

# 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		✓	✓	✓			✓	✓				✓	
Chicken Liver Pâté	✓		✓	✓	✓	✓		✓	✓		✓	✓	✓
Antipasto	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓
Crayfish Cocktail		✓	✓					✓			✓		
Chicken Caesar Salad	✓		✓	✓	✓	✓						✓	
Calamari			✓	✓	✓	✓	✓	✓					
Gordal Olives			✓	✓		✓						✓	
Panko-Breaded King Prawns		✓	✓	✓				✓			✓	✓	

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## Starters (continued)

Brown Lentils & Hazelnut	✓		✓	✓	✓		✓		✓		✓	✓	✓
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## Mains

Bamburgh Castle Inn Burger			✓	✓		✓		✓					✓
Black Pudding & Onion Pork Burger			✓	✓		✓		✓					
Lamb Kofta Burger			✓	✓				✓			✓		
King Prawns in a Bun		✓	✓	✓		✓		✓			✓	✓	
Steak & Ale Pie	✓		✓	✓		✓		✓				✓	
Liver & Bacon	✓		✓	✓		✓		✓				✓	
Minted Beef Brisket	✓		✓	✓		✓		✓				✓	
Chicken & Haggis	✓		✓	✓		✓		✓				✓	
Rib-Eye Steak				✓		✓		✓					
Chicken Tikka Masala	✓					✓		✓	✓	✓			
Chicken Narpiaza	✓					✓		✓	✓	✓			
Pork Loin Steak			✓	✓		✓		✓					
Seabass		✓		✓		✓							
Battered Fish & Chips				✓	✓			✓				✓	
Wholetail Breaded Scampi		✓	✓		✓			✓					

## Meat Free

Vegetable Narpiaza	✓					✓		✓	✓	✓			
Gnocchi				✓									
Mushroom & Gruyère Tart			✓	✓		✓			✓				
Penne Pasta & Feta Cheese			✓	✓		✓			✓	✓			

## Sunday Carvery

Topside of Beef	✓		✓	✓		✓		✓				✓	
Loin of Pork	✓		✓	✓		✓		✓				✓	
Roast Turkey	✓		✓	✓		✓		✓				✓	

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## Children's Menu

Cheese & Tomato Pizza				✓		✓							
Chargrilled Chicken Breast								✓					✓
Wholetail Scampi		✓	✓	✓				✓					
Cod & Chips			✓	✓				✓					
Steak & Ale Pie	✓		✓	✓		✓		✓				✓	
Beef Burger			✓	✓		✓							✓
Penne Pasta				✓									
Beef Brisket	✓		✓	✓		✓		✓				✓	

## 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			✓	✓	✓			✓			✓	✓	
Classic Caesar Salad	✓		✓	✓	✓	✓						✓	

## Desserts

Sticky Toffee Pudding			✓	✓		✓			✓				
Homemade Caramel Roulade			✓	✓		✓			✓	✓	✓	✓	
Bakewell Tart			✓			✓			✓				
Peach Melba				✓		✓						✓	
Chocolate Brownie & Mocha Ice Cream			✓	✓		✓							
Raspberry Sorbet													
Cookie & Unicorn Swirl Sundae			✓	✓		✓			✓	✓		✓	
Spurreli's of Amble Luxury Ice Cream			✓	✓		✓			✓	✓	✓	✓	✓
Cheese and Biscuits				✓		✓		✓					✓

## Sandwiches

Ploughman's Salad			✓	✓		✓		✓				✓	✓
Chicken Caesar, Lettuce, Tomato & Cheese	✓		✓	✓	✓	✓		✓				✓	
Hummus with Caramelised Onion Chutney				✓		✓						✓	✓
Crayfish & Sweet Chilli Mayonnaise		✓	✓	✓		✓		✓			✓	✓	