

VEGAN OPTIOS N			Y.			Flor			MUSTARD			HRAW O	-128 -128	Ceer
	Celery	Cereals containing gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	1						1							
VEGAN MOZZARELLA, TOMATO & PESTO CIABATTTA		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			MAY CONTAIN			CONTAI NS CASHEW	MAY CONTAIN		MAY CONTAIN	
VEGAN MOZZARELLA AND MED VEG CIABATTA		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			MAY CONTAIN						MAY CONTAIN	
CHIPS														
CAJUN CHIPS AND CHIPOTLE MAYO										MAY CONTAI N	MAY CONTAIN			
CHIPS & CURRY SAUCE		CONTAINS WHEAT							CONTAINS					
CHIPS & VEGAN CHEESE														

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Gluten free Options							Mik		MUSTARD				<u> </u>		
	Celery	Cereals containing gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	
Tuna Salad [example]															
GLUTEN FREE BACON SANDWICH															
GLUTEN FREE CHICKEN SANDWICH				CONTAINS											
GLUTEN FREE HAM & CHEESE SANDWICH							CONTAINS								
GLUTEN FREE TUNA MAYO SANDWICH				CONTAINS	CONTAINS										
GLUTEN FREE MOZZARELLA, TOMATO & PESTO TOASTIE							CONTAINS			CONTAI NS CASHEW	MAY CONTAIN				
GLUTEN FREE & VEGAN MOZZARELLA TOMATO PESTO TOASTIE										CONTAI NS CASHEW	MAY CONTAIN				
GLUTEN FREE MED VEG & VEGAN CHEESE TOASTIE															

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GLUTEN FREE OPTIONS							Milk		MUSTARD			Haw	6	Beer	
	Celery	Cereals containi ng gluten		Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	
Tuna Salad [example]					<i>✓</i>										
GLUTEN FREE CHICKEN, MOZZARELLA, TOMATO & PESTO							CONTAINS			CONTAINS CASHEW	MAY CONTAIN				
GLUTEN FREE, VEGAN CHEESE, TOMATO & PESTO										CONTAINS CASHEW	MAY CONTAIN				
GLUTEN FREE TUNA MELT				CONTAINS	CONTAINS		CONTAINS								
GLUTEN FREE BACON, BRIE & CRANBERRY				MAY CONTAIN			CONTAINS								
GF CRAB SANDWICH			CONTAINS												

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VEGAN & GLUTEN FREE CAKES			Y.			Lupin Flour			MUSTARD				6000	Ger Wite
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	1													
GLUTEN FREE & VEGAN BROWNIE		MAY CONTAIN		MAY CONTAIN			MAY CONTAIN			CONTAINS ALMONDS		MAY CONTAIN	CONTAINS	MAY CONTAIN
GLUTEN FREE & VEGAN GAZILLIONAIRE SLICE											MAY CONTAIN	MAY CONTAIN	CONTAINS	MAY CONTAIN
VEGAN & GLUTEN FREE LEMON TART				MAY CONTAIN						CONTAINS TREE NUTS & ALMONDS. MAY CONTAIN ALL OTHER TYPES OF NUTS ALSO.	MAY CONTAIN			
VEGAN & GLUTEN FREE FLAPJACKS		CONTAINS GLUTEN FREE OATS								MAY CONTAIN ALL TYPES OF NUTS	MAY CONTAIN			CONTAINS

DISHES AND THEIR ALLERGEN CONTENT - [INSERT THE NAME OF YOUR FOOD BUSINESS HERE]

BURGERS & HOT DOGS	Sec. 1					Lupin Flour			MUSTARD				-6 <u>8</u>	Caro Wite
	Celer y	Cereals containing gluten	Crust acean s	Eggs	Fish	Lupin	Milk	Mollus c	Mustard	Nuts	Peanut s	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	•			\checkmark	\checkmark		1							
BUTTERMILK CHICKEN BURGER		CONTAINS WHEAT		CONTAINS			CONTAINS					MAY CONTAIN		
BEEF BURGER		CONTAINS WHEAT		CONTAINS			CONTAINS					MAY CONTAIN	CONTAINS	CONTAINS
CHEESE BURGER		CONTAINS WHEAT		CONTAINS			CONTAINS					MAY CONTAIN	CONTAINS	CONTAINS
MAEN BURGER		CONTAINS WHEAT		CONTAINS			CONTAINS					MAY CONTAIN	CONTAINS	CONTAINS
HALLOUMI BURGER		CONTAINS WHEAT		CONTAINS			CONTAINS					MAY CONTAIN		
MACKERAL BAP		CONTAINS WHEAT		CONTAINS	CONTAINS		CONTAINS					MAY CONTAIN		
FISH FINGER BAP		CONTAINS WHEAT		CONTAINS	CONTAINS		CONTAINS					MAY CONTAIN	MAY CONTAIN	
HOT DOG & ONIONS		CONTAINS WHEAT & BARLEY				MAY CONTAIN	MAY CONTAIN		MAY CONTAI N			MAY CONTAIN	MAY CONTAIN	CONTAINS
HOT DOG & CHEESE		CONTAINS WHEAT & BARLEY				MAY CONTAIN	CONTAINS		MAY CONTAI N			MAY CONTAIN	MAY CONTAIN	CONTAINS

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HOT DOGS & BREAKFAST							Mik		MUSTARD				~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	Beer
	Celer y	Cereals containing gluten	Crusta ceans	Eggs	Fish	Lupin	Milk	Mollus c	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]							1		1					
HOT DOG WITH CHEESE & ONIONS		CONTAINS WHEAT & BARLEY					CONTAINS		MAY CONTAIN			MAY CONTAIN	MAY CONTAIN	CONTAINS
PLAIN HOT DOG		CONTAINS BARLEY AND WHEAT					MAY CONTAIN		MAY CONTAIN			MAY CONTAIN	MAY CONTAIN	CONTAINS
BACON BAP		CONTAINS WHEAR, RYE & BARLEY					MAY CONTAIN						MAY CONTAIN	
SAUSAGE BAP		CONTAINS WHEAT, RYE & BARLEY					MAY CONTAIN						MAY CONTAIN	CONTAINS
BACON & SAUSAGE BAP		CONTAINS WHEAT, RYE & BARLEY					MAY CONTAIN						CONTAINS	CONTAINS
VEGAN SAUSAGE BAP		CONTAINS WHEAT, RYE & BARLEY					MAY CONTAIN						CONTAINS	
VEGAN SAUSAGE & EGG BAP		CONTAINS WHEAT, RYE & BARLEY		CONTAINS			MAY CONTAIN						CONTAINS	
TOAST, BUTTER & JAM		CONTAINS WHEAT & BARLEY					CONTAINS						CONTAINS	

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BREAKFAST MAINS & SIDES	*					Flot			MUSTARD			Rame		Beet
	Cele ry	Cereals containing gluten	Crusta ceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanut s	Sesam e seeds	Soya	Sulphur Dioxide
Granola, Berry Compote, Greek Yoghurt Pot		CONTAINS OATS. MAY CONTAIN WHEAT & BARLEY					CONTAINS			MAY CONTA IN				CONTAINS
BACON & EGG BAP		CONTAINS WHEAT, RYE & BARLEY		CONTAINS			MAY CONTAIN						MAY CONTAIN	
SAUSAGE & EGG BAP		CONTAINS WHEAT, RYE & BARLEY					MAY CONTAIN						MAY CONTAIN	CONTAINS
BACON, SAUSAGE & EGG BAP		CONTAINS WHEAT, RYE & BARLEY		CONTAINS			MAY CONTAIN						MAY CONTAIN	CONTAINS
BREAKFAST BAP		CONTAINS WHEAT, RYE, BARLEY		CONTAINS			MAY CONTAIN						MAY CONTAIN	CONTAINS
DOUBLE EGG BAP		CONTAINS WHEAT, RYE & BARLEY		CONTAINS			MAY CONTAIN						MAY CONTAIN	
CHIPS														
CHEESY CHIPS							CONTAINS							

SIDES CONTINUED						Flot			MUSTARD				J.	Ber
	Celer y	Cereals containing gluten	Crustace ans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanut s	Sesam e seeds	Soya	Sulphur Dioxide
CHIPS & CURRY SAUCE		CONTAINS WHEAT							CONTAINS					
POT OF 5 PIGS IN BLANKETS		CONTAINS WHEAT												CONTAINS
POT OF 5 CAMEMBERT BITES & CRANBERRY SAUCE		CONTAINS WHEAT							CONTAINS					



MAINS, SIDES & SOUP			Y			Floa			MUSTARD	A	• <u>}</u>		<u></u>	Beer
	Celery	Cereals containing gluten	Crustace ans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
PULLED PORK CHIPS, SPRING ONION & BBQ SAUCE		CONTAINS BARLEY												
CHEESY CHIPS & CURRY SAUCE		CONTAINS WHEAT					CONTAINS		CONTAINS					
CAJUN CHIPS & CHIPOTLE MAYO										MAY CONTAI N	MAY CONTAI N			
SAUSAGE & CHEESY CHIPS		CONTAINS WHEAT					CONTAINS							CONTAINS
SAUSAGE, CHEESY CHIPS & CURRY SAUCE		CONTAINS WHEAT					CONTAINS		CONTAINS					CONTAINS
SAUSAGE, CHIPS & CURRY SAUCE		CONTAINS WHEAT					CONTAINS		CONTAINS					CONTAINS
SPICED CAULIFLOWER	CONT AINS													
SWEET POTATO, COCOUNUT & CHILLI SOUP	CONT AINS													
SEAFOOD CHOWDER														

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SOUPS			¥.			Lupin Flour			MUSTARD				6	Coor
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CELERY SOUP	CONTAINS													
ROASTED TOMATO & RED PEPPER SOUP	CONTAINS													
LEEK & POTATO SOUP	CONTAINS						CONTAINS							
CARROT & CORIANDER SOUP	CONTAINS													
SEAFOOD CHOWDER	CONTAINS	CONTAINS	CONTAINS	CONTAINS			CONTAINS	CONTAINS					CONTAINS	
PARSNIP & APPLE SOUP	CONTAINS													
MIXED VEGETABLE SOUP	CONTAINS													
MUSHROOM SOUP	CONTAINS						CONTAINS							
BEETROOT SOUP	CONTAINS													

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Ciabatt as			X			Lupin			MUSTARD	A	0	Side A	6	Cor Wite
	Celery	Cereals containing gluten	Crustace ans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
CHRISTMAS CIABATTA		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			MAY CONTAIN						MAY CONTAIN	CONTAINS
Bacon, Brie & Cranberry		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS						MAY CONTAIN	
Bacon, Chesse & Tomato		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS						MAY CONTAIN	
Med Veg & Goats Cheese		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS						MAY CONTAIN	
Ham & Cheese		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS						MAY CONTAIN	
Mozzarella, Tomato & Pesto		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS			CONTAINS CASHEW NUTS	MAY CONTAIN		MAY CONTAIN	
Chicken, Mozzarella, Tomato & Pesto		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS			CONTAINS CASHEW NUTS	MAY CONTAIN		MAY CONTAIN	
Tuna Melt		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS			CONTAINS CASHEW NUTS			MAY CONTAIN	
Chicken, Chorizo, Cheese & Garlic Mayo Ciabatta		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN			CONTAINS		CONTAI NS				MAY CONTAIN	



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CIABATTAS & SANDWICHES			No.						MUSTARD			SISAME OL		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanut s	Sesam e seeds	Soya	Sulphur Dioxide
Tuna Salad [example]														
VEGAN MOZZARELLA, TOMATO & PESTO		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN						CONTAINS CASHEW	MAY CONTA IN		MAY CONTAIN	
MED VEG & VEGAN CHEESE		CONTAINS WHEAT, RYE & BARLEY		MAY CONTAIN									MAY CONTAIN	
PULLED PORK CIABATTA		CONTAINS WHEAT, RYE & BARLEY		CONTAINS					CONTAINS					CONTAINS
TUNA MAYO SANDWICH		CONTAINS WHEAT & BARLEY		CONTAINS	CONTAINS								CONTAINS	
HAM & CHEESE SANDWICH		CONTAINS WHEAT & BARLEY					CONTAINS						CONTAINS	
CRAB SANDWICH		CONTAINS WHEAT & BARLEY	CONTAINS										CONTAINS	
CHICKEN MAYO SALAD SANDWICH		CONTAINS WHEAT & BARLEY		CONTAINS									CONTAINS	

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CAKES			X						MUSTARD			HIGH HIGH		Geor
	Celer y	Cereals containing gluten	Crust acean s	Eggs	Fish	Lupin	Milk	Mollu sc	Must ard	Nuts	Peanuts	Sesa me seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	•	1		\checkmark	1									
BROWNIES		CONTAIN WHEAT		CONTAIN			CONTAINS			CONTAINS HAZELNU TS	MAY CONTAIN		CONTAINS	
LEMON DRIZZLE		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	CONTAINS
CHAI FRUIT CAKE		CONTAINS WHEAT		CONTAINS						MAY CONTAIN	MAY CONTAIN			
BANOFFEE		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	
WHITE CHOC & RASPBERRY		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	CONTAINS
LEMON & BLUEBERRY		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	CONTAINS
CARAMEL SHORTBREAD		CONTAINS WHEAT					CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	
CHERRY BAKEWELL		CONTAINS WHEAT		CONTAINS			CONTAINS			CONTAINS ALMONDS	MAY CONTAIN		CONTAINS	CONTAINS
Mince Pies														

CAKES			X						MUSTARD			HIGH HIGH		Geor
	Celer y	Cereals containing gluten	Crust acean s	Eggs	Fish	Lupin	Milk	Mollu sc	Must ard	Nuts	Peanuts	Sesa me seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	•	1		\checkmark	1									
BROWNIES		CONTAIN WHEAT		CONTAIN			CONTAINS			CONTAINS HAZELNU TS	MAY CONTAIN		CONTAINS	
LEMON DRIZZLE		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	CONTAINS
CHAI FRUIT CAKE		CONTAINS WHEAT		CONTAINS						MAY CONTAIN	MAY CONTAIN			
BANOFFEE		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	
WHITE CHOC & RASPBERRY		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	CONTAINS
LEMON & BLUEBERRY		CONTAINS WHEAT		CONTAINS			CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	CONTAINS
CARAMEL SHORTBREAD		CONTAINS WHEAT					CONTAINS			MAY CONTAIN	MAY CONTAIN		CONTAINS	
CHERRY BAKEWELL		CONTAINS WHEAT		CONTAINS			CONTAINS			CONTAINS ALMONDS	MAY CONTAIN		CONTAINS	CONTAINS
Mince Pies														

CAKES			¥.				Mik		MUSTARD			HEALE OL	6	Beer
	Celery	Cereals containing gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollus c	Mustar d	Nuts	Peanuts	Sesam e seeds	Soya	Sulphur Dioxide
Tuna Salad [example]					1									
ORANGE MARMALADE		CONTAINS WHEAT		CONTAIN S			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		CONTAINS	CONTAINS
GINGER CAKE		CONTAINS WHEAT		CONTAIN S			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		CONTAINS	CONTAINS
APPLE CINNAMON		CONTAINS WHEAT		CONTAIN S			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		CONTAINS	CONTAINS
CARROT & WALNUT		CONTAINS WHEAT		CONTAIN S			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		CONTAINS	
COFFEE & WALNUT		CONTAINS WHEAT		CONTAIN S			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		CONTAINS	
BROOKIE		CONTAINS WHEAT		CONTAIN S			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		CONTAINS	
VEGAN APPLE & CINNAMON CRUMBLE		CONTAINS WHEAT & OATS					MAY CONTAIN			MAY CONTAIN TRACES	MAY CONTAIN TRACES		CONTAINS	
FLAPJACK		CONTAINS OATS		MAY CONTAIN			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN	
SEDDED FLAPJACK		CONTAINS OATS		MAY CONTAIN			CONTAINS			MAY CONTAIN TRACES	MAY CONTAIN TRACES		MAY CONTAIN5	