

THE AMBLESIDE 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 English		✓		✓		✓							✓
Full Vegetarian	✓	✓		✓		✓							✓
Eggs Benedict		✓		✓		✓							✓
Breakfast Ciabatta	✓	✓		✓		✓							✓
Toast & Preserves				✓		✓							✓

STARTERS

Soup of the Day	✓		✓		✓	✓		✓					✓
Potato Skins			✓										✓
Baked Camembert	✓				✓	✓							
Asparagus			✓			✓							
Pig's Head Terrine	✓	✓	✓	✓	✓	✓		✓					✓
Prawn Cocktail	✓	✓	✓	✓	✓	✓		✓					✓

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MAINS

Fish & Chips	✓	✓	✓	✓	✓	✓	✓	✓					✓
Scampi	✓	✓	✓	✓	✓	✓	✓	✓					✓
Salmon Fillet	✓	✓		✓									✓
Chargrilled Asparagus & Truffle Oil Risotto	✓					✓							✓
Chorizo & Paprika Oil Risotto	✓			✓		✓							✓
Steak & Ale Pie	✓		✓	✓		✓							✓
Steak & Blue Cheese Salad	✓			✓		✓		✓					✓
Beetroot & Smoked Goat's Cheese Salad	✓			✓		✓		✓					✓
Red Thai Curry (Chicken)	✓		✓	✓		✓							✓
Red Thai Curry (Vegetable)	✓		✓	✓		✓							✓
Red Thai Curry (Prawn)	✓	✓	✓	✓		✓							✓
Red Pepper Pasta	✓		✓	✓		✓			✓	✓			✓
Peppercorn Chicken	✓			✓		✓							✓

BURGERS

Ambleside Burger	✓		✓	✓		✓		✓					✓
Piri Piri Chicken Burger	✓		✓	✓		✓							✓
Beetroot, Red Pepper & Quinoa Burger	✓		✓	✓		✓		✓	✓	✓			✓
Minted Lamb Burger	✓		✓	✓		✓		✓					✓

GRILLS

8oz Sirloin Steak				✓		✓							
Surf & Turf		✓		✓		✓							
8oz Flat Iron Steak				✓		✓							
Pork Chop	✓			✓		✓							✓

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DESSERTS

Lemon Meringue Pie			✓	✓		✓							✓
Plum Frangipane Tart			✓	✓		✓			✓				✓
Sticky Toffee Pudding			✓	✓		✓							✓
Strawberry Eton Mess			✓	✓		✓							✓
Luxury English Lakes Ice Cream			✓			✓							✓
Cumbrian Cheese Board	✓			✓		✓							✓

CHILDREN'S MENU

Fish & Chips	✓	✓	✓	✓	✓	✓		✓					✓
Tomato Pasta	✓		✓		✓	✓							✓
Thai Red Vegetable Curry	✓		✓		✓	✓							✓
Chicken Bites	✓	✓	✓	✓	✓	✓		✓					✓
Chocolate Fudge Cake			✓		✓	✓							✓
Strawberries & Ice Cream			✓		✓	✓							✓
Selection of Ice Cream			✓		✓	✓							✓

SANDWICHES

Hot Roast of the Day & Pan Gravy	✓		✓		✓	✓		✓					✓
Homemade Fish Fingers & Tartare Sauce	✓	✓	✓	✓	✓	✓		✓					✓
Reubens	✓		✓		✓	✓		✓					✓
Roast Beef, Horseradish & Rocket	✓		✓		✓	✓		✓					✓
Roast Ham, Mature Cheddar & Coleslaw	✓		✓		✓	✓		✓					✓
Cold Water Prawn, Rocket & Lemon Mayo	✓	✓	✓		✓	✓		✓					✓
Vegetable Sausage, Red Onion & Cheddar	✓		✓		✓	✓		✓					✓

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SIDES

Twice-Cooked Chips				✓									
Buttered Greens						✓							
Coleslaw	✓		✓					✓					✓
Onion Rings			✓	✓		✓							
Garlic Ciabatta			✓	✓		✓							

SUNDAY CARVERY

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