





























# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Beany Vegetable Burger (265 kcal, 1109 kJ)	✓	✓ Wheat		✓			✓					MC		
<p>INGREDIENTS: 4" Unseeded Burger Bun ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamin) Water Sugar Salt Yeast Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). Riverdene Butter Beans Water ; Butter Beans Water Antioxidant, Ascorbic Acid. Carrot ; Carrots. Sweetcorn ; Sweetcorn 100%. Onion ; Cooking Onions. Iceberg Lettuce. Light Mayonnaise ; Water Rapeseed Oil 25% Spirit Vinegar Modified Starch Pasteurised <b>(Egg)</b> 3.5 % Sugar Salt Pasteurised <b>(Egg)</b> Yolk 1% Thickener (Xanthan Gum) Lemon Juice Concentrate Preservative (Potassium Sorbate) Antioxidant (Calcium Disodium Edta) Acid (Malic Acid) Natural Flavour. Grated Mature Cheese ; White Mild Cheddar Cheese <b>(Milk)</b> Anti-Caking Agent Potato Starch. Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup) Spirit Vinegar Sugar Salt Spice And Herb Extracts (Contain <b>(Celery)</b>) Sweetener (Steviol Glycosides) Spice. Vegetable Bouillion ; Salt Potato Starch Maltodextrin Sugar Yeast Extract Onion Powder Spices (Lovage Turmeric Black Pepper) Carrot Powder Garlic Powder Rapeseed Oil Antioxidant (Rosemary Extract) Colour (Plain Caramel) Flavouring Herb. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b></p> <p>May Also Contain Sesame.</p>														

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen
- Adults need around 2000 kcal a day















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Burger in a Bun PRI (232 kcal,971 kJ)	✓	✓ Wheat										MC		✓
<p>INGREDIENTS: 4" Unseeded Burger Bun ; <b>(Wheat)</b> Flour (With Calcium Iron Niacin Thiamin) Water Sugar Salt Yeast Dextrose Rapeseed Oil Emulsifiers(Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids Mono- And Di-Glycerides Of Fatty Acids) Flour Treatment Agents(Ascorbic Acid L-Cysteine Hydrochloride). Isle Of Wight Beef Burger 57g (2oz) 50 Pack ; Gluten Free Crumb (Contains, Rice Flour Gram Flour Maize Starch Salt Dextrose) Potato Starch Salt Spices (Paprika White Pepper Black Pepper Cayenne) Preservative <b>(E221)</b> Dehydrated Tomato Dehydrated Onion Dehydrated Garlic Acidity Regulator E262(l) (Buffer) Smoke Flavouring Caramelised Sugar Powder Spices (Paprika White Pepper Black Pepper Cayenne). Iceberg Lettuce. Heinz Tomato Ketchup 50% Less Sugar And Salt ; Tomatoes (174 G Per 100 G Ketchup) Spirit Vinegar Sugar Salt Spice And Herb Extracts (Contain <b>(Celery)</b>) Sweetener (Steviol Glycosides) Spice.</p> <p><b>Allergen advice</b> For allergens including Cereals containing Gluten see ingredients in <b>bold</b></p> <p>May Also Contain Sesame.</p>														

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POTATO WEDGES 1/2 PORTION (106 kcal,442 kJ)														















INGREDIENTS: Baking Potato.

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Lemon Cookies (123 kcal, 515 kJ)		✓ Wheat												

INGREDIENTS: Self Raising Flour ; **(Wheat)** Flour (With Calcium Iron Niacin Thiamin) Raising Agents (Sodium Bicarbonate Monocalcium Phosphates). Fairtrade Caster Sugar ; Cane Sugar. Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm Rapeseed Sunflower In Varying Proportions) Water Emulsifier (Lecithin Mono- And Diglycerides From Fatty Acids) Salt (1.5%) Acidifier (Lactic Acid) Flavours Colours (Beta-Carotene) Vitamins A D. Golden Syrup ; Partially Inverted Refiners Syrup. Lemon; Lemons.

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- Adults need around 2000 kcal a day