





























ALLERGEN CARD




Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roast Gammon (101 kcal,423 kJ)														
INGREDIENTS: British Unsmoked Half Gammon Joint ; Pork Water Salt Stabiliser (Pentasodium Triphosphate) Antioxidant (Sodium Ascorbate) Preservatives (Sodium Nitrite Potassium Nitrate). Rowse Clear Honey Tub ; Honey.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														






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Bean and Cheese Pastry Turnover (243 kcal,1017 kJ)		✓ Wheat					✓							
INGREDIENTS: Puff Pastry Sheets ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Margarine(Palm Oil Water Rapeseed Oil Salt) Water Preservative(Potassium Sorbate). No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Grated Mature Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato Starch.														
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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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ROAST POTATOES PRI (178 kcal,744 kJ)														
INGREDIENTS: Potato ; Potatoes. Rapeseed Oil ; Antifoam E900. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Gravy (24 kcal,101 kJ)														
INGREDIENTS: Water. Premium Instant Gravy ; Maltodextrin Potato Starch Flavouring Salt Yeast Extract Colour (Caramel) Rapeseed Oil. Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Caramel Mousse (70 kcal, 293 kJ)							✓							

INGREDIENTS: Water. Caramel Mousse Mix ; Skimmed **(Milk)** Powder Sugar Dried Glucose Syrup Modified Starch Palm Oil Emulsifiers (Lactic Esters Of Mono- And Diglycerides Of Fatty Acids) **(Milk)** Proteins Gelling Agents (Sodium Phosphate) Natural Colour (Caramel Annatto) Natural Caramel Flavouring Stabiliser (Calcium Carbonate).

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