

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		✓		✓		✓			✓	✓	✓		✓

Starters

Homemade Soup of the Day				✓		✓			✓	✓	✓		
Deep-fried Potato Skins	✓		✓	✓								✓	✓
Seafood Tian		✓	✓	✓									✓
Pork, Chilli, Ginger & Lime Meatballs			✓	✓		✓							
Crispy Chicken Strips			✓	✓		✓							✓
Duo of Salmon Cakes			✓	✓	✓	✓							✓
Portobello Mushroom						✓					✓		✓
Baby Caesar Salad			✓	✓	✓	✓			✓	✓	✓		✓

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Mains

Fish & Chips			✓	✓	✓								
Scampi		✓	✓		✓		✓						✓
Pan Fried Salmon				✓			✓						
Pan Seared Salmon				✓							✓		
Cajun-Spiced Pork Skewers	✓		✓							✓			✓
Homemade Steak & Red Wine Pie	✓		✓		✓		✓	✓				✓	✓
Roast Half Chicken	✓		✓		✓		✓	✓				✓	✓
Thai Red Curry		✓		✓			✓						
Beef or Chicken Madras	✓		✓		✓		✓	✓	✓	✓	✓	✓	
Slow-Roasted Pulled Pork Shoulder	✓		✓		✓		✓	✓				✓	✓
Lamb Shank	✓		✓		✓		✓	✓				✓	✓
Lemon & Thyme Marinated Chicken													✓
Roast of the Day	✓		✓		✓		✓	✓				✓	✓
Chicken & Bacon					✓		✓						✓
Seafood Medley		✓	✓	✓	✓		✓						✓

From the Grill

Seaton Lane Angus Beef Burger			✓		✓			✓	✓	✓	✓		
Chicken Burger			✓		✓		✓	✓	✓	✓	✓		
Gammon Steak			✓		✓		✓						✓
8oz Sirloin Steak					✓		✓						✓
6oz Fillet Steak					✓		✓						✓
Mixed Grill					✓		✓						✓
Trio of Lamb Cutlets	✓				✓		✓	✓				✓	✓

Single or Sharing

Meat	✓		✓		✓		✓		✓	✓	✓	✓	✓
Fish		✓	✓	✓	✓		✓		✓	✓	✓		
Antipasto					✓		✓		✓	✓	✓		✓
Bread & Olives									✓	✓	✓		✓

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Sides

Marinated Olives													
Chunky Chips													
Steamed Vegetables													
French Fries													
Wild Rice													
Dressed Side Salad													✓
Mushy Peas													
Homemade Onion Rings				✓									
Garlic Bread				✓		✓			✓	✓	✓		✓
Peppercorn Sauce	✓		✓	✓		✓		✓				✓	✓
Dianne Sauce	✓		✓	✓		✓		✓				✓	✓
À la Crème Sauce	✓					✓							✓

Salads

Greek Salad						✓							
Caesar Salad			✓	✓		✓							
Caesar Salad with Chicken			✓	✓		✓							
Caesar Salad with Prawns & Crayfish		✓	✓	✓		✓							

Desserts

Double Chocolate Brownie			✓	✓		✓			✓	✓			
Sticky Toffee			✓	✓		✓			✓	✓			
Knickerbocker Glory			✓	✓		✓			✓	✓			
Summer Berry Seaton Mess			✓			✓			✓				
Chocolate Sundae			✓	✓		✓			✓	✓			
Cheesecake			✓	✓		✓			✓	✓			
Lemon Meringue Tartlet			✓	✓		✓							
Crème Brûlée			✓			✓							
Luxury Ice Cream			✓	✓		✓			✓	✓			
Cheese Board			✓	✓		✓					✓	✓	✓

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Children's Menu

Tomato Soup													
Garlic Bread				✓		✓			✓	✓	✓		✓
Vegetables Sticks with Mayo Dip	✓		✓										✓
Crunchy Battered Cod				✓	✓	✓							✓
Sausage (no gravy)				✓		✓							✓
Cheese & Tomato Pizza				✓		✓			✓	✓	✓		✓
Breaded Scampi		✓	✓	✓		✓							✓
Burger				✓		✓			✓	✓	✓		✓
Sticky Toffee Pudding			✓	✓		✓			✓	✓			
Choc Brownie			✓	✓		✓			✓	✓			
Ice Cream			✓	✓		✓			✓	✓			
Fruit Salad													

Sandwiches

Hot Meat Dip	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓
Breakfast Bap			✓	✓		✓			✓	✓	✓		✓
Baby Prawn Marie Rose		✓	✓	✓	✓	✓			✓	✓	✓		✓
Fish Goujons			✓	✓	✓	✓			✓	✓	✓		✓
Slow-Cooked Pulled Pork	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓
Braised Beef	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓
Cheese & Sweet Pickle				✓		✓			✓	✓	✓		✓

Sunday Roast

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