

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 (185 kcal, 774 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). Iceberg Lettuce. 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. 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. 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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Smashed Mexican Bean Burger (190 kcal, 795 kJ)		✓ Wheat										MC		
INGREDIENTS: Mixed Bean (5) Salad In Water ; Mix Beans In Variable Proportions (Red Kidney Beans, Borlotti Beans, Cannellini Beans, Butter Beans, Chickpeas) 60%, Water, Antioxidant: Ascorbic Acid. 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). Sweet Potato ; Potatoes. Iceberg Lettuce. Onion ; Onions. Plain Flour ; (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin). Zesty Chermoula Seasoning; Herbs And Spices (Coriander, Cumin, Parsley, Black Pepper, Cayenne Pepper (2.5%), Basil, Oregano, Thyme), Dried Glucose Syrup, Sugar, Yeast Extract, Smoked Paprika, Garlic Powder, Red Bell Pepper (7%), Salt, Citric Acid, Colour (Paprika Extract), Coriander Leaf Oil. Coriander. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Sesame.														

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Garlic and Herb Wedges Half Portion (82 kcal,343 kJ)														

INGREDIENTS: Baking Potato. Garlic Powder. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory.

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