

THE LINDISFARNE 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		✓		✓		✓							✓
Vegetarian Breakfast		✓		✓		✓							
Eggs Benedict		✓		✓		✓							
Kippers		✓	✓	✓		✓						✓	
Breakfast Roll		✓		✓		✓							✓
Porridge				✓		✓							
Toast & Preserves				✓		✓						✓	

STARTERS

Soup of the Day	✓			✓		✓		✓					
Deep-Fried Potato Skins			✓	✓				✓					
Game & Barley Broth	✓			✓									
Black Pudding Scotch Egg			✓	✓									
Crab on Toast		✓		✓		✓							
Scottish Smoked Salmon			✓	✓		✓						✓	
Roast Beetroot & Halloumi Salad						✓		✓					✓

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MAINS

Fish & Chips			✓	✓	✓			✓				✓	✓
Whitby Wholetail Scampi		✓	✓		✓			✓					✓
The Lindisfarne Fisherman's Pie		✓		✓		✓	✓	✓					
Steak & Ale Pie	✓		✓		✓	✓		✓				✓	
The Lindisfarne Inn Burger			✓		✓	✓		✓					✓
Smokey Chicken					✓			✓					
Northumberland Sausage & Mash	✓		✓		✓	✓		✓				✓	
Venison Cobbler	✓		✓		✓	✓		✓				✓	
Smoked Salmon & Crab Salad		✓				✓		✓				✓	
10oz Sirloin Steak					✓	✓		✓				✓	
Chicken Linguine			✓		✓	✓							
Flat-Cap Mushroom & Halloumi Burger			✓		✓	✓		✓					
Chicken Madras	✓				✓	✓		✓					

CHILDREN'S MENU

Cheese & Tomato Pizza					✓	✓							
Wholetail Scampi		✓	✓		✓			✓					
Kid's Fish			✓	✓	✓			✓					
Chicken Bites					✓			✓					
Beef Burger			✓		✓	✓							✓
Bangers & Mash			✓		✓	✓		✓					✓

DESSERTS

Sticky Toffee Pudding			✓		✓	✓			✓				
Winter Berry Crumble			✓		✓	✓							
Bread & Butter Pudding			✓		✓	✓							
Winter Berry or Double Chocolate Sundae			✓		✓	✓							
Selection of Ice Cream			✓		✓	✓							

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SANDWICHES

Hot Roast Sandwich of the Day	✓		✓		✓		✓		✓		✓	✓	
Lindisfarne Club Sandwich			✓		✓		✓		✓				
Smoked Salmon Sandwich			✓	✓	✓		✓		✓			✓	
Fish Finger Sandwich			✓	✓	✓		✓					✓	
Halloumi & Roast Beetroot Open Sandwich			✓		✓		✓		✓			✓	
Coronation Chicken			✓		✓		✓		✓			✓	
Turkey & Bacon			✓		✓		✓		✓			✓	

SIDES

Chips				✓									
Seasonal Vegetables						✓							
Onion Rings				✓				✓					
Garlic Bread				✓		✓							
Side Salad				✓				✓					✓
Baby Potatoes													
Homemade Coleslaw			✓					✓					
Garlic Cream Sauce						✓							
Peppercorn Sauce	✓		✓	✓		✓		✓				✓	

SUNDAY LUNCH

Roasted Northumbrian Beef	✓		✓		✓		✓		✓			✓	
Roast Turkey	✓		✓		✓		✓		✓			✓	
Roast Pork Loin	✓		✓		✓		✓		✓			✓	
Nut Roast	✓		✓		✓		✓		✓	✓		✓	

BAKERY

Fruit Scone													
Cheese Scone													
Teacake													