

# 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		✓		✓									✓
Eggs Benedict		✓		✓		✓					✓	✓	✓
Breakfast Brioche Baps		✓		✓		✓					✓	✓	✓
Eggs Florentine		✓		✓		✓					✓	✓	✓
Smoked Salmon Royale		✓	✓	✓		✓					✓	✓	✓
Porridge				✓		✓							✓
Toast with Preserves				✓		✓							✓
American Pancakes		✓		✓		✓							✓

### Starters

Soup of the Day				✓							✓	✓	✓
Crunchy Potato Skins		✓											✓
Whitebait		✓	✓	✓									✓
Potted Prawns		✓		✓	✓	✓					✓	✓	✓
Baked Camembert				✓		✓	✓				✓	✓	✓
Salt & Pepper Calamari		✓	✓	✓	✓		✓						✓
Cheese & Bacon Croquettes		✓	✓	✓		✓	✓	✓					✓
Garlic Flatbread				✓		✓	✓						✓

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## Mains

Fish & Chips		✓	✓	✓	✓		✓						✓
Scampi & Chips		✓	✓	✓	✓		✓						✓
Steak & Ale Pie			✓		✓	✓		✓				✓	✓
Cottage Pie					✓	✓						✓	✓
Chicken Breast													✓
Venison Sausages					✓	✓						✓	✓
Mushroom & Spinach Tagliatelle			✓		✓	✓							✓
Thai Red Mussels				✓			✓		✓		✓		✓
Homemade Vegetable Quiche			✓		✓	✓							✓
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)		✓		✓	✓								✓

## From The Grill

Steak					✓								✓
Gammon Steak			✓		✓								✓
Kingslodge Inn Burger			✓		✓	✓					✓	✓	✓
Cajun Chargrilled Chicken Burger			✓		✓	✓					✓	✓	✓
Mushroom, Spinach & Feta Burger			✓		✓	✓					✓	✓	✓

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## Homemade Pizza

Margherita				✓		✓							✓
Vegetarian				✓		✓							✓
Meat Feast				✓		✓							✓
Chicken Bhuna				✓		✓							✓
King Prawn		✓	✓	✓		✓							✓

## Salads

Kingslodge Caesar			✓	✓	✓								✓
Salmon Niçoise			✓	✓									✓
Couscous Salad					✓	✓							✓

## Sides

Homemade Beef Dripping Chips													✓
French Fries													✓
Onion Rings		✓			✓								✓
Onion Stings		✓			✓								✓
Cauliflower Cheese					✓	✓							
Homemade Coleslaw			✓										
Ciabatta, Balsamic Vinegar & Olive Oil					✓						✓		✓
Sauces					✓	✓		✓				✓	✓

## Desserts

Crêpes			✓	✓		✓							✓
Kingslodge Chocolate Brownie			✓	✓		✓						✓	
Sticky Toffee Pudding			✓	✓		✓							
Cheesecake of the Day					✓	✓							
Apple & Blackberry Crumble Tart			✓	✓		✓							✓
Chocolate Bread & Butter Pudding			✓	✓		✓					✓	✓	✓
Cheese and Biscuits			✓	✓		✓					✓	✓	

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## Children's Menu

Cheese & Tomato Pizza				✓		✓							✓
Tomato Pasta				✓									
Chicken Strips				✓									✓
Fish & Chips		✓		✓			✓						✓
Cheeseburger			✓	✓		✓					✓	✓	✓
Sausage and Mash				✓		✓		✓				✓	✓

## Toasted Bloomer

Cheddar Cheese, Lettuce, Tomato & Onion				✓		✓					✓	✓	✓
Chicken, Bacon, Lettuce & Tomato				✓							✓	✓	✓
Minute Steak, Melted Cheese & Onion				✓		✓					✓	✓	✓
Fish Finger, Mushy Peas & Tartare Sauce		✓		✓				✓			✓	✓	✓
Cooked Ham, English Mustard & Tomato				✓				✓			✓	✓	✓
Bacon, Camembert & Cranberry				✓		✓					✓	✓	✓
Hot Roast Meat Dip & Gravy				✓				✓			✓	✓	✓

## Sunday Lunch

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