

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	✓		✓	✓				✓				✓	
Caprese Salad													
Steamed Shetland Mussels	✓			✓		✓	✓						
Crab Bruschetta		✓		✓				✓			✓		
Chicken Liver Pâté				✓				✓					
Classic Prawn Cocktail		✓	✓	✓		✓		✓					
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	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken Fajitas					✓		✓						

Burgers

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

From the Chargrill

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

From the Sea

Steamed Shetland Mussels	✓				✓		✓	✓					
Pan-fried Salmon		✓		✓			✓						
Smoked Haddock Rosti			✓	✓				✓					
Thai Fish Cakes				✓	✓		✓				✓		

Pizzas

Margherita	✓				✓		✓						
Vegetable Delight	✓				✓		✓						
Barbecue Chicken Feast	✓				✓		✓	✓				✓	
Seafood	✓	✓		✓	✓		✓	✓					
The King's Spicy Calzone	✓				✓		✓						✓
Create your own Pizza	✓				✓		✓						

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Salads & Pasta

Classic Caesar Salad	✓	✓	✓	✓	✓	✓	✓	✓					
Couscous Salad													
Greek Salad						✓							
Pesto Chicken Penne		✓	✓	✓	✓	✓		✓					
King Prawn Linguine		✓	✓	✓	✓	✓							
Mediterranean Pasta Bake		✓	✓	✓	✓	✓							

Sharers

Whole Baked Camembert				✓		✓		✓					
Bread & Olives				✓				✓					
Tear & Share Bread				✓		✓							

Bar Snacks

The King's Bacon Fries				✓									✓
Homemade Scotch Egg		✓	✓	✓		✓		✓					✓
The King's Ploughman's	✓	✓	✓	✓		✓		✓					✓

Desserts

Cheesecake		✓	✓	✓		✓							
Sticky Toffee Pudding		✓	✓	✓		✓							
Strawberry Shortcake Stack			✓	✓		✓							
Chocolate Fudge Tart		✓	✓	✓		✓		✓	✓				
Fudge Sundae						✓							
Chocolate Sundae						✓							
Knickerbocker Glory						✓							
Classic Banana Split						✓							
Luxury Ice Cream						✓							
Cheese Board	✓			✓		✓		✓					

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Children's Menu

Macaroni Cheese			✓	✓		✓		✓					
Fish & Chips				✓	✓								✓
Chicken Goujons				✓									✓
Sausage & Mash				✓		✓							✓
Cheese & Tomato Pizza				✓		✓							

Light Bites

Triple-Stacked King's Club			✓	✓				✓					
Smoked Salmon			✓	✓	✓			✓					
Ham & Cheese			✓	✓		✓		✓					
Roast Beef			✓	✓				✓					
Prawn Marie Rose		✓	✓	✓				✓					
Crab Mayo		✓	✓	✓				✓					
Roasted Red Pepper & Brie				✓		✓		✓					
Hot Meat Dip			✓	✓				✓					
Jacket Potato		✓	✓			✓		✓					

Sunday Roast

Roast Beef			✓	✓		✓							
Pork Loin			✓	✓		✓							
Roast Turkey			✓	✓		✓							
Vegetarian Roast			✓	✓		✓			✓	✓			

Sides

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