

THE AMBLE 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

Full Northumbrian			✓		✓		✓						
Full Vegetarian			✓		✓		✓	✓					✓
Breakfast Roll			✓		✓		✓						
Porridge					✓		✓						✓
Kippers			✓	✓	✓								
Eggs Benedict			✓		✓		✓						
Kid's Full English			✓		✓		✓						
Beans on Toast					✓		✓						
Cereal					✓		✓						

STARTERS

Homemade Soup					✓								
Potato Skins	✓				✓			✓					
Grilled Goat's Cheese							✓						✓
Garlic Mushrooms					✓		✓						

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STARTERS (CONTINUED)

Crispy Chicken Strips								✓					✓
Homemade Black Pudding			✓		✓		✓	✓					
Crab & Chilli Tian		✓			✓								
Poached Cod Fish Cakes			✓	✓	✓						✓		✓

MAINS

Fish & Chips			✓	✓	✓			✓					✓
Scampi & Chips		✓	✓		✓			✓					✓
Homemade Steak & Ale Pie	✓		✓		✓		✓	✓				✓	✓
Sausage & Mash			✓		✓		✓	✓				✓	✓
Poached Cod Linguine				✓	✓		✓						
Crispy Bacon Macaroni Cheese					✓		✓						
12 Hour Slow-Cooked Barbeque Pork Ribs	✓				✓		✓	✓					
Chicken Jalfrezi	✓				✓		✓				✓		✓
Cider Braised Belly Pork	✓		✓		✓		✓						✓
Chicken & Stilton							✓						

FROM THE BROILER

Steaks	✓							✓					
Buttered Corn on the Cob & Fries							✓						
Mac & Cheese					✓		✓						
Traditional Grill Garnish & Fries					✓		✓						
Steamed Vegetables & Baby Potatoes							✓						
Gammon & Egg			✓					✓					
The Amble Inn Mixed Grill			✓		✓			✓					

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MEAT FREE

Traditional Macaroni Cheese				✓		✓							
Vegetable Jalfrezi	✓			✓		✓		✓			✓		
Chickpea & Coriander Burger			✓	✓		✓		✓					

BURGERS

The Amble Inn Burger			✓	✓		✓		✓					
Barbeque Pulled Pork Burger	✓		✓	✓		✓		✓					
Pan-Fried Chicken Burger			✓	✓		✓		✓					
Crispy Chicken Burger			✓	✓		✓		✓					✓
Pizza Burger			✓	✓		✓		✓					

SALADS

Chicken & Bacon Caesar			✓	✓	✓	✓							
Grilled Goat's Cheese						✓		✓					✓
Crab Claw Salad		✓			✓			✓					

PIZZAS

Margherita				✓		✓							
Pepperoni				✓		✓							
Spicy Chicken Jalfrezi	✓			✓		✓		✓			✓		✓
Barbeque Chicken & Pulled Pork	✓			✓		✓							✓
Crispy Ham & Sweetcorn				✓		✓							

PREMIUM SANDWICHES

Grilled Pastrami			✓	✓		✓		✓					✓
Reuben Sandwich			✓	✓		✓		✓					✓
Coronation Chicken & Poppadum			✓	✓		✓		✓			✓		✓

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SANDWICHES

Fish Fingers, Mushy Peas & Tartare Sauce			✓	✓	✓			✓					✓
Hot Roast Meat & Gravy	✓		✓		✓		✓	✓					
Chef's Seasonal Crab Salad		✓	✓		✓			✓					
Goats Cheese, Red Pepper & Tomato			✓		✓		✓	✓					✓
Barbeque Pulled Pork & Smoked Cheese	✓		✓		✓		✓	✓					
Traditional BLT			✓		✓			✓					

DESSERT

Homemade Brownie			✓		✓		✓						✓
Sticky Toffee Pudding			✓		✓		✓						✓
Cereal Milk Panna Cotta					✓		✓						✓
Chef's Choice Cheesecake			✓				✓						✓
Chocolate Fudge Cake			✓				✓						✓
Ice Cream Sundaes			✓		✓		✓						✓
Ice Cream Selection							✓						✓
Northumbrian Cheese Selection					✓		✓						✓

SUNDAY CARVERY

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

LIGHT BITES

Fish & Chips			✓	✓	✓			✓					✓
Scampi & Chips		✓	✓		✓			✓					✓
Roast of the Day	✓		✓		✓		✓	✓					✓

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SIDES

Chips or Fries													
Onion Rings				✓									
Dressed House Salad								✓					
Garlic Bread				✓		✓							
Seasonal Vegetables						✓							
Baby Potatoes						✓							
Barbeque Ribs (Half Rack)	✓			✓									
Bread & Butter				✓									
Macaroni Cheese				✓		✓							
Corn on the Cob						✓							

CHILDREN'S MENU

Hidden Vegetable Tomato Soup				✓		✓							
Garlic Bread				✓		✓							
The Amble Inn Kiddie Platter				✓		✓							
Cheese & Tomato Pizza				✓		✓							
Fish & Chips			✓	✓									
Sausages	✓		✓	✓		✓		✓					✓
Macaroni Cheese				✓		✓							
Hidden Vegetable Tomato Pasta	✓			✓		✓							
Cheeseburger				✓		✓							
Sticky Toffee Pudding			✓	✓		✓							✓
Ice Cream Cone			✓	✓		✓							✓
Hummus & Vegetable Sticks	✓												
Cheese & Crackers				✓		✓							
Yorkshire Pudding & Gravy	✓		✓	✓		✓		✓					✓
Mash & Gravy	✓		✓	✓		✓		✓					✓