

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Battered Fish (266 kcal, 1113 kJ)		✓ Wheat			✓									

INGREDIENTS: Battered Pollock Fillet ; Pollock **(Fish)** (50%), **(Wheat)** Flour (With Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Raising Agent (Sodium Phosphates, Sodium Carbonate, Ammonium Carbonate), Dextrose, Maize Flour, **(Wheat)** Starch, **(Wheat)** Gluten, Maize Starch, Colour (Paprika Extract), Turmeric Extract, Sunflower Oil, Emulsifier (Sunflower Lecithin).

Allergen advice For allergens, including Cereals containing Gluten, see ingredients in **bold**.

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Katsu Dippers (133 kcal, 556 kJ)		✓ Wheat												

INGREDIENTS: Vegan Dippers ; Mycoprotein (61%), Water, **(Wheat)** Flour (**(Wheat)** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Pea Fibre, Natural Flavouring, Durum **(Wheat)** Semolina, Potato Protein, Pea Protein, **(Wheat)** Gluten, Maize Flour, **(Wheat)** Starch, Dextrose, Raising Agents: Disodium Bicarbonate, Sodium Bicarbonate, Salt, Turmeric Extract. Katsu Curry Sauce. Curry Onion Base . Onion (69%), Water, Tomato Paste, Salt, Rapeseed Oil, Glucose Syrup, Sugar, Garlic Puree, Cumin, Ginger Puree, Paprika, Yeast Extract, Ground Coriander, Turmeric, Ginger, Ground Fennel, Cinnamon, Lemon Juice Concentrate, Black Pepper, Cardamom, Clove, Bay Leaf. Water. Coconut milk. Coconut Extract, Water, Thickener (Carboxymethyl Cellulose), Emulsifier (Polysorbate 60). Keralan Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Chilli, Ginger, Turmeric, Fennel, Cinnamon, Cardamom, Black Pepper, Clove, Bay Leaf, Nutmeg), Onion Powder, Tomato Powder, Yeast Extract, Garlic Powder, Carrot Powder, Citric Acid, Coriander Seed Oil, Cumin Seed Oil, Lime Oil.

Allergen advice For allergens, including Cereals containing Gluten, see ingredients in **bold**.

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)														
INGREDIENTS: Oven Fries ; Potatoes, Sunflower Oil, Dextrose. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Baked Beans (57 kcal,238 kJ)														
INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold .														

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Peas (54 kcal, 226 kJ)														
INGREDIENTS: Garden Peas Value ; Garden Peas. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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