

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Jerk Chicken Burger (210 kcal,879 kJ)		✓ Wheat		✓								MC		
INGREDIENTS: Roasted Chicken Breast Fillets 80g ; Chicken Breast (95%), Water, Modified Tapioca Starch (E1420), Dextrose, Salt, Sugar, Maltodextrin, Onion Powder, White Pepper Powder, Garlic Powder, Yeast Extract, Stabiliser (E451i, E500). 4in Floured Bap ; (Wheat) Flour (With Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300). Jerk Mayonnaise. Light Mayonnaise . Water, Rapeseed Oil 25%, Spirit Vinegar, Modified Starch, Pasteurised (Egg) 3.5 %, Sugar, Salt, Pasteurised (Egg) Yolk 1%, Thickener (Xanthan Gum), Lemon Juice Concentrate, Preservative (Potassium Sorbate), Antioxidant (Calcium Disodium Edta), Acid (Malic Acid), Natural Flavour. Jerk Seasoning ; Herbs & Spices (Coriander, Ginger, Allspice, Chilli, Black Pepper, Thyme, Cinnamon, Nutmeg, Turmeric, Bay Leaf), Salt, Garlic, Chicory Extract, Onion, Citric Acid, Colour (Paprika Extract). Iceberg Lettuce. Jerk Seasoning ; Herbs & Spices (Coriander, Ginger, Allspice, Chilli, Black Pepper, Thyme, Cinnamon, Nutmeg, Turmeric, Bay Leaf), Salt, Garlic, Chicory Extract, Onion, Citric Acid, Colour (Paprika Extract). Rapeseed Oil ; Antifoam E900. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Sesame.														

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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Mac and Cheese Burger (325 kcal, 1360 kJ)		✓ Wheat					✓					MC		

INGREDIENTS: Mac And Cheese. Macaroni . Durum **(Wheat)** Semolina. Semi Skimmed **(Milk)**. Grated Mature Cheese. White Mild Cheddar Cheese **(Milk)**, Anti-Caking Agent Potato Starch. Whole **(Milk)**, Cheese Lactic Starter Culture, Rennet, Salt, 14% Fat White Cheese **(Milk)**, Cheddar Cheese **(Milk)** Pasteurised Cows **(Milk)** (98.06%), Salts (Contains Anti Caking Agent E535) 1.9%, Non Animal Rennet (Sodium Benzoate Free) 0.02%, Starter Culture 0.02%, Potato Starch- Anti Caking Agent 1-2%, Mozzarella Cheese **(Milk)**, Cheddar Cheese **(Milk)**, Anti-Caking Potato Starch. Plain Flour . **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin). Phase 70% Vegetable Fat Spread ; Vegetable Oils (Palm, Rapeseed, Sunflower In Varying Proportions), Water, Emulsifier (Lecithin, Mono- And Diglycerides From Fatty Acids), Salt (1.5%), Acidifier (Lactic Acid), Flavourings, Colours (Beta-Carotene), Vitamins A, D. 4 in Floured Bag ; **(Wheat)** Flour (With Calcium, Folic Acid, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils (Palm, Rapeseed), Salt, Emulsifiers (E472e, E471), Preservative (E282), Flour Treatment Agent (E300). American Bbq Style Seasoning ; Demerara Sugar, Smoked Paprika, Sugar, Tomato Powder, Salt, Cumin, Garlic Powder, Yeast Extracts, Modified Tapioca Starch, Black Pepper, Coriander, Chilli Flakes, Green Bell Peppers, Smoked Maltodextrin, Silicon Dioxide (Anti-Caking Agent), Citric Acid, Rapeseed Oil.

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Cajun Wedges Half Portion (80 kcal,335 kJ)														

INGREDIENTS: Baking Potato. Cajun Seasoning ; Salt, Chilli (21%), Black Pepper (5%), Garlic (5%), Thyme (5%), Oregano (5%), Rosemary (5%), Onion, Paprika, Paprika Extract, Silicon Dioxide, Sage, Pimento.

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Salad Sweetcorn (64 kcal,268 kJ)														

INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

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