

Allergen Guidance

At The Loughpool Inn we have always been delighted to discuss with you the ingredients we have used when preparing our dishes, whether you have an intolerance to an ingredient, or not.

The law has changed and we are now required to advise you if one or more of fourteen allergens have been used when preparing our dishes, we have tried to make this as clear as possible by adopting a key letter for each allergen.

The law may have changed, but our commitment to delivering excellent customer service has not, so, if you have any concerns at all please let us know and we will do everything that we can to help.

We are very fortunate that we are close to some of the best growers, farms and fisheries in the country.

We have listed the known allergens which will be found in our dishes and the key below will assist you in identifying the most suitable dishes for you.

<u>Allergen</u>	<u>Key</u>	<u>Allergen</u>	<u>Key</u>
Gluten	G	Fish	F
Milk	M	Lupin	L
Crustaceans	C	Peanut	P
Sulphur Dioxide	S	Molluscs	Mo
Nuts	N	Celery	Ce
Mustard	Mu	Eggs	E
Soybeans	So	Sesame	Se

Where there is a trace element of an allergen this will be indicated with a small t, for example, some dishes may contain a trace element of nuts, this would be indicated with the key Nt after the dish on the menu.

All of our dishes are cooked in a multi-ingredient kitchen and whilst we try our very best to avoid it, there is a possibility that your food could contain traces of nuts or other allergens.

STARTERS	ALLERGEN	MAINS	ALLERGEN
Goats cheese	G,M,E,S	Pork ribeye steak	Mu,S,M
Watercress tart	E,G,M	Moroccan Tagine	N
Smoked mackerel	F	Fish&chips	F,G,E,M
Soup	Ce,M,G	Honey lamb	M,S
Duck and chicken rillette	Mu,E	Chicken Breast	Ce,M
Avocado cheesecake	N,C,F,M,P	Risotto	M,Ce
Pickled fig salad	M,N	Steak frites	Mu,E
Salmon	G,F,M		
DESSERTS		NIBBLES	
Cheesecake	M,E,G	Rolls&olives	M,G,N
Mocha mousse	M,S,N,G,E	Rolls&oils	G,S
Crème brûlée	M,E,G	Rolls&butter	G,M
Sticky toffee pudding	M,E	Olives	
Mango panna cotta			
Frangipane tart	M,E,G,N	SIDES	
Blondies	M,E	Veg dish	M
Affogato	M,N,G,S,E	Onions rings	G
Loughpool sunday	M,E,G	Red cabbage	S
		Peas	M