

THE BAMBURGH CASTLE 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

Full Northumbrian English			✓	✓									✓
Full Vegetarian Breakfast		✓		✓									
Poached Eggs		✓		✓									
Swallow's Kipper			✓	✓							✓	✓	
Breakfast Wrap		✓		✓									✓
Bacon Roll				✓							✓		
Bacon & Egg Roll		✓		✓							✓		
Sausage & Egg Roll		✓		✓							✓		✓
Sausage Roll				✓							✓		✓
Bacon & Sausage Sandwich				✓							✓		✓
Bacon, Sausage & Egg Sandwich		✓		✓							✓		✓
Porridge				✓		✓							
Toast & Jam				✓		✓					✓	✓	

STARTERS

Soup of the Day	✓			✓		✓		✓					
Deep-fried Potato Skins		✓	✓	✓			✓	✓				✓	

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STARTERS (CONTINUED)

Authentic Japanese Duck Gyoza		✓	✓	✓			✓				✓	✓	
Homemade Smoked Mackerel Pâté			✓	✓		✓		✓					
Spiced Hummus				✓					✓	✓			✓
Roast Oak Smoked Salmon			✓	✓				✓					
Mussels				✓		✓	✓						
Garlic Mushrooms				✓		✓					✓	✓	

MAINS

Bamburgh Castle Inn Burger			✓	✓		✓		✓					✓
Black Pudding & Onion Pork Burger			✓	✓		✓		✓					✓
Cajun Chicken Pasta				✓		✓		✓	✓		✓	✓	
Chargrilled Loin of Pork			✓	✓				✓				✓	
12oz Rib Eye Steak				✓		✓		✓					
Northumbrian Steak & Ale Pie	✓		✓	✓		✓		✓				✓	
Peri Peri Chicken Kebab			✓	✓				✓				✓	
Chicken & Haggis	✓		✓	✓		✓		✓					
Rump of Lamb	✓		✓	✓		✓		✓				✓	
Fillet of Seabass				✓	✓		✓				✓		
The Bamburgh Castle Inn Spiced Pie	✓		✓	✓		✓		✓	✓	✓			
Makhan Murg	✓					✓		✓	✓	✓			
Chicken Narpiazza	✓					✓		✓	✓	✓			
Mussels				✓		✓	✓						
Fish & Chips			✓	✓	✓			✓				✓	
Wholetail Breaded Scampi		✓	✓	✓				✓					

MEAT FREE

Sweet Potato & Chickpea Burger				✓							✓		
Wild Mushroom & Spinach Penne				✓		✓			✓		✓		
Garlic Mushrooms						✓							

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CHILDREN'S MENU

Cheese & Tomato Pizza				✓		✓							
Chicken Breast	✓		✓	✓		✓		✓				✓	✓
Wholetail Scampi		✓	✓	✓				✓					
Fish & Chips			✓	✓				✓				✓	
Beef Burger			✓	✓		✓							✓
Penne Pasta				✓					✓		✓		

SIDES

Chips				✓									
Onion Rings				✓				✓					
Side Salad								✓					✓
Seasonal Vegetables													
Baby Potatoes													
Garlic Bread				✓		✓							
Homemade Coleslaw			✓					✓					
Floured Bap & Butter				✓		✓					✓		
Peppercorn Sauce	✓		✓	✓		✓		✓				✓	
Blue Cheese Sauce	✓		✓	✓		✓		✓				✓	
Garlic Cream Sauce						✓							

SUNDAY CARVERY

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

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DESSERTS

Sticky Toffee Pudding		✓		✓		✓			✓				
Meringue & Berries		✓				✓							
Homemade Chocolate Brownie		✓		✓		✓							
Homemade Mint Chocolate Roulade		✓		✓		✓							
All Butter Lemon Tart		✓		✓		✓			✓	✓			
Apple Crumble & Custard				✓		✓							
Chef's Sundae		✓		✓		✓			✓	✓	✓	✓	✓
Cheese & Biscuits				✓		✓							✓
Spurreli's of Amble Luxury Ice Cream		✓		✓		✓			✓	✓	✓	✓	✓

SANDWICHES & SALADS

Chicken & Pesto Sandwich		✓		✓		✓		✓			✓		
Smoked Salmon & Horseradish Sandwich		✓	✓	✓					✓		✓		
Brie, Mushroom & Cranberry Sandwich				✓		✓					✓		
Turkey, Bacon, Jalapeño & Salad Sandwich		✓		✓				✓			✓		
Hot Roast Sandwich of the Day	✓	✓		✓		✓		✓			✓	✓	
Fish Finger Sandwich		✓	✓	✓				✓				✓	
Smoked Salmon & Mackerel Salad		✓	✓	✓				✓			✓		