

THE  
LANSDOWNE  
KENMARE

## The Nead Evening Menu ALLERGENS

### Allergens & intolerances

#### NIBBLES

Treacle & Walnut Bread -wheat, tree nuts - walnut, Oats, seeds sunflower/pumpkin, eggs, dairy

Pork cheeks - dairy, wheat, garlic, celery, tomato, sulphites, wheat, oats, barley

Chargrilled vegetables - garlic, dairy, sulphites, pine nuts - **Gluten free**

Soused oysters - sulphites, onion, shellfish, dairy, tomato, anchovy, garlic - **Gluten free**

#### STARTERS

Smoked duck - mustard, walnuts - **Gluten free/Dairy free**

Soup of the Day – Celery, onion, garlic - dairy if adding cream as garnish, wheat in brown bread, sulphites **option Gluten free/Dairy free bread**

Chowder-Molluscs -mussels', cockles' fish, Dairy, garlic, onion, celery, sulphites, egg & wheat in brown bread **option Gluten free/Dairy free bread**

Trout - celery, rye, wheat, dairy, onion, mustard, sulphites

Goats cheese - sulphites, dairy, wheat, eggs

Prawn Pil Pil - shellfish, sulphites, garlic, wheat-sourdough

#### MAIN COURSES

Fish & Chips - dairy, eggs, mustard, onion, sulphites, garlic, celery, wheat, rye, soy

Buffalo burger - onion, garlic, celery, sulphites, dairy, tomato - wheat, eggs, mustard, soy

Couscous fritters - soy, sesame, dairy, garlic, tomato, onion, sulphites, celery **Gluten free**

Sirloin -dairy, garlic, onion, celery, mushrooms, tomato, sulphites **Gluten free**

Duck leg - garlic, mustard, pistachio - tree nuts, sulphites **Gluten free/Dairy free**

#### DESSERTS

Brioche & Berry - egg dairy, wheat, nut-almond

Chocolate Chip Cookie - dairy, soy, wheat, eggs

Crozier - dairy, tree nut-walnut, rye, wheat, oat, spelt