

# THE KINGSDLODGE INN

## ALLERGENS ON OUR MENUS

For those who have an allergic reaction to specific ingredients in food, even a trace of it being present can be extremely dangerous. A European Union directive has identified fourteen allergens that must be identified in every dish we serve and below is the breakdown of our menu, highlighting each allergen as it occurs in our recipes.

Many of these allergens are present in our kitchens in some items, and in the normal operation of our business we cannot guarantee product separation and no cross-contamination of traces of these allergens. There is a risk that items in your dish may have accidentally come into contact with an allergen at any point in time. When you arrive please inform us if you have a food allergy before you order. We will assist you making your menu choice, and will take all reasonable steps to minimise the risk of cross-contamination during the preparation of your meal.

*The allergens identified here are based on ingredients from our approved suppliers. From time-to-time we may have to temporarily substitute a product from a different source and the ingredients may differ slightly - if you have any concerns please ask your server to check with our chefs.*

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

### Breakfast & Brunch

The Kingslodge Inn Breakfast		✓		✓									
Croissant				✓		✓							
Eggs Florentine		✓		✓		✓							
Eggs Benedict		✓		✓		✓							
Eggs Your Way				✓									
Brioche Filled Breakfast Baps				✓									
Scottish Porridge Oats						✓							
Toast & Jam				✓									
Croissant & Preserves				✓									
Fruit Scone				✓		✓							

### Starters

Soup of the Day				✓									
Crunchy Potato Skins			✓										
Crab Cakes		✓	✓	✓		✓	✓	✓					
King Prawns		✓		✓		✓							
Whitebait		✓	✓	✓			✓						

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

## Starters (continued)

Herb & Parmesan Chicken Strips				✓		✓							
Cherry Tomato & Asparagus Salad													
Sautéed Garlic Mushrooms				✓		✓		✓					
Mini Caesar Salad		✓	✓	✓									
Bacon & Black Pudding Salad				✓				✓					
Mussels		✓	✓	✓		✓	✓						

## Mains

Fish & Chips		✓		✓	✓			✓					
Scampi & Chips		✓	✓	✓	✓			✓					
Moules et Frites		✓		✓	✓			✓					
Roast Fillet of Salmon		✓	✓	✓			✓	✓					
Steak & Ale Pie			✓		✓		✓		✓				
Pan-Roasted Lamb Rump													
Tarragon Chicken							✓						
King Prawn, Mussel & Crab Linguine		✓		✓	✓			✓					
Broccoli, Asparagus & Feta Tartlet			✓		✓				✓				
Linguine Arrabbiata					✓								
Handmade Flatbread Pizza		✓		✓	✓								
Lemon & Thyme Chicken					✓								

## From the Grill

Fillet/Sirloin Steak													
Kingslodge Inn Burger			✓		✓		✓						
Chargrilled Chicken Burger			✓		✓		✓						
Portobello Mushroom & Halloumi Burger			✓		✓		✓						
Grilled Bacon Steak							✓						
Marinated Lemon & Thyme Chicken Breast													
Chicken & Chorizo Skewers					✓								
Salmon & King Prawn Skewers		✓		✓	✓			✓					

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

## Salads

Tuna Steak & Asparagus Salad with Salsa		✓	✓				✓						
Couscous, Lentil & Feta Salad				✓		✓							
Caesar Salad		✓	✓	✓		✓	✓						

## Sharers & Grazing

Herb & Parmesan Chicken Strips				✓									
Ploughman's Lunch				✓		✓		✓					
Homemade Garlic Flatbread				✓									

## Sides

Chips													
French Fries													
Onion Rings				✓									
Garlic Bread				✓									
Baby Potatoes													
Seasonal Greens													
Chopped House Salad													
Peppercorn, Blue Cheese or Dianne Sauce						✓							

## Desserts

Crêpes		✓		✓		✓							
Chef's Cheesecake				✓		✓							
Summer Pudding				✓									
Chocolate Brownie		✓		✓		✓							
Knickerbocker Glory		✓		✓		✓							
Sticky Toffee Pudding		✓		✓		✓							
Luxury Swiss Ice Cream		✓		✓		✓							
Cheese & Biscuits				✓		✓							

