

THE COMMISSIONERS QUAY 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 English		✓		✓		✓							
Blyth Belly Buster		✓		✓		✓							
Veggie English				✓		✓						✓	✓
Eggs Benedict		✓	✓	✓		✓							
Smashed Avocado		✓		✓									
Kids Breakfast		✓		✓		✓							
Toast & Preserves				✓		✓							
Bacon Sandwich				✓									
Sausage Sandwich				✓									
Bacon, Sausage & Egg Sandwich		✓		✓									

STARTERS

Homemade Soup	✓			✓		✓		✓				✓	
Potato Skins			✓	✓								✓	
Prawn & Avocado Cocktail		✓	✓	✓									

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STARTERS (CONTINUED)

Mushroom, Garlic & Blue Cheese Pot				✓		✓						✓	
Mussels		✓		✓		✓		✓					
Garlic Bread				✓		✓					✓		
Roasted Beetroot & Goat's Cheese Salad						✓							✓
Tandoori Chicken Skewer	✓							✓					✓
Ham Hock Terrine		✓		✓		✓		✓			✓		

SHARERS

Seafood Platter		✓	✓	✓	✓		✓	✓	✓				
Nachos							✓				✓		
Nachos with Pulled Pork							✓				✓		
Meat Platter	✓		✓		✓		✓		✓		✓		✓

MAINS

Fish & Chips			✓	✓	✓		✓					✓	
Steak & Ale Pie	✓		✓		✓		✓	✓				✓	
Hunter's Chicken	✓		✓		✓		✓					✓	
Wholetail Whitby Scampi		✓	✓	✓	✓							✓	
Salmon Fishcake			✓	✓	✓		✓	✓				✓	
Chicken Tikka Masala					✓		✓	✓	✓	✓		✓	
Mussels			✓	✓	✓		✓	✓					

FROM THE BROILER

Steak								✓			✓		
Gammon Steak			✓									✓	
Traditional Turkish Kebab			✓		✓		✓						
Honey Soy Glazed Salmon Fillet				✓	✓							✓	

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BURGERS

Classic Bacon & Cheese Burger			✓	✓		✓							
Southern Fried Chicken Burger	✓		✓	✓		✓		✓				✓	
Barbeque Stack Burger	✓		✓	✓		✓						✓	
Spicy Bean Burger			✓	✓		✓						✓	

HOMEMADE PIZZA

Margherita				✓		✓					✓		
Pepperoni				✓		✓					✓		
Davey's Garlic Chicken Calzone				✓		✓					✓		
Mighty Meat	✓			✓		✓		✓			✓	✓	
Hot & Spicy				✓		✓		✓			✓		✓
Supremely Veggie				✓		✓					✓		
Napolitana			✓	✓		✓					✓		

SANDWICHES

Roast of the Day	✓			✓		✓		✓				✓	
Tuna Melt			✓	✓		✓					✓		
Pulled Pork	✓			✓								✓	
Cod Goujons				✓		✓							
Caprese Club Sandwich				✓		✓							
Hummus & Mixed Vegetable Pitta				✓							✓		
Tuna Crunch			✓	✓		✓					✓		
BLT Wrap				✓		✓							✓
Smoked Salmon & Cream Cheese Bagel			✓	✓							✓		

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CHILDREN'S MENU

Homemade Garlic Dough Balls			✓		✓		✓				✓		
Veggie Sticks											✓		
Chicken Bites					✓			✓					
Fish Fingers			✓	✓	✓		✓	✓					
Pizza Margherita or Pepperoni			✓		✓		✓						
Chicken Wrap			✓		✓		✓				✓		
Tomato Pasta			✓		✓		✓				✓		
Ice Cream					✓		✓					✓	
Fruit Bowl													
Chocolate Brownie							✓					✓	
Dippy Dough Balls			✓		✓		✓					✓	

DESSERT

Homemade Crumble			✓		✓		✓					✓	
Eton Mess Cheesecake			✓		✓		✓					✓	
Sticky Toffee Pudding			✓		✓		✓		✓	✓			
Giant Chocolate Eclair			✓				✓		✓			✓	
Chocolate Brownie			✓				✓					✓	
Ciccarelli's Gelato Ice Cream					✓		✓					✓	
Strawberries & Cream Sundae			✓		✓		✓						
Lemon Meringue Sundae			✓		✓		✓						
Double Chocolate Sundae			✓		✓		✓					✓	

SUNDAY CARVERY

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

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SIDES

Beer Battered Onion Rings			✓	✓		✓		✓					
Homemade Chips													
Homemade Creamy Mash						✓							
Mixed Salad													
Two Corn on the Cobs													
Homemade Coleslaw			✓										
Peppercorn Sauce						✓		✓					
Diane Sauce				✓		✓		✓					
Blue Cheese Sauce						✓							
Garlic Aioli Dip			✓					✓					
Sour Cream Dip						✓							
Peri Peri Dip													✓
BBQ Dip	✓			✓								✓	
Cayenne Pepper Dip													