

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.

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

Breakfast

Full Northumbrian Breakfast		✓		✓		✓						✓	✓
Full Vegetarian Breakfast		✓		✓		✓						✓	
Eggs on Toast		✓		✓		✓							
Bacon Stottie				✓		✓							
Bacon & Egg Stottie		✓		✓		✓							
Bacon, Sausage & Egg Stottie		✓		✓		✓							✓
Sausage & Egg Stottie		✓		✓		✓							✓
Sausage Stottie				✓		✓							✓
Swiss Cheese & Honey Roast Ham Croissant						✓							
American Pancakes				✓		✓							
Toast with Preserves				✓		✓							

Starters

Homemade Soup	✓			✓		✓							
Potato Skins			✓	✓				✓				✓	
Tomato & Basil Bruschetta				✓									
Chef's Sharing Platter		✓	✓	✓								✓	
Mezze Platter				✓		✓							✓

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

Starters (Continued)

Potted Crab		✓	✓	✓				✓					
Sticky Bourbon Barbecue Wings			✓					✓				✓	
Tiger Prawns		✓	✓					✓				✓	
Nachos						✓						✓	
Commissioners Nachos						✓							
Garlic Bread				✓									

Mains

Fish & Chips			✓	✓	✓			✓				✓	
Wholetail Scampi		✓	✓		✓			✓				✓	
Steak & Ale Pie	✓		✓		✓	✓		✓				✓	
Roast Cod Loin				✓		✓							
Pasta Carbonara					✓	✓							
Peppered Pork	✓		✓		✓	✓		✓				✓	
Traditional Turkish Kebab					✓							✓	
Chicken & Chorizo Stew	✓		✓		✓	✓		✓				✓	

From the Grill

Steak						✓						✓	
-------	--	--	--	--	--	---	--	--	--	--	--	---	--

Burgers

The Commissioners Burger			✓		✓	✓		✓				✓	✓
The Quay Burger			✓		✓	✓		✓				✓	✓
Dirty Angus Burger			✓		✓	✓		✓				✓	✓
Cajun Chicken Burger			✓		✓	✓						✓	

Salads

Chicken & Bacon Caesar Salad	✓		✓	✓	✓	✓		✓					
Greek Style Super Salad					✓	✓		✓					
Pulled Pork Poke Bowl (Poh-Key)					✓			✓					

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

Pizzas

Margherita				✓		✓							
Four Seasons				✓		✓							
Pepperoni				✓		✓							
Chicken & Bacon				✓		✓							
Ham & Pineapple				✓		✓							
From the Harbour		✓		✓		✓							
Hot & Smoky				✓		✓							
Spicy Meat Feast				✓		✓							

Authentic Curries

Chicken Tikka Korma				✓		✓		✓	✓	✓			
Chicken Tikka Masala				✓		✓		✓	✓	✓			
Chicken Tikka Balti				✓		✓		✓	✓	✓			

Meat Free

Butternut Squash & Quinoa Burger			✓	✓		✓							✓
Smoked Cheese, Broccoli & Pea Risotto						✓							
Roast Vegetable Tagine													

Desserts

Chocolate Fudge Cake													
Jam Sponge			✓	✓		✓							
Sticky Toffee Pudding				✓		✓							✓
Apple Crumble				✓		✓							
Chef's Cheesecake of the Day				✓		✓							
Commissioners Cheese Board				✓		✓							✓
Ciccarelli's Gelato Ice Cream				✓		✓							
Chef's Sundae of the Week				✓		✓							

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

Children's Menu

Pasta				✓									
Battered Chicken Bites				✓								✓	
Cheese & Tomato Pizza				✓		✓							
Cod Bites			✓	✓								✓	
Pork Sausage				✓								✓	✓
Scampi		✓		✓								✓	

Light Bites

Hot Roast Sandwich of the Day	✓		✓	✓		✓		✓				✓	
Tuna Mayonnaise Roll			✓	✓				✓					
Blackened Cajun Chicken Roll			✓	✓				✓					
Ham & Pease Pudding Roll				✓									
Smoked Cheese & Chutney Roll				✓		✓							✓
BLT Roll			✓	✓									
Chicken Tikka Wrap			✓	✓									
Roast Vegetable & Hummus Wrap				✓									

From the Bakery

Fruit Scone			✓	✓		✓		✓				✓	
Cheddar Cheese Scone			✓	✓		✓		✓				✓	
Teacake			✓	✓		✓						✓	

Baked Potatoes

Baked Beans								✓					
Cheese						✓		✓					
Beans & Cheese						✓		✓					
Tuna Mayonnaise			✓	✓		✓		✓					
Coleslaw			✓			✓		✓					

Celery	Crustacean	Eggs	Fish	Gluten	Lupin Flour	Milk	Molluscs	Mustard	Nut	Peanut	Sesame	Soya Beans	Sulphites
--------	------------	------	------	--------	-------------	------	----------	---------	-----	--------	--------	------------	-----------

Sides

Beer Battered Onion Rings				✓								✓	
Homemade Chips												✓	
New Potatoes													
Side Salad								✓					
Bread & Butter				✓		✓							
Marinated Olives													
Homemade Coleslaw								✓					
Steamed Seasonal Vegetables													
Peppercorn Sauce	✓	✓	✓	✓		✓		✓				✓	
Garlic Butter						✓							
Madeira Sauce	✓	✓	✓	✓		✓		✓				✓	

Sunday Carvery

Roast Beef	✓	✓	✓	✓		✓		✓				✓	
Roast Pork	✓	✓	✓	✓		✓		✓				✓	
Roast Turkey	✓	✓	✓	✓		✓		✓				✓	
Vegetarian									✓	✓			