

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 (73 kcal,305 kJ)														
Roast Pork Pitta (200 kcal,837 kJ)		✓ Wheat					MC						MC	
Pork Sausage Bites (121 kcal,506 kJ)		✓ Wheat											✓	✓
Beef Mince Cobbler (188 kcal,787 kJ)		✓ Wheat					✓							
Roast Chicken Pitta FFL (222 kcal,929 kJ)		✓ Wheat					MC						MC	
Chicken Katsu FFL (119 kcal,498 kJ)														
Hunters Chicken FFL (133 kcal,556 kJ)							✓							

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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Beany Chilli with Baked Tortilla (117 kcal,490 kJ)		✓ Wheat												
Bean and Cheese Pastry Turnover (239 kcal,1000 kJ)		✓ Wheat					✓							
Beany Vegetable Burger (237 kcal,992 kJ)	✓	✓ Wheat		✓			✓					MC		
BBQ Vegetable Pizza (183 kcal,766 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							
CHEESE AND TOMATO PIZZA FFL WHOLEMEAL RAW SAUCE (214 kcal,895 kJ)		✓ Wheat					✓							
Veggie Supreme Pizza (180 kcal,753 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat					✓							
Yellow Vegteable Curry (117 kcal,490 kJ)														
Quorn Roast (108 kcal,451 kJ)				✓			✓							

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Butter Bean Brownie (112 kcal,469 kJ)		✓ Wheat		✓										
Chocolate Crispy Bar (126 kcal,527 kJ)		✓ Barley												
Crispy Crackle Bar (133 kcal,556 kJ)		✓ Barley ✓ Oats MC Wheat												
Jam and Coconut Sponge (202 kcal,845 kJ)		✓ Wheat		✓										✓
Watermelon (14 kcal,59 kJ)														
Honeydew Melon Portion (6 kcal,25 kJ)														

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