

THE LINDISFARNE 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		✓		✓		✓							✓
Full Vegetarian Breakfast		✓		✓		✓							
Vegan Breakfast													
Poached Eggs		✓	✓	✓								✓	
Swallow's Kippers				✓		✓						✓	
Bacon Roll				✓							✓		
Bacon & Egg Roll		✓		✓							✓		
Bacon & Sausage Roll				✓							✓		✓
Bacon, Egg & Sausage Roll		✓		✓							✓		✓
Sausage & Egg Roll		✓		✓							✓		✓
Sausage Roll				✓							✓		✓
Toast				✓		✓						✓	

STARTERS

Soup of the Day	✓			✓		✓		✓					
Deep-Fried Potato Skins			✓	✓				✓					

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STARTERS (CONTINUED)

Panko-Breaded Golden Rings of Cheese				✓		✓						✓	
Port & Hazelnut Pâté	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
Spiced Hummus				✓					✓	✓	✓		
Parma Ham													
Oven Baked Goat's Cheese				✓		✓		✓					✓
Crayfish & Melon		✓											

MAINS

Battered Fish & Chips			✓	✓	✓			✓				✓	✓
Whitby Wholetail Scampi		✓	✓	✓				✓					✓
Pan-Fried Sea Bass Fillet				✓									
Steak & Ale Pie	✓		✓	✓		✓		✓				✓	
Lindisfarne Inn Burger			✓	✓		✓		✓					✓
Chicken & Wild Mushroom						✓							
Pulled Pork & Noodles			✓	✓	✓						✓		
12oz Rib Eye Steak				✓		✓		✓					
Barbecued Chicken Kebab			✓	✓				✓				✓	
Ras el Hanout Lamb Rump	✓					✓							
Chicken Narpiaza	✓					✓		✓	✓				
Honey Roast Ham & Peach Salad			✓			✓		✓					

MEAT FREE

Sweet Potato & Chickpea Burger				✓							✓		
Spicy Bean Casserole						✓							
Roasted Pepper & Garlic Penne Pasta				✓									

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SANDWICHES

Hot Roast Sandwich of the Day	✓		✓		✓		✓		✓		✓	✓	
Barbecue Spiced Chicken			✓		✓		✓		✓		✓	✓	
Crayfish		✓			✓		✓				✓	✓	
Ham & Cheese Toastie					✓		✓		✓		✓	✓	
Turkey & Bacon			✓		✓				✓		✓	✓	
Fish Finger Sandwich			✓	✓	✓				✓			✓	

DESSERTS

Sticky Toffee Pudding			✓		✓		✓		✓				
White Chocolate & Baileys Cheesecake			✓		✓		✓					✓	✓
Vegan Brownie			✓		✓		✓		✓			✓	
Raspberry & Coconut Meringue			✓				✓						
Chef's Sundae			✓		✓		✓		✓	✓	✓	✓	✓
Crumble & Custard			✓		✓		✓						
Spurreli's of Amble Luxury Ice Cream			✓		✓		✓		✓	✓	✓	✓	✓

SUNDAY LUNCH

Roasted Northumbrian Beef	✓		✓		✓		✓		✓			✓	
Roast Turkey	✓		✓		✓		✓		✓			✓	
Roast Pork Loin	✓		✓		✓		✓		✓			✓	
Nut Roast	✓		✓		✓		✓		✓	✓		✓	

CHILDREN'S MENU

Cheese & Tomato Pizza					✓		✓						
Wholetail Scampi		✓	✓		✓				✓				
Cod & Chips			✓	✓	✓				✓			✓	
Chicken Bites					✓								
Beef Burger			✓		✓		✓						✓

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CHILDREN'S MENU (CONTINUED)

Barbecue Chicken Pitta			✓		✓			✓				✓	
Penne Pasta				✓									

SIDES

Chips				✓									
Onion Rings				✓				✓					
Side Salad								✓					✓
Seasonal Vegetables													
Baby Potatoes													
Garlic Bread				✓		✓							
Homemade Coleslaw			✓					✓					
Floured Bap & Butter				✓		✓					✓		
Peppercorn Sauce	✓		✓	✓		✓		✓				✓	
Garlic Cream Sauce						✓							