

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Chicken Shawarma (267 kcal, 1117 kJ)		✓ Wheat		✓										

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). 10" Fully Baked Flour Tortillas ; **(Wheat)** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Palm Stearin, Rapeseed Oil, Sugar, Raising Agent(Sodium Bicarbonate, Disodium Diphosphate), Acidity Regulator(Malic Acid), Salt. Iceberg Lettuce. Tomato ; Tomatoes. Cucumber ; Cucumber (100%). Red Onion ; Red Onions. 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. Sweet Chilli Sauce ; Sugar Syrup, Water, Red Chilli (14%), Garlic (4%), Salt, Thickener(Modified Tapioca Starch), Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate). Spicy Persian Style Seasoning ; Sugar, Spices (Ginger (7%), Paprika, Cinnamon (4%), Cumin (4%), All Spice, Turmeric, Black Pepper, Chilli Powder, Coriander, Nutmeg), Salt, Dried Glucose Syrup, Tomato Powder, Modified Tapioca Starch, Garlic Powder, Turmeric Extract.

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

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Satay Vegetable Noodles (322 kcal, 1347 kJ)		✓ Wheat											✓	

INGREDIENTS: Rice Vermicelli Noodle Nest ; Rice Flour (85%), Water. **(Soya)** Beans. Mixed Pepper ; Mixed Peppers. Onion Brown Medium ; Onions. Carrot ; Carrots. Light **(Soy)** Sauce ; **(Soy)** Sauce Extract (51%, Water, **(Soy)** Bean, Salt, **(Wheat)** Flour), Water, Sugar, Salt, Colour - Plain Caramel, Acidity Regulators - Citric Acid, Lactic Acid, Preservative - Potassium Sorbate, Flavour Enhancers - E631 And E627. Spring Onion ; Spring Onions. Rapeseed Oil ; Antifoam E900. _peanut Free Satay Style Seasoning ; Demerara Sugar, Dried Glucose Syrup, Yeast Extract, Salt, Garlic Powder, Cumin, Coriander, Chilli Flakes, Chilli Powder, Flavours, Turmeric, Ginger.

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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