

# THE LINDISFARNE 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

Northumbrian Full Breakfast		✓		✓		✓						✓	✓
Vegetarian Breakfast		✓		✓		✓						✓	
Smoked Kipper			✓	✓									
Lindisfarne Inn Eggs Benedict		✓		✓		✓							
Porridge				✓		✓							
Eggs on Toast		✓		✓		✓							

### Starters

Potato Skins		✓		✓		✓		✓					
Whitebait		✓	✓					✓					
Garlic Dough Balls		✓		✓		✓		✓					
Garlic Mushrooms				✓		✓							
Homemade Soup				✓									
Black Pudding & Crisp Bacon	✓			✓		✓		✓					
Mini Haggis, Neeps & Tatties				✓		✓		✓					✓

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## Sharers

Garlic Bread				✓		✓							
Potato Skins		✓		✓		✓		✓					
Garlic Dough Balls													
Olives & Bread													

## Mains

Fish & Chips		✓	✓	✓				✓					✓
Scampi & Chips		✓	✓	✓				✓					✓
Pan-Fried Cod						✓							
Steak & Ale Pie				✓		✓		✓					
The Lindisfarne Inn Burger				✓		✓							✓
Haggis, Neeps & Tatties				✓		✓		✓					
Chilli Chicken Stir Fry				✓									
Chunky Chilli Beef				✓		✓		✓					✓
Fillet Steak				✓		✓							
Northumbrian Game Pudding				✓		✓							
Lindisfarne Inn Chicken Tikka Masala		✓		✓		✓		✓	✓				
Lindisfarne Inn Chicken Jalfrezi		✓		✓		✓		✓	✓				

## Pizzas

Spicy Chicken				✓		✓							
Pepperoni				✓		✓							
Margherita				✓		✓							

## Meat Free

Vegetarian Haggis, Neeps & Tatties				✓		✓		✓					✓
Chickpea Burger				✓		✓							
Rumble-De-Thumps						✓							

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## Desserts

Sticky Toffee Pudding			✓		✓	✓							✓
Lemon Posset			✓	✓		✓							
Traditional Bread & Butter Pudding			✓	✓		✓							
Chocolate Fudge Cake			✓	✓		✓							
Luxury Ice Cream			✓			✓							
Northumbrian Cheese Selection	✓			✓		✓							✓

## Sunday Lunch

Roast Beef			✓	✓		✓							
Loin of Pork			✓	✓		✓							
Roast Turkey			✓	✓		✓							

## Sandwiches

Hot Beef Dip	✓			✓		✓							
Roast Turkey & Stuffing	✓			✓		✓							
Tuna & Cheese			✓	✓	✓	✓		✓					
Cheese Savoury			✓	✓		✓		✓					
Minute Steak & Diane Sauce	✓		✓	✓		✓		✓					
Chicken, Black Pudding & Peppercorn	✓		✓	✓		✓		✓					
Brie & Cranberry				✓		✓							

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## Children's Menu

Tomato Soup				✓									
Potato Skins													
Garlic Bread				✓									
Dough Balls			✓	✓		✓		✓					
Vegetables Sticks	✓												
Burger				✓		✓							
Cheese & Tomato Pizza				✓		✓							
Fish & Chips				✓	✓								
Scampi		✓		✓									
Pepperoni Pizza				✓		✓							
Sticky Toffee Pudding			✓	✓		✓							✓
Ice Cream Cone			✓	✓		✓							
Ice Lolly													✓
Fruit Salad													

## Sides

Hand-cut Chips													
Onion Rings				✓									
Side Salad													
Seasonal Vegetables							✓						
Mashed Potato							✓						
Garlic Bread				✓									
Bread & Butter				✓									
Marinated Olives & Bread				✓									
Peppercorn Sauce				✓		✓							
Blue Cheese Sauce						✓							
Diane Sauce				✓		✓		✓					