

# 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

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

### STARTERS

Homemade Soup				✓		✓							
Smoked Haddock Florentine		✓	✓			✓							
Mussels in Real Ale				✓		✓	✓						
Homemade Haggis Scotch Egg		✓		✓				✓					
Northumbrian Game Terrine				✓				✓					✓
Northumbrian Wood Pigeon						✓							✓
Red Onion, Fig & Goats Cheese Tart				✓		✓							✓

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## MAINS

Fish & Chips			✓	✓	✓			✓					✓
Scampi & Chips			✓	✓	✓		✓	✓					✓
Pan-Seared Coley Fillet				✓	✓		✓						
Haggis, Neeps & Tatties					✓		✓	✓					
Northumbrian Venison Loin							✓						✓
Lindisfarne Inn Angus Burger					✓								✓
Homemade Steak & Ale Pie	✓		✓		✓		✓	✓					
Fillet Steak							✓						
Chicken Arrabiata Tagliatelle					✓		✓						
Homemade Spicy Chicken Pizza					✓		✓						
Mixed Seafood Tagliatelle		✓		✓	✓		✓	✓					✓
Northumbrian Venison Burger					✓								
Bamburgh Bangers	✓		✓		✓		✓	✓				✓	
Homemade Seafood Pizza		✓		✓	✓		✓	✓					✓

## VEGETARIAN

Pan Haggerty					✓		✓	✓					
Vegetarian Haggis, Neeps & Tatties			✓		✓		✓						
Smoked Kidney Bean Burger					✓								✓
Homemade Mediterranean Pizza					✓		✓						✓

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## SUNDAY LUNCH

Roast Beef	✓		✓		✓			✓				✓	✓
Roast Pork	✓		✓		✓			✓				✓	✓
Roast Turkey	✓		✓		✓			✓				✓	✓

## DESSERTS

Sticky Toffee Pudding			✓		✓		✓						✓
Chocolate & Orange Fondant			✓		✓		✓						
Lemon, Blackberry, Mandarin, Honey Posset					✓		✓						
Chocolate & Hazelnut Alfredo			✓		✓		✓		✓			✓	
Caramelised Lemon Tart			✓		✓		✓						✓
Mövenpick Ice Cream			✓				✓						

## SANDWICHES

Steak & Diane Sauce				✓	✓		✓						
Roast Topside & Rich Pan Gravy	✓		✓		✓		✓		✓				
Roast Turkey & Homemade Stuffing	✓		✓		✓		✓		✓				
Club Sandwich			✓		✓				✓				
BLT			✓		✓				✓				
Tuna & Cheese Melt			✓	✓	✓		✓		✓				

## WRAPS

Duck Breast, Cucumber & Hoi Sin					✓							✓	✓
Steak, Stilton & Rocket					✓		✓						
Tomato, Roasted Red Pepper, Feta & Pesto					✓		✓						✓
Chicken, Sun Dried Tomato & Avocado					✓								✓

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## CHILDREN'S MENU

Tomato Soup					✓								
Garlic Bread					✓	✓							
Vegetable Sticks with Mayo Dip			✓										
Crunchy Battered Cod				✓	✓								
Sausage					✓								✓
Tomato & Mozzarella Pizza			✓		✓	✓							
Mini Chicken Fillets					✓								
Tomato Penne Pasta					✓								
Breaded Scampi		✓	✓		✓	✓							
Sticky Toffee Pudding			✓		✓	✓	✓						✓
Ice Cream			✓			✓							
Fruit Salad													
Ice Lolly													

## SIDES & SAUCES

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