADS	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Cajun chicken salad with organic pea shoots, mango, pomegranate and mustard vinaigrette dressing									●					
Chargrilled chicken Caesar salad with Parmesan shavings, anchovies, croutons and Caesar dressing *Please note: Gluten allergen for this dish is* ***wheat***		●		●	●		●							
Forman's smoked salmon and Heritage Beets salad, with horseradish and mustard vinaigrette dressing				●	●		●		●					
Greek salad with feta, sun-dried tomatoes, cucumber, olives and ranch dressing	●			●			●		●					
Grilled prawn and mango salad with prawns, mixed leaves, mango and spring onion in a sweet chilli and lime dressing			●											●
Superfood salad with Alfalfa sprouts, organic pea shoots, butternut squash, pomegranate and mustard vinaigrette dressing									●					

BURGERS	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Buttermilk chicken burger with red onions, iceberg lettuce and Sriracha mayo *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●					●		
Marinated Portobello mushroom burger with halloumi, spinach and Gorgonzola dressing *Please note: Gluten allergen for this dish is* ***wheat***	●	●		●			●					●		
Prime-aged beef burger with pickles, Cheddar and Bloody Mary sauce *Please note: Gluten allergen for this dish is* ***wheat*** *and* ***barley***	●	●		●	●		●		●			●		
Smoked pulled pork burger with pickles, crispy speck and Bloody Mary sauce *Please note: Gluten allergen for this dish is* ***wheat*** *and* ***barley***	●	●		●	●		●		●			●		

SIDE PLATES	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Curly fries *Please note: Gluten allergen for this dish is* ***wheat***		●												
Straight fries														
Sweet potato fries *Please note: Gluten allergen for this dish is* ***wheat***		●												
Bloody Mary sauce *Please note: Gluten allergen for this dish is* ***barley***	●	●		●	●		●		●					
Chipotle and lime mayo				●										
Garlic dough balls *Please note: Gluten allergen for this dish is* ***wheat***		●					●							
House salad									●					
Mac and cheese *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Roasted Mediterranean vegetables														●

SHARING TREATS	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Chocolate brownie bites *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Sticky toffee cupcakes *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							

REGULAR PACKAGE	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Marinated salmon ceviche on a crispy taco					●									
Teriyaki beef soft taco, chilli and pickled slaw *Please note: Gluten allergen for this dish is* ***wheat***	●	●										●	●	●
Buttermilk fried chicken *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
Avocado on toast, chilli & tomato salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●												
A selection of chocolate brownie bites and sticky toffee cupcakes *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							

PRO PACKAGE	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Prime-aged beef slider burgers *Please note: Gluten allergen for this dish is* ***wheat*** *and* ***barley***	●	●		●	●		●		●					
Marinated Portobello mushroom and halloumi slider burgers *Please note: Gluten allergen for this dish is* ***wheat***	●	●		●			●							
Grilled prawns with mango & chilli salsa			●											
Kadai chicken skewers							●				●			
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
Avocado on toast, chilli & tomato salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●												
Buttermilk fried chicken *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Marinated salmon ceviche on a crispy taco					●									
A selection of chocolate brownie bites and sticky toffee cupcakes *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							

THE ELF CHRISTMAS PACKAGE	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Marinated salmon ceviche on a crispy taco					●									
Teriyaki beef soft taco, chilli and pickled slaw *Please note: Gluten allergen for this dish is* ***wheat***	●	●										●	●	●
Buttermilk fried chicken *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
Avocado on toast, chilli & tomato salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●												
Pigs in blankets *Please note: Gluten allergen for this dish is* ***wheat***		●												●
Mince pies *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							●

THE SANTA CHRISTMAS PACKAGE	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Prime-aged beef slider burgers *Please note: Gluten allergen for this dish is* ***wheat*** *and* ***barley***	●	●		●	●		●		●					
Marinated Portobello mushroom and halloumi slider burgers *Please note: Gluten allergen for this dish is* ***wheat***	●	●		●			●							
Grilled prawns with mango & chilli salsa			●											
Kadai chicken skewers							●				●			
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
Avocado on toast, chilli & tomato salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●												
Buttermilk fried chicken *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							
Marinated salmon ceviche on a crispy taco					●									
Pigs in blankets *Please note: Gluten allergen for this dish is* ***wheat***		●												●
Mince pies *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							●

REGULAR PACKAGE GLUTEN FREE	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Marinated salmon ceviche on a crispy taco					●									
Grilled prawns with mango & chilli salsa			●											
Buttermilk fried chicken				●			●							
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
Avocado on toast, chilli & tomato salsa	●													
Gluten free chocolate brownie bites														

PRO PACKAGE GLUTEN FREE	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Plain hummus with corn tortillas												●		
Grilled prawns with mango & chilli salsa			●											
Kadai chicken skewers							●				●			
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
Avocado on toast, chilli & tomato salsa	●													
Buttermilk fried chicken				●			●							
Marinated salmon ceviche on a crispy taco					●									
Halloumi skewers							●							
Gluten free chocolate brownie bites														

REGULAR PACKAGE VEGETARIAN	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Pan-roasted Padron peppers with smoked rock salt														
Avocado on toast, chilli & tomato salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●												
Barbeque marinated aubergine and mango salsa tacos *Please note: Gluten allergen for this dish is* ***wheat***	●	●							●					●
Marinated Portobello mushroom slider burgers *Please note: Gluten allergen for this dish is* ***wheat***	●	●		●			●							
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
A selection of chocolate brownie bites and sticky toffee cupcakes *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							

PRO PACKAGE VEGETARIAN	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Barbeque marinated aubergine and mango salsa tacos *Please note: Gluten allergen for this dish is* ***wheat***	●	●							●					●
Marinated Portobello mushroom slider burgers *Please note: Gluten allergen for this dish is* ***wheat***	●	●		●			●							
Pan-roasted Padron peppers with smoked rock salt														
Avocado on toast, chilli & tomato salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●												
Plain hummus with corn tortillas												●		
Mozzarella, tomato and olive skewers *Please note: Nuts allergen for this dish is* ***cashews*** *and* ***pine*** *nuts*	●						●			●				
Marinated heirloom tomato bruschetta *Please note: Gluten allergen for this dish is* ***wheat***		●												
Halloumi skewers							●							
A selection of chocolate brownie bites and sticky toffee cupcakes *Please note: Gluten allergen for this dish is* ***wheat***		●		●			●							

VEGAN	CELERY	GLUTEN	CRUSTACEANS	EGG	FISH	LUPIN	LACTOSE	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR D.
Necellara olives with citrus-infused oil														
Sorrento mixed olives with garlic and chilli														
Sweet and salted popcorn *Please note: Gluten allergen for this dish is* ***wheat***		●												
Paprika and rosemary popcorn *Please note: Gluten allergen for this dish is* ***wheat***		●												
Pan-roasted Padron peppers with smoked rock salt														
Barbeque marinated aubergine mini tacos with mango salsa *Please note: Gluten allergen for this dish is* ***wheat***	●	●							●					●
Plain hummus												●		
Marinated heirloom tomato bruschetta *Please note: Gluten allergen for this dish is* ***wheat***		●												
Classic Margherita pizza *Please note: Gluten allergen for this dish is* ***wheat***		●												
Marinated Portobello mushroom pizza with truffle oil *Please note: Gluten allergen for this dish is* ***wheat***		●												●
Summer vegetable pizza with fresh red onion and chopped vine tomatoes *Please note: Gluten allergen for this dish is* ***wheat***		●												
Superfood salad with Alfalfa sprouts, organic pea shoots, butternut squash, pomegranate and mustard vinaigrette dressing									●					
Straight fries														
Salted caramel brownie														