

CHURSTON WAY LODGE GUEST HOUSE

Allergens Advice

Food Allergies and Intolerances

If you have a food allergy or intolerance please speak to Angelina or Stephen before you order your food.

Whilst we take as much care as possible to avoid contamination with allergens please be advised that our food is prepared in a kitchen where nuts, gluten and other allergens are present.

Breakfast Menu

Orange, Apple or Cranberry Juice

Selection of fruit and natural yoghurts **[MILK]**

Cereals

- Cornflakes & Fruit 'n Fibre, **[See packaging for allergens advice]**
- Rice Krispies, **[BARLEY]**
- Weetabix, **[WHEAT and BARLEY]**
- Granola, **[OATS and HAZELNUTS]**
- Muesli, **[OATS, WHEAT, BARLEY, HAZELNUTS, SULPHUR DIOXIDE and ALMONDS]**
- Porridge, **[OATS and may also contain WHEAT]**

Seasonal fruits

Full English

Sausage, **[SODIUM METABISULPHITE, may contain WHEAT – check with Angelina or Stephen]**

Bacon,

Locally sourced eggs:

- Scrambled, **[EGGS and MILK]**
- Fried, **[EGGS]**
- Poached, **[EGGS and MILK*]**
- Boiled, **[EGGS]**

Mushroom, **[MILK* and SOYA**]**

Baked Tomato, **[SOYA**]**

Baked Beans, **[SOYA**]**

Hash Brown

Vegetarian Breakfast

Vegetarian sausage, [SOYA, SULPHITES and WHEAT]

Locally sourced eggs:

- Scrambled, [EGG and MILK]
- Fried, [EGG]
- Poached, [EGG and MILK*]
- Boiled, [EGG]

Mushroom, [MILK* and SOYA**]

Baked Tomato, [SOYA**]

Baked Beans, [SOYA**]

Hash Brown

Pancakes

- Pancakes with Bacon and Syrup, [FLOUR, EGG and MILK]
- Blueberry Pancakes with Syrup, [FLOUR, EGG and MILK]

Eggs Benedict

Poached egg, [EGG and MILK*]

Bacon,

Hollandaise sauce, [EGG and MILK]

Toasted muffin, [WHEAT, SOYA and MILK]

Eggs Florentine

Poached egg, [EGG and MILK*]

Spinach, [MILK* and SOYA]**

Hollandaise sauce, [EGG and MILK]

Toasted muffin, [WHEAT, SOYA and MILK]

Omelette

Freshly made omelette with a choice of [EGG and MILK]:

- Cheese, [MILK]
- Mushroom
- Tomato
- Bacon

Specials

In addition to our regular breakfast choices, we occasionally offer special options.

Homemade Smoked Haddock Fish Cakes with Poached Eggs, **[FISH, MILK, EGG and FLOUR]**

Please check out the specials board for any special of the day and check with Angelina or Stephen for allergen advice.

Toast, butter and preserves

- Toast – white, **[WHEAT and SOYA]**
- Toast – wholemeal / granary, **[WHEAT, may contain SOYA, RYE and BARLEY]**
- Toast – Gluten Free*** **[EGG]**
- Butter, **[MILK]**
- Preserves
- Marmite, **[BARLEY, WHEAT, OATS, RYE and CELERY]**
- Nutella, **[HAZELNUTS, MILK and SOYA]**

Tea and Coffee

- Tea
- Fresh Brewed Coffee
- Speciality Tea (Earl Grey, Peppermint, Lemon and Ginger or Green tea)

Room Trays

Biscuits

- Viennese Finger, **[WHEAT and MILK]**
- Chocolate Chip Cookie, **[WHEAT, SOYA, OATS and MILK]**
- Stem Ginger, **[OATMEAL, WHEAT and MILK]**
- Milk Chocolate & Orange Cookie, **[WHEAT, SOYA, OATS and MILK]**
- Oat Shortcake, **[OAT, WHEAT and MILK]**

* In the butter used to lubricate the poaching moulds.

** Allergens contained in stock cube, used as seasoning.

*** Gluten free bread is not held in stock – bought on request.