





























ALLERGEN CARD















Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
All Day Breakfast (186 kcal, 778 kJ)				✓			✓							
INGREDIENTS: Scrambled (Eggs). Free Range Pasteurised Whole (Egg) . Hen (Egg). Semi Skimmed (Milk) 2.271 ; Semi Skimmed (Milk). No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Unsmoked Rindless Back Bacon ; Pork (87%) Water Salt Antioxidant, E301 Preservatives, E250 E252.														
Allergen advice For allergens including Cereals containing Gluten see ingredients in bold .														

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Scrambled Eggs (107 kcal, 448 kJ)				✓			✓							
INGREDIENTS: Free Range Pasteurised Whole (Egg) ; Hen (Egg). Semi Skimmed (Milk) 2.271 ; Semi Skimmed (Milk).														
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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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Cheesy Bean Burrito (287 kcal, 1201 kJ)		✓ Wheat					✓							
<p>INGREDIENTS: 10" Fully Baked Flour Tortillas ; (Wheat) Flour (With Calcium Iron Niacin Thiamin) Water Palm Oil Palm Stearin Rapeseed Oil Sugar Raising Agent(Sodium Bicarbonate Disodium Diphosphate) Acidity Regulator(Malic Acid) Salt. No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. Long Grain Brown Rice. Red Kidneys In Water ; Red Kidney Beans Water Firming Agent, Calcium Chloride. Mixed Pepper ; Mixed Peppers. Grated Mature Cheese ; White Mild Cheddar Cheese (Milk) Anti-Caking Agent Potato Starch. Rapeseed Oil ; Antifoam E900. Chipotle Rub ; Smoked Paprika Sugar Salt Chipotle Chilli(8%) Garlic Cumin Oregano Onion Coriander Chilli Black Pepper.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold.</p>														

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Wholegrain & White Rice (121 kcal,506 kJ)														

INGREDIENTS: Long Grain Brown Rice. Long Grain Rice ; Long Grain Rice (100%).

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















INGREDIENTS: Baking Potato.

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Wibble Jelly Strawberry (10 kcal, 42 kJ)														

INGREDIENTS: Water. Vegan And Low Sugar Strawberry Jelly Crystals ; Sweeteners (Erythritol Steviol Glycosides From Stevia) Fruit Sugar Acidity Regulators (Potassium Citrate Citric Acid) Gelling Agent (Carrageenan) Natural Strawberry Flavouring Colour (Beetroot Red Beta Carotene).

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