

# 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
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### Breakfast

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		✓		✓		✓							✓
Toast with Preserves				✓		✓							✓
Pancakes				✓									

### Starters

Homemade Soup				✓		✓							
Potato Skins		✓						✓					
Black Pudding, Mushrooms & Bacon						✓							
Chef's Sharing Platter	✓	✓	✓	✓				✓	✓			✓	✓
Mezze Platter				✓			✓	✓					✓



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## 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 Madras				✓		✓		✓	✓				

## Meat Free

Five Bean Burger		✓				✓							
Smoked Cheese, Pea & Broccoli Risotto						✓							
Roast Vegetable & Goat's Cheese Tart		✓				✓							

## Desserts

Chocolate Fudge Cake						✓							
Vanilla Crème Brûlée						✓							
Sticky Toffee Pudding		✓		✓		✓							
Double Chocolate Brownie		✓		✓		✓							
Chef's Cheesecake of the Day				✓		✓							
Commissioners Cheese Board				✓		✓							
Ciccarelli's Gelato Ice Cream				✓		✓							
Chef's Sundae of the Week				✓		✓				✓			

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## Children's Menu

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

## Light Bites

Hot Roast Sandwich of the Day	✓		✓	✓		✓						✓	
Tuna Mayonnaise & Sweetcorn			✓	✓	✓			✓					
Coronation Chicken Stottie			✓	✓				✓					
Ham & Cheddar Panini				✓		✓							
Roast Vegetable & Hummus Wrap				✓									
Chicken Tikka Wrap			✓	✓				✓					

## From the Bakery

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

## Baked Potatoes

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

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## Sides

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