

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 & BRUNCH

Cooked Breakfast		✓		✓		✓						✓	✓
Vegetarian Breakfast		✓		✓		✓						✓	✓
Eggs Benedict		✓		✓		✓							✓
Eggs on Toast		✓		✓		✓							✓
Breakfast Stottie		✓		✓		✓						✓	✓
Porridge Oats				✓		✓							
Toast & Preserves				✓		✓							✓
Yoghurts & Cereals				✓		✓							✓

STARTERS

Chef's Soup of the Moment	✓			✓		✓			✓	✓	✓	✓	
Golden Potato Skins				✓		✓						✓	
Barbecue Chicken Wings						✓						✓	✓
Caprese						✓						✓	✓
Baby Prawn Cocktail		✓	✓	✓		✓	✓					✓	✓
Garlic Mushrooms				✓		✓						✓	✓

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PIZZA

Garlic Bread Pizza				✓		✓							
Margherita				✓		✓							
Pepperoni				✓		✓						✓	✓
Chicken Kiev				✓		✓						✓	
Meat Feast				✓		✓						✓	✓
Verdure				✓		✓							

SALADS

Parma Ham, Orange & Mozzarella			✓	✓		✓							
Chicken Caesar			✓	✓		✓						✓	

PASTA & RISOTTO

Chicken Penne				✓		✓						✓	✓
Tortellini				✓		✓						✓	✓
Mushroom Risotto						✓						✓	✓

SIDES

House Chips				✓								✓	
French Fries				✓								✓	
Battered Onion Rings			✓	✓		✓						✓	
House Salad												✓	
Side of Vegetables													
Peppercorn Sauce	✓			✓		✓		✓				✓	
Blue Cheese Sauce				✓		✓						✓	
Diane Sauce	✓			✓		✓		✓				✓	

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CHILDREN'S MENU

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

SANDWICHES

Braised Beef Stottie	✓		✓		✓		✓	✓	✓	✓	✓	✓	
Chicken Caesar Wrap			✓		✓		✓		✓	✓	✓	✓	
Roasted Tomato & Mozzarella Ciabatta			✓		✓		✓					✓	
Fish Finger Stottie				✓	✓		✓					✓	✓

DESSERTS

Cheesecake of the Day			✓		✓		✓		✓	✓			
Strawberry & Mint Panacotta						✓							
Sticky Toffee Pudding			✓		✓		✓						
Chocolate Brownie			✓		✓		✓						
Eton Mess Sundae			✓										
Tiramisu			✓		✓		✓						
Luxury Ice Cream			✓		✓		✓					✓	

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JACKETS

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

SUNDAY LUNCH

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