

ALLERGEN CARD

| Recipe | Allergens | | | | | | | | | | | | | |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| BBQ Chicken Burger (383 kcal,1602 kJ) | ✓ | ✓ Wheat | | ✓ | | | | | | | | MC | | |
| Smashed Mexican Bean Burger (213 kcal,891 kJ) | | ✓ Wheat | | | | | | | | | | MC | | |
| Garlic and Herb Wedges Half Portion (82 kcal,343 kJ) | | | | | | | | | | | | | | |
| Buffalo Chicken (191 kcal,799 kJ) | | | | | | | | | | | | | | |
| The Veggie Dog (228 kcal,954 kJ) | ✓ | ✓ Wheat | | | | | | | | | | MC | | |
| ROASTED CHICKEN THIGH SEC (124 kcal,519 kJ) | | | | | | | | | | | | | | |
| Roast Potatoes (125 kcal,523 kJ) | | | | | | | | | | | | | | |
| Gravy (10 kcal,42 kJ) | | | | | | | | | | | | | | |
| Quorn Roast Sec (61 kcal,255 kJ) | | | | ✓ | | | ✓ | | | | | | | |
| Chicken Shawarma FFL (288 kcal,1205 kJ) | | ✓ Wheat | | ✓ | | | | | | | | | | |
| Amarillo Chilli Sauce - Traditional Peruvian Spicy Mayo (43 kcal,180 kJ) | | | | ✓ | | | | | | | | | | |
| Satay Vegetable Noodles (321 kcal,1343 kJ) | | ✓ Wheat | | | | | | | | | | | ✓ | |
| Southern Fried Chicken Goujon (231 kcal,967 kJ) | ✓ | ✓ Wheat | | | | | | | | | | | | |
| Katsu Dippers (134 kcal,561 kJ) | | ✓ Wheat | | | | | | | | | | | | |

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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| Chips (173 kcal,724 kJ) | | | | | | | | | | | | | | |

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