THE COMMISSIONERS QUAY 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.

BREAKFAST

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Full Northumbrian Breakfast			✔		✔									✔
Full Vegetarian Breakfast			✔		✔									
Toast with Preserves					✔		✔							
Eggs on Toast			✔		✔		✔							
Bacon Stottie					✔		✔							
Bacon & Egg Stottie			✔		✔		✔							
Bacon, Sausage & Egg Stottie			✔		✔		✔							✔
Sausage & Egg Stottie			✔		✔		✔							✔
Sausage Stottie					✔		✔							✔
Pancakes					✔		✔							

STARTERS

Homemade Soup					✔									
Potato Skins	✔								✔					
Black Pudding, Mushrooms & Bacon					✔		✔							
Meat Antipasto					✔									

STARTERS (CONTINUED)

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Vegetarian Antipasto														
Potted White & Brown Crab		✔	✔		✔		✔							
Barbecue Chicken Wings	✔								✔					
Nachos					✔									
Commissioners Nachos					✔									
Garlic Pizza Bread with Cheese					✔		✔							

MAIN COURSES

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Steak & Ale Pie	✔				✔		✔						✔	✔
Wholetail Scampi		✔	✔		✔				✔				✔	
Fish & Chips			✔	✔	✔		✔		✔				✔	
Beef Madras					✔				✔					
Slow-Roasted Lamb Shank					✔									
Tagliatelle Carbonara					✔		✔							
Chicken Prosciutto							✔							
Pan-Roasted Cod Loin														
Harbour Pie		✔		✔			✔							
Barbecue Ribs & Wings	✔								✔					

BURGERS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
The Commissioners Quay Inn Burger	✔				✔		✔		✔				✔	✔
The Quay Burger	✔				✔		✔		✔				✔	✔
Cajun Chicken Burger	✔				✔		✔		✔				✔	✔
Fish Finger Stottie	✔			✔	✔		✔		✔					

FROM THE GRILL

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Fillet, Rump & Rib Eye Steaks														
Peppercorn Sauce							✔							
Garlic Butter							✔							
Diane Sauce							✔							

PIZZAS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Margherita					✔		✔							
Four Seasons					✔		✔							
Pepperoni					✔		✔							
Chicken & Bacon	✔				✔				✔					
Ham & Pineapple					✔		✔							
From the Harbour		✔		✔	✔		✔							
Cajun Chicken & Jalapeños					✔		✔							

SALADS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Classic Chicken Caesar			✔		✔		✔		✔					
Scallop of Salmon Niçoise							✔							
Curried Cauliflower & Fennel	✔						✔		✔					
Traditional Greek Salad							✔							

MEAT FREE

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Roast Pepper & Bean Burger					✔								✔	
Cauliflower Macaroni Cheese					✔		✔							
Vegetable Thai Curry	✔								✔					✔

SIDE ORDERS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Beer Battered Onion Rings					✔								✔	
Side Salad														
Sautéed Potatoes														
Bread & Butter					✔		✔							
Marinated Olives														
Homemade Coleslaw			✔				✔							
Homemade Chips													✔	

DESSERTS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Gluten-free Chocolate Fudge Cake														
Chocolate Fudge Waffle			✔		✔		✔						✔	
Sticky Toffee Pudding			✔		✔		✔							
Chef's Cheesecake of the Day					✔		✔							
Northumbrian Cheese Board					✔		✔							✔
Authentic Ciccarelli's Gelato Ice Cream					✔		✔							
Banana Split					✔		✔			✔				
Chef's Sundae of the Week					✔		✔							

CHILDREN'S MEALS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Pasta					✔									
Battered Chicken Bites					✔								✔	
Cheese & Tomato Pizza					✔		✔						✔	
Cod Bites				✔	✔								✔	
Pork Sausage					✔									✔

FROM THE BAKERY

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Fruit Scone					✔		✔							
Cheddar Cheese Scone					✔		✔							
Teacake			✔		✔		✔							

SANDWICHES, WRAPS & PANINIS

	Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
Hot Roast Sandwich of the Day					✔		✔							
Tuna Mayonnaise & Sweetcorn				✔	✔		✔							
Sweet Chilli Chicken Panini					✔									✔
Cajun Chicken Wrap					✔									
Bacon & Brie Panini					✔		✔							
Roast Vegetable & Hummus Wrap					✔									