

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

Crispy Potato Skins		✓		✓		✓		✓					
Potted Crab		✓		✓		✓		✓					
Smoked Haddock Fishcakes	✓		✓	✓		✓							✓
Homemade Game Terrine				✓									✓
Homemade Soup				✓		✓							
Stilton & Toasted Walnut Risotto						✓			✓				
Smoked Haddock Chowder			✓	✓		✓							

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Mains

Fish & Chips			✓	✓	✓			✓					✓
Scampi & Chips		✓	✓		✓			✓					✓
Slow Braised Feather-Blade of Beef					✓		✓						✓
Homemade Steak & Ale Pie	✓		✓		✓		✓	✓					
Haggis, Neeps & Tatties					✓		✓	✓					✓
Ribeye Steak							✓						
The Lindisfarne Inn Burger					✓		✓						✓
Seafood Risotto		✓		✓			✓						
Lindisfarne Inn Chicken Tikka Masala					✓		✓		✓				✓

Pizzas

Pepperoni					✓		✓						
Margherita					✓		✓						

Meat Free

Vegetarian Haggis, Neeps & Tatties					✓		✓	✓					✓
Chickpea & Coriander Burger					✓								✓
Butternut Squash Risotto							✓						

Light Bites

Hot Roast Dip	✓		✓		✓		✓	✓					
Lindisfarne Club			✓		✓		✓	✓					
Steak & Blue Cheese					✓		✓						
Crab, Tzatziki & Rocket		✓			✓		✓						
Chicken Tikka Wrap					✓		✓		✓				✓
Red Pepper, Hummus & Avocado Wrap					✓		✓						✓

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Desserts

Sticky Toffee Pudding		✓			✓	✓							✓
Chef's Choice Cheesecake				✓		✓							
Chocolate & Orange Brownie Cake									✓	✓		✓	✓
Raspberry Frangipane Tart		✓				✓			✓				✓
Hazelnut Crème Brûlée		✓		✓		✓			✓				
Luxury Ice Cream		✓				✓							
Northumbrian Cheese Selection	✓			✓		✓							✓

Sunday Lunch

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

Sides

Hand-cut Chips													
Onion Strings				✓		✓							
Side Salad													✓
Seasonal Vegetables						✓							
Buttered New Potatoes						✓							
Bread & Butter				✓		✓							
Marinated Olives & Bread				✓									✓
Peppercorn Sauce				✓		✓							
Blue Cheese Sauce						✓							
Garlic Butter						✓							✓
Diane Sauce						✓		✓					

