

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				✓		✓							
Toasted Teacake				✓		✓							

STARTERS

Soup of the Day	✓			✓		✓		✓					✓
Potato Skins	✓		✓	✓				✓				✓	✓
Katsu Chicken			✓	✓		✓		✓		✓			
Caprese Salad						✓							

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CHILDREN'S MENU

Roast of the Day				✓		✓							✓
Gammon		✓						✓					✓
Chicken Fillets		✓		✓		✓							✓
Burger		✓		✓		✓							✓
Pizza				✓		✓		✓					✓
Picnic Lunch	✓			✓		✓							✓
Waffle & Ice Cream		✓		✓		✓						✓	

SIDES

Hand-Cut Chips													✓
Skinny Fries													✓
Onion Rings				✓									✓
Seasonal Vegetables													
Garlic Ciabatta				✓		✓							
Mixed Salad	✓							✓					
Homemade Coleslaw		✓						✓					
Garlic Mayo		✓											
Sweet Chilli Dip													
BBQ Dip	✓			✓								✓	

DESSERTS

Cheesecake of the Day		✓		✓		✓							✓
Sticky Toffee Pudding		✓		✓		✓							
Chocolate Brownies		✓		✓		✓			✓				
Fruits of the Forest Eton Mess		✓				✓							
Raspberry Ripple Sundae		✓		✓		✓			✓			✓	
Chocolate Sundae		✓		✓		✓			✓			✓	
Gluten & Dairy-Free Chocolate Fudge Cake												✓	
Cheese & Biscuits	✓			✓	✓	✓		✓					✓

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LIGHT BITES

Hot Meat Dip	✓		✓		✓			✓					✓
Warm Bacon & Brie			✓		✓			✓					✓
Chicken Pesto			✓		✓			✓	✓				✓
Southern-Fried Chicken & Smoky BBQ Sauce	✓		✓		✓			✓				✓	✓
Spicy Meatball & Cheese Melt			✓		✓			✓					✓
Goat's Cheese, Mushroom & Onion Chutney			✓		✓			✓					✓
Tuna Crunch Melt	✓		✓	✓	✓			✓					✓
Gammon Steak			✓					✓					✓
Fish & Chips			✓	✓	✓								✓
Scampi		✓	✓	✓	✓			✓					✓

SUNDAY LUNCH

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