

THE BAMBURGH CASTLE 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 & Brunch

| | | | | | | | | | | | | | |
|------------------------|---|---|--|---|--|--|--|--|--|--|---|--|---|
| Bacon Sandwich | | | | ✓ | | | | | | | ✓ | | |
| Bacon & Egg Sandwich | | ✓ | | ✓ | | | | | | | ✓ | | |
| Sausage & Egg Sandwich | ✓ | ✓ | | ✓ | | | | | | | ✓ | | ✓ |
| Sausage Sandwich | ✓ | | | ✓ | | | | | | | ✓ | | ✓ |
| Toast & Jam | | | | ✓ | | | | | | | | | |

Starters

| | | | | | | | | | | | | | |
|-------------------------|---|---|---|---|---|---|---|---|---|--|---|---|---|
| Soup of the Day | ✓ | | | ✓ | | | | | | | | | |
| Deep-fried Potato Skins | | | ✓ | ✓ | | | | ✓ | | | | | |
| Smoked Trout Fillet | | | | ✓ | | ✓ | | | | | | | |
| Chicken & Feta | | | ✓ | ✓ | | ✓ | | | | | ✓ | | |
| Chicken Liver Pâté | ✓ | ✓ | ✓ | ✓ | | ✓ | | | ✓ | | ✓ | ✓ | ✓ |
| Seafood Platter | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | |
| Antipasto | | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | | ✓ | ✓ | |
| Prawns & Pineapple | | ✓ | ✓ | | ✓ | ✓ | | ✓ | | | ✓ | | |
| Gordal Olives | | | ✓ | ✓ | | ✓ | | | | | ✓ | | |
| Calamari Rings | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | | | | | |
| Pear & Stilton | | | | | | ✓ | | | | | | | |

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

Main Courses

| | | | | | | | | | | | | | |
|-----------------------------------|---|---|---|---|---|---|---|---|--|---|---|---|---|
| Bamburgh Castle Inn Burger | | | ✓ | ✓ | | ✓ | | ✓ | | | | ✓ | ✓ |
| Black Pudding & Onion Pork Burger | | | ✓ | ✓ | | ✓ | | ✓ | | | | | |
| Steak & Ale Pie | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | | ✓ | |
| Pad Thai Chicken | | | | ✓ | ✓ | | | | | ✓ | | ✓ | |
| Pulled Brisket of Beef | | | ✓ | ✓ | | ✓ | | | | | ✓ | | |
| Chicken & Garlic | | | | | | ✓ | | | | | | | |
| Rib Eye Steak | | | | ✓ | | ✓ | | | | | | | |
| Fillet Mignon | | | | | | | | | | | | | |
| Petite Fillet | | | | | | | | | | | | | |
| Battered Fish & Chips | | | ✓ | ✓ | ✓ | | | ✓ | | | | | |
| Wholetail Breaded Scampi | | ✓ | ✓ | ✓ | | | | ✓ | | | | | |
| Smoked Cod Loin | | | | ✓ | ✓ | ✓ | | | | | | | |
| Seafood Linguine | | ✓ | ✓ | ✓ | | | ✓ | | | | | | |

Meat Free

| | | | | | | | | | | | | | |
|-------------------------------------|--|--|---|---|--|---|--|--|---|--|--|--|--|
| Stilton & Broccoli Quiche | | | ✓ | ✓ | | ✓ | | | ✓ | | | | |
| Sweet Chilli Stir Fry | | | | | | | | | | | | | |
| Butternut Squash & Spinach Linguine | | | | ✓ | | ✓ | | | | | | | |

Sides & Sauces

| | | | | | | | | | | | | | |
|---------------------|---|--|---|---|--|---|--|---|--|--|---|---|--|
| Chips | | | | ✓ | | | | | | | | | |
| Onion Rings | | | | ✓ | | | | ✓ | | | | | |
| Side Salad | | | | | | | | ✓ | | | | | |
| Seasonal Vegetables | | | | | | | | | | | | | |
| Baby Potatoes | | | | | | | | | | | | | |
| Garlic Bread | | | | ✓ | | ✓ | | | | | | | |
| Homemade Coleslaw | | | ✓ | | | | | ✓ | | | | | |
| Ciabatta & Butter | | | | ✓ | | ✓ | | | | | ✓ | | |
| Peppercorn Sauce | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | | ✓ | |
| Blue Cheese Sauce | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | | ✓ | |
| Garlic Cream Sauce | | | | | | ✓ | | | | | | | |

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

Light Lunch

| | | | | | | | | | | | | | |
|-------------------------------|---|---|---|---|---|---|--|---|--|--|---|---|--|
| Wholetail Scampi | | ✓ | ✓ | ✓ | | | | ✓ | | | | | |
| Fish & Chips | | | ✓ | ✓ | ✓ | | | ✓ | | | | | |
| Hot Sandwich of the Day | ✓ | | ✓ | ✓ | | ✓ | | ✓ | | | ✓ | ✓ | |
| Fish Finger Sandwich | | | ✓ | ✓ | ✓ | | | ✓ | | | ✓ | | |
| Smoked Mackerel Salad | | | ✓ | ✓ | ✓ | ✓ | | ✓ | | | ✓ | | |
| Tuna Melt | | | ✓ | ✓ | ✓ | ✓ | | ✓ | | | ✓ | | |
| Barbecued Chargrilled Chicken | | | | ✓ | | ✓ | | ✓ | | | | ✓ | |

Desserts

| | | | | | | | | | | | | | |
|---------------------------------------|--|--|---|---|--|---|--|--|---|---|---|---|---|
| Sticky Toffee Pudding | | | ✓ | ✓ | | ✓ | | | | | | | |
| Chocolate & Black Cherry Roulade | | | ✓ | ✓ | | ✓ | | | | | | | |
| Chef's Speciality Homemade Cheesecake | | | | ✓ | | ✓ | | | | | | | |
| Crème Brûlée | | | ✓ | ✓ | | ✓ | | | | | | | |
| Chocolate & Toffee Indulgence | | | ✓ | ✓ | | ✓ | | | | | | ✓ | |
| Raspberry Sorbet | | | | ✓ | | | | | | | | | |
| Seaside Sundae | | | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ |
| Spurreli's of Amble Luxury Ice Cream | | | ✓ | ✓ | | ✓ | | | ✓ | ✓ | ✓ | ✓ | ✓ |

Sandwiches

| | | | | | | | | | | | | | |
|---------------------------------|--|--|---|---|--|---|--|---|--|--|---|--|--|
| Mature Cheese & Chutney | | | | ✓ | | ✓ | | ✓ | | | ✓ | | |
| Cold Meat Sandwich | | | | ✓ | | ✓ | | ✓ | | | ✓ | | |
| Prawn & Curried Mayonnaise | | | ✓ | ✓ | | ✓ | | ✓ | | | ✓ | | |
| Feta Cheese, Tomato & Red Onion | | | | ✓ | | ✓ | | ✓ | | | ✓ | | |

Children's Menu

| | | | | | | | | | | | | | |
|---------------------------------|--|---|---|---|---|---|--|---|--|--|--|--|--|
| Cheese & Tomato Pizza | | | | ✓ | | ✓ | | | | | | | |
| BBQ Spice Coated Chicken Breast | | | | | | | | | | | | | |
| Wholetail Scampi | | ✓ | ✓ | ✓ | | | | ✓ | | | | | |
| Fish & Chips | | | ✓ | ✓ | ✓ | | | ✓ | | | | | |

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

Children's Menu (continued)

| | | | | | | | | | | | | | | |
|-----------------|--|--|---|--|---|--|---|--|---|--|--|--|---|---|
| Steak & Ale Pie | | | ✓ | | ✓ | | ✓ | | ✓ | | | | ✓ | |
| Beef Burger | | | ✓ | | ✓ | | ✓ | | | | | | | ✓ |
| Linguine | | | ✓ | | ✓ | | ✓ | | | | | | | |