

Seaway - Allergen information

Please tell a member of staff about any allergies or intolerances before you order. Our dishes are prepared in a kitchen where a number of allergens are handled, so we cannot completely avoid, or guarantee against, cross-contamination. The information in this sheet is based on the ingredients we use and is correct at the time of the last update shown.

● = contains this allergen

[illegible]

[illegible]

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame	Soya	Sulphites
Chicken Dinner														
Scampi, Chips & Peas		●	●	●										
Omelettes														
Special Omelette			●	●										
Chicken Omelette				●										
Mushroom Omelette				●										
Spanish Omelette			●	●										
Prawn Omelette			●	●										
Soups														
Chicken & Sweetcorn Soup		●		●										
Hot & Sour Soup		●	●	●										
Chicken & Noodle Soup		●		●										
Chicken & Mushroom Soup		●		●										
Vegetarian Dishes														
Mixed Veg Fried Rice		●		●									●	
Singapore Mixed Veg Fried Rice		●		●									●	
Mixed Veg Chow Mein		●		●									●	
Mixed Veg Vermicelli														
Sweet & Sour Mixed Veg														
Mixed Veg Curry														
Mixed Veg Satay		●								●	●		●	
Mixed Veg in Black Bean Sauce													●	
Mixed Veg with Cashew Nuts										●			●	
Mixed Veg Foo Yung				●										
Mixed Veg with Chilli & Garlic													●	
Extra Portions														

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame	Soya	Sulphites
Boiled Rice														
Egg Fried Rice		●		●									●	
Fried Noodles		●		●									●	
Spicy Noodles		●		●									●	
Mushrooms													●	
Beansprouts														
Mixed Vegetables													●	
Barbecue Sauce														
Sweet & Source Sauce														
Banana Fritters		●												
Pineapple Fritters		●												

Please tell a member of staff about any allergies or intolerances before you order. Our dishes are prepared in a kitchen where a number of allergens are handled, so we cannot completely avoid, or guarantee against, cross-contamination. The information in this sheet is based on the ingredients we use and is correct at the time of the last update shown.

Last updated: 2 October 2026