SOHE - FOOD ALLERGY MATRIX

- A LA CARTE
- DESSERTS
- KIDS
- CLASSICS SET MENU
- SMALL PLATES
- SUNDAY ROASTS
- SHARING EXPERIENCE
- BOTTOMLESS BRUNCH

REVIEWED APRIL 2025

A LA CARTE

Areas served: SOHE | **Date**: JAN 2025 | **Hotel: CAIRN NEWCASTLE**

ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
PRAWN CRACKERS, SWEET CHILLI & CORIANDER DIP	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	450KCAL													
EDAMAME BEANS, MALDON SEA SALT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	216KCAL													
EDAMAME BEANS, CHILLI, SOY, SESAME	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☒
	322KCAL													
SWEET CHILLI RICE CRACKERS	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐
	354KCAL													
SOHE SHARING PLATTER, CHICKEN SATAY, SALT & CHILLI SQUID, VEGETABLE SPRING ROLLS	☐	☒	☒	☐	☒	☐	☒	☒	☐	☐	☒	☐	☒	☐
	1051KCAL													
TOM YUM SOUP, CRUSTY BREAD, BUTTER	☐	☒	☒	☐	☒	☐	☒	☐	☐	☐	☐	☐	☒	☐
	205KCAL													
PORK & SHIITAKE DUMPLINGS	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☒
	344KCAL													

A LA CARTE

Areas served: SOHE | **Date**: JAN 2025 | **Hotel: CAIRN NEWCASTLE**

ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
KOREAN STICKY RIBS, GOCHUJANG, SESAME	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐
	787KCAL													
CHICKEN SATAY, SPICY PEANUT DIP	☐	☐	☒	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐
	305KCAL													
SALMON SASHIMI, SOY, GINGER, WASABI	☐	☒	☐	☐	☒	☐	☐	☐	☒	☐	☐	☐	☒	☐
	150KCAL													
SEARED BEEF, CHILLI, SOY, TRUFFLE	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	207KCAL													
BANG BANG CAULIFLOWER, SRIRACHA, CAULIFLOWER	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
	459KCAL													
SALT & PEPPER SQUID, GINGER & CHILLI	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☒	☐	☒
	368KCAL													

A LA CARTE

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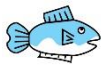
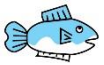
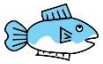
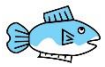
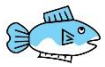
ALLERGENS / DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
TEMPURA PRAWNS, GOCHUJANG KETCHUP	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☒	☐
741KCAL														
TEMPURA VEGETABLES, GOCHUJANG KETCHUP	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☒	☒
564KCAL														
CHICKEN VERMICELLI SPRING ROLLS	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐
514KCAL														
VEGETABLE SPRING ROLLS	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐
412KCAL														
VEGETABLE GYOZA, SESAME MISO	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐
414KCAL														
CONFIT DUCK BAO, HOISIN, SPRING ONION, CUCUMBER	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
457KCAL														
KOREAN FRIED CHICKEN BAO, GOCHUJANG MAYONNAISE, LETTUCE, LIME	☐	☒	☐	☒	☐	☐	☒	☐	☐	☐	☐	☒	☐	☐
945KCAL														

A LA CARTE				Areas served: SOHE					Date: JAN 2025			Hotel: CAIRN NEWCASTLE		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CHICKEN MASSAMAN CURRY, PANUTS, CRISPY SHALLOTS	☐	☐	☒	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐
	1536KCAL													
SALT & PEPPER BEEF NOODLES	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☒	☒
	1051KCAL													
BEEF & BLACK BEAN STIR FRY	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☒	☒
	792KCAL													
KING PRAWN & CHILLI STIR FRY	☐	☒	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☒	☐
	625KCAL													
SWEET & SOUR TOFU STIR FRY	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒
	638KCAL													
CHICKEN, CHILLI, CASHEW STIR FRY	☐	☐	☒	☐	☒	☐	☐	☐	☐	☒	☐	☐	☒	☐
	960KCAL													
PAD THAI	☐	☒	☐	☒	☒	☐	☐	☐	☐	☐	☒	☐	☒	☐
	1248KCAL													

A LA CARTE				Areas served: SOHE					Date: JAN 2025			Hotel: CAIRN NEWCASTLE		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
DUCK SALAD Orange, Chilli, Spring Onion, Soy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	426KCAL													
SESAME TERIYAKI SALMON	☐	☒	☐	☐	☒	☐	☐	☐	☐	☐	☐	☒	☒	☐
	737KCAL													
10 OZ SIRLOIN, CHIPS & PEPPERCORN SAUCE	☒	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	☒
	1277KCAL													
MISO CAULIFLOWER	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐
	516KCAL													
WAGYU BEEF BURGER	☐	☒	☐	☒	☐	☐	☒	☐	☐	☐	☐	☐	☒	☒
	818KCAL													
KOREAN FRIED CHICKEN, FRIES, ASIAN SALAD	☐	☐	☐	☐	☐	☐	☒	☐	☒	☐	☐	☒	☒	☒
	1212KCAL													
THAI CURRIES (RED & GREEN)	☐	☐	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐
	1500KCAL													

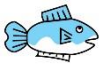
A LA CARTE				Areas served: SOHE					Date: JAN 2025			Hotel: CAIRN NEWCASTLE		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
THAI YELLOW CURRY	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	1400KCAL													
KING PRAWN MALAYSAN CURRY	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	1500KCAL													
KATSU CURRY	☐	☒	☒	☒	☐	☐	☒	☐	☒	☐	☐	☐	☒	☐
	1500KCAL													

A LA CARTE				**Areas served: SOHE**					**Date**: JAN 2025			**Hotel: CAIRN NEWCASTLE**		
ALLERGENS														
DISHES	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
SOHE SPECIAL FRIED RICE	☐	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	503KCAL													
EGG FRIED RICE	☐	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	400KCAL													
WOK FRIED GREENS	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	142KCAL													
SALT & PEPPER CHIPS	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	555KCAL													
JASMINE RICE	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐
	267KCAL													
KATSU CURRY SAUCE	☐	☒	☐	☐	☐	☐	☒	☐	☒	☐	☐	☐	☒	☐
	61KCAL													

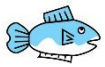
DESSERTS				**Areas served: SOHE**					**Date**: JAN 2025			**Hotel: CAIRN NEWCASTLE**		
ALLERGENS														
DESSERTS	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
STICKY TOFFEE PUDDING	☐	☒	☐	☒	☐	☐	☒	☐	☐	☐	☐	☐	☒	☒
PINEAPPLE TARTE TATIN	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CHOCOLATE BOMB	☐	☒	☐	☒	☐	☐	☒	☐	☐	☐	☐	☐	☒	☒
YUZU & LIME POSSET	☐	☐	☐	☒	☐	☐	☒	☐	☐	☐	☐	☒	☐	☐
ALL SORBETS	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
ALL ICE CREAMS	☐	☐	☐	☒	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐

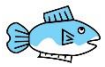
SMALL PLATES				**Areas served: SOHE**					**Date**: JAN 2025			**Hotel: CAIRN NEWCASTLE**		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
KOREAN STICKY RIBS Gochujang Glaze, Sesame	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐
	787KCAL													
SPICY RARE BEEF SALAD Baby Gem, Cucumber, Toasted Rice	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	430KCAL													
CHICKEN SATAY SKEWERS Spicy Peanut Dip	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐
	305KCAL													
TEMPURA VEGETABLES Gochujang Ketchup	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☒	☒
	564KCAL													
CRISPY PORK & SHIITAKE DUMPLINGS Sweet Soy Dip	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☒
	569KCAL													
SALMON SASHIMI Wasabi, Pickled Ginger, Soy	☐	☒	☐	☐	☒	☐	☐	☐	☒	☐	☐	☐	☒	☐
	150KCAL													

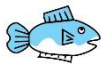
SMALL PLATES				**Areas served: SOHE**					**Date**: JAN 2025			**Hotel: CAIRN NEWCASTLE**		
ALLERGENS														
DISHES	**Celery**	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
CRISPY DUCK SALAD Orange, Chilli, Spring Onion, Soy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	410KCAL													
SALT & PEPPER PRAWNS Onion, Chilli	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
	515KCAL													
VEGETABLE SPRING ROLLS Sweet Chilli Dip	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐
	412KCAL													
BANG BANG CAULIFLOWER Sriracha, Sweet Chilli, Coriander	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
	459KCAL													
TEMPURA SOFT SHELL CRAB Chilli Mayonnaise	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	573KCAL													

SMALL PLATES				Areas served: SOHE					Date: JAN 2025			Hotel: CAIRN NEWCASTLE		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

BOTTOMLESS BRUNCH				Areas served: SOHE					Date: JAN 2025			Hotel: CAIRN NEWCASTLE		
PRAWN CRACKERS, TAMARIND DIP	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒
SALT & PEPPER EDAMAME	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
SWEET CHILLI RICE CRACKERS	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒	☐
LOADED SALT & PEPPER FRIES	☐	☐	☐	☐	☐	☐	☒	☐	☒	☐	☐	☐	☒	☒
SPICY ASIAN SALAD	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
BANG BANG CAULIFLOWER	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☒
CINNAMON CHURROS, MISO CARAMEL	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☒	☒

BOTTOMLESS BRUNCH				**Areas served: SOHE**					**Date**: JAN 2025			**Hotel: CAIRN NEWCASTLE**		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
SOHE FRIED CHICKEN	☐	☐	☐	☒	☐	☐	☒	☐	☒	☐	☐	☒	☒	☒
KOREAN RICE BOWL (CHILLI PRAWNS)	☐	☐	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☒	☒
KOREAN RICE BOWL (GOCHUJANG PULLED PORK)	☐	☒	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☒	☒
KOREAN RICE BOWL (CRISPY TOFU)	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☒	☒
CRISPY DUCK SALAD (Available with Crispy Tofu)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒
CHICKEN KATSU BURGER (Without Extras)	☐	☒	☐	☒	☐	☐	☒	☐	☒	☐	☐	☒	☒	☐
VEGETABLE NASI GORENG, FRIED EGG	☐	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☒	☒

KIDS MENU				Areas served: SOHE					Date: JAN 2025			Hotel: CAIRN NEWCASTLE		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Katsu Curry	☐	☒	☐	☒	☐	☐	☒	☐	☒	☐	☐	☐	☒	☐
Grilled Chicken Skewers	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fish Finger Bao Buns	☐	☒	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☒	☐
Egg Noodle Chow Mein	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐
Pad Thai	☐	☒	☐	☒	☒	☐	☐	☐	☐	☐	☒	☐	☒	☐
Chocolate Ice Cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Salted Caramel Ice Cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐

KIDS MENU				Areas served: SOHE					Date: JAN 2025			Hotel: CAIRN NEWCASTLE		
ALLERGENS														
DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Strawberry Ice Cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Vanilla Ice Cream	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Toffee Sauce	☐	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
Strawberry Sauce	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Chocolate Sauce	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☒	☐

Menu Name: SOHE SUNDAY MENU | **Areas served: SOHE** | **Date**: JANUARY 2025 | **Hotel: CAIRN NEWCASTLE**

ALLERGENS / DISHES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CHAR SIU PORK	☒	☒	☐	☒	☐	☐	☒	☐	☒	☐	☐	☐	☒	☐
							Mash		**Carrots**					
LEMONGRASS, COCONUT & BASIL CHICKEN SUPREME	☐	☒	☒	☒	☒	☐	☒	☐	☒	☐	☐	☐	☒	☐
							Mash		**Carrots**					
MONGOLIAN BEEF	☒	☒	☐	☒	☐	☐	☒	☐	☒	☐	☐	☐	☒	☒
							Mash		**Carrots**					
HERB CRUSTED SALMON	☐	☒	☐	☒	☒	☐	☒	☐	☒	☐	☒	☐	☒	☐
							Mash		**Carrots**					
PEANUT SATAY CAULIFLOWER STEAK	☐	☐	☐	☐	☐	☐	☒	☐	☒	☐	☒	☐	☒	☐
							Mash		**Carrots**					
GOCHUJANG CAULIFLOWER CHEESE	☐	☒	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐
WAGYU DRIPPING YORKSHIRE PUDDING	☐	☒	☐	☒	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐