



FOOD ALLERGENS (updated OCT 19)

	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Fish, Battered	✓ Wheat			✓										
Fishcake	✓ Wheat		✓	✓										
Fish Finger, Jumbo	✓ Wheat		✓	✓										
Fish Finger, Gluten free				✓										
Fish Goujons TBC														
Fish Star	✓ Wheat			✓						✓				
Gravy	✓ Wheat					✓			✓	✓				
Gravy, Chicken						✓	✓		✓	✓				
Gravy, Vegetarian	✓ Wheat					✓			✓					
Ham												✓		
Hotdog (Frankfurter, Gluten Free)														
Macaroni Cheese	✓ Wheat						✓			✓				
Margherita Pizza	✓ Wheat						✓							
Pepperoni Pizza	✓ Wheat						✓							
Ploughman's - Grated Cheese, Pickled Onion & Bread Roll	✓ Wheat		May			May	✓							



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Quiche, Cheese & Egg	✓ Wheat		✓				✓			✓				
Quorn Ball Sub	✓ Wheat/Barley		✓			✓	✓			✓				
Quorn Burger, Southern Style	✓ Wheat		✓				✓							
Quorn Fillet in Vegetarian Gravy	✓ Wheat		✓						✓			✓		
Roast Beef in Gravy	✓ Wheat					✓			✓	✓	✓			
Salmon Finger	✓ Wheat			✓										
Salmon Fillet with Bubble Crumb (Gluten Free)				✓										
Sausage (mini) & Bacon Filled Yorkshire Pudding	✓ Wheat		✓				✓					✓		
Sausage	✓ Wheat													
Sausage wrapped in Bacon	✓ Wheat													
Southern Fried Chicken	✓ Wheat		✓				✓		✓	✓				
Soya Mince Bolognese	✓ Barley					✓	✓		✓					
Soya Mince Cottage Pie	✓ Barley					✓	✓		✓					
Spanish Meatballs (beef) in Tomato & Basil Sauce	✓ Wheat		✓				✓							
Stuffing Ball	✓ Wheat													
Tuna Pasta	✓ Wheat		✓	✓						✓				



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Cookie, Chocolate Chip	✓ Wheat		✓				✓							
Cookie, Chocolate Chip (dairy free)	✓ Wheat		✓											
Cornflake Tart	✓ Wheat/Barley													
Cream							✓							
Christmas Pudding	✓ Wheat		✓				✓							
Custard							✓							
Custard Pots							✓							
Drizzle Cake, Lemon or Orange	✓ Wheat		✓				✓							
Fairy Cake	✓ Wheat		✓											
Flapjack	✓ Wheat/Oats													
Fromage Frais & Sponge Finger	✓ Wheat		✓				✓							
Fruit Crunch Pie	✓ Wheat													
Fruit Crumble	✓ Wheat													
Fruit Salad														
Fruit Smoothie														
Fudge Tart	✓ Wheat						✓							



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Halloween Biscuit	✓ Wheat													
Gingerbread Man (gluten free)			✓											
Honey & Oat Biscuit	✓ Wheat													
Ice Cream Cone (Strawberry)	✓ Wheat						✓							
Ice Cream Tub, assorted							✓							
Iced Bun	✓ Wheat		May			May	May							
Iced Sponge	✓ Wheat		✓			✓	✓							
Iced Sponge Sparkler	✓ Wheat		✓			✓	✓							
Jam Roly Poly	✓ Wheat													
Jam & Coconut Sponge	✓ Wheat		✓											
Juice (served with shortbread)														
Lemon Love Cake	✓ Wheat		✓				✓							
Melting Moment	✓ Wheat		✓											
Meringue Bonfire	✓ Maize Starch		✓				✓							
Meringue Snowman & Cream	✓ Maize Starch		✓				✓							
Mousse, assorted							✓							



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Orange Viennese Biscuit	✓ Wheat													
Pink Sauce							✓							
Rice Pudding Pots							✓							
Scone with Jam & Cream	✓ Wheat						✓							
Shortbread	✓ Wheat													
Shortbread Star Biscuit	✓ Wheat													
Spooky Shortbread	✓ Wheat													
Spooky Sponge	✓ Wheat		✓			✓	✓							
Sticky Toffee Pudding	✓ Wheat		✓											
Vanilla Sauce							✓							
Yogurt Pots							✓							
Yogurt, Frozen							✓							