

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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Breakfast

Full English Breakfast		✓		✓		✓			✓	✓	✓		✓
Half English		✓		✓		✓			✓	✓	✓		✓
Eggs Benedict		✓		✓		✓			✓	✓	✓		✓
Eggs Benedict with Smoked Salmon		✓	✓	✓		✓			✓	✓	✓		✓
Smoked Salmon		✓	✓			✓							
Eggs on Toast		✓		✓		✓			✓	✓	✓		✓
Porridge Oats				✓		✓							
Toast & Preserves		✓		✓		✓			✓	✓	✓		✓
Yoghurts & Cereals				✓		✓			✓				
Fresh Fruit Salad													

Starters

Homemade Soup of the Day				✓		✓			✓	✓	✓		
Deep-fried Potato Skins			✓	✓								✓	✓
Homemade Chicken Liver Parfait			✓	✓		✓		✓	✓	✓	✓		✓
Wedges of Breaded Brie			✓	✓		✓							✓
Crispy Chicken Strips			✓	✓		✓							✓
Duo of Fishcakes			✓	✓	✓	✓							✓

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Starters (continued)

Garlic Mushrooms				✓		✓			✓	✓	✓		✓
Fresh Mussels				✓		✓	✓		✓	✓	✓		✓
Cheesy Garlic Ciabatta Bread				✓		✓			✓	✓	✓		✓

Mains

Fish & Chips			✓	✓	✓								
Scampi		✓	✓		✓		✓						✓
Fish Pie				✓	✓		✓	✓					
Fresh Mussels					✓		✓		✓	✓	✓		✓
Steak & Ale Pie	✓		✓		✓		✓	✓				✓	✓
Sausage and Mash	✓		✓		✓		✓	✓				✓	✓
Lamb's Liver	✓		✓		✓		✓	✓				✓	✓
Stuffed Chicken Breast Duxelle	✓		✓		✓		✓	✓				✓	✓
Chicken Jalfrezi					✓								
Oven Roasted Chicken Breast	✓		✓		✓		✓	✓				✓	✓
Shoulder of Lamb	✓		✓		✓		✓	✓				✓	✓
Chicken, Bacon & Mushroom Pasta			✓		✓		✓						✓
Sweet & Sour Battered Chicken					✓								✓
Seafood Medley		✓	✓	✓	✓		✓	✓					✓
Roast Garlic & Vegetable Risotto							✓						✓
Sweet & Sour Cauliflower Florets					✓								✓

From the Grill

Seaton Lane Angus Beef Burger			✓		✓		✓	✓	✓	✓	✓	✓	✓
Thai Style Veggie Burger			✓		✓		✓	✓	✓	✓	✓	✓	✓
Steak					✓		✓						✓
Gammon Steak			✓		✓		✓						✓

Single or Sharing

Meat	✓		✓		✓		✓		✓	✓	✓	✓	✓
Fish			✓	✓	✓		✓	✓	✓	✓	✓		
Veggie			✓		✓		✓		✓	✓	✓	✓	✓

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Sides

Chunky Chips				✓									
French Fries				✓									
Sweet Potato Fries				✓									
Cheesy Chips				✓		✓							
Steamed Vegetables													
Wild Rice													
Side Salad													✓
Homemade Onion Rings				✓									
Garlic Bread			✓	✓		✓			✓	✓	✓	✓	✓
Peppercorn Sauce	✓		✓	✓		✓		✓				✓	✓
Diane Sauce	✓		✓	✓		✓		✓				✓	✓
À la Crème Sauce	✓					✓							✓
Tomato & Chilli Sauce													✓

Desserts

Chocolate Brownie			✓	✓		✓			✓			✓	
Sticky Toffee Pudding			✓	✓		✓			✓			✓	
Fruit Crumble			✓	✓		✓							
White & Dark Chocolate Sponge			✓	✓		✓						✓	
Homemade Rice Pudding				✓		✓							✓
Cheesecake			✓	✓		✓			✓	✓		✓	
Brandy Snap Baskets				✓									
Luxury Ice Cream			✓	✓		✓			✓	✓		✓	
The Ultimate Sharer			✓	✓		✓			✓	✓		✓	✓
Cheese & Biscuits			✓	✓		✓			✓	✓	✓	✓	✓

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Children's Menu

Fish Pieces			✓	✓									✓
Breaded Scampi		✓	✓	✓		✓							✓
Chicken Bites				✓									✓
Cheese & Tomato Pizza				✓		✓			✓	✓	✓		✓
Burger				✓		✓			✓	✓	✓		✓
Sausage & Gravy	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓

Sandwiches

Hot Meat Dip	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓
Breakfast Bap			✓	✓		✓			✓	✓	✓		✓
Chicken, Black Pudding & Peppercorn Sauce	✓		✓	✓		✓		✓	✓	✓	✓		✓
Fish Goujons			✓	✓		✓			✓	✓	✓		✓
BLT			✓	✓		✓			✓	✓	✓	✓	✓
Braised Beef	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓
Mediterranean Vegetables				✓		✓			✓	✓	✓	✓	✓

Sunday Roast

Topside of Beef	✓		✓	✓		✓		✓				✓	✓
Loin of Pork	✓		✓	✓		✓		✓				✓	✓
Roast Turkey	✓		✓	✓		✓		✓				✓	✓
Vegetarian Roast	✓		✓	✓		✓		✓	✓	✓		✓	✓