

# 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
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### Breakfast & Brunch

Bacon Sandwich				✓							✓		
Bacon & Egg Sandwich		✓		✓							✓		
Sausage & Egg Sandwich	✓	✓		✓							✓		✓
Sausage Sandwich	✓			✓							✓		✓
Bacon & Sausage Sandwich	✓			✓							✓		✓
Bacon, Sausage & Egg Sandwich	✓	✓		✓							✓		✓
Toast & Jam				✓									

### Starters

Soup of the Day	✓			✓									
Deep-fried Potato Skins			✓	✓				✓				✓	
Smoked Mackerel Pâté			✓	✓	✓							✓	
Antipasto	✓	✓		✓	✓		✓	✓		✓		✓	
Crayfish Cocktail		✓	✓										
Calamari		✓	✓	✓		✓	✓						
Gordal Olives			✓	✓		✓						✓	
Tian of Avocado & Crab		✓											
Lamb Koftas				✓		✓							



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## Children's Menu

Cheese & Tomato Pizza				✓		✓							
Chargrilled Chicken Breast				✓		✓		✓				✓	
Wholetail Scampi		✓	✓	✓				✓					
Cod & Chips			✓	✓				✓					
Steak & Ale Pie	✓		✓	✓		✓		✓				✓	
Beef Burger			✓	✓		✓							✓
Linguine			✓	✓		✓							
Frankfurter				✓									✓

## Sides

Chips				✓									
Onion Rings				✓				✓					
Side Salad								✓					
Seasonal Vegetables													
Baby Potatoes													
Garlic Bread				✓		✓							
Homemade Coleslaw			✓					✓					
Floured Bap & Butter				✓		✓					✓		
Peppercorn Sauce	✓		✓	✓		✓		✓				✓	
Stilton Sauce	✓		✓	✓		✓		✓				✓	
Garlic Cream Sauce						✓							

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## Light Lunch

Wholetail Scampi		✓	✓	✓				✓					
Fish & Chips			✓	✓	✓			✓					
Hot Sandwich of the Day	✓		✓	✓		✓		✓			✓	✓	
Fish Finger Sandwich			✓	✓	✓			✓			✓	✓	
Lamb Kofta Kebab				✓		✓		✓					

## Desserts

Sticky Toffee Pudding			✓	✓		✓							
Homemade Orange & Lemon Roulade			✓	✓		✓							
Almond & Raspberry Tart				✓									
Lemon Pot			✓			✓							
Baileys White Chocolate Cheesecake				✓		✓							
Raspberry Sorbet			✓										
Cookie & Ice Cream Sundae			✓	✓		✓			✓	✓	✓	✓	
Spurreli's of Amble Luxury Ice Cream			✓	✓		✓			✓	✓	✓	✓	✓

## Sandwiches

Mature Cheese & Pickle				✓		✓		✓					✓
Chicken, Mayonnaise, Lettuce & Tomato			✓					✓					
Egg, Salad & Mayonnaise			✓	✓		✓		✓					
Hummus, Roasted Red Pepper & Pesto			✓				✓						
Crayfish & Marie Rose		✓	✓					✓					✓

## Salad Bowls

Crab, Avocado & Mango		✓											
Goat's Cheese & Beetroot						✓			✓				
Griddled Breast of Chicken			✓					✓					