

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			✓		✓		✓							