



Allergen advice

Here at the Hare we pride ourselves of being able to offer fresh local produce and actually knowing what's in our food. If you have an allergy or dietary requirement we require at least 24 hours notice in advance. This may sound like a lot of time, but please bear in mind, we have to sometimes order in ingredients, wait for them to arrive, then prep them especially for you.

With regards to any allergy, we can advise to the best of our ability. But please note, it is the guest's choice as to whether they dine with us or not.

On booking we specifically ask whether there are any dietary requirements or allergies we should be aware of. It is at this point you must declare any so we can accommodate them to the best of our ability. We can inform you of the ingredients we use to put our dishes together however we cannot guarantee that for example, the flour we have used, has not been packed in a nut free environment.

If an allergy is highlighted at the time of booking we ask the severity of the allergy. For example someone may be Gluten free (causing bloating and discomfort) another person may be Coeliac (meaning, say, the same fryer cannot be used and can cause anaphylactic shock)

NB We request anyone who requires an epi-pen to bring it with you.

It is with regret that the following allergies and dietary requirements can not be accommodated:

Vegan

Dairy free

We have an in house booklet which highlight the 13 allergens and which of our dishes contains them. Chances are we can for example still do a dish Gluten free version which may have small amendments but will look very similar in appearance (which is why we require the notice to accommodate it)

Should you wish to discuss this any further, please contact us at

liz@thehare-inn.com

or call 01845 59 77 69