

# 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		✓		✓		✓							
Smoked Haddock Kedgeree		✓	✓					✓					
Eggs on Toast		✓		✓		✓						✓	

### Starters

Soup of the Day				✓									
Ham Hock Terrine						✓		✓					✓
Potato Skins		✓				✓		✓					
Homemade Haggis Scotch Egg		✓		✓				✓					
Confit Duck Leg						✓					✓		
Crispy Chilli Chicken		✓											✓
Deep-Fried Cod Cheeks		✓	✓	✓				✓					✓
Mini Haggis, Neeps & Tatties				✓		✓		✓					✓

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## Mains

Steak						✓							
Chicken Provençal													
Seafood Linguine		✓		✓	✓		✓						
Fish & Chips			✓	✓	✓			✓					✓
Scampi & Chips		✓	✓		✓			✓					✓
Steak & Ale Pie					✓	✓		✓					
Whole Baked Seabass				✓		✓							✓
Homemade Fish Burger		✓		✓	✓	✓							✓
The Lindisfarne Inn Burger					✓	✓							✓
Haggis, Neeps & Tatties					✓	✓		✓					

## Salads

Chicken Salad			✓								✓		✓
Peppered Steak & Halloumi						✓							
Seafood Salad		✓		✓			✓						✓
Lindisfarne Inn Country Salad			✓		✓	✓		✓					✓
Blue Cheese Salad	✓					✓							✓

## Pizzas

Spicy Chicken					✓	✓							
Chicken					✓	✓							
Seafood		✓		✓	✓	✓	✓						
Meat Free					✓	✓							

## Meat Free

Vegetarian Haggis, Neeps & Tatties					✓	✓		✓					✓
Green Lentil & Vegetable Burger					✓	✓							
Pea Pancakes			✓		✓	✓							✓



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## Children's Menu

Tomato Soup				✓									
Garlic Bread				✓									
Vegetables Sticks	✓												
Homemade Pepperoni Pizza				✓		✓							
Homemade Cheese & Tomato Pizza				✓		✓							
Fish & Chips			✓	✓									
Scampi		✓		✓									
Bamburgh Bangers				✓									
Sticky Toffee Pudding			✓	✓		✓							✓
Vanilla Ice Cream Cone			✓	✓		✓							
Ice Lolly													✓
Fruit Salad													

## Sides

Chips													
Onion Rings				✓									
Side Salad													
Seasonal Vegetables													
Buttered Potatoes													
Garlic Bread				✓									
Bread Roll & Butter				✓									
Marinated Olives & Bread				✓									
Peppercorn Sauce				✓		✓							
Blue Cheese Sauce						✓							
Diane Sauce				✓		✓		✓					