

THE KING'S HEAD 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

Traditional Full English		✓		✓		✓							✓
Vegetarian Breakfast		✓		✓		✓							✓
Eggs Benedict		✓	✓	✓		✓							
Eggs Royale		✓	✓	✓		✓							
Waffles		✓		✓		✓						✓	
Breakfast Roll		✓		✓		✓					✓		
Classic Three Egg Omelette		✓				✓							
Porridge				✓		✓							
Toast				✓		✓							

Starters

Soup	✓			✓		✓							✓
Potato Skins	✓	✓		✓				✓				✓	✓
Thai Fish Cakes			✓	✓		✓							✓
Crispy Goat's Cheese		✓		✓		✓		✓					
Game Terrine				✓		✓		✓	✓		✓	✓	
Moules				✓		✓	✓		✓		✓	✓	
Garlic Mushroom Bruschetta				✓		✓					✓		

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Mains

Homemade Steak & Ale Pie	✓		✓	✓		✓							✓
Fish & Chips			✓	✓									✓
Wholetail Scampi		✓	✓	✓		✓		✓					✓
Chicken Parmesan			✓	✓		✓		✓					✓
King's Head Curry				✓	✓	✓		✓	✓	✓	✓	✓	✓
Cumberland Ring				✓									✓
Thai Green Curry			✓										
Northumberland Venison Casserole				✓		✓							✓
Pork Wellington			✓	✓		✓		✓					✓
Grilled Sea Bass with Sauce Vierge				✓		✓							✓
Mexican Bean Pie				✓		✓							✓
Winter Sausage Spaghetti			✓	✓									✓

From The Grill

The King's Burger			✓	✓		✓							✓
Venison Burger			✓	✓		✓							✓
Caprese Mushroom Burger			✓	✓		✓							✓
Steak						✓		✓					✓
10oz Horseshoe Gammon Steak			✓					✓					✓

Pizza

Margherita				✓		✓							✓
Hot Shot				✓		✓							✓
Goat's Cheese				✓		✓							✓
Spicy Tomato Garlic Bread				✓		✓							✓

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Sides

Homemade Chips													✓
Beer-Battered Onion Rings				✓									✓
Seasonal Vegetables													
Homemade Coleslaw			✓					✓					✓
Mixed Salad	✓							✓					
Garlic Mayo Dip			✓										
Barbecue Dip	✓			✓								✓	

Desserts

Cheesecake			✓	✓		✓							✓
Sticky Toffee Pudding			✓	✓		✓							
Bread & Butter Pudding			✓	✓		✓							
Homemade Apple Crumble				✓		✓							
Raspberry Ripple Sundae			✓	✓		✓			✓			✓	
Butterscotch Fudge Sundae			✓	✓		✓			✓			✓	
Gluten & Dairy-Free Chocolate Fudge Cake													

Light Bites

Hot Meat Dip	✓		✓	✓		✓		✓			✓		✓
BLT			✓	✓				✓			✓		✓
Fried Fish			✓	✓				✓			✓		✓
Southern Fried Chicken			✓	✓				✓			✓		✓
Brie & Cranberry			✓	✓		✓		✓			✓		✓
Ham & Cheese Melt			✓	✓		✓		✓			✓		✓
Cheese & Onion Melt			✓	✓		✓		✓			✓		✓
Tuna Crunch Melt	✓		✓	✓		✓		✓			✓		✓

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Children's Menu

Roast of the Day						✓							✓
Bangers & Mash				✓		✓							✓
Spaghetti & Meatballs			✓	✓									✓
Picnic Lunch				✓		✓							
Waffle & Ice Cream			✓	✓		✓						✓	
Vanilla Ice Cream			✓	✓		✓						✓	

Sunday Lunch

Roast Beef			✓	✓		✓							✓
Roast Pork			✓	✓		✓							✓
Roast Turkey			✓	✓		✓							✓
Nut Roast	✓		✓	✓		✓			✓	✓			✓