

# THE KING'S HEAD 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		✓	✓	✓	✓								
Vegetarian Breakfast		✓	✓	✓	✓								
Eggs Benedict			✓		✓								
Crushed Avocado on Toast					✓								
Kippers				✓	✓		✓						
Eggs on Toast			✓		✓		✓						
American Pancakes			✓		✓		✓						
Breakfast Roll			✓		✓		✓						
Porridge					✓		✓						
Toast & Preserves					✓		✓						

### STARTERS

Soup of the Day	✓				✓		✓						
Potato Skins	✓				✓			✓				✓	✓
Katsu Chicken			✓	✓	✓		✓	✓	✓	✓	✓	✓	

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## STARTERS (CONTINUED)

Ardennes Pâté				✓		✓		✓					✓
Mussels				✓		✓	✓						✓
Wild Mushroom & Parmesan Risotto				✓		✓	✓						✓
Artisan Bread Board				✓		✓							✓
Sweet Potato Cake & Poached Egg			✓	✓		✓		✓					✓
Chicken Caesar Salad			✓	✓	✓	✓							✓

## PUB CLASSICS

Fish & Chips			✓	✓	✓		✓						✓
Wholetail Scampi		✓	✓	✓	✓		✓	✓					✓
Homemade Steak & Ale Pie			✓		✓		✓						✓
Seafood Linguine		✓	✓	✓			✓	✓					✓
Mussels				✓	✓		✓	✓					✓
Belly Pork							✓						✓
Chicken Parmesan			✓	✓	✓		✓	✓					
Chicken Caesar Salad			✓	✓	✓		✓						✓
King's Head Curry (Chicken)					✓			✓	✓	✓			✓
King's Head Curry (Chickpea & Vegetable)					✓			✓	✓	✓			✓
Vegetarian Arrabbiata			✓		✓		✓						

## FROM THE GRILL

Steaks					✓		✓						
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## BURGERS

The King's Burger			✓	✓	✓		✓						
Halloumi Burger			✓	✓	✓		✓		✓				
The King's Head Crispy Chicken Burger			✓	✓	✓		✓						

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## HOMEMADE PIZZA

Garlic Bread					✓	✓	✓						
Three Cheese					✓	✓	✓						
Meat Feast					✓	✓	✓						✓
Vegetarian/Vegan feast					✓	✓	✓						

## LIGHT BITES

Hot Roast of the Day					✓	✓					✓		✓
Steak Sandwich					✓	✓	✓	✓			✓		
Hummus, Halloumi & Roast Pepper					✓	✓	✓	✓			✓		✓
Smoked Salmon Cream Cheese				✓	✓	✓	✓	✓			✓		
Spicy Bocadillo					✓	✓	✓	✓			✓		
Ploughman's Sandwich					✓	✓	✓	✓			✓		✓
Southern-Fried Chicken				✓	✓	✓	✓	✓			✓		
Club Sandwich			✓	✓	✓	✓	✓	✓					

## DESSERTS

Homemade Cheesecake of the Day			✓		✓		✓						
Sticky Toffee Pudding			✓		✓	✓	✓						
Raspberry Crème Brûlée			✓		✓		✓						
Eton Mess			✓				✓						
Selection of Luxury Ice Cream			✓				✓						
Sundae of the Week			✓		✓	✓	✓		✓				
Warm Chocolate Fondant			✓		✓		✓						
Cheese Board	✓				✓	✓	✓	✓					✓

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## CHILDREN'S MENU

Linguine Meatballs			✓		✓	✓							✓
Margherita Pizza					✓	✓	✓						
Battered Chicken Fillets			✓	✓	✓	✓							✓
Bangers & Mash						✓							✓
Fish Bites				✓	✓	✓							
Picnic Lunch					✓	✓	✓						

## SIDES

Hand-Cut Chips													
Battered Onion Rings					✓	✓							
Seasonal Vegetables							✓						
Garlic Ciabatta					✓	✓	✓						
Mixed Salad								✓					
Homemade Coleslaw			✓										

## SUNDAY LUNCH

Roast Beef			✓		✓	✓	✓						✓
Roast Turkey			✓		✓	✓	✓						✓
Honey Roasted Gammon			✓		✓	✓	✓						✓
Nut Roast			✓		✓	✓	✓		✓				✓