

WE TAKE EXCEPTIONAL PRIDE IN ALLERGEN MANAGEMENT BUT AS SOME INGREDIENTS ARE PROCESSED OFF SITE IT IS SADLY IMPOSSIBLE GUARANTEE THAT NO ALLERGENS ARE PRESENT.

ALWAYS SPEAK WITH YOUR SERVER AND EXPLAIN YOUR DIETARY RESTRICTIONS.

THE BALERNO INN

STARTERS // NIBBLES

ALLERGENS

	CELERY	CEREALS/ GLUTEN	CRUSTA- CEANS	EGGS	FISH	LUPIN	DAIRY	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
HUMMUS	X	X							X			X		
HALLOUMI BITES		X					X							
BREAD & BUTTER		X					X							
MARINATED OLIVES														
CURRIED POPCORN							X							
SOUP OF THE DAY														
TRIO OF BEETS												X		
PRAWN COCKTAIL	X	X	X	X	X		X		X					X
SMOKED SAL BRUSHETTA		X			X		X							
HAGGIS BON BON		X												
CHICKEN LIVER PARFAIT		X					X							
CRISPY BRIE		X					X							
CAMENBERT		X					X							

MAINS // SIDES

ALLERGENS

	CELERY	CEREALS/ GLUTEN	CRUSTA- CEANS	EGGS	FISH	LUPIN	DAIRY	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
FISH AND CHIPS		X			X		X							
PIE OF THE DAY	X	X					X							
BEEF BURGER		X		X			X							
VEGETARIAN CURRY	X	NAAN												
BBQ PORK LOIN													X	
MUSH RISOTTO	X						X							
FISH CAKE	X	X	X	X	X		X	X	X					X
FALAFEL BURGER	X	X		X										
HONKY BURGER		X							X			X		X
STEAK							X							
PASTA NO ADDITIONS	X	X		X										X
ROAST SEA BASS					X		X							
MACARONI		X					X							
POTATOES							X							
VEGETABLES							X							
							X							

DESSERTS

ALLERGENS
 FOOD STANDARD AGENCY

	CELERY	CEREALS/ GLUTEN	CRUSTA- CEANS	EGGS	FISH	LUPIN	DAIRY	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BROWNIE				X			X			X	X			
STICKY TOFFEE PUD				X			X							
RHUBARB, YOGURT		X					X							
ICE CREAM		X		X			X							
SORBET		X												
CHEESE & BISCUITS		X					X			X				
CHEESECAKE		X					X							
MILKSHAKES				X			X							

	CELERY	CEREALS/ GLUTEN	CRUSTA- CEANS	EGGS	FISH	LUPIN	DAIRY	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHEESE NAAN		X					X							
CRUDITIES												X		
SOUP OF THE DAY	X	X												
PESTO SAUCE ROLL		X					X			X				
CHEESEBURGER		X		X			X		X			X		
CHEESE MACARONI		X		X			X		X					
QUORN SALAD		X												
ANTIPASTO CAESAR				X	X				X					
FISH GOUJONS					X				X					X
CHICKEN GOUJONS		X							X					
SPECIAL MILKSHAKE				X			X							
STICKY TOFFEE PUD		X		X			X							
CHOC BROWNIE		X		X			X							
ICE CREAM SUNDAE				X			X							