

THE KINGSLODGE 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		✓		✓		✓					✓		✓
Breakfast Stottie		✓		✓		✓						✓	✓
Eggs on Toast		✓		✓		✓						✓	✓
Porridge Oats				✓		✓							
Toast & Preserves		✓		✓		✓			✓			✓	✓

STARTERS

Chef's Soup of the Day				✓		✓						✓	
Thai Fishcakes		✓	✓	✓		✓						✓	✓
Potato Skins				✓		✓						✓	
Chicken Liver Parfait				✓		✓		✓				✓	✓
Nachos						✓							
King's Nachos						✓						✓	

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MAINS

Beer Battered Fillet of Fish			✓	✓	✓							✓	✓
Wholetail Scampi		✓	✓		✓		✓					✓	✓
Homemade Steak & Real Ale Pie	✓		✓		✓		✓	✓				✓	✓
Mince & Dumplings	✓		✓		✓		✓	✓				✓	✓
Pulled Lamb Shoulder							✓					✓	
Chicken Parmesan			✓		✓		✓	✓				✓	
Pasta					✓							✓	
Seabass			✓	✓			✓					✓	

FROM THE CHARGRILL

Steak			✓				✓					✓	
10oz Gammon Steak			✓				✓					✓	

BURGERS

Beef Burger			✓		✓		✓		✓		✓	✓	
BBQ Chicken Burger	✓		✓		✓		✓		✓		✓	✓	
Falafel & Spinach Burger			✓		✓		✓		✓		✓	✓	

MEAT FREE

Risotto												✓	✓
Bean Bourguignon	✓		✓				✓	✓				✓	

HOMEMADE PIZZA

Garlic Bread					✓		✓					✓	
Margherita					✓		✓						
Meat Feast					✓		✓	✓		✓			
BBQ Chicken	✓				✓		✓					✓	
Vegetarian Feast					✓		✓						✓

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AUTHENTIC CURRIES

Chicken Tikka Masala				✓		✓			✓	✓		✓	✓
Chicken Madras				✓		✓			✓	✓		✓	✓
Chickpea, Potato & Spinach				✓		✓			✓	✓		✓	✓

SALADS

Classic Caesar Salad			✓	✓	✓		✓						✓
Chicken Tikka Salad							✓	✓	✓	✓			✓
Ham & Poached Egg Salad			✓										✓
Five Bean, Broccoli & Spinach													

SIDES

Chips													✓
Battered Onion Rings					✓								✓
Red Onion Slaw			✓										
Half Stottie & Butter					✓		✓						
House Salad													✓

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CHILDREN'S MENU

Scampi		✓	✓	✓		✓						✓	✓
Battered Chicken Goujons				✓								✓	✓
Margherita Pizza				✓		✓						✓	
Sausages	✓		✓	✓		✓		✓				✓	
¼lb Beef Burger			✓	✓		✓			✓		✓	✓	

SOMETHING SWEET

Sticky Toffee Pudding			✓	✓		✓							✓
Double Chocolate Brownie			✓	✓		✓						✓	
Eton Mess			✓			✓			✓				
Zesty Lemon Posset				✓		✓							
Gingerbread Sponge			✓	✓		✓							
Selection of Luxury Ice Cream			✓	✓		✓						✓	

AFTER 10AM SNACKS

Breakfast Enchilada	✓		✓	✓		✓						✓	✓
Baked Eggs			✓	✓									✓
Egg & Hash Casserole			✓	✓		✓						✓	
Toasted Teacake				✓		✓							✓

AFTER 10AM SNACKS

Slow Braised Beef	✓		✓	✓		✓		✓				✓	✓
Classic B.L.T			✓	✓		✓						✓	
Chicken Tikka, Red Onion & Minted Yoghurt			✓	✓		✓		✓	✓	✓		✓	✓
Ham & Egg			✓	✓		✓						✓	
Five Bean, Tomato & Mozzarella				✓		✓						✓	

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SUNDAY LUNCH

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