

# THE CONISTON 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		✓		✓									
Posh Breakfast		✓	✓	✓									
Bacon Bap				✓									
Bacon & Sausage Bap				✓									
Bacon, Sausage & Egg Bap		✓		✓									
Potato Scones		✓		✓									
American Style Pancakes		✓		✓		✓							

### STARTERS

Deep-Fried Potato Skins		✓											
Garlic & Chilli Butter Prawns		✓		✓							✓		
Chipolata Sausage & Dips				✓		✓		✓					✓
Vegetable Broth & Horseradish Dumplings	✓			✓				✓					
Crispy Chilli Chicken Strips						✓		✓			✓		✓

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## MAINS

Fish & Chips			✓	✓									
Whitby Scampi		✓	✓										
Battered Halloumi						✓							
Steak & Ale Pie			✓	✓		✓							✓
Tattie Pot	✓		✓	✓		✓		✓					
Beef Brisket													
The Coniston Inn Burger			✓	✓				✓					
Sweet Potato, Spinach & Lentil Daal													
Southern Fried Chicken Burger			✓	✓		✓							
Coq au Vin													✓
The Coniston Inn Fish Pie		✓		✓		✓							✓
10oz Ribeye Steak													✓
Farfalle Pasta				✓		✓							
Chicken Tikka Masala				✓		✓		✓			✓		✓
Flat Iron Steak Suurf & Turf		✓				✓							

## LIGHT BITES

Cajun Chicken & Blue Chees				✓		✓							
Cumberland Sausage & Onion Marmalade				✓									
Fish Finger & Tartare Sauce			✓	✓	✓								
Prawns & Marie Rose Sauce		✓	✓	✓									
Tuna & Red Onion			✓	✓									
Ham & Relish				✓									
Cheese & Chutney				✓		✓							✓
Roast Sandwich of the Day				✓									
Mussels						✓	✓						
Sharing Platter				✓									✓

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## DESSERTS

Apple & Blackberry Crumble				✓		✓							
Sticky Ginger Pudding		✓		✓									
Death by Chocolate		✓		✓		✓			✓				
Cheesecake of the Day				✓		✓							
Cheese Board	✓					✓		✓					
Luxury Ice Cream						✓							

## CHILDREN'S MENU

Hunter's Chicken						✓							
Cumberland Sausage				✓									✓
4oz Beef Burger				✓									
Mini Cheese & Tomato Pizza				✓		✓							
Mini Fish & Chips			✓										
Penne Pasta				✓									
Luxury Ice Cream						✓							
Chocolate Fudge Cake		✓		✓		✓							

## SIDES

Garlic & Parmesan Chips						✓							
Onion Rings													
Cheesy Garlic Bread				✓									
Seasonal Vegetables													
Peppercorn, Blue Cheese, Mushroom Sauce						✓							✓

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## SUNDAY ROAST

Roast Beef		✓		✓									✓
Roast Pork		✓		✓									✓
Roast Lamb		✓		✓									✓
Nut Roast				✓					✓				