

# THE AMBLESIDE 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 |
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

### BREAKFAST

|                    |   |   |  |   |  |   |  |  |  |  |  |  |   |
|--------------------|---|---|--|---|--|---|--|--|--|--|--|--|---|
| Full English       |   | ✓ |  | ✓ |  | ✓ |  |  |  |  |  |  | ✓ |
| Full Vegetarian    | ✓ | ✓ |  | ✓ |  | ✓ |  |  |  |  |  |  | ✓ |
| Tomato Fondue      |   |   |  |   |  |   |  |  |  |  |  |  |   |
| Eggs Benedict      |   | ✓ |  | ✓ |  | ✓ |  |  |  |  |  |  | ✓ |
| Breakfast Ciabatta |   |   |  | ✓ |  | ✓ |  |  |  |  |  |  |   |
| Toast & Preserves  |   |   |  | ✓ |  | ✓ |  |  |  |  |  |  | ✓ |
| Porridge           |   |   |  | ✓ |  | ✓ |  |  |  |  |  |  |   |

### STARTERS

|                  |   |   |   |   |  |   |  |   |  |  |  |  |   |
|------------------|---|---|---|---|--|---|--|---|--|--|--|--|---|
| Soup of the Day  | ✓ | ✓ |   | ✓ |  | ✓ |  | ✓ |  |  |  |  | ✓ |
| Potato Skins     |   |   | ✓ |   |  | ✓ |  |   |  |  |  |  | ✓ |
| Baked Camembert  | ✓ |   |   | ✓ |  | ✓ |  |   |  |  |  |  |   |
| Ham Hock Terrine | ✓ |   |   |   |  |   |  | ✓ |  |  |  |  | ✓ |
| Prawn Cocktail   |   |   | ✓ | ✓ |  | ✓ |  |   |  |  |  |  | ✓ |

| Celery | Crustacean | Eggs | Fish | Gluten | Lupin Flour | Milk | Molluscs | Mustard | Nut | Peanut | Sesame | Soya Beans | Sulphites |
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

## MAINS

|                              |   |   |   |   |   |   |  |   |  |  |   |  |   |
|------------------------------|---|---|---|---|---|---|--|---|--|--|---|--|---|
| Ambleside Burger             |   |   |   | ✓ |   | ✓ |  | ✓ |  |  |   |  | ✓ |
| Wild Mushroom Risotto        |   |   |   |   |   | ✓ |  |   |  |  |   |  | ✓ |
| Fish & Chips                 |   |   | ✓ | ✓ |   |   |  | ✓ |  |  |   |  | ✓ |
| Scampi                       |   | ✓ | ✓ | ✓ |   | ✓ |  | ✓ |  |  |   |  | ✓ |
| Falafel & Spinach Burger     |   |   |   |   | ✓ |   |  |   |  |  | ✓ |  | ✓ |
| Steak & Ale Pie              | ✓ |   | ✓ |   | ✓ | ✓ |  |   |  |  |   |  | ✓ |
| Green Thai Curry (Chicken)   |   |   |   | ✓ |   |   |  |   |  |  |   |  | ✓ |
| Green Thai Curry (Vegetable) |   |   |   | ✓ |   |   |  |   |  |  |   |  | ✓ |
| Green Thai Curry (Prawn)     |   | ✓ |   | ✓ |   |   |  |   |  |  |   |  | ✓ |
| Macaroni Cheese              |   |   |   |   | ✓ | ✓ |  |   |  |  |   |  |   |
| Peppercorn Chicken           | ✓ |   |   |   | ✓ | ✓ |  |   |  |  |   |  | ✓ |
| Fish Pie                     |   |   |   |   | ✓ | ✓ |  | ✓ |  |  |   |  | ✓ |
| Cajun Spiced Chicken Burger  |   |   | ✓ |   | ✓ | ✓ |  |   |  |  |   |  | ✓ |

## GRILLS

|                   |   |   |   |  |   |   |  |   |  |  |  |  |   |
|-------------------|---|---|---|--|---|---|--|---|--|--|--|--|---|
| 8oz Ribeye Steak  |   |   |   |  |   | ✓ |  |   |  |  |  |  |   |
| 8oz Rump Steak    |   |   |   |  |   | ✓ |  |   |  |  |  |  |   |
| Surf & Turf       |   | ✓ |   |  |   | ✓ |  |   |  |  |  |  |   |
| 10oz Gammon Steak |   |   | ✓ |  |   |   |  | ✓ |  |  |  |  | ✓ |
| Peppercorn Sauce  | ✓ |   |   |  | ✓ | ✓ |  |   |  |  |  |  | ✓ |
| Blue Cheese Sauce | ✓ |   |   |  | ✓ | ✓ |  |   |  |  |  |  | ✓ |

## DESSERTS

|                                 |  |  |   |  |   |   |  |  |   |  |  |  |   |
|---------------------------------|--|--|---|--|---|---|--|--|---|--|--|--|---|
| Mixed Berry Pavlova             |  |  | ✓ |  |   | ✓ |  |  |   |  |  |  |   |
| Apple & Berry Crumble           |  |  |   |  | ✓ | ✓ |  |  | ✓ |  |  |  |   |
| Sticky Toffee Pudding           |  |  | ✓ |  | ✓ | ✓ |  |  |   |  |  |  | ✓ |
| Vanilla Crème Brûlée            |  |  | ✓ |  | ✓ | ✓ |  |  |   |  |  |  |   |
| Luxury English Lakes Ice Creams |  |  | ✓ |  |   | ✓ |  |  |   |  |  |  | ✓ |

| Celery | Crustacean | Eggs | Fish | Gluten | Lupin Flour | Milk | Molluscs | Mustard | Nut | Peanut | Sesame | Soya Beans | Sulphites |
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

## CHILDREN'S MENU

|                              |  |  |   |   |   |   |  |   |  |  |  |  |   |
|------------------------------|--|--|---|---|---|---|--|---|--|--|--|--|---|
| Fish & Chips                 |  |  | ✓ | ✓ |   |   |  | ✓ |  |  |  |  | ✓ |
| Mac & Cheese                 |  |  |   |   | ✓ | ✓ |  |   |  |  |  |  |   |
| Cheeseburger                 |  |  |   |   | ✓ | ✓ |  |   |  |  |  |  |   |
| Chicken Bites                |  |  | ✓ | ✓ |   | ✓ |  |   |  |  |  |  |   |
| Chocolate Fudge Cake         |  |  | ✓ | ✓ |   | ✓ |  |   |  |  |  |  |   |
| Mixed Berry Ice Cream Sundae |  |  | ✓ |   |   | ✓ |  |   |  |  |  |  | ✓ |
| Selection of Ice Cream       |  |  | ✓ |   |   | ✓ |  |   |  |  |  |  | ✓ |

## SANDWICHES

|                                      |   |   |   |   |  |   |  |   |  |  |  |  |   |
|--------------------------------------|---|---|---|---|--|---|--|---|--|--|--|--|---|
| Hot Roast of the Day & Pan Gravy     | ✓ |   |   | ✓ |  |   |  |   |  |  |  |  | ✓ |
| Cumbrian Cheddar & Red Onion Chutney |   |   |   | ✓ |  | ✓ |  | ✓ |  |  |  |  | ✓ |
| Roast Ham & Wholegrain Mustard       |   |   |   | ✓ |  |   |  | ✓ |  |  |  |  | ✓ |
| Cold Water Prawn & Marie Rose        |   | ✓ | ✓ | ✓ |  |   |  |   |  |  |  |  | ✓ |
| Vegan Sausage & Chilli Jam           |   |   |   | ✓ |  |   |  | ✓ |  |  |  |  | ✓ |

## SIDES

|                        |  |  |   |   |  |   |  |  |  |  |  |  |   |
|------------------------|--|--|---|---|--|---|--|--|--|--|--|--|---|
| Twice-Cooked Chips     |  |  |   |   |  |   |  |  |  |  |  |  |   |
| Cheesy Chips           |  |  |   |   |  | ✓ |  |  |  |  |  |  |   |
| Buttered Greens        |  |  |   |   |  | ✓ |  |  |  |  |  |  |   |
| Onion Rings            |  |  |   |   |  | ✓ |  |  |  |  |  |  | ✓ |
| Coleslaw               |  |  | ✓ |   |  |   |  |  |  |  |  |  | ✓ |
| Garlic Ciabatta        |  |  |   | ✓ |  | ✓ |  |  |  |  |  |  |   |
| Cheesy Garlic Ciabatta |  |  |   | ✓ |  | ✓ |  |  |  |  |  |  |   |

|        |            |      |      |        |             |      |          |         |     |        |        |            |           |
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|
| Celery | Crustacean | Eggs | Fish | Gluten | Lupin Flour | Milk | Molluscs | Mustard | Nut | Peanut | Sesame | Soya Beans | Sulphites |
|--------|------------|------|------|--------|-------------|------|----------|---------|-----|--------|--------|------------|-----------|

## SUNDAYS

|                    |   |  |   |  |   |  |   |  |   |   |  |  |   |
|--------------------|---|--|---|--|---|--|---|--|---|---|--|--|---|
| Roast Topside Beef | ✓ |  | ✓ |  | ✓ |  | ✓ |  | ✓ |   |  |  | ✓ |
| Roast Pork         | ✓ |  | ✓ |  | ✓ |  | ✓ |  | ✓ |   |  |  | ✓ |
| Roast Turkey       | ✓ |  | ✓ |  | ✓ |  | ✓ |  | ✓ |   |  |  | ✓ |
| Nut Roast          | ✓ |  | ✓ |  | ✓ |  | ✓ |  | ✓ | ✓ |  |  | ✓ |