

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 Tikka Pitta (322 kcal, 1347 kJ)		✓ Wheat					✓						MC	
INGREDIENTS: 12mm Steam Cooked Chicken Breast Strips ; Chicken Breast Fillet (98%), Salt. Pitta Breads ; (Wheat) Flour((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Salt. Chartwells Tikka 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 Yoghurt Alternative Natural. Coconut_milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Fruit Pectin, Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis). Tikka Seasoning ; Chicory Extract, Herbs & Spices (Coriander, Cumin, Paprika, Ginger, Chilli, Black Pepper), Sugar, Tomato Powder, Garlic Powder, Onion Powder, Yeast Extract, Colour (Paprika Extract), Citric Acid. Tomato ; Tomatoes. Cucumber ; Cucumber (100%). Red Onion ; Red Onions. Low Fat Natural Yogurt ; Skimmed (Milk), Skimmed (Milk) Powder, Cultures. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Soybeans.														

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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Potato Pepper and Cheese Pitta (295 kcal, 1234 kJ)		✓ Wheat					✓						MC	
INGREDIENTS: Pitta Breads ; (Wheat) Flour((Wheat) Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, Salt. Sweet Potato ; Potatoes. Riverdene Red Kidney Beans Water ; Red Kidney Beans, Water, Firming Agent: Calcium Chloride. Onion ; Onions. Mixed Pepper ; Mixed Peppers. Mozz/Cheddar 70/30 ; Mozzarella Cheese (Milk), Cheddar Cheese (Milk), Anti-Caking Potato Starch. Sweet Chilli Sauce ; Sugar Syrup, Water, Red Chilli (14%), Garlic (4%), Salt, Thickener(Modified Tapioca Starch), Acidity Regulator(Acetic Acid), Preservative(Potassium Sorbate). Rapeseed Oil ; Antifoam E900. 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. Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold May Also Contain Soybeans.														

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Salad Sweetcorn (64 kcal, 268 kJ)														

INGREDIENTS: Sweetcorn ; Sweetcorn 100%.

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