

THE KING'S HEAD 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

Traditional Full English		✓		✓		✓							✓
Vegetarian Breakfast		✓				✓							
Eggs Benedict		✓		✓		✓							
Smoked Salmon & Eggs		✓	✓	✓		✓							
Eggs on Toast		✓		✓		✓							
Kippers			✓			✓							
Pancakes		✓		✓		✓							
Porridge				✓		✓							
Breakfast Roll		✓		✓		✓							

Starters

Soup	✓			✓		✓							
Potato Skins	✓	✓		✓				✓				✓	
The King's Egg's Royale		✓				✓							
Mushroom Bruschetta				✓		✓							
Creamy Broccoli, Leek & Stilton Tart				✓		✓		✓					
Barbecue Glazed Pork Belly	✓			✓				✓				✓	
Cod & Haddock Rosti			✓	✓		✓		✓					

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

Mains

Homemade Steak & Ale Pie	✓		✓	✓		✓							
Fish & Chips			✓	✓	✓								✓
Wholetail Scampi		✓	✓	✓				✓					✓
Chicken Parmesan			✓	✓		✓		✓					
King's Head Curry				✓	✓	✓				✓	✓	✓	✓
Moroccan Chickpea Tagine				✓				✓					
Smoked Haddock Rarebit			✓			✓		✓					

Burgers

The King's Burger			✓	✓		✓		✓					
The Roseberry Burger			✓	✓		✓		✓					
Queen's Burger			✓	✓		✓		✓					

From the Grill

10oz Sirloin Steak				✓				✓					✓
10oz Horseshoe Gammon Steak			✓					✓					
Mediterranean Vegetable Kebab				✓		✓		✓					
Chicken Tikka Kebab				✓		✓		✓	✓	✓			
Lamb Kofta Kebab				✓		✓		✓					

Pizza

Margherita				✓		✓							
Vegetable Delight				✓		✓							
Pepperoni				✓		✓							✓
Garlic Pizza Bread				✓		✓							

Children's menu

Tomato Penne Pasta			✓	✓		✓							
Fish & Chips				✓	✓								✓
Scampi		✓	✓	✓	✓			✓					✓
Small Parmo			✓	✓		✓		✓					
Kid's Burger				✓				✓					

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

Sides

Homemade Chips													
Skinny Fries													
Garlic & Rosemary Baby Roasties													
Beer-battered Onion Rings				✓									✓
Seasonal Vegetables													
Mixed Salad	✓							✓					
Homemade Coleslaw			✓					✓					
Garlic Mayo Dip			✓										
Barbecue Dip	✓			✓								✓	

Desserts

Cheesecake			✓	✓		✓							
Sticky Toffee Pudding			✓	✓		✓							
Chocolate Brownie			✓	✓		✓							
Fruit Meringue Roulade			✓			✓							
Luxury Ice Cream			✓			✓							
Cheese Board	✓			✓		✓		✓					

Light Bites

Hot Meat Dip	✓			✓				✓					
Veggie Caprese				✓		✓		✓					
Tuna Crunch Melt	✓		✓	✓		✓		✓					
Garden Bowl								✓				✓	
Ham & Mature Cheddar Cheese				✓		✓		✓					
Cheddar Cheese with Pickle				✓		✓		✓					
Smoked Salmon with Cream Cheese			✓	✓		✓		✓					