

ALLERGEN CARD

Recipe	Allergens													
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chicken Tikka Massala SEC	✗	✗	✗	✗	✗	✗	✓	✗	✓	✗	✗	✗	✗	✗
Channa Saag (Spinach & chickpeas) SEC	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗
Jeera Aloo (Cumin Potatoes) SEC	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

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ULTIMATE BEEF BURGER TR	✗	✓ Barley ✓ Wheat	✗	✓	✓	✗	✗	✗	✓	✗	✗	✓	✗	✗

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Mexican Spicy Quorn Burrito	✓	✓ Barley ✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✓	✓ Almonds ✓ Brazil Nuts ✓ Cashew Nuts ✓ Hazelnuts ✓ Pecan Nuts ✓ Pistachio Nuts ✓ Walnuts	✗	✗	✗
Green Salad SEC	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗
Garlic & Herb Wedges SEC	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

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TRATTORIA 14 MARGHERITA STONE BAKE PIZZA	✗	✔ Wheat	✗	✔	✗	✗	✔	✗	✗	✗	✗	✗	✗	✗
Hawaiian Pizza SEC	✗	✔ Wheat	✗	✔	✗	✗	✔	✗	✗	✗	✗	✗	✗	✗
Naan Bread-Ind Prep	✗	✔ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
ARRABIATA PASTA SEC FFL	✗	✔ Wheat	✗	✗	✗	✗	✔	✗	✗	✗	✗	✗	✗	✗

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YOGHURT	✗	✗	✗	✗	✗	✗	✔	✗	✗	✗	✗	✗	✗	✗
Seasonal Fresh Fruit Cups - Ind Prep	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

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Assorted Homebakes	✗	✓ Barley ✓ Oats ✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✓
Fruity Flapjack	✗	✓ Oats ✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓
Iced Buns Home Made	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Banana and Ginger Parkin	✗	✓ Oats ✓ Wheat	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Chewy Muesli Fruit Bar	✗	✓ Oats	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓
Fruit Crispy Bar - Ind Prep	✗	✓ Oats	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓
CHOCOLATE ORANGE CRISPY BAR	✗	✓ Barley	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
OATIE COOKIES SECONDARY	✗	✓ Oats ✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Shrewsbury Biscuits	✗	✓ Wheat	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Individual Victoria Sandwich	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Rock Cakes	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✓
BLUEBERRY MUFFINS USING MIX	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Chocolate Brownies	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
ASSORTED SANDWICHES SEC NEW RANGE	✗	✓ Barley ✓ Oats ✓ Rye ✓ Wheat	✓	✓	✓	✗	✓	✗	✓	✗	✗	✓	✓	✓

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Cheese and Pickle Sandwich	✗	✓ Barley ✓ Wheat	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✓	✓
Ham Sandwich	✗	✓ Wheat	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✓	✗
Egg Mayo Sandwich	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✓	✗
Chicken Mayo Wrap	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✓	✗
BLT Baguette	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Tuna Spinach and Lemon Mayo Sandwich	✗	✓ Barley ✓ Oats ✓ Rye ✓ Wheat	✗	✓	✓	✗	✓	✗	✗	✗	✗	✓	✓	✗
Free Range Egg and Cress Baguette	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Prawn Cocktail Sandwich	✗	✓ Wheat	✓	✓	✗	✗	✓	✗	✗	✗	✗	✗	✓	✓
Coronation Chicken Sandwich	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✓	✗	✗	✗	✓	✗
Ham Salad Baguette	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Greek Salad Pitta	✗	✓ Wheat	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
CHEESE AND TOMATO CIABATTA HOT DELI	✗	✓ Wheat	✗	✗	✗	✗	✓	✗	✗	✗	✗	✓	✗	✗
Cream Cheese and Cucumber Hoagie	✗	✓ Barley ✓ Oats ✓ Rye ✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✓	✓	✗
HAM AND CHEESE PANINI HOT DELI	✗	✓ Wheat	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Tuna and Cheese Melt Panini	✗	✓ Wheat	✗	✗	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗

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Cheese and Pesto Panini	✗	✓ Wheat	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Tuna and Cucumber Sandwich	✗	✓ Wheat	✗	✓	✓	✗	✓	✗	✗	✗	✗	✗	✓	✗
Salmon and Cucumber Sandwich	✗	✓ Wheat	✗	✓	✓	✗	✓	✗	✗	✗	✗	✗	✓	✗
ASSORTED JACKET POTATOES SECONDARY	✗	✓ Wheat	✗	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗
TUNA MAYONNAISE JACKET SECONDARY	✗	✗	✗	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗
JACKET POTATO WITH CHEESE SECONDARY	✗	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
JACKET WITH BAKED BEANS SECONDARY	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
JACKET POTATO WITH CHILLI SECONDARY	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Jacket potato with salmon and tuna	✗	✗	✗	✓	✓	✗	✓	✗	✗	✗	✗	✗	✗	✗

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Assorted salad accompaniment	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Spiced Cous Cous	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
MIXED SALAD	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
ASSORTED SALADS SECONDARY	✓	✓ Wheat	✗	✓	✓	✗	✓	✗	✓	✗	✗	✗	✓	✓
LAYERED FREE RANGE EGG SHAKER SALAD	✗	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Garlic and Herb Bread Wedge	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
LAYERED 5 BEAN SHAKER SALAD	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Garlic and Herb Bread Wedge	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
CHICKEN TIKKA AND RICE SHAKER SALAD	✗	✗	✗	✗	✗	✗	✓	✗	✓	✗	✗	✗	✓	✗
TUNA NICOISE SHAKER SALAD	✗	✓ Wheat	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗
LAYERED CHEDDAR CHEESE SHAKER SALAD	✓	✓ Wheat	✗	✓	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗
Garlic and Herb Bread Wedge	✗	✓ Wheat	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
MOROCCAN CHICKEN SALAD SEC THEATRE	✗	✓ Wheat	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✓	✓
CHICKEN CASEAR SALAD SECONDARY THEATRE	✗	✓ Wheat	✗	✓	✓	✗	✓	✗	✗	✗	✗	✗	✓	✗
TUNA NICOISE SALAD SECONDARY THEATRE	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗

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