**Allergen Sheet**

**m/c = may contain**

| **Menu Item** | **Celery** | **Gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame** | **Soya** | **Sulphur Dioxide** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mexican rice, tortilla chips and mixed salad |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| Chicken tikka, kebab wrap salad and nachos |  | ✔ |  |  |  |  |  |  | ✔ |  |  |  | ✔ |  |
| Chicken tikka masala with rice and naan bread |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Chicken and spinach curry, rice, naan bread |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| SF Chicken strips with potato rostis |  | ✔ |  | ✔ |  |  | ✔ |  | ✔ |  |  |  |  |  |
| SF Chicken wrap, Bombay potatoes served with mixed salad |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Chicken Pilau, Naan bread, raita |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Pizza, chips, peas and sweetcorn beans (v) |  | ✔ |  | ✔ |  |  | ✔ |  | ✔ |  |  |  |  |  |
| Meatballs in tomato sauce with pasta and garlic bread |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ | ✔ |
| Quorn chicken wrap |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Veg Mexican burrito |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| Veg sausage sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  | ✔ |  |
| Veg curry |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| SF Veg Burger |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  | m/c | ✔ |  |
| Macaroni Cheese | ✔ | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Hot and spicy chicken burger with potato rostis and salad |  | ✔ |  |  |  |  |  |  |  |  |  | ✔ |  |  |
| Chinese chicken fried rice and prawn crackers |  |  | ✔ |  |  |  |  |  |  |  |  | ✔ | ✔ | ✔ |
| Beef chilli con carne with rice and a wrap |  | ✔ |  |  |  |  |  |  | ✔ |  |  |  |  |  |
| Chicken tikka strips with Bombay potatoes peas and sweetcorn |  | ✔ |  |  |  |  | ✔ |  | ✔ |  |  |  |  |  |
| Fish finger butty with chips and peas |  | ✔ |  |  | ✔ |  |  |  |  |  |  | ✔ |  |  |
| Cheese onion pastie |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Beef burger with cheese, chip |  | ✔ |  |  |  |  |  |  |  |  |  | ✔ | ✔ | ✔ |
| Beef pasta bolognese with garlic bread |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| SF Veg Burger |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Chickpea pilau |  | ✔ |  |  |  |  |  |  |  |  |  |  | ✔ |  |
| Falafel Kebab | ✔ | ✔ |  | ✔ |  |  |  |  | ✔ |  |  |  | ✔ |  |
| Chicken and cheese panini |  | ✔ |  |  |  |  | ✔ |  |  | m/c |  |  | ✔ |  |
| Cheese and tomato panini |  | ✔ |  |  |  |  | ✔ |  |  | m/c |  |  | ✔ |  |
| Jacket potato, with cheese and beans |  |  |  |  |  |  | ✔ |  |  |  |  |  | ✔ |  |
| Tuna mayo sandwich |  | ✔ |  | ✔ | ✔ |  |  |  |  |  |  |  |  |  |
| Chicken mayo sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  |  |  |
| Egg mayo sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  |  |  |
| Cheese sandwich |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Chicken tikka salad sandwich |  | ✔ |  | ✔ |  |  |  |  |  |  |  |  |  |  |
| Cheese and onion sandwich |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Tuna salad sandwich |  | ✔ |  | ✔ | ✔ |  |  |  |  |  |  |  |  |  |
| Muffin |  | ✔ |  | ✔ |  |  | ✔ |  |  | m/c |  |  |  |  |
| Oat Biscuits |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Brownie |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Cookies |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Choc ice |  |  |  | ✔ |  |  | ✔ |  |  | m/c |  |  |  |  |
| Ice cream |  |  |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Flapjack |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Blondie |  | ✔ |  | ✔ |  |  | ✔ |  |  |  |  |  |  |  |
| Cheese on toast |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Toast |  | ✔ |  |  |  |  | ✔ |  |  |  |  |  |  |  |
| Crumpets |  | ✔ |  | m/c |  |  | m/c |  |  |  |  | m/c | m/c |  |
| Bagels |  | ✔ |  |  |  |  | ✔ |  |  |  |  | m/c |  |  |