

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

From the Buffet	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Traditional Full English			✓		✓									✓
Eggs Benedict			✓		✓									
Breakfast Roll			✓		✓									✓
French Toast			✓		✓		✓							
Smoked Salmon & Scrambled Eggs			✓	✓	✓									
Porridge					✓		✓							

Starters

Soup of the Day	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Soup of the Day	✓				✓									
Potato Skins	✓		✓		✓				✓				✓	
Goats Cheese & Beetroot Salad														
Smoked Haddock Rosti			✓	✓					✓					
Pan-Fried Wild Mushrooms			✓		✓		✓		✓					
Devilled Whitebait			✓	✓	✓				✓					
Chicken Liver Parfait					✓				✓					
Stir-Fried King Prawns		✓					✓		✓					
Steamed Shetland Mussels	✓				✓		✓	✓						

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Pub Classics

Homemade Steak & Ale Pie	✓		✓	✓		✓							
Cumberland Sausage Ring	✓			✓		✓							✓
Roast Rump of Lamb	✓			✓		✓							
Chicken Parmesan			✓	✓		✓		✓					
Fish & Chips			✓	✓									✓
Whitby Scampi		✓		✓				✓					✓
Oven-Baked Chicken	✓			✓		✓							✓
King's Curry of the Day	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Burgers

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

From the Chargrill

Steaks				✓				✓					
King's Grill			✓	✓				✓					✓
Gammon Steak			✓					✓					

From the Sea

Steamed Shetland Mussels	✓			✓		✓	✓						
Pan-Roasted Salmon													
Classic Seafood Grill		✓	✓	✓		✓	✓	✓					
Sea Bass Fillets				✓									

Pizza

Seafood Pizza	✓	✓		✓	✓	✓	✓						
Chicken Feast	✓			✓		✓							
Meat Free	✓		✓	✓		✓							

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Salads & Pasta

Seared Tuna Niçoise			✓	✓				✓					
Chicken & Smoked Bacon Salad			✓	✓		✓		✓					
Sun-Dried Tomato Tagliatelle			✓		✓	✓							
King Prawn Linguine	✓	✓	✓		✓	✓							
Roasted Mediterranean Risotto			✓			✓							

Sides

Roast Beef	✓		✓		✓	✓							
Roast Pork Loin	✓		✓		✓	✓							
Roast Turkey	✓		✓		✓	✓							
Nut Roast	✓		✓		✓	✓			✓	✓			

Sides

Triple-Cooked Chips													
Skinny Fries													
Beer-battered Onion Rings					✓								✓
Seasonal Vegetables													
Mixed Salad								✓					
Garlic Ciabatta Bread					✓	✓							
Homemade Coleslaw			✓					✓					

Children's Menu

Macaroni Cheese			✓		✓	✓		✓					
Fish & Chips			✓	✓	✓								✓
Chicken Goujons			✓		✓			✓					✓
Sausage & Mash					✓	✓							✓
Cheese & Tomato Pizza	✓				✓	✓							
Chocolate or Strawberry Sundae						✓							
Mini Banana Split						✓							

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Light Bites

King's Club		✓		✓				✓					
Roast Beef				✓		✓		✓					
Roasted Vegetables & Pesto				✓				✓					
Smoked Salmon		✓	✓	✓				✓					
Brie				✓		✓		✓					
Ham & Cheese				✓		✓		✓					
Hot Meat Dip	✓	✓		✓				✓					
Homemade Scotch Egg		✓		✓				✓					✓
The King's Ploughman's	✓	✓		✓		✓		✓					✓
Jacket Potato		✓		✓		✓		✓					

Desserts

Cheesecake of the Day		✓		✓		✓							
Mixed Fruit Crumble		✓		✓		✓							
Meringue Nest		✓				✓							
Lemon Posset		✓		✓		✓							
Chocolate Sundae						✓							✓
Knickerbocker Glory						✓							✓
Classic Banana Split						✓							✓
Cheese Board	✓			✓		✓		✓					
Beckleberry's Ice Cream						✓							✓