

THE SEATON LANE 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 Breakfast		✓	✓	✓	✓	✓						✓	✓
Vegetarian Breakfast		✓	✓	✓	✓	✓						✓	✓
Eggs Benedict			✓		✓	✓						✓	
Eggs Royale			✓	✓	✓	✓						✓	
Eggs on Toast			✓		✓	✓							
Breakfast Stottie		✓	✓	✓	✓	✓						✓	✓
Breakfast Wrap		✓	✓	✓	✓							✓	
Porridge Oats					✓	✓							
Toast & Preserves					✓	✓							✓
Toasted Teacake					✓	✓							✓

STARTERS

Soup of the Day	✓				✓	✓						✓	
Potato Skins			✓									✓	✓
Duck Gyoza		✓		✓	✓						✓	✓	✓

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STARTERS (CONTINUED)

Brandy & Herb Chicken Liver Pâté				✓									✓
Calamari		✓	✓	✓		✓	✓					✓	✓
Creamy Garlic & Cheddar Mushrooms				✓		✓							
Halloumi, Tomato & Basil Tart				✓		✓			✓				✓
Couscous Stuffed Pepper				✓									✓
Fiery Prawn Cocktail		✓	✓								✓		

MAINS

Fish & Chips		✓	✓	✓	✓		✓					✓	✓
Whitby Scampi		✓	✓	✓	✓		✓					✓	✓
Steak & Ale Pie	✓		✓		✓		✓					✓	
Pan-Fried Lambs Liver					✓		✓					✓	
Chicken Parmesan		✓	✓	✓	✓		✓					✓	
Chicken Tikka Masala					✓		✓	✓	✓			✓	✓
Chilli Con Carne					✓		✓					✓	✓
Pan-Fried Salmon Fillet				✓			✓					✓	
Seafood Penne Pasta		✓		✓	✓		✓						
Stroganoff							✓					✓	✓

THE GRILL

Steaks		✓		✓	✓							✓	✓
Grilled Gammon Steak			✓									✓	✓

BURGERS

Seaton Lane Inn Beef Burger			✓		✓		✓	✓				✓	✓
Breaded Chicken Burger		✓	✓	✓	✓		✓	✓				✓	✓
Falafel Burger					✓						✓	✓	

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MEAT FREE

Cauliflower & Red Lentil Curry												✓	✓
Mushroom & Roast Pepper Wellington				✓		✓						✓	
Mediterranean Vegetable Risotto												✓	

SALADS

Fiery Prawn Salad		✓	✓								✓		
Chicken Caesar Salad			✓	✓	✓		✓						
Tofu Salad												✓	
Mediterranean Vegetable & Halloumi Salad							✓					✓	✓

LIGHT BITES

Fish Goujon Ciabatta		✓	✓	✓	✓							✓	✓
Hot Roast Meat Dip of the Day					✓	✓						✓	
Chicken Caesar Wrap			✓		✓		✓					✓	
Bacon, Brie & Cranberry Ciabatta					✓		✓					✓	
Mexican BLT					✓							✓	
Tofu, Red Pepper & Guacamole Sandwich					✓							✓	✓

CHILDREN'S MENU

Fish Goujons		✓		✓	✓							✓	
Scampi		✓		✓	✓							✓	
Chicken Goujons		✓		✓	✓							✓	
Sausages					✓		✓						✓
4oz Beef Burger			✓		✓		✓					✓	✓
Tomato Penne Pasta					✓								

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DESSERTS

Sticky Toffee Pudding			✓	✓		✓							
Gluten Free Double Chocolate Brownie			✓			✓			✓			✓	
Cheesecake of the Day			✓	✓		✓						✓	✓
Gluten Free Crumble of the Day						✓			✓				
Chocolate & Coconut Tart									✓			✓	
Cheese & Biscuits			✓	✓		✓		✓			✓	✓	
Deluxe Ice Cream						✓							

SIDES

Home-Cooked Chips												✓	
New Potatoes													
Seasonal Vegetables													
Onion Rings		✓		✓	✓							✓	
House Salad													
Blue Cheese Sauce						✓							
Peppercorn Sauce						✓							✓
Diane Sauce				✓		✓		✓					✓

SUNDAY ROAST

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