

# 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
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

### BREAKFAST

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
The Full Northumbrian Breakfast			✓		✓		✓						✓	✓
The Vegetarian Breakfast			✓		✓		✓						✓	
Smoked Craster Kipper							✓							
Porridge					✓		✓							
Scrambled Eggs & Smoked Salmon			✓		✓		✓							
Bacon, Sausage & Egg Sandwich			✓		✓		✓							✓
Toast & Jam					✓		✓							

### STARTERS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Prawn Cocktail		✓	✓		✓				✓					
Black Pudding & Bacon Stack					✓		✓							✓
Sticky Chilli Chicken			✓				✓		✓					
Garlic Mushrooms					✓		✓							✓
Today's Homemade Soup	✓				✓		✓							
Melon & Port							✓							✓
Potato Skins	✓		✓		✓				✓					

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

## MAINS

Fish & Chips			✓	✓	✓			✓				✓	
Scampi & Chips		✓	✓		✓			✓				✓	
Fillets of Sea Bass													
Northumbrian Steak & Local Ale Pie			✓		✓							✓	✓
Sweet & Smokey Chicken	✓				✓		✓					✓	
Mince & Dumplings					✓		✓						✓
Parmesan Chicken Linguine					✓		✓						
Seafood Risotto		✓		✓			✓	✓					
Chicken Tikka Balti							✓	✓					

## BURGERS & STEAKS

The Lindisfarne Inn Beef Burger			✓		✓			✓				✓	✓
Cajun Spiced Zingy Chicken Burger			✓		✓			✓				✓	
Sirloin Steak Au Poivre							✓					✓	
Gammon Steak												✓	

## MEAT FREE

Mushroom & Spinach Risotto							✓						
Red Pepper, Tomato & Courgette Linguine					✓								
Quorn and Sweet Chilli Burger					✓							✓	

## PIZZAS

Margherita					✓		✓						
Americana					✓		✓						
Vegetarian					✓		✓						

## SUNDAY LUNCH

Slow-Roasted Northumbrian Beef			✓		✓		✓						
Roast Turkey Crown			✓		✓		✓						
Roast Loin of Pork			✓		✓		✓						
Nut Roast			✓		✓		✓		✓	✓	✓		



Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

## DESSERTS

Chef's Cheesecake of the Day			✓		✓		✓						
Lemon Posset			✓		✓		✓						
Sticky Toffee Pudding			✓		✓		✓						
Double Chocolate Brownie			✓		✓		✓						
Apple & Almond Tart					✓				✓				
Knickerbocker Glory					✓		✓						