

# THE AMBLE 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 Northumbrian English		✓		✓									
Full Vegetarian Breakfast		✓		✓									
Toast				✓		✓							
Breakfast Roll				✓		✓							
Porridge				✓		✓							
Craster Kippers			✓			✓							
Granola				✓		✓							

### STARTERS

Homemade Soup				✓		✓							
Potato Skins	✓		✓	✓				✓					
Potted Crab		✓		✓		✓		✓					
Crispy Prawns		✓		✓				✓					✓
Smoked Haddock Chowder			✓	✓		✓							
Salt & Chilli Squid			✓	✓		✓							✓
Loaded Nachos				✓		✓							✓

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## MAINS

Fish & Chips			✓	✓	✓			✓					✓
Scampi & Chips		✓			✓			✓					✓
Homemade Steak & Ale Pie	✓		✓		✓	✓		✓					
Chicken Tikka Masala					✓	✓		✓	✓				✓
Slow-Cooked Beef Feather Blade	✓				✓	✓		✓					
Chicken & Chorizo Linguine					✓				✓				
Sea Bream Linguine ✓		✓		✓		✓							
Pan-Fried Cod Fillet				✓					✓				
Mediterranean Style Chicken													✓
Smoked Haddock Chowder				✓	✓	✓							

## STEAKS

Rump Steak					✓								
Ribeye Steak					✓								

## BURGERS

Amble Inn Dirty Burger			✓		✓	✓							
Amble Inn Spicy Burger	✓				✓	✓							✓
Classic Burger					✓	✓							✓

## PIZZAS

Margherita					✓	✓							
Pepperoni					✓	✓							✓
Roasted Vegetable & Rocket					✓							✓	
Chicken Tikka					✓	✓		✓	✓				✓
Meat Feast					✓	✓							✓

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## MEAT FREE

Chickpea & Coriander Burger				✓		✓							✓
Vegetable Linguine				✓									
Mediterranean Tofu									✓			✓	✓

## DESSERTS

Chef's Choice Cheesecake				✓		✓							
Sticky Toffee Pudding			✓	✓		✓							
Chocolate Brownie & Chocolate Ganache			✓	✓		✓						✓	
Waffles & Ice Cream				✓		✓						✓	
Lemon Posset				✓		✓							
Northumbrian Cheese Board				✓		✓							✓
Spurelli's Ice Cream						✓							

## SIDES

Homemade Chips													
Dressed Salad								✓					✓
Onion Rings				✓									
Seasonal Vegetables						✓							
House Slaw			✓					✓					
New Potatoes						✓							
Bread & Butter				✓		✓							
Peppercorn Sauce				✓		✓							
Blue Cheese Sauce						✓							
Garlic Butter						✓							

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## CHILDREN'S MENU

Hummus & Vegetable Sticks						✓							
Cheese & Crackers				✓		✓							
Mash & Gravy				✓		✓							
The Amble Inn Kiddies Platter				✓		✓							
Fish Bites			✓	✓									
Chicken Bites				✓									
Sausage & Mash				✓		✓							
Cheese & Tomato Pizza				✓		✓							
Ice Lolly													
Waffles with Chocolate Sauce				✓		✓						✓	

## LIGHT BITES

Fish & Chips				✓	✓								✓
Scampi & Chips		✓			✓								✓
Quiche of the Day			✓		✓	✓							

## SANDWICHES

Fish Finger Ciabatta				✓	✓								
Hot Roast Meat Dip & Gravy	✓		✓		✓			✓					
The Amble Inn Club			✓		✓	✓		✓					
Crab Salad		✓			✓								
Kettle Ham Salad					✓			✓					✓
Hummus, Red Pepper & Pesto Wrap					✓	✓			✓				