

ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Southern Fried Chicken Goujon (175 kcal, 732 kJ)	✓	✓ Wheat												

INGREDIENTS: Southern Fried Goujons ; Chicken Inner Fillet (62%), Water, Tapioca Starch, Salt, Modified Tapioca Starch, **(Wheat)** Gluten, **(Wheat)** Flour, Onion Powder, Natural Flavour, Garlic Powder, Spices (White Pepper, Black Pepper, Garlic, Onion, **(Celery)**, Oregano, Fennel), Yeast Extract, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yellow Corn Flour, **(Wheat)** Starch, Dry Yeast, Sugar, Paprika Extract, Turmeric Extract, Fully Refined **(Soya)**_bean_oil.

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.

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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

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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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Chicken Katsu Wrap (375 kcal, 1569 kJ)	✓	✓ Wheat												

INGREDIENTS: Southerm Fried Goujons ; Chicken Inner Fillet (62%), Water, Tapioca Starch, Salt, Modified Tapioca Starch, **(Wheat)** Gluten, **(Wheat)** Flour, Onion Powder, Natural Flavour, Garlic Powder, Spices (White Pepper, Black Pepper, Garlic, Onion, **(Celery)**, Oregano, Fennel), Yeast Extract, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yellow Corn Flour, **(Wheat)** Starch, Dry Yeast, Sugar, Paprika Extract, Turmeric Extract, Fully Refined **(Soya)**_bean_oil. 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. 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.

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Chips (173 kcal, 724 kJ)														

INGREDIENTS: Oven Fries ; Potatoes, Sunflower Oil, Dextrose.

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Tex Mex Bean Burrito (331 kcal, 1385 kJ)		✓ Wheat												
INGREDIENTS: Easy Cook Wholegrain Rice; Whole Grain Easy Cook Rice. 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. 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. Chartwells Tomato Sauce. Chopped Tomatoes . Tomato Juice, Citric Acid. Onion Brown Medium. Onions. Water. Rapeseed Oil . Antifoam E900. Tomato Paste. Tomatoes, Citric Acid. Fairtrade Caster Sugar . Cane Sugar. Diced Garlic 250g. Garlic. Mixed Herbs ; Marjoram, Thyme, Parsley, Basil, Savory. No Added Sugar Baked Beans ; Beans (47%), Tomatoes (38%), Water, Modified Cornflour, Spirit Vinegar, Salt, Natural Flavouring, Spice Extracts, Sweetener, Steviol Glycosides, Herb Extract. Vegetable Bouillion ; Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Onion Powder, Spices (Lovage, Turmeric, Black Pepper), Carrot Powder, Garlic Powder, Rapeseed Oil, Antioxidant (Rosemary Extract), Colour (Plain Caramel), Flavouring, Herb. Mild Chilli Powder ; Paprika, Chilli Powder (20%). Allergen advice For allergens, including Cereals containing Gluten, see ingredients in bold.														

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- Adults need around 2000 kcal a day