

THE KINGSLODGE 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		✓		✓		✓					✓		✓
Breakfast Stottie		✓		✓		✓						✓	✓
Eggs on Toast		✓		✓		✓						✓	✓
Porridge Oats				✓		✓							
Toast & Preserves		✓		✓		✓			✓			✓	✓

STARTERS

Chef's Soup of the Day				✓		✓						✓	
Ham Hock Terrine				✓		✓						✓	
Feta Cheese Portobello Mushroom						✓						✓	✓
Cod & Parsley Fishcake			✓	✓	✓	✓						✓	✓
Pig's Cheeks												✓	✓
Chicken Liver & Beetroot Salad									✓			✓	✓

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MAINS

Beer Battered Fillet of Fish			✓	✓	✓							✓	✓
Wholetail Scampi		✓	✓		✓		✓					✓	✓
Homemade Steak & Real Ale Pie	✓		✓		✓		✓	✓				✓	✓
Crisp Cider Braised Pork Belly	✓		✓		✓		✓	✓				✓	✓
Chicken Breast						✓						✓	✓
Lamb Hot Pot	✓		✓		✓		✓	✓				✓	✓
Pan-Seared Salmon				✓		✓						✓	✓
Slow-Cooked Pig's Cheeks						✓						✓	✓
Venison						✓						✓	✓
Roast Butternut Risotto			✓			✓						✓	✓
Broccoli & Feta Pasta					✓	✓			✓			✓	✓
Chicken Tikka Masala					✓	✓			✓	✓		✓	✓
Butternut Squash & Potato Tikka Masala					✓	✓			✓	✓		✓	✓

CHARGRILL

Steak			✓			✓						✓	✓
10oz Gammon Steak			✓			✓						✓	✓

BURGERS

The Kingslodge Inn Burger			✓		✓	✓			✓		✓	✓	
Southern Spiced Chicken Burger			✓		✓	✓			✓		✓	✓	
Falafel & Spinach Burger			✓		✓	✓			✓		✓	✓	

PIZZA (SEE FOLDER FOR MORE DETAILS)

Garlic Base					✓	✓						✓	
Margherita Base					✓	✓							

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CHILDREN'S MENU

Cheeseburger			✓		✓		✓		✓		✓	✓	
Battered Chicken Strips					✓							✓	✓
Cheese & Tomato Pizza					✓		✓					✓	
Cod Fishcake			✓	✓	✓		✓					✓	✓
Chicken Tikka Wrap					✓		✓		✓	✓		✓	✓
Picnic in a Bag			✓		✓		✓		✓			✓	✓
Mini Chocolate and Orange Brownie			✓		✓		✓					✓	
Strawberry Sundae					✓		✓						
Scoop of Ice Cream			✓		✓		✓					✓	

DESSERTS

Chocolate & Orange Brownie			✓		✓		✓					✓	
Sticky Toffee Pudding			✓		✓		✓					✓	✓
Bramley Apple Crumble					✓		✓						
Strawberries & Cream Panna Cotta					✓		✓					✓	
Torched Lemon Meringue Tart			✓		✓		✓		✓				
Selection of Luxury Ice Cream			✓		✓		✓					✓	

LIGHT BITES

Slow Braised Beef	✓		✓		✓		✓		✓			✓	✓
Lemon & Thyme Chicken					✓		✓					✓	
Chicken Tikka					✓		✓		✓	✓		✓	✓
Feta, Spinach & Tomato					✓		✓					✓	
Beer-Battered Fish Goujons			✓	✓	✓		✓					✓	✓

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AFTER 10AM SNACKS

Breakfast Enchilada	✓		✓		✓		✓					✓	✓
Baked Eggs			✓		✓								✓
Egg & Hash Casserole			✓		✓		✓					✓	
Toasted Teacake					✓		✓						✓
Scone			✓		✓		✓					✓	✓

SIDES

Bowl of Chips												✓	
Battered Onion Rings					✓							✓	
Red Onion Slaw			✓										
Stottie & Butter					✓		✓						
House Salad												✓	

SUNDAYS

Roast Beef	✓		✓		✓		✓		✓			✓	✓
Roast Turkey	✓		✓		✓		✓		✓			✓	✓
Honey Roast Gammon	✓		✓		✓		✓		✓			✓	✓
Nut Roast	✓		✓		✓		✓		✓	✓		✓	✓