

# 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

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Cooked Breakfast			✓		✓		✓							✓
Vegetarian Breakfast			✓		✓		✓							✓
Eggs Benedict			✓		✓		✓							✓
Eggs on Toast			✓		✓		✓							✓
Breakfast Stottie			✓		✓		✓							✓
Porridge Oats					✓		✓							
Toast & Preserves					✓		✓							✓
Yoghurts & Cereals					✓		✓							✓
Fresh Fruit Salad														

### Starters

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Bread & Olives					✓									✓
Chef's Soup of the Moment	✓				✓		✓			✓	✓	✓		
Golden Potato Skins					✓								✓	
Shredded Duck Pancakes					✓								✓	
Chicken Liver & Cointreau Parfait					✓									
Stilton, Apricot & Walnut Tart					✓		✓			✓				

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## Starters (Continued)

Garlic Mushrooms				✓	✓								
Chicken Caesar Salad		✓		✓	✓								
Roasted Figs					✓								

## Mains

Beer Battered Cod			✓	✓	✓								✓
Breaded Wholetail Scampi		✓	✓		✓		✓						
Steak & Ale Pie	✓		✓		✓		✓	✓	✓			✓	✓
Seabass				✓			✓						
Chicken Parmesan			✓		✓		✓						
Lamb Shank	✓		✓		✓		✓	✓				✓	

## Curries

Chicken Korma					✓		✓	✓	✓				
Chicken Tikka Masala					✓		✓	✓					
Chicken Vindaloo					✓		✓						
Butter Bean Curry					✓		✓	✓					

## From the Grill

Rump/Sirloin/Ribeye Steak					✓		✓						
Gammon Steak			✓		✓		✓						

## Burgers

The Seaton Lane Burger			✓		✓		✓		✓	✓	✓		
The Seaton Lane Chicken Burger			✓		✓		✓		✓	✓	✓		
The Seaton Lane Vegetarian Burger			✓		✓				✓	✓	✓	✓	

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## Pizzas

Garlic Bread Pizza				✓		✓							
Margherita				✓		✓							
Pepperoni				✓		✓							
BBQ Chicken				✓								✓	
Meat Feast				✓		✓							✓
Four Seasons				✓		✓							

## Vegetarian

Cannelloni			✓	✓		✓							
Gnocchi			✓	✓		✓							
Grilled Polenta													

## Pasta & Risotto

Carbonara Tagliatelle			✓	✓		✓					✓	✓	
Chicken Penne				✓		✓							
Pasta Genovase				✓		✓							
Mushroom Risotto			✓	✓				✓					✓
Roast Tomato & Garlic Risotto						✓							

## Sunday Lunch

Roast Beef	✓		✓	✓		✓		✓	✓			✓	✓
Roast Turkey	✓		✓	✓		✓		✓	✓			✓	✓
Home Cooked Ham	✓		✓	✓		✓		✓	✓			✓	✓
Nut Roast	✓		✓			✓		✓	✓			✓	

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## Children's Menu

Fish Goujons			✓	✓	✓	✓							
Breaded Chicken Goujons			✓			✓							
Penne Pasta (Tomato Sauce)			✓		✓	✓							
Penne Pasta (Creamy Cheese Sauce)			✓		✓	✓							
Pepperoni Pizza					✓	✓							
Margherita Pizza					✓	✓							
Pork Sausages													
4oz Aberdeen Angus Beef Burger			✓		✓	✓			✓	✓	✓		

## Sandwiches & Wraps

Aromatic Duck Wrap					✓								✓
Bacon, Brie & Cranberry			✓		✓	✓			✓	✓	✓		
Braised Beef	✓		✓		✓	✓		✓	✓	✓	✓	✓	
Chicken Caesar Wrap			✓		✓	✓			✓	✓	✓	✓	
Halloumi & Roasted Vegetables			✓		✓	✓			✓	✓	✓	✓	

## Jackets

Baked Beans													
Cheese						✓							
Braised Beef	✓		✓		✓	✓		✓	✓			✓	✓
Coleslaw			✓										

## Desserts

Cheesecake of the Day			✓		✓	✓			✓	✓			
Apple, Cranberry & Nutmeg Crumble					✓	✓			✓	✓			
Vanilla Panacotta					✓	✓							
Sticky Toffee Pudding			✓		✓	✓							
Caramelised Ginger Pudding			✓		✓	✓							
Black Cherry & Chocolate Mousse			✓		✓	✓							
Luxury Ice Cream			✓		✓	✓						✓	

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## Sides

House Chips				✓									
French Fries				✓									
Battered Onion Rings		✓		✓		✓							
Sweet Potato Fries				✓		✓							
Halloumi Fries						✓							
House Salad													
Side of Vegetables													

## Sauces

Peppercorn Sauce	✓			✓		✓		✓				✓	
Spicy Tomato													
Blue Cheese Sauce				✓		✓							
Diane Sauce	✓			✓		✓		✓				✓	