

## THE SEATON LANE 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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### Starters

Soup of the Day		✓		✓		✓		✓	✓				✓
Deep-Fried Potato Skins		✓		✓									
Chicken Liver Pâté				✓		✓		✓	✓	✓	✓		✓
Fresh Steamed Mussels			✓			✓	✓						
Traditional Prawn Cocktail		✓	✓										
Goats Cheese Terrine						✓							
Pork, Lime & Chilli Patties		✓		✓		✓							
Garlic & Tarragon Mushrooms				✓		✓			✓	✓	✓		✓
Crispy Coated Chicken Strips			✓	✓		✓				✓			✓
Duo of Fish Cakes		✓	✓	✓		✓							
Portobello Mushroom						✓							✓
Antipasto				✓		✓			✓				✓

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## Mains

Seared Seabass			✓			✓							
Salmon Teriyaki			✓	✓								✓	
Battered Cod		✓	✓	✓									
Whitby Scampi		✓	✓	✓		✓							
Steamed Mussels			✓			✓	✓						
Homemade Steak & Ale Pie	✓	✓		✓		✓		✓				✓	
Oven-Roasted Chicken Breast						✓							
Thai Green Curry			✓	✓									
Chunky Beef Chilli						✓							✓
Slow-Roasted Pulled Pork Shoulder	✓	✓		✓		✓		✓				✓	
Stuffed Chicken Breast						✓							✓
Shoulder of Lamb	✓	✓		✓		✓		✓				✓	
Roast Cod Fillet			✓										✓
Breaded Plaice Goujons		✓	✓	✓		✓							
Lamb's Liver	✓	✓		✓		✓		✓				✓	
Sausages & Mash	✓	✓		✓		✓		✓				✓	
Homemade Chicken Stroganoff						✓		✓					✓
Marinated Chicken Breast													

## From the Grill

Seaton Lane Angus Beef Burger		✓		✓					✓	✓	✓		
Gammon Steak		✓		✓		✓		✓					
10oz Rump Steak				✓		✓							
10oz Ribeye Steak				✓		✓							
10oz Sirloin Steak				✓		✓							

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### Meat Free

Woodland Mushroom & Tarragon Fusilli		✓		✓		✓			✓	✓	✓		✓
Blue Cheese & Spinach Linguine		✓		✓		✓			✓				✓
Mushroom & Vegetable Stroganoff						✓		✓					✓
Stir Fried Vegetables				✓						✓			✓

### Sunday Lunch

Roast Brisket of Beef	✓	✓		✓		✓		✓					✓
Roast Loin of Pork	✓	✓		✓		✓		✓					✓
Roast Turkey	✓	✓		✓		✓		✓					✓
Roast Leg of Lamb	✓	✓		✓		✓		✓					✓
Nut Roast	✓	✓		✓		✓		✓	✓	✓			✓

### Sides

Marinated Olives													
Chunky Chips													
Steamed Vegetables													
French Fries													
Wild Rice													
Wilted Spinach													
Dressed Side Salad													
Mushy Peas													
Homemade Onion Rings				✓									
Garlic Bread				✓		✓			✓	✓	✓		
Garlic Bread with Cheese				✓		✓			✓	✓	✓		

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## Desserts

Double Chocolate Brownie			✓	✓		✓							
Caramel Slice				✓		✓							
Cheesecake of the Day				✓		✓			✓				
Sticky Toffee Pudding			✓	✓		✓						✓	
Seaton Mess			✓			✓			✓				
Vanilla Panna Cotta						✓							
Ginger Sponge			✓	✓		✓							
Homemade Creamy Rice Pudding						✓							
Seaton Lane Inn Fruit Crumble				✓		✓							
Luxury Ice Cream													
Ultimate Ice Cream													
Sticky Chocolate Brownie Sharer			✓	✓		✓						✓	

## Breakfast

English Breakfast			✓	✓		✓							
Breakfast Bap			✓	✓		✓			✓	✓	✓		✓
Eggs Benedict			✓	✓		✓							
Smoked Salmon			✓	✓		✓							
Eggs on Toast			✓	✓		✓			✓	✓	✓		
Porridge Oats				✓		✓							
Toast & Preserves				✓		✓			✓	✓	✓		

## Children's Menu

Scampi		✓	✓	✓		✓							✓
Fish Pieces				✓	✓								
Chicken Bites				✓									
Ciabatta Cheese & Tomato Pizza				✓		✓			✓	✓	✓	✓	
Cheese Burger			✓	✓					✓	✓	✓	✓	✓
Sausage & Gravy	✓		✓	✓		✓		✓				✓	
Tomato Pasta			✓	✓									✓
Steak Pie	✓		✓	✓		✓		✓				✓	

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## Sandwiches

Hot Meat Dip	✓		✓		✓		✓		✓	✓	✓	✓	✓
Slow-Cooked Pulled Pork	✓		✓		✓		✓		✓	✓	✓	✓	✓
Thick Pork Sausage & Caramelised Onion	✓		✓		✓		✓		✓	✓	✓	✓	✓
Pulled Lamb Shoulder	✓		✓		✓		✓		✓	✓	✓	✓	✓
Chicken Salad & Garlic Mayonnaise			✓		✓		✓						
Sweet Chilli Chicken & Stir Fry			✓		✓		✓			✓			✓
Cheddar & Onion Marmalade			✓		✓		✓		✓	✓	✓		✓
Tuna & Cheese Melt			✓	✓	✓		✓						
Prawn Marie Rose		✓	✓		✓		✓		✓	✓	✓		
Tuna, Spring Onion & Cucumber Mayo			✓	✓	✓		✓		✓	✓	✓		✓
Chicken, Lettuce & Tomato			✓		✓		✓		✓	✓	✓		