

Allergens Summer Menu at The New Inn – June 2017 update

Please ask regarding advice on allergens, some substitutes can be made to dishes to enable GF, Vegan & Dairy free options.

Please note that we do have nuts and pine nuts used in our kitchen, and some items may contain traces of nuts.

Dining Menu

Starters

Scallops- shellfish, dairy, sulphates, meat

Tomato salad- sulphates, dairy – GF V

Beef- meat, gluten, sulphates

Salmon- fish, sulphates, shellfish

Soup- sulphates - VEGAN

Mains

Duo- shellfish, fish, sulphates, dairy GF

Pork- meat, sulphates, dairy, garlic GF

Courgette- sulphates, garlic – VEGAN GF

Fish and chips- fish, sulphates, gluten, (Tartare – dairy & eggs)

Burger- meat, (bun - gluten), dairy, sulphates, garlic

Steak- (salad – dairy), meat, garlic, sulphates - GF

Sunday Roast Meat - Meat, sulphates, gluten, eggs, dairy, garlic,

Desserts

Peach- gluten, sulphates - VEGAN

Cheesecake- dairy, gluten, sulphates, gelatine

Raspberry mess- dairy, sulphates -GF

Cheese- dairy, - gluten, sulphates

Ice Cream- dairy – GF

Sorbet – GF VEGAN

Kids Menu:

Chicken nuggets & fries – Gluten, dairy

Fish & Fries – Gluten, fish, sulphates

Courgette ribbons - sulphates, garlic – VEGAN GF

Specials – please ask for allergen info for each dish.

Lunch Bar Goodies:

Pickled mussels- sulphates, gluten, shellfish

Pigs ears- garlic, sulphates, gluten, meat

Pickled gherkins- sulphates

Pickled eggs- sulphates, garlic, eggs

Pickled onions- sulphates, garlic

Hand cuts- garlic GF VEGAN

Fries- none GF VEGAN

Nuts- nuts

Breads – sulphates, gluten

Olives- sulphates, garlic

Slides

Potatoes- sulphates, meat, dairy

Side salad- sulphates, garlic – GF VEGAN

Cabbage- sulphates, garlic – GF VEGAN

Boards/ sandwiches

Fish board- shellfish, fish, sulphates, gluten, dairy, eggs

Meat board- meat, sulphates, gluten, eggs, dairy

Cheese board- dairy, sulphates, gluten, eggs

Crab sandwich- shellfish, sulphates, gluten, egg

Ham sandwich- meat, gluten, eggs, sulphates

Beef sandwich- meat, gluten, eggs, sulphates

Woodfired Pizza Menu – Please feel free to bring vegan/dairy free cheese to add to pizza for VEGAN alternative.

Margarita – gluten, dairy, cheese, sulphates

Anchovy Olive - gluten, dairy, cheese, sulphates, fish, olives, garlic

Billy the kids - gluten, dairy, cheese, sulphates, garlic, onion

BBQ Pork - gluten, dairy, cheese, sulphates, meat, paprika