

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
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Breakfast

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

Starters

Soup of the Day	✓			✓		✓							
Potato Skins	✓		✓	✓				✓				✓	
Black Pudding Stack						✓							
Crab Cakes		✓		✓							✓		
Duck Liver Pâté													
Creamy Garlic Mushrooms						✓							
Mediterranean Halloumi Salad						✓		✓					
Garlic Pizza Bread				✓		✓							

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Pub Classics

Homemade Steak & Ale Pie	✓		✓	✓		✓							
Trio of Sausages	✓			✓		✓							✓
Chicken Parmesan			✓	✓		✓		✓					
Fish & Chips			✓	✓	✓			✓					✓
Wholetail Scampi		✓	✓	✓				✓					✓
King's Head Curry	✓			✓	✓	✓		✓	✓	✓	✓	✓	✓
Mince & Dumplings				✓				✓					
Stuffed Chicken						✓							
Salmon En Papillote				✓		✓							
Glazed Tuna Steak				✓									
Rump of Lamb						✓							
Seabass Fillets			✓			✓							
Wild Mushroom Risotto													

Burgers

The King's Burger			✓	✓		✓		✓					
The Roseberry Burger			✓	✓		✓		✓					
Pork & Black Pudding Burger													
Queen's Burger			✓	✓		✓		✓					

From the Chargrill

Steaks				✓				✓					✓
King's Grill			✓	✓				✓					✓
10oz Horseshoe Gammon Steak			✓					✓					

Pizza & Pasta

Margherita	✓			✓		✓							
Vegetable Delight	✓			✓		✓							
Chicken Feast	✓			✓		✓		✓				✓	
Seafood	✓	✓		✓		✓	✓						
Shredded Duck				✓		✓							

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Children's Menu

Tomato Penne Pasta			✓	✓									
Fish & Chips				✓	✓								✓
Small Parmo			✓	✓		✓		✓					
Sausage & Mash				✓		✓							✓
Cheese & Tomato Pizza				✓		✓							

Sides

Homemade Chips													
Skinny Fries													
Halloumi Fries			✓	✓		✓							
Beer-battered Onion Rings				✓									✓
Seasonal Vegetables													
Mixed Salad								✓					
Homemade Coleslaw			✓					✓					