

# THE AMBLE 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			✓		✓		✓						
Full Vegetarian			✓		✓		✓	✓				✓	✓
Eggs Benedict			✓		✓		✓						
Kippers			✓	✓	✓								
Breakfast Roll			✓		✓		✓						
Porridge					✓		✓						✓
Toast & Preserves					✓		✓						✓

### STARTERS

Homemade Soup					✓		✓						
Potato Skins	✓				✓			✓					
Crispy Fried Crab Claws		✓	✓					✓				✓	✓
Hot Sriracha Chicken Wings							✓						
Crab Bonbons		✓	✓		✓		✓					✓	✓
Grilled Goat's Cheese							✓					✓	✓

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## STARTERS (CONTINUED)

Roasted Beetroot												✓	✓
Smoked Salmon Roulade				✓			✓						✓

## SHARERS

Potato Skins & Onion Rings Platter			✓		✓			✓				✓	
Steak & Sriracha Wings Platter							✓					✓	✓
Seafood Platter		✓	✓	✓			✓	✓				✓	✓
Garlic Pizza Bread					✓		✓						

## MAINS

Fish & Chips			✓	✓	✓			✓				✓	✓
Scampi & Chips		✓	✓		✓			✓				✓	✓
Homemade Steak & Ale Pie	✓		✓		✓		✓	✓				✓	✓
Northumbrian Game Pie	✓		✓		✓		✓	✓					
Pan-Fried Stone Bass		✓	✓	✓			✓					✓	
Crispy Bacon Macaroni Cheese					✓		✓						
Northumbrian Venison					✓		✓					✓	
Haggis, Neeps & Tatties					✓		✓						
Teriyaki Style Beef			✓	✓	✓							✓	✓
Thai Green Chicken Curry							✓		✓				✓
Confit Chicken Leg					✓		✓	✓				✓	

## FROM THE BROILER

Steaks	✓						✓	✓				✓	
Mac & Cheese					✓		✓						
Traditional Grill Garnish & Fries					✓		✓					✓	
Steamed Vegetables & Baby Potatoes							✓						
Gammon & Egg			✓					✓				✓	✓

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## MEAT FREE

Traditional Macaroni Cheese				✓		✓							
Vegetable & Lentil Casserole													
Chickpea & Coriander Burger				✓				✓				✓	
Wilted Green Vegetable Thai Curry									✓				✓

## BURGERS

The Amble Inn Burger			✓	✓		✓		✓					
Pan-Fried Chicken Burger			✓	✓		✓		✓					
Brie & Bacon Burger			✓	✓		✓		✓					

## PIZZAS

Margherita				✓		✓							
Pepperoni				✓		✓							
Crispy Ham & Sweetcorn				✓		✓							
Barbeque Chicken	✓			✓		✓							
Satay Chicken & Jalapeño				✓		✓					✓		✓

## PREMIUM SANDWICHES

Satay Chicken Wrap				✓		✓					✓		✓
Soft Shell Crab with Collard Slaw		✓	✓	✓				✓					
The Amble Inn Club			✓	✓				✓					

## SANDWICHES

Fish Fingers, Mushy Peas & Tartare Sauce			✓	✓	✓			✓				✓	✓
Hot Roast Meat & Gravy	✓		✓	✓		✓		✓					
Chef's Seasonal Crab Salad		✓				✓							
Traditional BLT			✓	✓		✓		✓					

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## DESSERTS

Homemade Brownie			✓		✓		✓						✓
Sticky Toffee Pudding			✓		✓		✓						✓
Homemade Treacle Sponge			✓		✓		✓						✓
Chef's Choice Cheesecake			✓				✓						✓
Winter Berry Crumble			✓		✓		✓						✓
Northumbrian Cheese Selection					✓		✓						✓
Ice Cream Selection							✓						✓
Ice Cream Sundae			✓		✓		✓						✓

## LIGHT BITES

Fish & Chips			✓	✓	✓								✓
Scampi & Chips		✓	✓		✓								✓
Roast of the Day	✓		✓		✓								

## SUNDAYS

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

## BAKERY

Fruit Scone		✓			✓		✓						✓
Cheese Scone		✓			✓		✓						✓
Teacake					✓		✓						✓

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## SIDES

Chips or Fries												✓	
Onion Rings				✓								✓	
Dressed House Salad								✓				✓	✓
Garlic Bread				✓		✓							
Seasonal Vegetables						✓							
Baby Potatoes						✓							
Bread & Butter				✓									
Macaroni Cheese				✓		✓							

## CHILDREN'S MENU

Hidden Vegetable Tomato Soup				✓		✓							
Garlic Bread				✓		✓							
The Amble Inn Kiddie Platter				✓		✓							
Cheese & Tomato Pizza				✓		✓							
Fish & Chips			✓	✓									
Sausages	✓		✓	✓		✓		✓					✓
Macaroni Cheese				✓		✓							
Hidden Vegetable Tomato Pasta	✓			✓		✓							
Cheeseburger				✓		✓							
Sticky Toffee Pudding			✓	✓		✓							✓
Ice Cream Cone			✓	✓		✓							✓
Cheese & Crackers				✓		✓							
Mash & Gravy	✓		✓	✓		✓		✓					✓
Yorkshire Pudding & Gravy	✓		✓	✓		✓		✓					✓