

# 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
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### 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		✓											
Chicken & Parmesan Strips				✓		✓							
Whitebait		✓	✓	✓	✓		✓						
Battered King Prawns		✓	✓			✓	✓						



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## Homemade Curry

Vegetable Curry (Mild)				✓					✓				
Vegetable Curry (Medium)				✓					✓				
Vegetable Curry (Hot)				✓					✓				
Chicken Curry (Mild)				✓					✓				
Chicken Curry (Medium)				✓					✓				
Chicken Curry (Hot)				✓					✓				
King Prawn Curry (Mild)	✓		✓	✓			✓		✓				
King Prawn Curry (Medium)	✓		✓	✓			✓		✓				
King Prawn Curry (Hot)	✓		✓	✓			✓		✓				

## 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				✓		✓							
Crumble of the Day		✓		✓		✓							
Chocolate Brownie		✓		✓		✓							
Luxury Swiss Ice Cream		✓		✓		✓							
Cheese & Biscuits				✓		✓							

## Sunday Lunch

Roast Beef		✓		✓		✓		✓					
Pork Loin		✓		✓		✓		✓					
Roast Turkey Breast		✓		✓		✓		✓					

