

# THE KINGSLODGE 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

Full English			✓	✓		✓						✓	✓
Vegetarian Breakfast			✓	✓		✓						✓	✓
Eggs Benedict			✓	✓		✓							✓
Breakfast Stottie			✓	✓		✓						✓	✓
Eggs on Toast			✓	✓		✓						✓	✓
Porridge Oats				✓		✓							
Toast & Preserves				✓		✓			✓	✓			
American Pancakes			✓	✓		✓						✓	

### STARTERS

Chef's Soup of the Day				✓		✓						✓	
Golden Potato Skins				✓		✓						✓	
Whitebait			✓	✓	✓	✓						✓	✓
Bruschetta				✓								✓	
Cheddar & Bacon Tartlet			✓	✓		✓		✓				✓	
Garlic Mushrooms				✓		✓						✓	
Lamb Koftas				✓		✓						✓	

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## STARTERS (CONTINUED)

Barbecue Chicken Wings				✓								✓	
Bread & Olives				✓				✓				✓	✓

## MAINS

Beer Battered Fillet of Fish			✓	✓								✓	✓
Wholetail Scampi		✓	✓	✓		✓						✓	✓
Homemade Steak & Ale Pie	✓		✓	✓		✓		✓				✓	✓
Ham & Eggs			✓									✓	
Pan-Roasted Chicken Breast						✓						✓	✓
Pulled Pork Shoulder	✓		✓	✓		✓		✓				✓	✓
Seabass			✓			✓						✓	

## FROM THE GRILL

Steak Garni				✓		✓						✓	✓
Romsteak Bourguignon	✓		✓	✓		✓		✓				✓	✓
Entrecôte au Poivre	✓		✓	✓		✓		✓				✓	✓
Aloyau Borderlaise	✓		✓	✓		✓		✓				✓	✓

## BURGERS

Kingslodge Inn Burger			✓	✓		✓						✓	
Chicken Burger			✓	✓		✓						✓	
Butternut Squash & Quinoa Burger			✓	✓		✓						✓	

## HANDMADE PIZZA

Margherita				✓		✓							
Barbecue Chicken & Bacon				✓		✓							
Meat Feast				✓		✓							
Vegetarian Feast				✓		✓							
Garlic Bread				✓		✓						✓	



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## DESSERTS

Traditional Apple Crumble				✓		✓							
Chocolate Brownie		✓		✓		✓							
Sticky Toffee Pudding		✓		✓		✓							✓
Mocha Panna Cotta				✓		✓							
Lemon Posset				✓		✓							
Luxury Ice Cream		✓				✓							

## SANDWICHES

Braised Beef	✓		✓	✓		✓		✓				✓	
Classic BLT			✓	✓		✓						✓	
Chicken Tikka, Lettuce & Minted Yoghurt			✓	✓		✓						✓	
Lamb Kofta, Lettuce & Tzatziki			✓	✓		✓						✓	
Mozzarella, Chick Peas & Tomato Chutney			✓	✓		✓		✓				✓	

## SUNDAY LUNCH

Roast Beef	✓		✓	✓		✓		✓				✓	
Roast Turkey	✓		✓	✓		✓		✓				✓	
Honey Roast Gammon	✓		✓	✓		✓		✓				✓	
Nut Roast	✓		✓	✓		✓		✓	✓	✓		✓	