

# ALLERGEN SHEET

| Menu Item                                         |  Celery |  Cereals containing Gluten |  Crustaceans (Shellfish) |  Eggs |  Fish |  Lupin |  Milk |  Molluscs (Shellfish) |  Mustard |  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |
|---------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Southern fried chicken,chips,salad                | x                                                                                        | x                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Korean style chicken burger                       |                                                                                          | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | x                                                                                                | x                                                                                        | x                                                                                                   |
| Chinese chicken stirfry,noodle and prawn crackers |                                                                                          | x                                                                                                           | x                                                                                                         |                                                                                        | x                                                                                        |                                                                                           | x                                                                                        |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Chicken tacos,salsa,mint yoghurt and rostis       | x                                                                                        | x                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | x                                                                                                | x                                                                                        | x                                                                                                   |
| Vegetable samosa chatt,sauce and salad            |                                                                                          | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             | x                                                                                                |                                                                                          | x                                                                                                   |
| Loaded nachos with chicken fajitas                |                                                                                          | x                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |
| Spicy arrabiatta,vegetables and wheat pasta       | x                                                                                        | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |
| Vegetarian arrabiata                              | x                                                                                        | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| American style chicken burger and chips           |                                                                                          | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Bhahji burger and chips                           | x                                                                                        | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |
| Vegetable stirfry andnoodles                      | x                                                                                        | x                                                                                                           | x                                                                                                         | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             | xx                                                                                               | x                                                                                        |                                                                                                     |
| Pasta bolognaise,and garlic slices                |                                                                                          | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |
| Vegetarian bolognaise and garlic slice            |                                                                                          | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |
| Spicy fish,wedges and sirracha                    |                                                                                          |                                                                                                             | x                                                                                                         |                                                                                        | x                                                                                        |                                                                                           |                                                                                          |                                                                                                          | x                                                                                           |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |
| Fishless steak ,wedges and sirracha               |                                                                                          | x                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Donner meat panini                                | x                                                                                        | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |
| chicken pizza,chips,beans                         | x                                                                                        | x                                                                                                           |                                                                                                           | x                                                                                      |                                                                                          |                                                                                           | x                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | x                                                                                        |                                                                                                     |

| Menu Item                                                   |  Celery |  Cereals containing Gluten |  Crustaceans (Shellfish) |  Eggs |  Fish |  Lupin |  Milk |  Molluscs (Shellfish) |  Mustard |  Nuts |  Peanuts |  Sesame seeds |  Soya |  Sulphur Dioxide |
|-------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Meat panini                                                 | X                                                                                       | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         | X                                                                                          |                                                                                         |                                                                                            |                                                                                                 | X                                                                                       | X                                                                                                  |
| Pizza style panini                                          |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          |                                                                                         |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| donut                                                       |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            | X                                                                                               | X                                                                                       |                                                                                                    |
| vanilla cake                                                |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| Chocolate flapjack                                          |                                                                                         | X                                                                                                          |                                                                                                          |                                                                                       |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 | X                                                                                       |                                                                                                    |
| Muffins                                                     |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            | X                                                                                               | X                                                                                       |                                                                                                    |
| Ice cream                                                   |                                                                                         |                                                                                                            |                                                                                                          |                                                                                       |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| waffles                                                     |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 | X                                                                                       |                                                                                                    |
| brownie                                                     |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 | X                                                                                       |                                                                                                    |
| Crispy buns                                                 |                                                                                         |                                                                                                            |                                                                                                          |                                                                                       |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 | X                                                                                       |                                                                                                    |
| Chocolate cake                                              |                                                                                         | XX                                                                                                         |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 | X                                                                                       |                                                                                                    |
| Tuna jacket potatoes                                        |                                                                                         |                                                                                                            |                                                                                                          | X                                                                                     | X                                                                                       |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| Baked beans jacket potoes                                   |                                                                                         |                                                                                                            |                                                                                                          |                                                                                       |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| Cheese pots                                                 |                                                                                         |                                                                                                            |                                                                                                          |                                                                                       |                                                                                         |                                                                                          |                                                                                         |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| Bagels and butter                                           |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            | X                                                                                               |                                                                                         |                                                                                                    |
| toast                                                       |                                                                                         | X                                                                                                          |                                                                                                          |                                                                                       |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| Chicken burger,fries,salad and sweet chilli sauce           |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            | X                                                                                               | X                                                                                       |                                                                                                    |
| Roast veg tart                                              |                                                                                         | XX                                                                                                         |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| Vegan glomorgan sausage,sauted potatoes and creamy carrotsx |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         |                                                                                            |                                                                                         |                                                                                            |                                                                                                 |                                                                                         |                                                                                                    |
| Cheese and onion roll,garlic slice sweetcorn and broccoli   |                                                                                         | X                                                                                                          |                                                                                                          | X                                                                                     |                                                                                         |                                                                                          | X                                                                                       |                                                                                                         | X                                                                                          |                                                                                         |                                                                                            |                                                                                                 | X                                                                                       | X                                                                                                  |

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|------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Tuna sandwiches                                      |                                                                                          | XX                                                                                                          | X                                                                                                         | X                                                                                      | X                                                                                        |                                                                                           | X                                                                                        |                                                                                                          | X                                                                                           |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Cheese sandwich                                      |                                                                                          | X                                                                                                           |                                                                                                           | X                                                                                      |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Egg sandwich                                         |                                                                                          | X                                                                                                           |                                                                                                           | X                                                                                      |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
|                                                      |                                                                                          |                                                                                                             |                                                                                                           |                                                                                        |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Fish and chips mushypeas                             |                                                                                          | X                                                                                                           |                                                                                                           |                                                                                        | X                                                                                        |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          | X                                                                                                   |
| Vegan nuggets,hoops.potato puffs                     |                                                                                          | X                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Hungarian goulash,new and veg                        | X                                                                                        | XX                                                                                                          |                                                                                                           |                                                                                        |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | X                                                                                        | X                                                                                                   |
| Fish finger with vegetable and new potatoes          |                                                                                          | X                                                                                                           |                                                                                                           |                                                                                        | X                                                                                        |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Laughting cow and raisins                            |                                                                                          |                                                                                                             |                                                                                                           |                                                                                        |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Fish goujon in a baguette                            |                                                                                          | X                                                                                                           |                                                                                                           | X                                                                                      |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Baguette and chicken tender                          |                                                                                          | X                                                                                                           |                                                                                                           | X                                                                                      | X                                                                                        |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | X                                                                                        | X                                                                                                   |
| Tandoori butter chicken                              |                                                                                          | X                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          | X                                                                                           |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| American style chicken burger                        |                                                                                          | X                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  |                                                                                          |                                                                                                     |
| Chicken tacos,yoghurt,salsa,rosti and cheese         |                                                                                          | X                                                                                                           |                                                                                                           | X                                                                                      |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | X                                                                                        | X                                                                                                   |
| Chichen teriyaki,rice and spring rolls               |                                                                                          | X                                                                                                           |                                                                                                           |                                                                                        |                                                                                          |                                                                                           |                                                                                          |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | X                                                                                        |                                                                                                     |
| Lamb shish kebab,folded naan                         |                                                                                          | X                                                                                                           |                                                                                                           | X                                                                                      |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | X                                                                                        | X                                                                                                   |
| Spicy tomato meat ball baguette                      |                                                                                          | X                                                                                                           |                                                                                                           | X                                                                                      |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | X                                                                                        | X                                                                                                   |
| Breaded chicken strips ,rice and curry sauce         | X                                                                                        | X                                                                                                           |                                                                                                           | X                                                                                      |                                                                                          |                                                                                           | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             |                                                                                                  | X                                                                                        | X                                                                                                   |
| Chicken egg fried rice,prawn craker and hoisin sauce | X                                                                                        | X                                                                                                           | X                                                                                                         | X                                                                                      | X                                                                                        | X                                                                                         | X                                                                                        |                                                                                                          |                                                                                             |                                                                                          |                                                                                             | X                                                                                                | X                                                                                        | X                                                                                                   |

## Menu Item



**Celery**



**Cereals containing Gluten**



### Crustaceans (Shellfish)

## Eggs



**Fish**



**Lupin**



Milk



**Molluscs**  
(Shellfish)



Mustard



Nuts



Peanuts



**Sesame seeds**



**Soya**



**Sulphur Dioxide**

## Menu Item



**Celery**



### Cereals containing Gluten



### Crustaceans (Shellfish)

### Eggs



**Fish**



**Lupin**



**Milk**



**Molluscs  
(Shellfish)**



Mustard



**Nuts**



**Peanuts**



Sesame seeds



**Soya**



**Sulphur Dioxide**