

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

The Northumbrian Breakfast		✓		✓		✓						✓	✓
The Vegetarian Breakfast		✓		✓		✓						✓	
Smoked Craster Kipper			✓	✓		✓							
Poached Eggs		✓		✓							✓		
Breakfast Wrap		✓		✓		✓						✓	✓

STARTERS

Homemade Soup	✓			✓		✓							
Potato Skins		✓		✓				✓					
Black Pudding Scotch Egg		✓		✓		✓		✓					✓
Homemade Craster Kipper Pâté		✓	✓	✓		✓		✓					
Mussels & Beer				✓		✓	✓				✓	✓	
Garlic Mushrooms				✓		✓					✓	✓	

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MAINS

Fish & Chips			✓	✓	✓			✓				✓	
Whitby Scampi & Chips		✓	✓		✓			✓				✓	
Northumbrian Steak & Local Ale Pie	✓		✓		✓		✓	✓				✓	✓
The Lindisfarne Inn Beef Burger			✓		✓		✓	✓				✓	✓
Ribeye Steak					✓		✓					✓	
Chicken Tikka Jalfrezi							✓	✓	✓	✓	✓		
The Lindisfarne Inn's Spiced Pie			✓		✓		✓		✓	✓	✓		
Chicken & Black Pudding	✓		✓		✓		✓	✓	✓			✓	
Scotch Egg Platter			✓		✓		✓	✓					✓
Wild Mushroom Penne					✓		✓						

SUNDAY LUNCH

Roasted Northumbrian Beef	✓		✓		✓		✓	✓				✓	
Roast Turkey	✓		✓		✓		✓	✓				✓	
Roast Loin of Pork	✓		✓		✓		✓	✓				✓	
Nut Roast	✓		✓		✓		✓	✓	✓	✓	✓	✓	

SIDES

Chips												✓	
Onion Rings					✓							✓	
Mixed Salad								✓					
Seasonal Vegetables													
Homemade Coleslaw			✓					✓					
Peppercorn Sauce	✓		✓				✓	✓				✓	✓
Blue Cheese Sauce							✓						

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CHILDREN'S MENU

Fish & Chips			✓	✓	✓			✓					
Chicken Breast	✓		✓		✓		✓	✓				✓	
Cheeseburger			✓		✓		✓						
Cheese & Tomato Pizza					✓		✓						
Penne Pasta					✓								

SANDWICHES

Hot Roast Sandwich	✓				✓		✓	✓			✓	✓	
Fish Finger Sandwich			✓	✓	✓			✓			✓	✓	
Brie, Bacon & Cranberry			✓		✓		✓	✓			✓	✓	
Chicken & Chipotle			✓		✓			✓			✓	✓	
Chickpea Salad			✓		✓			✓			✓	✓	

DESSERTS

Sticky Toffee Pudding			✓		✓		✓						
Homemade Apple & Cinnamon Crumble					✓		✓						
Chef's Banoffee Sundae					✓		✓						
Chocolate Fudge Cake							✓		✓				