

THE KING'S HEAD 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		✓	✓	✓	✓	✓							✓
Eggs Benedict			✓		✓								✓
Crushed Avocado on Toast			✓	✓	✓								✓
American Pancakes			✓		✓	✓							✓
Fruity Pancake Stack			✓		✓	✓							✓
Breakfast Roll		✓	✓	✓	✓	✓							✓
Porridge				✓		✓							
Toast & Preserves				✓		✓							

STARTERS

Soup of the Day	✓			✓	✓	✓							✓
Potato Skins	✓		✓	✓				✓				✓	✓
Breaded King Prawns		✓		✓	✓			✓					✓
Creamy Garlic Mushrooms				✓	✓								✓

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STARTERS (CONTINUED)

Pan-Fried Tuna Fishcakes			✓	✓	✓			✓					✓
Falafel					✓	✓	✓	✓					✓
Game Terrine					✓	✓		✓					✓

PUB CLASSICS

Homemade Steak & Ale Pie			✓		✓		✓						✓
Fish & Chips			✓	✓	✓		✓						✓
Wholetail Scampi		✓	✓	✓	✓		✓	✓					✓
Chicken Parmesan			✓	✓	✓		✓	✓					✓
King's Head Chicken Curry					✓			✓	✓	✓			✓
King's Head Chickpea & Vegetable Curry					✓			✓	✓	✓			✓
Red Thai Fish & King Prawn Curry		✓		✓	✓							✓	✓
Braised Steak			✓		✓		✓						✓
Pan-Fried Pork Fillet					✓			✓					✓
Pan-Fried Sea Bass				✓									✓
Slow-Braised Lamb Shank							✓						✓
Butter Bean & Butternut Squash Ragout					✓								✓
Grilled Halloumi & Avocado Salad								✓					✓

FROM THE GRILL

Steaks		✓		✓	✓		✓	✓					✓
10oz Horseshoe Gammon			✓					✓					✓

BURGERS

The King's Burger			✓	✓	✓		✓	✓					✓
Aubergine & Halloumi Burger			✓		✓	✓	✓	✓					✓
The King's Head Cajun Chicken Burger			✓		✓	✓	✓	✓					✓
Venison Burger					✓	✓	✓	✓					✓

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HOMEMADE PIZZA

Garlic Bread					✓	✓	✓						✓
Three Cheese					✓	✓	✓						✓
Pepperoni					✓	✓	✓						✓
Garlic Chicken & Salami Pizza					✓	✓	✓						✓
Calzone					✓	✓	✓						✓
Vegetarian/Vegan Feast					✓	✓	✓						✓

LIGHT BITES

Hot Roast of the Day					✓	✓					✓		✓
Sausage, Brie & Onion Chutney Ciabatta					✓	✓		✓			✓		✓
Italian Ciabatta Sandwich					✓	✓		✓			✓		✓
Southern-Fried Chicken					✓	✓		✓			✓		✓
The Cyprus Sandwich					✓	✓		✓			✓		✓
Tuna Melt				✓	✓	✓		✓			✓		✓

DESSERTS

Homemade Cheesecake of the Day			✓		✓	✓							
Rhubarb Crumble			✓		✓	✓							
Hot Chocolate Fudge Cake			✓			✓			✓			✓	
Banoffee Tart			✓		✓	✓							✓
Lemon Drizzle Cake			✓		✓	✓							
Selection of Ice Cream			✓			✓							

SUNDAY LUNCH

Roast Beef			✓		✓	✓	✓						✓
Roast Turkey			✓		✓	✓	✓						✓
Roast Pork & Sausage Meat Stuffing			✓		✓	✓	✓						✓
Nut Roast	✓		✓		✓	✓	✓		✓				✓

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CHILDREN'S MENU

Macaroni Cheese			✓	✓		✓							
Margherita Pizza				✓	✓	✓							✓
Crispy Chicken Strips		✓	✓	✓									✓
Hot Dog				✓		✓							✓
Roast of the Day			✓	✓	✓	✓							
Fish Bites		✓	✓	✓	✓								✓

SIDES

Hand-Cut Chips													✓
Onion Rings				✓	✓								✓
Seasonal Vegetables						✓							
Garlic Ciabatta				✓	✓	✓							
Mixed Salad								✓					✓
Homemade Coleslaw			✓										✓
Bread & Butter				✓	✓								