

Key & interpreting the data

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.

Allergy data for condiments (pepper, salt, etc.) which you may add to your food, are listed at the bottom of the table (i.e. not with the

NB the staff need to be informed of your allergy every time you dine with us even if you have eaten the dish before so that every precaution can be taken in our kitchen to prevent cross contamination.

'N' means that the allergen is not part of the product as it is delivered by the supplier .

'Yes' in a column entitled 'allergen(s) (e.g. gluten) present' indicates that the product contains that allergen & is, therefore, not suitable for you if you suffer from this allergy.

'C' means that this allergen is present in the manufacturing site/factory/supply chain & our suppliers believe there is a significant risk that this allergen could cross-contaminate the food.

The 'Yes'/'No' in the column entitled 'suitable for vegans'/'suitable for vegetarians' details information supplied by the product manufacturer. Our kitchens have limited space and as such we cannot always preserve the vegetarian status of a meal. For example we only have one fryer for breaded products and so breaded vegetable products cannot be considered vegetarian.

'Data unavailable' is where ingredient detail for the item/dish is currently unavailable from the supplier & will be added onto the table upon obtaining it. Or because it is bought at local level in-house.

Gluten is a protein component of wheat, rye, barley & oats. If you are intolerant to gluten then please consult the 'gluten present'

Additives are artificial antioxidants, colours, flavourings, preservatives, sweeteners, flavour-enhancers & sulphites.

The Treenut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

NB: We have taken all reasonable steps to ensure that this table is accurate. However, we cannot guarantee that the product is '100% free from' that component because of the risk of unexpected cross-contamination. Your statutory rights are not affected.

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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WHILE YOU'RE CHOOSING

43761	DIPPING BREAD TRIO	EXTRA VIRGIN OLIVE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
48641		GARLIC & PARSLEY SPREAD	Yes	No	N	N	N	Yes	N	N	N	N	N
49041		BALSAMIC VINEGAR	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50622		CHEESE TWIST	Yes	No	Yes	C	Yes	Yes	N	N	N	N	N
51125		PLAIN BREADSTICK	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51126		SEEDED BREAD STICK	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		DIPPING BREAD TRIO	Yes	No	Yes	C	Yes	Yes	N	Yes	N	N	N

STARTERS

51424	PRAWN COCKTAIL	LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48054		PAPRIKA PEPPER 1X500G	Yes	Yes	N	N	N	N	N	N	N	N	N
48690		COOKED & PEELED PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50987		PRAWN COCKTAIL DRESSING	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		PRAWN COCKTAIL	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N	N

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48413	BREADED MUSHROOMS	GARLIC & HERB BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51477		SHREDDED BEETROOT	Yes	Yes	N	N	N	N	N	N	N	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
Breaded mushrooms come with a choice of the following dips-													
14667		SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
42876	BE COMBO X2	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
44267		TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
46582		FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50090		PEPPERS RED COOKING	Yes	Yes	N	N	N	N	N	N	C	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51150		SMOKY MAPLE RIB RACKS	No	No	N	N	N	N	N	Yes	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		BE COMBO X2	No	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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46582	BAKED CAMEMBERT	FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
51196		PETIT CAMEMBERT	No	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		BAKED CAMEMBERT	No	No	Yes	C	C	Yes	N	Yes	C	N	N

50951	SOUP OF THE DAY	SEASONAL MIXED SOUP A 8X1.5KG	For this month's flavours please see seperate Spreadsheet										
50952		SEASONAL MIXED SOUP B 8X1.5KG	For this month's flavours please see seperate Spreadsheet										
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N

43908	CHICKEN SKEWERS	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50090		PEPPERS RED COOKING	Yes	Yes	N	N	N	N	N	N	C	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N
51477		SHREDDED BEETROOT	Yes	Yes	N	N	N	N	N	N	N	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		CHICKEN SKEWERS	No	No	Yes	C	C	Yes	N	Yes	Yes	N	N

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51424	WHITEBAIT	LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48054		PAPRIKA PEPPER 1X500G	Yes	Yes	N	N	N	N	N	N	N	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50938		TARTARE SAUCE	Yes	No	N	N	Yes	N	N	Yes	Yes	C	C
51242		WHITEBAIT FILLETS	No	No	Yes	N	N	N	Yes	N	N	N	N
51477		SHREDDED BEETROOT	Yes	Yes	N	N	N	N	N	N	N	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		WHITEBAIT	No	No	Yes	N	Yes	N	Yes	Yes	Yes	C	C

51424	PRAWN TRIO	LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
49028		GINGER & SOY SAUCE	Yes	Yes	Yes	Yes	C	C	N	Yes	C	N	N
50501		TEMPURA BATTERED KING PRAWNS	No	No	Yes	N	N	N	Yes	N	N	N	Yes
50532		CAJUN BATTERED PRAWNS	No	No	Yes	N	Yes	Yes	Yes	N	Yes	N	N
51347		BREADED BUTTERFLY KING PRAWNS	No	No	Yes	Yes	N	N	Yes	N	N	N	N
51477		SHREDDED BEETROOT	Yes	Yes	N	N	N	N	N	N	N	N	N
51475		PEELED KING PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		PRAWN TRIO	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N	Yes

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46582	POT SHELLS CHS N ONION	FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		POT SHELLS CHS N ONION	Yes	No	C	C	C	Yes	N	Yes	C	N	N
42876	POT SHELLS CHS N BACON	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
46582		FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		POT SHELLS CHS N BACON	No	No	N	N	N	Yes	N	Yes	C	N	N
Potato shells come with a choice of the following dips-													
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
14667		SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
48584	CHICKEN LIVER PATE	FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
51367		WHITE SANDWICH BREAD	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51368		MALTED SANDWICH BREAD	Yes	Yes	Yes	N	N	N	N	N	N	N	N
50505		CHICKEN PATE WITH HERBS	No	No	Yes	C	Yes	Yes	C	Yes	C	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51477		SHREDDED BEETROOT	Yes	Yes	N	N	N	N	N	N	N	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		CHICKEN LIVER PATE	No	No	Yes	C	Yes	Yes	C	Yes	Yes	N	N

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SWAP YOUR ACCOMPANIMENT

Dishes with an asterisk (*) are shown without any carbohydrate options as you may swap the carb served with your dish for any of the ones below. For the full allergy summary please add you chosen carb to the dish of your choice.

51071	JACKET POTATO	SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51285		JACKET POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
		JACKET POTATO	Yes	No	N	N	N	Yes	N	N	N	N	N
15509	NEW POTATOES	NEW POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
		NEW POTATOES	Yes	No	N	N	N	Yes	N	N	N	N	N
51084	DAUPHINOISE	DAUPHINOISE POTATO	Yes	No	N	N	N	Yes	N	N	N	C	C
46548	BASMATI RICE	DELICATELY FLAV BASMATI RICE	Yes	Yes	N	N	N	N	N	N	N	N	N
51417	SIDE SALAD SIDE	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
48664	BOTTOMLESS CHIP	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		BOTTOMLESS CHIP	Yes	Yes	N	N	N	N	N	N	Yes	N	N

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TASTY GRILLS

43908	RACK OF RIBS*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51150		SMOKY MAPLE RIB RACKS	No	No	N	N	N	N	N	Yes	N	N	N
		RACK OF RIBS*	No	No	Yes	Yes	Yes	Yes	N	Yes	Yes	N	N

48544	PLUS ONE OF THE FOLLOWING;	BOURBON & BLACK SAUCE	Yes	Yes	Yes	Yes	C	C	N	Yes	C	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N

40117	MIXED GRILL*	GAMMON STEAK 25X6OZ	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
47711		PREMIUM SAUSAGE 175X56G	No	No	Yes	N	N	N	N	Yes	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
51319		RUMP _10OZ	No	No	N	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		MIXED GRILL*	No	No	Yes	C	C	C	N	Yes	C	C	C

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The Mixed Grill comes with a choice of the following:													
51417	SIDE SALAD SIDE	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
43045	STEAK MUSH N TOM	MUSHROOM FLAT FIELD!	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
		STEAK MUSH N TOM	Yes	Yes	N	N	N	N	N	N	C	N	N
48664	ONION RINGS	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
		ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
50624	COLESLAW SIDE	PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
		COLESLAW SIDE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51605		HORSERADISH BUTTER	Yes	No	N	N	Yes	Yes	N	Yes	N	N	N
51331		TARRAGON BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51332		BEURRE MAISON BUTTER	Yes	No	N	N	N	Yes	N	N	Yes	N	N

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43908	GIANT CHICKEN SKEWER*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
49033		CHICKEN KEBAB SKEWER	No	No	N	N	N	N	N	N	N	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
		GIANT CHICKEN SKEWER*	No	No	C	Yes	Yes	Yes	N	Yes	Yes	N	N

The Giant Chicken Skewer comes with a choice of the following:

51417	SIDE SALAD SIDE	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N

38225	CORN ON COB & ONION RINGS	SWEETCORN COBS MINI	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
		CORN ON COB & ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
42876	CHICKEN WRAPPED IN BACON*	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
48260		BROCCOLI FLORETS	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT WEDGES	Yes	Yes	N	N	N	N	N	N	N	N	N
50555		BLACKENED BLUE SAUCE	No	No	N	N	N	Yes	N	Yes	C	C	C
		CHICKEN WRAPPED IN BACON*	No	No	C	C	C	Yes	N	Yes	C	C	C
43908	SMOKED PAPRIKA CHICKEN*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		SMOKED PAPRIKA CHICKEN*	No	No	Yes	Yes	Yes	N	N	Yes	Yes	N	N
43908	PLAIN CHICKEN*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		PLAIN CHICKEN*	No	No	Yes	Yes	Yes	C	N	Yes	Yes	C	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celerv)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
51417	SALMON FILLET*	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48176		FINE BEANS 4X500G!	Yes	Yes	N	N	N	N	N	N	N	N	N
48390		CAJUN SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
48427		SALMON CENTRE CUT	No	No	N	N	N	N	Yes	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50416		TENDERSTEM BROCCOLI	Yes	Yes	N	N	N	N	N	N	N	N	N
50631		TOMATO & CAPER SAUCE	Yes	No	C	C	C	C	N	C	C	N	N
		SALMON FILLET*	No	No	C	C	C	C	Yes	C	Yes	N	N
51417	SEA BREAM*	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48176		FINE BEANS 4X500G!	Yes	Yes	N	N	N	N	N	N	N	N	N
50416		TENDERSTEM BROCCOLI	Yes	Yes	N	N	N	N	N	N	N	N	N
50631		TOMATO & CAPER SAUCE	Yes	No	C	C	C	C	N	C	C	N	N
51474		SEA BREAM	No	No	N	N	N	N	Yes	N	N	N	N
		SEA BREAM*	No	No	C	C	C	C	Yes	C	C	N	N
43908	CHICKEN N MAPLE RIB COMBO*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48544		BOURBON & BLACK SAUCE	Yes	Yes	Yes	Yes	C	C	N	Yes	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
51150		SMOKY MAPLE RIB RACKS	No	No	N	N	N	N	N	Yes	N	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		CHICKEN N MAPLE RIB COMBO*	No	No	Yes	Yes	C	Yes	N	Yes	Yes	C	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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BURGERS

51417	6OZ BURGER NO TOP*	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50840		BEEF BURGER	No	No	Yes	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		6OZ BURGER NO TOP*	No	No	Yes	Yes	Yes	N	N	Yes	Yes	N	N

51417	9OZ BURGER NO TOP*	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50851		9OZ BEEF BURGER	No	No	Yes	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		9OZ BURGER NO TOP*	No	No	Yes	Yes	Yes	N	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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51417	CHICKEN BGR NO TOP*	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		CHICKEN BGR NO TOP*	No	No	Yes	Yes	Yes	C	N	Yes	Yes	C	C

51417	PAPRIKA BGR NO TOP*	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		PAPRIKA BGR NO TOP*	No	No	Yes	Yes	Yes	N	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
42876	CHS N BACON TOPPING	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		CHS N BACON TOPPING	No	No	N	N	N	Yes	N	Yes	N	N	N
43045	BLACK N BLUE TOPPING	MUSHROOM FLAT FIELD!	Yes	Yes	N	N	N	N	N	N	C	N	N
50555		BLACKENED BLUE SAUCE	No	No	N	N	N	Yes	N	Yes	C	C	C
		BLACK N BLUE TOPPING	No	No	N	N	N	Yes	N	Yes	C	C	C
50517	FAJITA TOPPING	SLICED JALAPENOS	Yes	Yes	N	N	N	N	N	N	N	N	N
50645		VEGETABLE FAJITA MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
		FAJITA TOPPING	Yes	Yes	N	N	N	N	N	N	N	N	N
48664	ONION BBQ TOPPING	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
		ONION BBQ TOPPING	Yes	No	Yes	N	N	Yes	N	Yes	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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SALADS, PASTA AND VEGETARIAN

14667	QUESADILLA WRAP*	SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48269		12IN FLOUR TORTILLA	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
50517		SLICED JALAPENOS	Yes	Yes	N	N	N	N	N	N	N	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N
50645		VEGETABLE FAJITA MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		QUESADILLA WRAP*	Yes	No	Yes	C	C	Yes	N	Yes	Yes	N	N

51417	PAPRIKA CHICKEN SALAD	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50090		PEPPERS RED COOKING	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		PAPRIKA CHICKEN SALAD	No	No	Yes	N	N	N	N	Yes	C	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
43761	CAESAR SALAD	EXTRA VIRGIN OLIVE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
46518		SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
48181		ANCHOVIES	No	No	N	N	N	N	Yes	N	N	N	N
48528		CAESAR SALAD	Yes	Yes	N	N	N	N	N	N	N	N	N
50985		REDUCED FAT CAESAR DRESSING	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	N	N
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		CAESAR SALAD	No	No	Yes	Yes	Yes	Yes	Yes	Yes	N	N	N
46519	MED TOMATO RISOTTO	SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
50090		PEPPERS RED COOKING	Yes	Yes	N	N	N	N	N	N	C	N	N
50460		MEDITERRANEAN RST VEG RISOTTO	Yes	No	C	Yes	C	Yes	N	Yes	Yes	C	C
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		MED TOMATO RISOTTO	Yes	No	Yes	Yes	C	Yes	N	Yes	Yes	C	C
43761	SPRING VEG RISOTTO	EXTRA VIRGIN OLIVE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
46518		SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51260		VEGETABLE & THYME BUTTER RISOTTO	Yes	No	C	Yes	C	Yes	N	Yes	Yes	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		SPRING VEG RISOTTO	Yes	No	Yes	Yes	C	Yes	N	Yes	Yes	N	N
46518	ROCKET PESTO PASTA	SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51258		VEG PASTA WITH ROCKET PESTO	Yes	No	Yes	Yes	C	Yes	N	C	C	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		ROCKET PESTO PASTA	Yes	No	Yes	Yes	C	Yes	N	C	C	N	N

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Our caesar salad, risottos and pasta all come with chicken, salmon or prawns as add on options. If you choose to have one of these please add the allergy below to that of the dish-

43908	CHICKEN BREAST TOPPING	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
		CHICKEN BREAST TOPPING	No	No	C	C	C	C	N	C	C	C	C

43908	SALMON TOPPING	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48427		SALMON CENTRE CUT	No	No	N	N	N	N	Yes	N	N	N	N
		SALMON TOPPING	No	No	N	N	N	N	Yes	N	N	N	N

51475	PRAWN SURF TOPPING	PEELED KING PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
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50617	CREME FRAICHE TART*	PEPPER, CRÈME FRIACHE & FENNEL FL	Yes	No	Yes	N	Yes	Yes	N	Yes	N	N	N
	Sub Recipe	SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		CREME FRAICHE TART*	Yes	No	Yes	N	Yes	Yes	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
SIDES													
48664	ONION RINGS	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
		ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
43045	FLAT MUSHROOM	MUSHROOM FLAT FIELD!	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
		FLAT MUSHROOM	Yes	Yes	N	N	N	N	N	N	C	N	N
51417	SIDE SALAD SIDE	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
50974	CHEESY GAR BRD	GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		CHEESY GAR BRD	Yes	No	Yes	N	N	Yes	N	N	N	N	N
38225	CORN ON COB	SWEETCORN COBS MINI	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
		CORN ON COB	Yes	No	N	N	N	Yes	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
50624	COLESLAW SIDE	PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
		COLESLAW SIDE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
48260	FRESH VEG	BROCCOLI FLORETS	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT WEDGES	Yes	Yes	N	N	N	N	N	N	N	N	N
		FRESH VEG	Yes	Yes	N	N	N	N	N	N	N	N	N
51071	BLOOMER N BUTTER	SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		BLOOMER N BUTTER	Yes	No	Yes	N	N	Yes	N	N	N	N	N
48413	BEEFEATER EXTRA	GARLIC & HERB BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		BEEFEATER EXTRA	Yes	No	Yes	N	N	Yes	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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OUR FAMOUS STEAKS

1 Choose your succulent steak

43908	10OZ RUMP*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
51319		RUMP _10OZ	No	No	N	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		10OZ RUMP*	No	No	N	N	N	N	N	N	C	N	N

43908	10OZ RIBEYE*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
50905		RIBEYE 10OZ	No	No	N	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		10OZ RIBEYE*	No	No	N	N	N	N	N	N	C	N	N

43908	8OZ SIRLOIN*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
50878		SIRLOIN STEAK 8OZ	No	No	N	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		8OZ SIRLOIN*	No	No	N	N	N	N	N	N	C	N	N

43908	7OZ FILLET*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
50904		FILLET STEAK 7OZ	No	No	N	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		7OZ FILLET*	No	No	N	N	N	N	N	N	C	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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43908	STEAK PLATTER*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48423		BRANDY & PEPPERCORN SAUCE	No	No	Yes	C	C	Yes	N	Yes	Yes	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
50878		SIRLOIN STEAK 8OZ	No	No	N	N	N	N	N	N	N	N	N
50904		FILLET STEAK 7OZ	No	No	N	N	N	N	N	N	N	N	N
50905		RIBEYE 10OZ	No	No	N	N	N	N	N	N	N	N	N
51319		RUMP _10OZ	No	No	N	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		STEAK PLATTER*	No	No	Yes	C	C	Yes	N	Yes	Yes	N	N

43908	RIBEYE ON BONE*	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
50630		PEPPERNAISE SAUCE	No	No	C	C	Yes	Yes	N	Yes	C	N	N
50885		RIB EYE ON THE BONE 17OZ	No	No	N	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		RIBEYE ON BONE*	No	No	Yes	C	Yes	Yes	N	Yes	C	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
2 Add your bottomless chips													
48664	BOTTOMLESS CHIP	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		BOTTOMLESS CHIP	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51071	JACKET POTATO	SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51285		JACKET POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
		JACKET POTATO	Yes	No	N	N	N	Yes	N	N	N	N	N
15509	NEW POTATOES	NEW POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
		NEW POTATOES	Yes	No	N	N	N	Yes	N	N	N	N	N
51084	DAUPHINOISE	DAUPHINOISE POTATO	Yes	No	N	N	N	Yes	N	N	N	C	C
46548	BASMATI RICE	DELICATELY FLAV BASMATI RICE	Yes	Yes	N	N	N	N	N	N	N	N	N
51417	SIDE SALAD SIDE	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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3 Add your flavoured butter

51605		HORSERADISH BUTTER	Yes	No	N	N	Yes	Yes	N	Yes	N	N	N
51331		TARRAGON BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51332		BEURRE MAISON BUTTER	Yes	No	N	N	N	Yes	N	N	Yes	N	N

4 Add your tasty side

51417	SIDE SALAD SIDE	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N

43045	STEAK MUSH N TOM	MUSHROOM FLAT FIELD!	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
		STEAK MUSH N TOM	Yes	Yes	N	N	N	N	N	N	C	N	N

48664	ONION RINGS	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50975		BATTERED ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N
		ONION RINGS	Yes	No	Yes	N	N	Yes	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
50624	COLESLAW SIDE	PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
		COLESLAW SIDE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N

Scrumptious sauces

48423		BRANDY & PEPPERCORN SAUCE	No	No	Yes	C	C	Yes	N	Yes	Yes	N	N
48544		BOURBON & BLACK SAUCE	Yes	Yes	Yes	Yes	C	C	N	Yes	C	N	N
50555		BLACKENED BLUE SAUCE	No	No	N	N	N	Yes	N	Yes	C	C	C
48111		BEARNAISE SAUCE	Yes	No	C	Yes	Yes	Yes	N	Yes	C	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N

15549	Condiments	VINEGAR MALT	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48046		TABLE SALT	Yes	Yes	N	N	N	N	N	N	N	N	N
48053		GROUND WHITE PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50887		WHOLE BLACK PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
41043		ENGLISH MUSTARD SACHETS	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48873		FRENCH MUSTARD	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
50360		TOMATO KETCHUP	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51320		CHILLI EXPLOSION GRINDER	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51321		ROASTED GARLIC & PEPPER GRINDER	Yes	Yes	N	N	N	N	N	N	N	N	N
51322		BBQ & GRILL MESQUITE GRINDER	Yes	Yes	N	N	N	N	N	N	Yes	N	N

Key & interpreting the data

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.

Allergy data for condiments (pepper, salt, etc.) which you may add to your food, are listed at the bottom of the table (i.e. not with the dish).

NB the staff need to be informed of your allergy every time you dine with us even if you have eaten the dish before so that every precaution can be taken in our kitchen to prevent cross contamination.

'N' means that the allergen is not part of the product as it is delivered by the supplier .

'Yes' in a column entitled 'allergen(s) (e.g. gluten) present' indicates that the product contains that allergen & is, therefore, not suitable for you if you suffer from this allergy.

'C' means that this allergen is present in the manufacturing site/factory/supply chain & our suppliers believe there is a significant risk that this allergen could cross-contaminate the food.

The 'Yes'/'No' in the column entitled 'suitable for vegans'/'suitable for vegetarians' details information supplied by the product manufacturer. Our kitchens have limited space and as such we cannot always preserve the vegetarian status of a meal. For example we only have one fryer for breaded products and so breaded vegetable products cannot be considered vegetarian.

'Data unavailable' is where ingredient detail for the item/dish is currently unavailable from the supplier & will be added onto the table upon obtaining it. Or because it is bought at local level in-house.

Gluten is a protein component of wheat, rye, barley & oats. If you are intolerant to gluten then please consult the 'gluten present' column.

Additives are artificial antioxidants, colours, flavourings, preservatives, sweeteners, flavour-enhancers & sulphites.

The Treenut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

NB: We have taken all reasonable steps to ensure that this table is accurate. However, we cannot guarantee that the product is '100% free from' that component because of the risk of unexpected cross-contamination. Your statutory rights are not affected.

Soup Flavours July 2011 Allergy

WB Code	Product	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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The list of allergy data for individual soup flavours are below. Please add this information to the allergy of the dish listed on main allergy sheets.

Jan-March

50951	BRITISH 3 ROOT VEGETABLE SOUP	Yes	No	Yes	N	N	Yes	N	Yes	C	C	C
50951	LEEK & POTATO SOUP	Yes	No	N	N	N	Yes	N	Yes	C	C	C
50952	LINCOLNSHIRE VEGETABLE BROTH	Yes	Yes	Yes	N	N	N	N	Yes	Yes	C	C
50952	SMOKEY TOMATO & DAVIDSTOW CHEDDAR	Yes	No	N	N	N	Yes	N	Yes	Yes	C	C

April-June

50951	CREAMY SPRING VEGETABLE SOUP	Yes	No	N	N	N	Yes	N	Yes	Yes	C	C
50951	DICED TOMATO & BASIL SOUP	Yes	No	N	N	N	Yes	N	Yes	Yes	C	C
50952	SPINACH & WATERCRESS SOUP	Yes	No	Yes	N	N	Yes	N	Yes	Yes	C	C
50952	WHITE ONION & APPLE SOUP	Yes	No	N	N	N	Yes	N	Yes	C	C	C

July-Sept

50951	BRITISH BROCCOLI SOUP	Yes	Yes	N	N	N	Yes	N	Yes	C	C	C
50951	LINCOLNSHIRE COURGETTE & TOMATO SOUP	Yes	Yes	N	N	N	N	N	Yes	Yes	C	C
50952	RED PEPPER & SUN DRIED TOMATO SOUP	Yes	No	N	N	N	Yes	N	Yes	Yes	C	C
50952	PEA & MINT SOUP	Yes	No	N	N	N	Yes	N	Yes	Yes	C	C

Oct-Dec

50951	MUSHROOM & THYME SOUP	Yes	No	N	N	N	Yes	N	Yes	C	C	C
50951	BRITISH WINTER VEG SOUP	Yes	No	N	N	N	Yes	N	Yes	Yes	C	C
50952	CAULIFLOWER & WELSH CHEDDAR SOUP	Yes	No	N	N	N	Yes	N	Yes	Yes	C	C
50952	BRITISH ROAST CARROT SOUP	Yes	No	N	N	N	Yes	N	N	C	C	C

Key & interpreting the data

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WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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DESSERTS

15575	CHOC FUDGE SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
50414		CHOCOLATE SUNDAE SPRINKLE	Yes	No	Yes	Yes	C	Yes	N	Yes	C	C	C
51074		AEROSOL CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
51124		CHOCOLATE BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
		CHOC FUDGE SUNDAE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	C	C

49008	BELGIAN CHOC CHEESECAKE	BELGIAN CHOCOLATE CHEESECAKE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		BELGIAN CHOC CHEESECAKE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C

44336	BANOFFEE PIE	BANANA	Yes	Yes	N	N	N	N	N	N	C	N	N
48446		BANOFFEE PIE	Yes	No	Yes	Yes	C	Yes	N	Yes	N	C	C
48447		TOFFEE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
		BANOFFEE PIE	Yes	No	Yes	Yes	C	Yes	N	Yes	C	C	C

15575	PROFITEROLES SINGLE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
43917		ICING SUGAR	Yes	No	N	N	C	N	N	N	N	N	N
51005		PROFITEROLES	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		PROFITEROLES SINGLE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	N	N

15575	ICE CREAM FRUIT SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
47236		RASPBERRY SAUCE	Yes	Yes	N	N	N	N	N	N	N	N	N
48973		FRUIT BERRY MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
51074		AEROSOL CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		ICE CREAM FRUIT SUNDAE	Yes	No	N	N	N	Yes	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
15575	BELGIAN WAFFLE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
44336		BANANA	Yes	Yes	N	N	N	N	N	N	C	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
48447		TOFFEE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
50980		WAFFLES	Yes	No	Yes	Yes	Yes	N	N	Yes	N	N	N
		BELGIAN WAFFLE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
44377	CHEESE PLATTER	GRAPE BLACK_1 X 500G_!	Yes	Yes	N	N	N	N	N	N	C	N	N
47655		SAVOURY BISCUITS 1X1.2KG CASE	Yes	No	Yes	C	Yes	Yes	N	N	Yes	N	C
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
50785		BLUE STILTON	Yes	No	N	N	N	Yes	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51196		PETIT CAMEMBERT	No	No	N	N	N	Yes	N	N	N	N	N
51449		MATURE WHITE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		CHEESE PLATTER	No	No	Yes	C	Yes	Yes	N	Yes	Yes	N	C
15575	CARAMEL APPLE CRUMBLE PIE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
51164		CARAMEL APPLE CRUMBLE PIE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51090		BIRDS CUSTARD READY TO SERVE	Yes	No	N	N	N	Yes	N	N	N	N	N
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		CARAMEL APPLE CRUMBLE PIE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C
15575	WARM CHOC BROWNIE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
51124		CHOCOLATE BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
		WARM CHOC BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
15575	LEMON SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
48883		MERINGUE NESTS	Yes	No	N	Yes	Yes	N	N	N	N	N	N
51074		AEROSOL CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
51473		LEMON SAUCE	Yes	No	C	C	C	C	N	Yes	C	N	N
		LEMON SUNDAE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N

15575	ROCKY ROAD SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
51074		AEROSOL CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
51124		CHOCOLATE BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
51394		MINI MARSHMALLOW	No	No	N	N	N	N	N	N	N	N	N
		ROCKY ROAD SUNDAE	No	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C

15575	BANOFFEE SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
44336		BANANA	Yes	Yes	N	N	N	N	N	N	C	N	N
48447		TOFFEE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
50980		WAFFLES	Yes	No	Yes	Yes	Yes	N	N	Yes	N	N	N
51074		AEROSOL CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		BANOFFEE SUNDAE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N

Key & interpreting the data

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.

Allergy data for condiments (pepper, salt, etc.) which you may add to your food, are listed at the bottom of the table (i.e. not with

NB the staff need to be informed of your allergy every time you dine with us even if you have eaten the dish before so that every precaution can be taken in our kitchen to prevent cross contamination.

'N' means that the allergen is not part of the product as it is delivered by the supplier .

'Yes' in a column entitled 'allergen(s) (e.g. gluten) present' indicates that the product contains that allergen & is, therefore, not suitable for you if you suffer from this allergy.

'C' means that this allergen is present in the manufacturing site/factory/supply chain & our suppliers believe there is a significant risk that this allergen could cross-contaminate the food.

The 'Yes'/No' in the column entitled 'suitable for vegans'/'suitable for vegetarians' details information supplied by the product manufacturer. Our kitchens have limited space and as such we cannot always preserve the vegetarian status of a meal. For example we only have one fryer for breaded products and so breaded vegetable products cannot be considered vegetarian.

'Data unavailable' is where ingredient detail for the item/dish is currently unavailable from the supplier & will be added onto the table upon obtaining it. Or because it is bought at local level in-house.

Gluten is a protein component of wheat, rye, barley & oats. If you are intolerant to gluten then please consult the 'gluten present'

Additives are artificial antioxidants, colours, flavourings, preservatives, sweeteners, flavour-enhancers & sulphites.

The Treenut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

NB: We have taken all reasonable steps to ensure that this table is accurate. However, we cannot guarantee that the product is '100% free from' that component because of the risk of unexpected cross-contamination. Your statutory rights are not affected.

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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MAINS

43825	FISH N CHIPS	FISH BATTER - MCDUGALLS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
48699		PANGA	No	No	N	N	N	N	Yes	N	N	N	N
50938		TARTARE SAUCE	Yes	No	N	N	Yes	N	N	Yes	Yes	C	C
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51374		PLAIN FLOUR	Yes	No	Yes	C	C	C	N	N	N	N	N
		FISH N CHIPS	No	No	Yes	C	Yes	C	Yes	Yes	Yes	C	C

51417	6OZ BURGER CHS N BACON	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50840		BEEF BURGER	No	No	Yes	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
42876		BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		6OZ BURGER CHS N BACON	No	No	Yes	Yes	Yes	Yes	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
51417	9OZ BURGER CHS N BACON	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
42876		BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50851		9OZ BEEF BURGER	No	No	Yes	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		9OZ BURGER CHS N BACON	No	No	Yes	Yes	Yes	Yes	N	Yes	Yes	N	N
45674	BEEF N ALE PIE	A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50648		BEEF, ALE & MUSHROOM PIE	No	No	Yes	C	N	C	N	Yes	C	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		BEEF N ALE PIE	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
44267	CHILLI CON CARNE	TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
46548		DELICATELY FLAV BASMATI RICE	Yes	Yes	N	N	N	N	N	N	N	N	N
50950		BEEF CHILLI	No	No	N	N	N	N	N	Yes	C	N	C
		CHILLI CON CARNE	No	No	N	N	N	N	N	Yes	C	N	C

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14667	QUESADILLA WRAP	SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46548		DELICATELY FLAV BASMATI RICE	Yes	Yes	N	N	N	N	N	N	N	N	N
48269		12IN FLOUR TORTILLA	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
50517		SLICED JALAPENOS	Yes	Yes	N	N	N	N	N	N	N	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N
50645		VEGETABLE FAJITA MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X250	Yes	Yes	N	N	N	N	N	N	C	N	N
		QUESADILLA WRAP	Yes	No	Yes	C	C	Yes	N	Yes	Yes	N	N

51417	CHICKEN N BACON SALAD	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
42876		BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
		CHICKEN N BACON SALAD	No	No	C	C	C	C	N	Yes	Yes	C	C

31881	GAMMON 6OZ	EGGS MEDIUM	Yes	No	N	N	Yes	N	N	N	N	N	N
40117		GAMMON STEAK 25X6OZ	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51019		PINEAPPLE IN JUICE	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		GAMMON 6OZ	No	No	Yes	N	Yes	N	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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51417	CHICKEN BGR NO TOP	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		CHICKEN BGR NO TOP	No	No	Yes	Yes	Yes	C	N	Yes	Yes	C	C

45674	SAUSAGE N MASH	A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
47711		PREMIUM SAUSAGE 175X56G	No	No	Yes	N	N	N	N	Yes	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51094		MASHED POTATO	Yes	No	C	N	N	Yes	N	N	N	N	N
		SAUSAGE N MASH	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C

43908	SMOKED PAPRIKA CHICKEN	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		SMOKED PAPRIKA CHICKEN	No	No	Yes	Yes	Yes	N	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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43761	CAESAR SALAD	EXTRA VIRGIN OLIVE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
46518		SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
48181		ANCHOVIES	No	No	N	N	N	N	Yes	N	N	N	N
48528		CAESAR SALAD	Yes	Yes	N	N	N	N	N	N	N	N	N
50985		REDUCED FAT CAESAR DRESSING	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	N	N
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		CAESAR SALAD	No	No	Yes	Yes	Yes	Yes	Yes	Yes	N	N	N

43761	SPRING VEG RISOTTO	EXTRA VIRGIN OLIVE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
46518		SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51260		VEGETABLE & THYME BUTTER RISOTTO	Yes	No	C	Yes	C	Yes	N	Yes	Yes	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		SPRING VEG RISOTTO	Yes	No	Yes	Yes	C	Yes	N	Yes	Yes	N	N

46518	ROCKET PESTO PASTA	SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51258		VEG PASTA WITH ROCKET PESTO	Yes	No	Yes	Yes	C	Yes	N	C	C	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		ROCKET PESTO PASTA	Yes	No	Yes	Yes	C	Yes	N	C	C	N	N

Our Caesar salad, risotto and pasta comes with chicken or prawns as add on options. If you choose to have one of these please add the allergy below to that of the dish-

43908	CHICKEN BREAST TOPPING	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
		CHICKEN BREAST TOPPING	No	No	C	C	C	C	N	C	C	C	C

51475	PRAWN SURF TOPPING	PEELED KING PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
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WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
43908	10OZ RUMP N CHIPS	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51319		RUMP_10OZ	No	No	N	N	N	N	N	N	N	N	N
		10OZ RUMP N CHIPS	No	No	N	N	N	N	N	N	Yes	N	N

43908	8OZ SIRLOIN N CHIPS	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
50878		SIRLOIN STEAK 8OZ	No	No	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		8OZ SIRLOIN N CHIPS	No	No	N	N	N	N	N	N	Yes	N	N

15549	Condiments	VINEGAR MALT	Yes	Yes	Yes	N	N	N	N	N	N	N	N
41043		ENGLISH MUSTARD SACHETS	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48046		TABLE SALT	Yes	Yes	N	N	N	N	N	N	N	N	N
48053		GROUND WHITE PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50887		WHOLE BLACK PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
48873		FRENCH MUSTARD	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
50360		TOMATO KETCHUP	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51320		CHILLI EXPLOSION GRINDER	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51321		ROASTED GARLIC & PEPPER GRINDER	Yes	Yes	N	N	N	N	N	N	N	N	N
51322		BBQ & GRILL MESQUITE GRINDER	Yes	Yes	N	N	N	N	N	N	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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ADD A STARTER

14667	NACHOS SALSA SOUR	SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
44267		TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
46582		FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50517		SLICED JALAPENOS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		NACHOS SALSA SOUR	Yes	No	N	N	N	Yes	N	Yes	C	N	N

50951	SOUP OF THE DAY	SEASONAL MIXED SOUP A 8X1.5KG	For this month's flavours please see seperate Spreadsheet										
50952		SEASONAL MIXED SOUP B 8X1.5KG	For this month's flavours please see seperate Spreadsheet										
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N

44460	MELON	ORANGES!	Yes	Yes	N	N	N	N	N	N	C	N	N
46462		MELON HONEYDEW	Yes	Yes	N	N	N	N	N	N	C	N	N
		MELON	Yes	Yes	N	N	N	N	N	N	C	N	N

50974	GARLIC BREAD	GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
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48413	BREADED MUSHROOMS	GARLIC & HERB BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51477		SHREDDED BEETROOT	Yes	Yes	N	N	N	N	N	N	N	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N

Breaded mushrooms come with a choice of the following dips-

14667		SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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ADD A DESSERT

15575	CARAMEL APPLE CRUMBLE P	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
51164		CARAMEL APPLE CRUMBLE PIE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51090		BIRDS CUSTARD READY TO SERVE	Yes	No	N	N	N	Yes	N	N	N	N	N
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		CARAMEL APPLE CRUMBLE PIE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C

15575	PROFITEROLES SINGLE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
43917		ICING SUGAR	Yes	No	N	N	C	N	N	N	N	N	N
51005		PROFITEROLES	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		PROFITEROLES SINGLE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	N	N

15575	ICE CREAM CHOC	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
50414		CHOCOLATE SUNDAE SPRINKLE	Yes	No	Yes	Yes	C	Yes	N	Yes	C	C	C
		ICE CREAM CHOC	Yes	No	Yes	Yes	C	Yes	N	Yes	C	C	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
15575	ICE CREAM FRUIT	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
47236		RASPBERRY SAUCE	Yes	Yes	N	N	N	N	N	N	N	N	N
48973		FRUIT BERRY MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
		ICE CREAM FRUIT	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
15575	WARM CHOC BROWNIE	MEDDOWMIX WHITE L L LIQUID ICE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
51124		CHOCOLATE BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
		WARM CHOC BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C

Key & interpreting the data

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.

Allergy data for condiments (pepper, salt, etc.) which you may add to your food, are listed at the bottom of the table (i.e. not with

NB the staff need to be informed of your allergy every time you dine with us even if you have eaten the dish before so that every precaution can be taken in our kitchen to prevent cross contamination.

'N' means that the allergen is not part of the product as it is delivered by the supplier .

'Yes' in a column entitled 'allergen(s) (e.g. gluten) present' indicates that the product contains that allergen & is, therefore, not suitable for you if you suffer from this allergy.

'C' means that this allergen is present in the manufacturing site/factory/supply chain & our suppliers believe there is a significant risk that this allergen could cross-contaminate the food.

The 'Yes'/'No' in the column entitled 'suitable for vegans'/'suitable for vegetarians' details information supplied by the product manufacturer. Our kitchens have limited space and as such we cannot always preserve the vegetarian status of a meal. For example we only have one fryer for breaded products and so breaded vegetable products cannot be considered vegetarian.

'Data unavailable' is where ingredient detail for the item/dish is currently unavailable from the supplier & will be added onto the table upon obtaining it. Or because it is bought at local level in-house.

Gluten is a protein component of wheat, rye, barley & oats. If you are intolerant to gluten then please consult the 'gluten present'

Additives are artificial antioxidants, colours, flavourings, preservatives, sweeteners, flavour-enhancers & sulphites.

The Treenut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

NB: We have taken all reasonable steps to ensure that this table is accurate. However, we cannot guarantee that the product is '100% free from' that component because of the risk of unexpected cross-contamination. Your statutory rights are not affected.

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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STARTERS

50951	SOUP OF THE DAY	SEASONAL MIXED SOUP A 8X1.5KG	For this month's flavours please see seperate Spreadsheet										
50952		SEASONAL MIXED SOUP B 8X1.5KG	For this month's flavours please see seperate Spreadsheet										
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N

51424	PRAWN COCKTAIL	LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48054		PAPRIKA PEPPER 1X500G	Yes	Yes	N	N	N	N	N	N	N	N	N
48690		COOKED & PEELED PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50987		PRAWN COCKTAIL DRESSING	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		PRAWN COCKTAIL	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N	N

46582	POT SHELLS CHS N ONION	FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		POT SHELLS CHS N ONION	Yes	No	C	C	C	Yes	N	Yes	C	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
42876	POT SHELLS CHS N BACON	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
46582		FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		POT SHELLS CHS N BACON	No	No	N	N	N	Yes	N	Yes	C	N	N

Potato shells come with a choice of the following dips-

50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
14667		SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N

48413	BREADED MUSHROOMS	GARLIC & HERB BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51477		SHREDDED BEETROOT	Yes	Yes	N	N	N	N	N	N	N	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N

Breaded mushrooms come with a choice of the following dips-

14667		SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N

44460	MELON	ORANGES!	Yes	Yes	N	N	N	N	N	N	C	N	N
46462		MELON HONEYDEW	Yes	Yes	N	N	N	N	N	N	C	N	N
		MELON	Yes	Yes	N	N	N	N	N	N	C	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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MAINS

43908	HALF RACK OF RIBS	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51150		SMOKY MAPLE RIB RACKS	No	No	N	N	N	N	N	Yes	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		HALF RACK OF RIBS	No	No	Yes	Yes	Yes	N	N	Yes	Yes	N	N

51417	6OZ BURGER CHS N BACON	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50840		BEEF BURGER	No	No	Yes	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
42876		BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		6OZ BURGER CHS N BACON	No	No	Yes	Yes	Yes	Yes	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
51417	9OZ BURGER CHS N BACON	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
42876		BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50851		9OZ BEEF BURGER	No	No	Yes	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		9OZ BURGER CHS N BACON	No	No	Yes	Yes	Yes	Yes	N	Yes	Yes	N	N

51417	CHICKEN BGR NO TOP	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		CHICKEN BGR NO TOP	No	No	Yes	Yes	Yes	C	N	Yes	Yes	C	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
51417	PAPRIKA BGR NO TOP	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51247		PICKLED ONIONS	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
51485		BURGER BUN	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51329		WHOLE GHERKINS	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
Sub Recipe		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N
		PAPRIKA BGR NO TOP	No	No	Yes	Yes	Yes	N	N	Yes	Yes	N	N

51417	SALMON FILLET	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
48176		FINE BEANS 4X500G!	Yes	Yes	N	N	N	N	N	N	N	N	N
48390		CAJUN SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
48427		SALMON CENTRE CUT	No	No	N	N	N	N	Yes	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50416		TENDERSTEM BROCCOLI	Yes	Yes	N	N	N	N	N	N	N	N	N
50631		TOMATO & CAPER SAUCE	Yes	No	C	C	C	C	N	C	C	N	N
15509		NEW POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
		SALMON FILLET	No	No	C	C	C	Yes	Yes	C	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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14667	QUESADILLA WRAP	SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46548		DELICATELY FLAV BASMATI RICE	Yes	Yes	N	N	N	N	N	N	N	N	N
48269		12IN FLOUR TORTILLA	Yes	Yes	Yes	N	N	N	N	Yes	N	N	N
50517		SLICED JALAPENOS	Yes	Yes	N	N	N	N	N	N	N	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N
50645		VEGETABLE FAJITA MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		QUESADILLA WRAP	Yes	No	Yes	C	C	Yes	N	Yes	Yes	N	N

51417	CHICKEN N BACON SALAD	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
42876		BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
		CHICKEN N BACON SALAD	No	No	C	C	C	C	N	Yes	Yes	C	C

45674	SAUSAGE N MASH	A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
47711		PREMIUM SAUSAGE 175X56G	No	No	Yes	N	N	N	N	Yes	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51094		MASHED POTATO	Yes	No	C	N	N	Yes	N	N	N	N	N
		SAUSAGE N MASH	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
43908	CHARGRILLED CHICKEN	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
46548		DELICATELY FLAV BASMATI RICE	Yes	Yes	N	N	N	N	N	N	N	N	N
48176		FINE BEANS 4X500G!	Yes	Yes	N	N	N	N	N	N	N	N	N
		CHARGRILLED CHICKEN	No	No	C	C	C	C	N	C	C	C	C

48544	PLUS ONE OF THE FOLLOWING	BOURBON & BLACK SAUCE	Yes	Yes	Yes	Yes	C	C	N	Yes	C	N	N
50616		PIRI PIRI SAUCE	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N

43761	SPRING VEG RISOTTO	EXTRA VIRGIN OLIVE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
46518		SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51260		VEGETABLE & THYME BUTTER RISOTTO	Yes	No	C	Yes	C	Yes	N	Yes	Yes	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		SPRING VEG RISOTTO	Yes	No	Yes	Yes	C	Yes	N	Yes	Yes	N	N

46518	ROCKET PESTO PASTA	SHAVED ITALIAN STYLE CHEESE _UNIT_	Yes	No	N	N	N	Yes	N	N	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51258		VEG PASTA WITH ROCKET PESTO	Yes	No	Yes	Yes	C	Yes	N	C	C	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		ROCKET PESTO PASTA	Yes	No	Yes	Yes	C	Yes	N	C	C	N	N

Our risotto and pasta comes with chicken or prawns as add on options. If you choose to have one of these please add the allergy below to that of the dish-

43908	CHICKEN BREAST TOPPING	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
		CHICKEN BREAST TOPPING	No	No	C	C	C	C	N	C	C	C	C

51475	PRAWN SURF TOPPING	PEELED KING PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
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WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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43908	10OZ RUMP N CHIPS	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51319		RUMP_10OZ	No	No	N	N	N	N	N	N	N	N	N
		10OZ RUMP N CHIPS	No	No	N	N	N	N	N	N	Yes	N	N

43908	8OZ SIRLOIN N CHIPS	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
49016		SALT & PEPPER BLEND	Yes	Yes	N	N	N	N	N	N	N	N	N
50878		SIRLOIN STEAK 8OZ	No	No	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		8OZ SIRLOIN N CHIPS	No	No	N	N	N	N	N	N	Yes	N	N

15549	Condiments	VINEGAR MALT	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48046		TABLE SALT	Yes	Yes	N	N	N	N	N	N	N	N	N
48053		GROUND WHITE PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50887		WHOLE BLACK PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50360		TOMATO KETCHUP	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51320		CHILLI EXPLOSION GRINDER	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51321		ROASTED GARLIC & PEPPER GRINDER	Yes	Yes	N	N	N	N	N	N	N	N	N
51322		BBQ & GRILL MESQUITE GRINDER	Yes	Yes	N	N	N	N	N	N	Yes	N	N

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DESSERTS

15575	CARAMEL APPLE CRUMBLE PI	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
51164		CARAMEL APPLE CRUMBLE PIE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51090		BIRDS CUSTARD READY TO SERVE	Yes	No	N	N	N	Yes	N	N	N	N	N
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		CARAMEL APPLE CRUMBLE PIE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C

49008	BELGIAN CHOC CHEESECAKE	BELGIAN CHOCOLATE CHEESECAKE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		BELGIAN CHOC CHEESECAKE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C

15575	LEMON SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
48883		MERINGUE NESTS	Yes	No	N	Yes	Yes	N	N	N	N	N	N
51074		AEROSOL CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
51473		LEMON SAUCE	Yes	No	C	C	C	C	N	Yes	C	N	N
		LEMON SUNDAE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N

15575	CHOC FUDGE SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
50414		CHOCOLATE SUNDAE SPRINKLE	Yes	No	Yes	Yes	C	Yes	N	Yes	C	C	C
51074		AEROSOL CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
51124		CHOCOLATE BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
		CHOC FUDGE SUNDAE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	C	C

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15575	PROFITEROLES SINGLE	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
43917		ICING SUGAR	Yes	No	N	N	C	N	N	N	N	N	N
51005		PROFITEROLES	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
51049		REDUCED FAT CREME FRIACHE	Yes	No	N	N	N	Yes	N	N	N	N	N
51245		SINGLE CREAM	Yes	No	N	N	N	Yes	N	N	N	N	N
		PROFITEROLES SINGLE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	N	N
15575	WARM CHOC BROWNIE	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
51124		CHOCOLATE BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
		WARM CHOC BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C

Key & interpreting the data

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.

Allergy data for condiments (pepper, salt, etc.) which you may add to your food, are listed at the bottom of the table (i.e. not with the

NB the staff need to be informed of your allergy every time you dine with us even if you have eaten the dish before so that every precaution can be taken in our kitchen to prevent cross contamination.

'N' means that the allergen is not part of the product as it is delivered by the supplier .

'Yes' in a column entitled 'allergen(s) (e.g. gluten) present' indicates that the product contains that allergen & is, therefore, not suitable for you if you suffer from this allergy.

'C' means that this allergen is present in the manufacturing site/factory/supply chain & our suppliers believe there is a significant risk that this allergen could cross-contaminate the food.

The 'Yes'/'No' in the column entitled 'suitable for vegans'/'suitable for vegetarians' details information supplied by the product manufacturer. Our kitchens have limited space and as such we cannot always preserve the vegetarian status of a meal. For example we only have one fryer for breaded products and so breaded vegetable products cannot be considered vegetarian.

'Data unavailable' is where ingredient detail for the item/dish is currently unavailable from the supplier & will be added onto the table upon obtaining it. Or because it is bought at local level in-house.

Gluten is a protein component of wheat, rye, barley & oats. If you are intolerant to gluten then please consult the 'gluten present'

Additives are artificial antioxidants, colours, flavourings, preservatives, sweeteners, flavour-enhancers & sulphites.

The Treenut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

NB: We have taken all reasonable steps to ensure that this table is accurate. However, we cannot guarantee that the product is '100% free from' that component because of the risk of unexpected cross-contamination. Your statutory rights are not affected.

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HOT SPECIALITY SANDWICHES

43908	HOT STEAK CLUB SW	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
47177		LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
47480		HORSERADISH SAUCE	Yes	No	N	N	Yes	N	N	Yes	Yes	N	N
48528		CAESAR SALAD	Yes	Yes	N	N	N	N	N	N	N	N	N
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
51367		WHITE SANDWICH BREAD	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51368		MALTED SANDWICH BREAD	Yes	Yes	Yes	N	N	N	N	N	N	N	N
50886		FLATTENED RUMP STEAK 5OZ	No	No	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		HOT STEAK CLUB SW	No	No	Yes	Yes	Yes	C	N	Yes	Yes	N	N

42876	HOT CLASSIC CLUB SW	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
47177		LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
48528		CAESAR SALAD	Yes	Yes	N	N	N	N	N	N	N	N	N
51367		WHITE SANDWICH BREAD	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51368		MALTED SANDWICH BREAD	Yes	Yes	Yes	N	N	N	N	N	N	N	N
50088		TOMATOES M	Yes	Yes	N	N	N	N	N	N	C	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		HOT CLASSIC CLUB SW	No	No	Yes	Yes	Yes	C	N	Yes	Yes	C	C

PLUS

48664	BOTTOMLESS CHIP	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		BOTTOMLESS CHIP	Yes	Yes	N	N	N	N	N	N	Yes	N	N

44267	OR	TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
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SANDWICHES

42876	CHICKEN BACON MAYO SW	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
47177		LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		CHICKEN BACON MAYO SW	No	No	Yes	Yes	Yes	C	N	Yes	Yes	C	C

47177	PRAWN SW	LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
48690		COOKED & PEELED PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
50987		PRAWN COCKTAIL DRESSING	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
51479		ROCKET UNWASHED	Yes	Yes	N	N	N	N	N	N	C	N	N
		PRAWN SW	No	No	Yes	Yes	Yes	C	Yes	Yes	Yes	N	N

31881	EGG CUCUMBER SW	EGGS MEDIUM	Yes	No	N	N	Yes	N	N	N	N	N	N
47177		LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		EGG CUCUMBER SW	Yes	No	Yes	N	Yes	C	N	Yes	C	N	N

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47177	CHEESE N HAM SW	LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
47808		WILTSHIRE HAM	No	No	N	N	N	N	N	Yes	N	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51449		MATURE WHITE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
	CHEESE N HAM SW		No	No	Yes	N	N	Yes	N	Yes	C	N	N

47177	CHEESE N PICALLILLY SW	LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51448		MATURE WHITE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
51261		PICCALILLI	Yes	No	Yes	C	C	C	N	Yes	Yes	N	N
	CHEESE N PICALLILLY SW		Yes	No	Yes	C	C	Yes	N	Yes	Yes	N	N

47177	HAM N PICALLILLY SW	LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
47808		WILTSHIRE HAM	No	No	N	N	N	N	N	Yes	N	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
51261		PICCALILLI	Yes	No	Yes	C	C	C	N	Yes	Yes	N	N
	HAM N PICALLILLY SW		No	No	Yes	C	C	C	N	Yes	Yes	N	N

47177	HAM N MUSTARD SW	LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
47808		WILTSHIRE HAM	No	No	N	N	N	N	N	Yes	N	N	N
45889		ENGLISH MUSTARD	Yes	No	Yes	N	N	N	N	N	Yes	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
	HAM N MUSTARD SW		No	No	Yes	N	N	C	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
47177	CAMEMBERT MARMALADE SW	LARDERFRESH SUNFLOWER SPREAD 10	Yes	No	N	N	N	C	N	Yes	N	N	N
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
51196		PETIT CAMEMBERT	No	No	N	N	N	Yes	N	N	N	N	N
51327		MULTIGRAIN BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		CAMEMBERT MARMALADE SW	No	No	Yes	C	C	Yes	N	Yes	C	N	N

48664	BOTTOMLESS CHIP	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51312		CHEF PAUL MAGIC SEASONING	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		BOTTOMLESS CHIP	Yes	Yes	N	N	N	N	N	N	Yes	N	N

51417	SIDE SALAD SIDE	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50833		CRISPY FRIED ONIONS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
		SIDE SALAD SIDE	Yes	Yes	Yes	N	N	N	N	Yes	Yes	N	N

50951	SOUP	SEASONAL MIXED SOUP A 8X1.5KG	For this month's flavours please see seperate Spreadsheet										
50952		SEASONAL MIXED SOUP B 8X1.5KG	For this month's flavours please see seperate Spreadsheet										

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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JACKETS

28823	CHEES BEAN JKT	BAKED BEANS	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51285		JACKET POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		CHEES BEAN JKT	Yes	No	N	N	N	Yes	N	N	C	N	N

50950	CHEESE N CHILLI JKT	BEEF CHILLI	No	No	N	N	N	N	N	Yes	C	N	C
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51285		JACKET POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		CHEESE N CHILLI JKT	No	No	N	N	N	Yes	N	Yes	C	N	C

28823	CHEES BEAN BACON JKT	BAKED BEANS	Yes	Yes	N	N	N	N	N	N	N	N	N
42876		BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51285		JACKET POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		CHEES BEAN BACON JKT	No	No	N	N	N	Yes	N	Yes	C	N	N

48532	VEG CHILLI JKT	QUORN CHILLI	Yes	No	Yes	Yes	Yes	Yes	N	C	Yes	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51285		JACKET POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
51478		LAMBS LETTUCE LEAF _UNWASHED_ 4X	Yes	Yes	N	N	N	N	N	N	C	N	N
		VEG CHILLI JKT	Yes	No	Yes	Yes	Yes	Yes	N	C	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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SHARING SNACKS

42876	BE COMBO X2	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
44267		TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
51424		LEMONS	Yes	Yes	N	N	N	N	N	N	C	N	N
46582		FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48441		SMOKED PAPRIKA CHICKEN BREAST	No	No	Yes	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50090		PEPPERS RED COOKING	Yes	Yes	N	N	N	N	N	N	C	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50974		GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51150		SMOKY MAPLE RIB RACKS	No	No	N	N	N	N	N	Yes	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		BE COMBO X2	No	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N

46582	POT SHELLS CHS N ONION	FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
48779		ONION MARMALADE	Yes	No	C	C	C	C	N	Yes	C	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		POT SHELLS CHS N ONION	Yes	No	C	C	C	Yes	N	Yes	C	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
42876	POT SHELLS CHS N BACON	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
46582		FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50344		POTATO SHELLS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		POT SHELLS CHS N BACON	No	No	N	N	N	Yes	N	Yes	C	N	N

Potato shells come with a choice of the following dips-

50456		BBQ SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
44709		DRESSING RANCH	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	N	N
14667		SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N

14667	NACHOS SALSA SOUR	SOUR CREAM CHIVE DRESSING	Yes	No	N	N	N	Yes	N	N	N	N	N
44267		TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
46582		FLAT LEAF PARSLEY	Yes	Yes	N	N	N	N	N	N	C	N	N
48919		RED ONIONS	Yes	Yes	N	N	N	N	N	N	C	N	N
50517		SLICED JALAPENOS	Yes	Yes	N	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		NACHOS SALSA SOUR	Yes	No	N	N	N	Yes	N	Yes	C	N	N

15549	Condiments	VINEGAR MALT	Yes	Yes	Yes	N	N	N	N	N	N	N	N
15893		SALAD CREAM SACHETS	Yes	No	N	N	Yes	N	N	N	Yes	N	N
32622		TOMATO KETCHUP SACHETS	Yes	Yes	N	N	N	N	N	N	Yes	N	N
41069		HEINZ MAYONNAISE SACHETS	Yes	No	N	N	Yes	N	N	N	Yes	N	N
48046		TABLE SALT	Yes	Yes	N	N	N	N	N	N	N	N	N
48053		GROUND WHITE PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50887		WHOLE BLACK PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N

Key & interpreting the data

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the products.

Allergy data for condiments (pepper, salt, etc.) which you may add to your food, are listed at the bottom of the table (i.e. not with the

NB the staff need to be informed of your allergy every time you dine with us even if you have eaten the dish before so that every precaution can be taken in our kitchen to prevent cross contamination.

'N' means that the allergen is not part of the product as it is delivered by the supplier .

'Yes' in a column entitled 'allergen(s) (e.g. gluten) present' indicates that the product contains that allergen & is, therefore, not suitable for you if you suffer from this allergy.

'C' means that this allergen is present in the manufacturing site/factory/supply chain & our suppliers believe there is a significant risk that this allergen could cross-contaminate the food.

The 'Yes'/'No' in the column entitled 'suitable for vegans'/'suitable for vegetarians' details information supplied by the product manufacturer. Our kitchens have limited space and as such we cannot always preserve the vegetarian status of a meal. For example we only have one fryer for breaded products and so breaded vegetable products cannot be considered vegetarian.

'Data unavailable' is where ingredient detail for the item/dish is currently unavailable from the supplier & will be added onto the table upon obtaining it. Or because it is bought at local level in-house.

Gluten is a protein component of wheat, rye, barley & oats. If you are intolerant to gluten then please consult the 'gluten present'

Additives are artificial antioxidants, colours, flavourings, preservatives, sweeteners, flavour-enhancers & sulphites.

The Treenut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

NB: We have taken all reasonable steps to ensure that this table is accurate. However, we cannot guarantee that the product is '100% free from' that component because of the risk of unexpected cross-contamination. Your statutory rights are not affected.

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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STARTERS

50974	GARLIC BREAD	GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N
44556	VEGETABLE STICKS	CARROTS	Yes	Yes	N	N	N	N	N	N	C	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50090		PEPPERS RED COOKING	Yes	Yes	N	N	N	N	N	N	C	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
50987		PRAWN COCKTAIL DRESSING	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
		VEGETABLE STICKS	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
44267	NACHO CHEESE	TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
45858		SALSA SAUCE SFC	Yes	Yes	N	N	N	N	N	Yes	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		NACHO CHEESE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
48413	BREADED MUSHROOMS	GARLIC & HERB BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48664		CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50360		TOMATO KETCHUP	Yes	Yes	N	N	N	N	N	N	Yes	N	N
		BREADED MUSHROOMS	Yes	Yes	Yes	N	N	N	N	N	Yes	N	N
50951	SOUP OF THE DAY	SEASONAL MIXED SOUP A 8X1.5KG	For this month's flavours please see separate Spreadsheet										
50952		SEASONAL MIXED SOUP B 8X1.5KG	For this month's flavours please see separate Spreadsheet										
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51328		WHITE BLOOMER	Yes	Yes	Yes	N	N	N	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
51417	PRAWN COCKTAIL	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48690		COOKED & PEELED PRAWNS	No	No	N	N	N	N	Yes	N	N	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50987		PRAWN COCKTAIL DRESSING	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
		PRAWN COCKTAIL	No	No	N	Yes	Yes	N	Yes	Yes	Yes	N	N
44460	MELON	ORANGES!	Yes	Yes	N	N	N	N	N	N	C	N	N
46462		MELON HONEYDEW	Yes	Yes	N	N	N	N	N	N	C	N	N
		MELON	Yes	Yes	N	N	N	N	N	N	C	N	N
38225	CORN ON COB	SWEETCORN COBS MINI	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
		CORN ON COB	Yes	No	N	N	N	Yes	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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MAINS

STEP 1 CHOOSE A MAIN

43908	FISH FINGERS	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51392		OMEGA 3 FISH FINGERS	No	No	Yes	N	N	N	Yes	N	N	N	N
		FISH FINGERS	No	No	Yes	N	N	N	Yes	N	N	N	N

50694	SAUSAGES	ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
50541		Pork and bacon Chipolata	No	No	Yes	Yes	N	N	N	Yes	N	N	N
		SAUSAGES	No	No	Yes	Yes	C	Yes	N	Yes	Yes	C	C

48945	SAUSAGES VEGGIE	LINCOLNSHIRE & QUORN SAUSAGES	Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	C	C
50509		VEGETARIAN ROAST GRAVY	Yes	No	Yes	C	C	Yes	N	Yes	Yes	N	N
		SAUSAGES VEGGIE	Yes	No	Yes	Yes	Yes	Yes	N	Yes	Yes	C	C

43908	GRILLED CHICKEN	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
		GRILLED CHICKEN	No	No	C	C	C	C	N	C	C	C	C

50639	BURGER PLAIN	UNSEEDED BURGER BUN	Yes	Yes	Yes	Yes	N	N	N	N	C	N	N
50838		BEEF BURGER	No	No	Yes	N	N	N	N	N	N	N	N
		BURGER PLAIN	No	No	Yes	Yes	N	N	N	N	C	N	N

43908	BURGER CHICKEN	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
50639		UNSEEDED BURGER BUN	Yes	Yes	Yes	Yes	N	N	N	N	C	N	N
		BURGER CHICKEN	No	No	Yes	Yes	C	C	N	C	C	C	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
49110	CHICKEN CURRY	CHICKEN KORMA	No	No	N	N	N	Yes	N	Yes	Yes	N	N
43908	RUMP STEAK	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
51319		RUMP _10OZ	No	No	N	N	N	N	N	N	N	N	N
		RUMP STEAK	No	No	N	N	N	N	N	N	N	N	N
48664	CHICKEN GOUJONS	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
50360		TOMATO KETCHUP	Yes	Yes	N	N	N	N	N	N	Yes	N	N
50685		BUBBLE BATTERED CHICKEN FINGERS	No	No	Yes	N	N	N	N	N	N	N	N
		CHICKEN GOUJONS	No	No	Yes	N	N	N	N	N	Yes	N	N
49118	PIZZA	PIZZA SLIPPER	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51446		GRATED MATURE CHEDDAR	Yes	No	N	N	N	Yes	N	N	N	N	N
		PIZZA	Yes	No	Yes	N	N	Yes	N	N	N	N	N
42876	PIZZA TOP OPTIONS	BACK BACON	No	No	N	N	N	N	N	Yes	N	N	N
47808		WILTSHIRE HAM	No	No	N	N	N	N	N	Yes	N	N	N
51019		PINEAPPLE IN JUICE	Yes	Yes	N	N	N	N	N	N	N	N	N
48916	PIZZA TOP MUSH	MUSHROOM CUP	Yes	Yes	N	N	N	N	N	N	C	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
		PIZZA TOP MUSH	Yes	No	N	N	N	Yes	N	N	C	N	N
48720	SPAG BOL	KIDS SPAG BOL REDUCED	No	No	Yes	N	N	N	N	N	Yes	N	C
50950	CHILLI BEEF	BEEF CHILLI	No	No	N	N	N	N	N	Yes	C	N	C
48532	CHILLI VEGGIE	QUORN CHILLI	Yes	No	Yes	Yes	Yes	Yes	N	C	Yes	N	N
46693	PENNE PASTA	KIDS PENNE PASTA 24X200G	Yes	Yes	Yes	N	N	N	N	N	C	N	C

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
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STEP 2 CHOOSE A SIDE

48664	CHIPS	CRITERION LONG LIFE OIL	Yes	Yes	N	N	N	N	N	N	N	N	N
51093		TRADITIONAL CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
		CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N

51094	MASH POTATO	MASHED POTATO	Yes	No	C	N	N	Yes	N	N	N	N	N
46548	RICE	DELICATELY FLAV BASMATI RICE	Yes	Yes	N	N	N	N	N	N	N	N	N
50974	GARLIC BREAD	GARLIC SLICES	Yes	Yes	Yes	N	N	N	N	N	N	N	N

51071	JACKET POTATO	SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51285		JACKET POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
		JACKET POTATO	Yes	No	N	N	N	Yes	N	N	N	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
STEP 3 CHOOSE AN EXTRA													
45674	PEAS	A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
44556	CARROTS	CARROTS	Yes	Yes	N	N	N	N	N	N	C	N	N
38225	CORN ON COB	SWEETCORN COBS MINI	Yes	Yes	N	N	N	N	N	N	N	N	N
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
		CORN ON COB	Yes	No	N	N	N	Yes	N	N	N	N	N
28823	BEANS	BAKED BEANS	Yes	Yes	N	N	N	N	N	N	N	N	N
44267	NACHOS	TORTILLA CHIPS	Yes	Yes	N	N	N	N	N	N	N	N	N
51417	SALAD	CHERRY TOMATOES	Yes	Yes	N	N	N	N	N	N	C	N	N
48584		FRENCH DRESSING	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50089		CUCUMBERS	Yes	Yes	N	N	N	N	N	N	C	N	N
50132		SALAD SEASONAL MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50624		PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
		SALAD	Yes	Yes	N	N	N	N	N	Yes	Yes	N	N
50624	COLESLAW SIDE	PREMIUM COLESLAW MIX	Yes	Yes	N	N	N	N	N	N	N	N	N
50984		REDUCED FAT MAYONNAISE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N
		COLESLAW SIDE	Yes	No	N	Yes	Yes	N	N	Yes	Yes	N	N

WCode	RecipeName	Description	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
SUNDAY ROAST													
43908	ROAST BEEF CHILD SUN	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
50890		TOPSIDE ROASTING JOINT	No	No	N	N	N	N	N	N	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51456		3" YORKSHIRE PUDDINGS	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
		ROAST BEEF CHILD SUN	No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C
43908	ROAST CHICK CHILD SUN	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
50368		CHEFS CLASSIC ROAST POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51456		3" YORKSHIRE PUDDINGS	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
		ROAST CHICK CHILD SUN	No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C
43908	ROAST PORK CHILD SUN	WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
50367		PORK LOIN ROAST	No	No	N	N	N	N	N	Yes	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51456		3" YORKSHIRE PUDDINGS	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
		ROAST PORK CHILD SUN	No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C
15549	Condiments	VINEGAR MALT	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48046		TABLE SALT	Yes	Yes	N	N	N	N	N	N	N	N	N
48053		GROUND WHITE PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50887		WHOLE BLACK PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N

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DESSERTS

44336	FRUIT N CHOC FONDUE	BANANA	Yes	Yes	N	N	N	N	N	N	C	N	N
44377		GRAPE BLACK _1 X 500G_!	Yes	Yes	N	N	N	N	N	N	C	N	N
44460		ORANGES!	Yes	Yes	N	N	N	N	N	N	C	N	N
46462		MELON HONEYDEW	Yes	Yes	N	N	N	N	N	N	C	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
		FRUIT N CHOC FONDUE	Yes	No	N	N	N	Yes	N	Yes	C	N	N

15575	ICE CREAM SUNDAE	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
26108		CHOC TOP 500	Yes	Yes	N	N	N	N	N	Yes	N	N	N
47236		RASPBERRY SAUCE	Yes	Yes	N	N	N	N	N	N	N	N	N
		ICE CREAM SUNDAE	Yes	No	N	N	N	Yes	N	Yes	N	N	N

15575	PROFITEROLES	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
51005		PROFITEROLES	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
		PROFITEROLES	Yes	No	Yes	N	Yes	Yes	N	Yes	N	N	N

51099	YOGHURT ORGANIC	RASPBERRY YOGURT	Yes	No	N	N	N	Yes	N	N	N	N	C
51100		BLACKCURRANT YOGURT	Yes	No	N	N	N	Yes	N	N	N	N	C
51101		APRICOT YOGURT	Yes	No	N	N	N	Yes	N	N	N	N	C
51102		STRAWBERRY YOGURT	Yes	No	N	N	N	Yes	N	N	N	N	C
51104		BLUEBERRY YOGURT	Yes	No	N	N	N	Yes	N	N	N	N	C

50497	FRUIT SALAD	FRESH FRUIT SALAD	Yes	Yes	N	N	N	N	N	N	N	N	N
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15575	CHOC CHALLENGE	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
51124		CHOCOLATE BROWNIE	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
60233		MARSHMALLOWS	No	No	Yes	N	N	N	N	N	N	N	N
		CHOC CHALLENGE	No	No	Yes	Yes	Yes	Yes	N	Yes	N	C	C
15575	JELLY N ICE CREAM	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
49120		STRAWBERRY JELLY	No	No	N	N	N	N	N	Yes	N	N	N
		JELLY N ICE CREAM	No	No	N	N	N	Yes	N	Yes	N	N	N
15575	BANANA SPLIT	MEDDOWMIX WHITE L L LIQUID ICE CRE	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
44336		BANANA	Yes	Yes	N	N	N	N	N	N	C	N	N
46567		CHOC FLAVOUR FUDGE SAUCE	Yes	No	N	N	N	Yes	N	Yes	N	N	N
50414		CHOCOLATE SUNDAE SPRINKLE	Yes	No	Yes	Yes	C	Yes	N	Yes	C	C	C
		BANANA SPLIT	Yes	No	Yes	Yes	C	Yes	N	Yes	C	C	C

Key & interpreting the data

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Gluten is a protein component of wheat, rye, barley & oats. If you are intolerant to gluten then please consult the 'gluten

Additives are artificial antioxidants, colours, flavourings, preservatives, sweeteners, flavour-enhancers & sulphites.

The Treenut column indicates the presence of the following; almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.

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15509	ROAST BEEF	NEW POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
47480		HORSERADISH SAUCE	Yes	No	N	N	Yes	N	N	Yes	Yes	N	N
48260		BROCCOLI FLORETS	Yes	Yes	N	N	N	N	N	N	N	N	N
50890		TOPSIDE ROASTING JOINT	No	No	N	N	N	N	N	N	N	N	N
48520		CARROT WEDGES	Yes	Yes	N	N	N	N	N	N	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51456		3" YORKSHIRE PUDDINGS	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
		ROAST BEEF	No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C

15509	ROAST PORK	NEW POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
48260		BROCCOLI FLORETS	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT WEDGES	Yes	Yes	N	N	N	N	N	N	N	N	N
48788		APPLE SAUCE	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50367		PORK LOIN ROAST	No	No	N	N	N	N	N	Yes	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51456		3" YORKSHIRE PUDDINGS	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
		ROAST PORK	No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C

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15509	ROAST CHICKEN	NEW POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
43908		WESSON GREEN	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
48260		BROCCOLI FLORETS	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT WEDGES	Yes	Yes	N	N	N	N	N	N	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES	Yes	Yes	N	N	N	N	N	N	N	N	N
50694		ROAST GRAVY	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51071		SALTED DAIRY BUTTER	Yes	No	N	N	N	Yes	N	N	N	N	N
51456		3" YORKSHIRE PUDDINGS	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
51469		ROASTED HALF CHICKEN	No	No	N	N	N	N	N	N	N	N	N
		ROAST CHICKEN	No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C
48046	Condiments	TABLE SALT	Yes	Yes	N	N	N	N	N	N	N	N	N
48053		GROUND WHITE PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50887		WHOLE BLACK PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N

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44520	BALSAMIC TARTIN	ROCQUETTE	Yes	Yes	N	N	N	N	N	N	C	N	N
46518		SHAVED CASE REGATO CHEESE 8X750G	Yes	No	N	N	N	Yes	N	N	N	N	N
51554		BALSAMIC GLAZED SHALLOT TART TATIN 2	Yes	No	Yes	Yes	N	Yes	N	Yes	N	N	N
	Per Portion		Yes	No	Yes	Yes	N	Yes	N	Yes	C	N	N
48656	Smoked Salmon(Scottish Sites	CREAMERY BUTTER SALTED 40X250G	Yes	No	N	N	N	Yes	N	N	N	N	N
51368		Malted Brown Sandwich Bread	Yes	Yes	Yes	N	N	N	N	N	N	N	N
51419		LEMON1X15KG!	Yes	Yes	N	N	N	N	N	N	C	N	N
51571		SMOKED SCOTTISH SALMON 12X240G	No	No	N	N	N	N	Yes	N	N	N	N
	Per Portion		No	No	Yes	N	N	Yes	Yes	N	C	N	N
43908	ROAST TURK BANDA	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES 4X2.5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
50457		CRANBERRY SAUCE 4X2.5KG	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50546		RST TURKEY BUTTERFLY HLVS 2X1.75KG	No	No	C	N	N	N	N	N	N	N	N
50694		GRAVY SUNDAY ROAST 6X2KG	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51456		3INCH YORKSHIRE PUDDING 4X20	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
51570		STUFFING BALLS 8X1KG	Yes	Yes	Yes	N	N	N	N	N	N	N	N
	Per Portion		No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C
43908	ROAST TURK BANDB	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
47925		MARIS PEER 1X10KG	Yes	Yes	N	N	N	N	N	N	C	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
48656		CREAMERY BUTTER SALTED 40X250G	Yes	No	N	N	N	Yes	N	N	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES 4X2.5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
50457		CRANBERRY SAUCE 4X2.5KG	Yes	Yes	N	N	N	N	N	Yes	N	N	N
50546		RST TURKEY BUTTERFLY HLVS 2X1.75KG	No	No	C	N	N	N	N	N	N	N	N
50694		GRAVY SUNDAY ROAST 6X2KG	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51456		3INCH YORKSHIRE PUDDING 4X20	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
51570		STUFFING BALLS 8X1KG	Yes	Yes	Yes	N	N	N	N	N	N	N	N
	Per Portion		No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C
43908	ROAST TURK CHILD	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
45674		A GRADE PEAS	Yes	Yes	N	N	N	N	N	N	N	N	N
50368		CHEFS CLASSIC ROAST POTATOES 4X2.5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
50546		RST TURKEY BUTTERFLY HLVS 2X1.75KG	No	No	C	N	N	N	N	N	N	N	N
50694		GRAVY SUNDAY ROAST 6X2KG	No	No	Yes	C	C	Yes	N	Yes	Yes	C	C
51456		3INCH YORKSHIRE PUDDING 4X20	Yes	No	Yes	N	Yes	Yes	N	N	N	N	N
51570		STUFFING BALLS 8X1KG	Yes	Yes	Yes	N	N	N	N	N	N	N	N
	Per Portion		No	No	Yes	C	Yes	Yes	N	Yes	Yes	C	C

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43908	SALMON VERMOUTH SCE	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
47925		MARIS PEER 1X10KG	Yes	Yes	N	N	N	N	N	N	C	N	N
48176		FINE BEANS 4X500G!	Yes	Yes	N	N	N	N	N	N	N	N	N
48427		SALMON PORTIONS SKIN-ON 30X175-215G	No	No	N	N	N	N	Yes	N	N	N	N
48656		CREAMERY BUTTER SALTED 40X250G	Yes	No	N	N	N	Yes	N	N	N	N	N
51417		CHERRY TOMATOES 1X3KG	Yes	Yes	N	N	N	N	N	N	C	N	N
51419		LEMON1X15KG!	Yes	Yes	N	N	N	N	N	N	C	N	N
51535		NOILLY PRATT SAFFRON SAUCE 90X75G	Yes	No	N	N	N	Yes	N	Yes	C	C	C
50416		Tenderstem Broccoli	Yes	Yes	N	N	N	N	N	N	N	N	N
48390		Cajun Seasoning Add On	Yes	Yes	N	N	N	N	N	N	Yes	N	N
	Per Portion		No	No	N	N	N	Yes	Yes	Yes	Yes	C	C
43908	WALNUT TART	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
44392		HERB ROSEMARY	Yes	Yes	N	N	N	N	N	N	C	N	N
47925		MARIS PEER 1X10KG	Yes	Yes	N	N	N	N	N	N	C	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
48641		GARLIC AND PARSLEY SPREAD BLEND 4X1K	Yes	No	N	N	N	Yes	N	N	N	N	N
50509		GRAVY VEGETARIAN 1X60	Yes	No	Yes	C	C	Yes	N	Yes	Yes	N	N
51555		BUTTERNUT SQUASH & WALNUT TART 12X2G	Yes	No	Yes	N	N	Yes	N	N	N	N	Yes
	Per Portion		Yes	No	Yes	C	C	Yes	N	Yes	Yes	N	Yes
43908	CORNFED CHICKEN	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
43908		WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
44392		HERB ROSEMARY	Yes	Yes	N	N	N	N	N	N	C	N	N
47925		MARIS PEER 1X10KG	Yes	Yes	N	N	N	N	N	N	C	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
48641		GARLIC AND PARSLEY SPREAD BLEND 4X1K	Yes	No	N	N	N	Yes	N	N	N	N	N
51551		WILD MUSH TARRAGON SAUCE 60X75G	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N
51560		CORN FED CHICKEN 4X5X180-220G	No	No	N	N	N	N	N	N	N	N	N
	Per Portion		No	No	C	C	C	Yes	N	Yes	Yes	N	N
43908	BALMORAL CHICKEN(Scottish)	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
47925		MARIS PEER 1X10KG	Yes	Yes	N	N	N	N	N	N	C	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
48656		CREAMERY BUTTER SALTED 40X250G	Yes	No	N	N	N	Yes	N	N	N	N	N
51107		WHISKEY SAUCE 60X75G	No	No	C	C	C	Yes	N	Yes	Yes	C	N
51121		HAGGIS 8X907G	No	No	Yes	N	N	N	N	N	N	C	C
	Per Portion		No	No	Yes	C	C	Yes	N	Yes	Yes	C	C

WCode	Description	Calculate Dish Totals	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
47925	Scottish only STEAK PIE	MARIS PEER 1X10KG	Yes	Yes	N	N	N	N	N	N	C	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
50912		SEMI SKIM MILK 4 X 2L!	Yes	No	N	N	N	Yes	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
48656		CREAMERY BUTTER SALTED 40X250G	Yes	No	N	N	N	Yes	N	N	N	N	N
51108		BEEF GRAVY PIE FILLING 36X300G	No	No	Yes	C	C	Yes	N	Yes	Yes	C	N
51231		PUFF PASTRY SHEET 1X16	Yes	No	Yes	N	N	N	N	Yes	N	N	N
	Per Portion		No	No	Yes	C	C	Yes	N	Yes	Yes	C	N
43908	DUCK HALF ROAST	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
51084		DAUPHINOISE POTATO 4X1800G	Yes	No	N	N	N	Yes	N	N	N	C	C
51557		HALF ROAST DUCK 10X320-400G	No	No	C	C	C	C	N	C	C	C	N
51636		BLACKBERRY & VINTAGE PORT SAUCE	No	No	N	N	N	Yes	N	Yes	C	C	C
	Per Portion		No	No	C	C	C	Yes	N	Yes	C	C	C
43908	BEEF MEDALLIONS	WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
51084		DAUPHINOISE POTATO 4X1800G	Yes	No	N	N	N	Yes	N	N	N	C	C
51533		DARK ONION MADEIRA SAUCE 90X75G	No	No	N	N	N	Yes	N	Yes	C	C	C
51561		BEEF MEDALLIONS 4X5X_3X40-50G_	No	No	N	N	N	N	N	N	N	N	N
	Per Portion		No	No	N	N	N	Yes	N	Yes	C	C	C
42876	CHICK WRAPED IN BAC	SELECT BACK BACON 4X2.26KG	No	No	N	N	N	N	N	Yes	N	N	N
43908		WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
43908		WESSON GREEN 4 X 5 LITRE	Yes	Yes	N	N	N	N	N	N	N	N	N
44392		HERB ROSEMARY	Yes	Yes	N	N	N	N	N	N	C	N	N
46451		CHICKEN BREAST FILLETS	No	No	C	C	C	C	N	C	C	C	C
47925		MARIS PEER 1X10KG	Yes	Yes	N	N	N	N	N	N	C	N	N
48260		BROCCOLI PART PREP 1X5KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48520		CARROT PREPARED 2X1KG!	Yes	Yes	N	N	N	N	N	N	N	N	N
48641		GARLIC AND PARSLEY SPREAD BLEND 4X1K	Yes	No	N	N	N	Yes	N	N	N	N	N
51551		WILD MUSH TARRAGON SAUCE 60X75G	Yes	No	C	C	C	Yes	N	Yes	Yes	N	N
	Per Portion		No	No	C	C	C	Yes	N	Yes	Yes	C	C
15549	Condiments	C&B MALT VINEGAR 2X5LT	Yes	Yes	Yes	N	N	N	N	N	N	N	N
48046		TABLE SALT 2X6KG	Yes	Yes	N	N	N	N	N	N	N	N	N
48053		GROUND WHITE PEPPER	Yes	Yes	N	N	N	N	N	N	N	N	N
50887		CRACKED BLACK PEPPER 1X550G	Yes	Yes	N	N	N	N	N	N	N	N	N
51320		CHILLI PIMENTO TOMATO GRINDER 6X257G	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51321		ROASTED GRLIC & PEPPER GRNDR 6X265G	Yes	Yes	N	N	N	N	N	N	N	N	N
51322		BBQ MESQUITE GRINDER 6X285G	Yes	Yes	N	N	N	N	N	N	Yes	N	N
51323		SEA SALT GRINDER 6X455G.	Yes	Yes	N	N	N	N	N	N	N	N	N
51324		PEPPERCORN GRINDER 6X210G	Yes	Yes	N	N	N	N	N	N	N	N	N

WCode	Description	Calculate Dish Totals	Suitable for Vegetarians	Suitable for Vegans	Gluten present	Soya / soya products present	Egg / egg products present	Milk / milk products present	Fish / shellfish Products present	Additives present	Seeds / seed derivatives present (mustard, sesame &/or celery)	Peanut (&/or lupin) or their derivatives present	Tree nuts / nut derivatives present
15575	WAFFLES MULLED FRUIT	M/MIX WHITE ICE CREAM MIX 12X1LTR	Yes	No	N	N	N	Yes	N	N	N	N	N
43917		ICING SUGAR 10 X 500G	Yes	No	N	N	C	N	N	N	N	N	N
48554		MULLED WINE FRUIT COMP 6X500G	Yes	No	C	C	C	C	N	Yes	N	N	C
50980		BELGIAN PLAIN WAFFLES 40X90G	Yes	No	Yes	Yes	Yes	N	N	Yes	N	N	N
	Per Portion		Yes	No	Yes	Yes	Yes	Yes	N	Yes	N	N	C
51553	MINCE PIE ICE CREAM	MINCE PIE ICECREAM 3X5L	Yes	No	Yes	Yes	N	Yes	N	Yes	N	N	N
15575	MULLED PAVLOVA	M/MIX WHITE ICE CREAM MIX 12X1LTR	Yes	No	N	N	N	Yes	N	N	N	N	N
43917		ICING SUGAR 10 X 500G	Yes	No	N	N	C	N	N	N	N	N	N
48554		MULLED WINE FRUIT COMP 6X500G	Yes	No	C	C	C	C	N	Yes	N	N	C
48883		MERINGUE NESTS 1X72	Yes	No	N	Yes	Yes	N	N	N	N	N	N
51620		DAIRY AEROSOLCASE MILLAC CREAM9X500G	Yes	No	N	N	N	Yes	N	N	N	N	N
	Per Portion		Yes	No	C	Yes	Yes	Yes	N	Yes	N	N	C
43917	Raspberry Cranachan(Scottish)	ICING SUGAR 10 X 500G	Yes	No	N	N	C	N	N	N	N	N	N
47236		RASPBERRY SAUCE TOPPING 1X500G	Yes	Yes	N	N	N	N	N	YES	N	N	N
51431		RASPBERRY MERINGUE 12X100G	Yes	No	Yes	N	Yes	Yes	N	N	N	N	Yes
	Per Portion		Yes	No	Yes	N	Yes	Yes	N	Yes	N	N	Yes
15575	CHOC BANANA SUNDAE	M/MIX WHITE ICE CREAM MIX 12X1LTR	Yes	No	N	N	N	Yes	N	N	N	N	N
42756		POMPADOUR FAN WAFERS	Yes	No	Yes	Yes	N	Yes	N	N	N	N	N
44336		BANANA 1X1.5KG	Yes	Yes	N	N	N	N	N	N	C	N	N
51548		CHOC FUDGE SAUCE 10X1KG	Yes	No	N	N	N	Yes	N	Yes	N	N	N
51556		YULE LOG 2X12PTN	Yes	No	Yes	Yes	Yes	Yes	N	N	N	C	C
51620		DAIRY AEROSOLCASE MILLAC CREAM9X500G	Yes	No	N	N	N	Yes	N	N	N	N	N
	Per Portion		Yes	No	Yes	Yes	Yes	Yes	N	Yes	C	C	C
15575	BROWNIE MULL FRUIT	M/MIX WHITE ICE CREAM MIX 12X1LTR	Yes	No	N	N	N	Yes	N	N	N	N	N
48554		MULLED WINE FRUIT COMP 6X500G	Yes	No	C	C	C	C	N	Yes	N	N	C
51124		CHOCOLATE BROWNIE SLAB 2X4X1.35KG	Yes	No	Yes	N	Yes	Yes	N	Yes	N	C	C
	Per Portion		Yes	No	Yes	C	Yes	Yes	N	Yes	N	C	C

BEEFEATER MAIN MENU

The Food Standards Agency Guidelines for daily intake for the various components that go to make up the nutrition data are given below. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person.

GDAs	Energy	Protein	Carbohydrate	Sugar	Fat	Saturates	Salt
	kCal	g	g	g	g	g	g
Men	2500	55	300	120	95	30	6
Women	2000	45	230	90	70	20	6

At present the FSA is primarily targeting reduction of saturated fat and salt intake.

The figures given below give the nutrition values for each complete dish as listed on the menu. Dishes are divided into the courses and the order on the menu and where choices are available they are given at the start of each section. Figures are typical for that dish and may vary slightly.

WHILE YOU'RE CHOOSING

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Dipping Bread Trio	889	19.3	69.3	1.7	16.5	8.1	1.9

STARTERS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Garlic & Herb Breaded Mushrooms	250	5.1	31.0	2.6	11.7	3.5	0.8

Add your choice of 2 dips; don't forget to add the nutrition on too:

Sour Cream & Chive	55	0.8	1.3	1.1	5.1	3.3	0.0
Ranch Dressing	145	0.3	0.4	0.3	15.8	0.8	0.4
Salsa	8	0.3	1.8	1.5	0.0	0.0	0.0
BBQ	34	0.2	8.1	6.5	0.0	0.0	0.7
Prawn Cocktail	379	16.8	22.8	3.8	24.3	11.9	2.2
Beefeater Grill Combo - for 2 to share	2159	112.9	132.0	34.6	130.0	39.3	9.3
Baked Camembert	569	34.8	32.3	13.7	33.2	20.7	1.0
Seasonal Soup	328	6.9	30.2	5.7	19.7	12.4	1.5
Paprika Chicken Skewers	248	24.4	10.4	5.1	12.0	6.5	2.4
Crispy Whitebait	538	16.2	15.5	2.3	45.4	10.5	1.6
Prawn Trio	444	45.3	36.9	24.2	12.8	4.7	3.0
Potato Shells							
Cheese & Onion Marmalade	621	15.2	35.7	33.3	45.5	21.0	2.7
Cheese & Bacon	664	27.6	15.0	13.6	53.9	24.4	5.1

Add your choice of 1 tasty dip; don't forget to add the nutrition on too:

Sour Cream & Chive	55	0.8	1.3	1.1	5.1	3.3	0.0
Ranch Dressing	145	0.3	0.4	0.3	15.8	0.8	0.4
Salsa	8	0.3	1.8	1.5	0.0	0.0	0.0
BBQ	34	0.2	8.1	6.5	0.0	0.0	0.7
Chicken Liver and Herb Pate	611	12.3	54.7	19.6	37.4	17.0	1.4

BURGERS

Dish	Energy (kCal in dish)	Protein g in dish	Carbohydrate g in dish	Sugar g in dish	Fat g in dish	Sat Fat g in dish	Salt g in dish
6*oz Beef Burger	1013	45.7	100.3	6.3	52.8	17.4	2.6
9*oz Ultimate Beef Burger	1133	60.5	100.3	6.4	59.4	20.4	3.0
Chicken Burger	949	54.0	101.2	7.3	41.4	12.0	2.2
Paprika Chicken Burger	951	45.0	62.5	2.7	24.6	7.8	0.6
Add your choice of 1 tasty topping don't forget to add the nutrition on too:							
Cheddar Cheese & Bacon	237	19.8	0.9	0.4	17.2	8.8	3.0
Flat Mushroom with Black & Blue Sauce	225	9.4	8.9	1.0	16.8	5.7	0.9
Jalapenos & Cajun Spiced Onions & Peppers	77	1.5	6.8	3.9	4.8	0.6	1.4
Battered Onion Rings & BBQ Sauce	197	8.6	20.3	1.5	10.3	2.6	0.8

* Approximate weights before cooking

SALADS, PASTA & VEGETARIANS

Dish	Energy (kCal in dish)	Protein g in dish	Carbohydrate g in dish	Sugar g in dish	Fat g in dish	Sat Fat g in dish	Salt g in dish
Quesadillia Wrap	748	15.5	103.8	14.7	30.0	14.6	6.9
Paprika Chicken Salad	307	41.5	18.0	12.5	7.2	2.7	1.4
Caesar Salad	446	16.6	18.1	3.6	34.0	7.7	2.9
Mediterranean Tomato Risotto	717	16.5	104.8	12.4	24.9	12.5	2.5
Spring Vegetable Risotto	590	13.8	58.1	4.8	32.5	8.4	2.7
Wholewheat Pasta with Pesto	1041	23.8	68.1	6.4	70.7	10.2	1.4
Sweet Red Pepper & Crème Fraiche Tart	845	16.3	62.7	9.5	58.6	32.5	2.7

TASTY GRILLS

Dish	Energy (kCal in dish)	Protein g in dish	Carbohydrate g in dish	Sugar g in dish	Fat g in dish	Sat Fat g in dish	Salt g in dish
Rack of Ribs	1206	40.0	103.6	16.0	70.9	21.8	2.8
Don't forget to add the nutrition for your sauce:-							
Bourbon & Black Barbecue Sauce	74	0.5	17.2	16.6	0.3	0.0	0.4
Piri Piri Sauce	74	0.5	6.2	4.1	5.2	1.2	0.5
Mighty Mixed Grill with Mixed Salad	1125	94.3	72.9	5.8	51.4	18.7	4.0
Mighty Mixed Grill with Half a Grilled Tomato & a Grilled Flat Mushroom	1194	100.0	75.2	4.5	55.8	18.0	4.0
Mighty Mixed Grill with Battered Onion Rings	1301	96.7	95.4	5.1	60.1	20.4	4.8
Mighty Mixed Grill with Coleslaw	1186	94.1	75.5	7.8	57.3	18.1	4.5
Don't forget to add the nutrition for your Rump Butter-							
Horseradish Butter	58	0.1	0.3	0.1	6.2	3.9	0.2
Tarragon Butter	68	1.0	1.1	0.2	1.8	0.9	0.1
Beefeater Grill Speciality Butter	58	0.1	0.2	0.1	6.4	4.1	0.1
Giant Chicken Skewer with Mixed Salad	1194	77.9	81.2	14.8	62.0	17.1	3.5
Giant Chicken Skewer with Battered Onion Rings & Corn on the Cob	1366	82.2	111.3	18.2	66.1	17.6	3.9
Chicken Breast Wrapped in Bacon	655	59.4	33.5	5.9	31.5	16.6	4.2
Smoked Paprika Chicken	852	46.1	72.5	8.2	43.0	9.2	1.8

Salmon Fillet	645	44.3	36.9	7.7	35.4	10.9	1.3
Sea Bream Fillets	487	41.4	33.2	7.7	20.8	10.5	1.6
Chicken Breast & Maple Pork Ribs	1253	62.5	137.6	9.5	50.7	13.5	2.9

OUR FAMOUS STEAKS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Choose Your Succulent Steak							
10*oz Rump Steak	356	54.2	0.4	0.4	15.3	6.9	0.9
10*oz Rib-Eye Steak	321	49.0	0.0	0.0	13.8	7.1	1.2
8*oz Sirloin Steak	313	44.9	0.2	0.2	14.8	6.9	0.5
7*oz Fillet Steak	293	40.2	0.4	0.4	14.5	7.0	0.3

* Approximate weights before cooking

Ultimate Steak Platter	942	99.4	32.4	4.3	46.1	19.8	3.0
Rib-Eye on the Bone	944	87.9	30.1	2.8	52.4	25.4	3.6

Choose Your Bottomless Chips

Bottomless Chips	467	6.5	61.4	1.6	22.6	7.2	0.0
Jacket Potato	321	2.6	49.5	7.9	12.6	0.9	0.2
Dauphinoise	544	12.0	61.9	2.6	27.0	16.6	1.8
Mixed Salad	55	1.1	4.5	2.7	3.3	1.3	0.1
Buttered New Potatoes	221	3.0	26.5	1.6	11.5	7.4	0.4
Basmati Rice	177	3.5	39.2	0.3	0.7	0.2	0.8

Choose Your Flavoured Butter

Horseradish Butter	58	0.1	0.3	0.1	6.2	3.9	0.2
Tarragon Butter	68	1.0	1.1	0.2	1.8	0.9	0.1
Beefeater Grill Speciality Butter	58	0.1	0.2	0.1	6.4	4.1	0.1

Choose Your Tasty Side

Mixed Salad	55	1.1	4.5	2.7	3.3	1.3	0.1
Half a Grilled Tomato & a Grilled Flat Mushroom	124	6.8	6.8	1.4	7.7	0.6	0.1
Battered Onion Rings	230	3.5	27.0	1.9	12.0	3.0	0.9
Coleslaw	116	0.9	7.2	4.6	9.3	0.7	0.6

SIDES

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Battered Onion Rings	461	7.1	54.0	3.9	24.0	6.0	1.9
Grilled Flat Mushrooms	361	20.3	16.5	0.3	23.8	1.9	0.3
Mixed Salad	55	1.1	4.5	2.7	3.3	1.3	0.1
Cheesy Garlic Bread - 2 slices	354	11.4	26.4	0.6	22.5	9.7	1.4
Cheesy Garlic Bread - 4 slices	708	22.9	52.8	1.1	45.1	19.4	2.7
Corn on the Cob	224	7.2	42.4	10.3	2.9	0.6	0.2
Coleslaw	174	1.4	10.7	6.9	13.9	1.1	0.9
Seasonal Vegetables	28	3.1	2.1	1.9	0.8	0.2	0.0
Rustic Bread and Butter	238	3.6	18.5	0.5	16.4	10.9	0.4
Side Combo	720	17.7	70.3	3.7	40.9	14.6	2.7

SCRUMPTIOUS SAUCES							
Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Creamy Peppercorn & Brandy Sauce	64	2.0	2.8	0.7	5.0	2.9	0.8
Bourbon & Black Barbecue Sauce	74	0.5	17.2	16.6	0.3	0.0	0.4
Black & Blue Sauce	104	2.7	3.4	0.9	8.8	5.1	0.8
Bernaise Sauce	222	1.1	3.8	1.6	22.5	12.7	0.8
Piri Piri Sauce	74	0.5	6.2	4.1	5.2	1.2	0.5

CONDIMENTS

Values are for 100g of the condiment.

Item	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)
Vinegar	19	0.5	0.6	0.0	0.0	0.0	0.0
Cracked Black Pepper	235	11.0	40.2	0.6	3.3	1.0	0.1
Reduced Calorie Mayonnaise	278	0.6	8.3	2.6	27.2	2.2	1.8
English Mustard	187	9.0	18.9	9.8	9.3	0.6	7.9
Salt	0	0.0	0.0	0.0	0.0	0.0	100.0
Brown Sauce	119	1.1	27.1	22.7	0.2	0.0	2.9
French Mustard	119	1.1	27.1	22.7	0.2	0.0	2.9
Tomato Ketchup	102	0.9	23.9	23.5	1.4	0.9	3.1
Horseradish Sauce	215	1.9	12.0	8.5	17.7	1.3	2.9
Mint Sauce	69	1.4	13.4	11.5	1.0	0.1	0.7
Bramley Apple Sauce	130	0.1	32.0	28.0	0.0	0.0	0.0

BEEFEATER DESSERT MENU

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	kCal	g	g	g	g	g	g
Men	2500	55	300	120	95	30	6
Women	2000	45	230	90	70	20	6

At present the FSA is primarily targeting reduction of saturated fat and salt intake.

The figures given below give the nutrition values for each complete dish as listed on the menu. Dishes are divided into the courses and the order on the menu and where choices are available they are given at the start of each section. Figures are typical for that dish and may vary slightly.

DESSERTS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Profiteroles with Ice Cream	545	9.2	45.6	33.9	36.2	16.6	0.4
Profiteroles with Cream	564	9.1	37.0	25.3	42.2	22.5	0.4
Profiteroles with Crème Fraiche	549	8.6	37.4	25.7	40.6	17.5	0.4
Double the Delight!							
Profiteroles with Ice Cream (Serves 2)	1090	18.4	91.3	67.8	72.3	33.3	0.8
Profiteroles with Cream (Serves 2)	1128	18.2	74.0	50.6	84.3	45.1	0.7
Profiteroles with Crème Fraiche (Serves 2)	1099	17.2	74.9	51.4	81.2	34.9	0.8
Belgian Chocolate Cheesecake	741	9.3	60.9	46.5	50.7	28.2	0.8
Banoffee Pie	209	2.0	42.4	38.9	3.5	2.1	0.1
Caramel Apple Crumble Pie with Custard	612	7.8	94.4	64.4	22.5	10.9	0.3
Caramel Apple Crumble Pie with Cream	620	6.6	79.5	54.1	30.7	16.1	0.2
Caramel Apple Crumble Pie with Ice Cream	601	6.7	88.2	62.7	24.7	10.2	0.2
Caramel Apple Crumble Pie with Crème Fraiche	606	6.1	80.0	54.5	29.1	11.0	0.2
Warm Chocolate Fudge Brownie	604	9.1	73.6	64.7	30.4	7.3	1.2
Belgian Waffles	527	6.5	69.9	47.0	24.6	10.0	0.9
Warm Chocolate Flavour Fudge Sauce	155	1.9	17.2	14.5	8.7	1.2	0.2
Toffee Sauce	95	0.8	17.2	16.0	2.6	1.6	0.0
Cheese Platter	981	39.7	44.5	15.0	71.7	44.5	3.4
Our Sundaes							
Chocolate Fudge Brownie Indulgence	665	10.4	79.9	66.3	33.8	9.5	0.8
Double the Delight! A serving for 2	1331	20.7	159.9	132.6	67.6	19.1	1.7
Fruit Sundae	287	5.4	32.7	31.1	14.6	4.2	0.2
Lemon Sundae	335	6.3	42.8	48.0	15.4	4.3	0.2
Rocky Road Sundae	755	11.7	106.2	89.6	31.5	8.1	0.8
Banoffee Sundae	639	9.0	88.2	67.8	27.9	10.8	0.7

BEEFEATER LIGHT BITES MENU

The Food Standards Agency Guidelines for daily intake for the various components that go to make up the nutrition data are given below. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person.

GDAs	Energy	Protein	Carbohydrate	Sugar	Fat	Saturates	Salt
	kCal	g	g	g	g	g	g
Men	2500	55	300	120	95	30	6
Women	2000	45	230	90	70	20	6

At present the FSA is primarily targeting reduction of saturated fat and salt intake.

The figures given below give the nutrition values for each complete dish as listed on the menu. Dishes are divided into the courses and the order on the menu and where choices are available they are given at the start of each section. Figures are typical for that dish and may vary slightly.

HOT SPECIALITY SANDWICHES	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Steak Club Sandwich	686	36.7	55.5	12.4	35.3	8.6	2.6
Classic Club Sandwich	912	73.1	48.6	5.5	47.3	12.5	7.5
Served with your choice of							
Chips	467	6.5	61.4	1.6	22.6	7.2	0.0
Or							
Tortilla Crisps	463	0.0	0.0	0.0	51.5	0.0	0.0

SANDWICHES

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Chicken, Bacon & Mayo	604	57.8	37.1	2.8	24.6	6.6	3.8
Prawn & Rocket	333	17.1	35.0	2.5	13.5	2.6	1.9
Egg & Cucumber	398	20.7	34.2	1.0	19.4	5.1	0.9
Cheddar Cheese & Ham	606	37.0	33.0	1.2	35.9	18.8	2.9
Cheddar Cheese & Piccalilli	569	25.9	38.3	5.1	34.3	18.4	2.0
Ham & Piccalilli	319	18.3	38.4	5.2	9.9	2.7	1.7
Ham & Mustard	308	18.6	33.9	1.9	10.6	2.6	2.2
Camembert & Onion Marmalade	499	22.2	46.8	14.3	24.4	12.1	1.0

JACKETS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Cheddar Cheese & Baked Beans	667	22.0	63.5	13.1	36.2	23.0	2.4
Chilli & Cheese	699	24.7	67.6	13.9	35.9	21.1	2.3
Cheddar Cheese, Baked Beans and Bacon	795	34.7	63.9	13.5	44.6	26.3	4.8
Quorn™ Chilli	653	18.9	77.6	17.3	30.0	17.0	2.5

SHARING SNACKS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Beefeater Grill Combo - for 2 to share	2159	112.9	132.0	34.6	130.0	39.3	9.3
Potato Shells	989	36.6	81.8	20.9	56.1	30.0	3.1

Choose 2 of the following dips:

Sour Cream & Chive	98	1.5	2.4	1.9	9.2	5.9	0.1
Ranch	259	0.5	0.8	0.6	28.3	1.4	0.7
Salsa	12	0.4	2.6	2.1	0.0	0.0	0.0
BBQ	60	0.3	14.6	11.7	0.1	0.0	1.3
Nachos	1156	40.6	115.8	4.8	78.7	28.3	3.9

SUNDAY ROAST

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Roast Topside of Beef with Horseradish Sauce	1108	67.0	83.1	12.6	56.0	13.9	2.6
Roast Loin of Pork with Apple Sauce	1220	56.8	95.5	19.8	67.6	16.9	2.9
Half a Roast Chicken	1359	87.3	81.8	11.7	75.5	21.8	4.5

CONDIMENTS

Values are for 100g of the condiment.

Item	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)
Vinegar	19	0.5	0.6	0.0	0.0	0.0	0.0
Cracked Black Pepper	235	11.0	40.2	0.6	3.3	1.0	0.1
Reduced Calorie Mayonnaise	278	0.6	8.3	2.6	27.2	2.2	1.8
English Mustard	187	9.0	18.9	9.8	9.3	0.6	7.9
Salt	0	0.0	0.0	0.0	0.0	0.0	100.0
Brown Sauce	119	1.1	27.1	22.7	0.2	0.0	2.9
French Mustard	119	1.1	27.1	22.7	0.2	0.0	2.9
Tomato Ketchup	102	0.9	23.9	23.5	1.4	0.9	3.1

Horseradish Sauce	215	1.9	12.0	8.5	17.7	1.3	2.9
Mint Sauce	69	1.4	13.4	11.5	1.0	0.1	0.7
Bramley Apple Sauce	130	0.1	32.0	28.0	0.0	0.0	0.0

BEEFEATER KID'S MENU

The Food Standards Agency Guidelines for daily intake for the various components that go to make up the nutrition data are given below.

GDAs	Energy	Protein	Carbohydrate	Sugar	Fat	Saturates	Salt
	kCal	g	g	g	g	g	g
Children	1800	24	220	85	70	20	4

At present the FSA is primarily targeting reduction of saturated fat and salt intake.

The figures given below give the nutrition values for each complete dish as listed on the menu. Dishes are divided into the courses and the order on the menu and where choices are available they are given at the start of each section. Figures are typical for that dish and may vary slightly.

STARTERS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Saturates	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Garlic Bread	229	3.8	26.4	0.5	12.1	3.2	0.8
Crunchy Veg & Salad Sticks with Mayo Dip	57	1.1	3.6	1.9	4.2	0.4	0.3
Crunchy Veg & Salad Sticks with Marie Rose Dip	55	0.1	1.5	1.2	3.5	0.3	0.2
Nice Nachos	215	6.1	21.7	1.9	11.6	3.6	0.6
Garlic & Herb Breaded Mushrooms	166	3.0	23.6	7.8	6.7	2.1	1.3
Seasonal Soup	264	4.1	21.1	3.6	18.1	11.6	1.2
Prawn Cocktail	112	7.8	3.6	2.7	7.4	0.8	1.2
Juicy Melon	66	1.4	13.3	10.6	0.6	0.2	0.1
Corn on the Cob	371	7.3	42.6	10.4	19.0	11.4	0.5

BUILD YOUR OWN TASTY MEAL

STEP 1	Energy	Protein	Carbohydrate	Sugar	Fat	Saturates	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Grilled Fish Fingers	142	8.5	12.3	0.3	6.3	0.7	0.5
Pork Sausages & Gravy	175	12.4	19.1	1.0	5.5	1.8	1.4
Quorn TM Sausages & Gravy	214	12.5	15.9	4.2	11.2	6.0	2.4
Chargrilled Chicken Breast	175	38.0	1.1	1.1	2.1	0.6	1.4
Burger in a Bun							
Beef Burger	348	24.9	22.8	1.4	17.5	7.7	1.3
Chicken Breast	308	26.5	41.2	4.7	3.7	1.3	1.9
Mild Chicken Curry	122	7.4	8.9	5.4	6.3	3.5	0.0
5oz* Rump Steak	178	27.1	0.2	0.2	7.7	3.5	0.5
Chicken Goujons with Tomato Ketchup Dip	281	15.8	33.9	16.3	9.2	2.6	1.6
Perfect Pizza	420	17.3	57.7	13.4	13.3	6.1	3.3

Add two of the following toppings to a tasty Cheddar cheese and tomato base

Bacon	128	12.7	0.4	0.4	8.4	3.4	2.4
Ham	31	5.8	0.1	0.1	0.9	0.3	0.5
Pineapple	27	0.8	1.4	0.1	2.0	0.1	0.0
Mushroom	20	0.1	5.5	5.4	0.0	0.0	0.0

Spaghetti Bolognese	225	19.0	28.5	5.3	3.8	1.5	0.5
Beef Chilli	229	15.0	18.5	6.3	9.8	4.3	1.4
Quorn™ Chilli	182	9.1	28.6	9.6	3.8	0.2	1.6
Tomato Penne Pasta	238	6.2	41.2	2.8	6.2	5.4	1.0

Choose a side and add on the nutrition

STEP 2	Energy	Protein	Carbohydrate	Sugar	Fat	Saturates	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Chips	350	4.9	46.1	1.2	17.0	5.4	0.0
Mash	126	2.5	15.0	1.9	6.3	4.0	0.6
Rice	177	3.5	39.2	0.3	0.7	0.2	0.8
Garlic Bread	115	1.9	13.2	0.3	6.0	1.6	0.4
Jacket Potato with Butter	352	2.6	48.8	7.6	16.4	10.8	0.3

Choose an extra and add on the nutrition

STEP 3	Energy	Protein	Carbohydrate	Sugar	Fat	Saturates	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Buttered Corn on the Cob	185	3.7	21.3	5.2	9.5	5.7	0.3
Peas	34	3.0	4.5	1.3	0.5	0.3	0.0
Carrots	9	0.5	1.0	1.0	0.3	0.1	0.0
Baked Beans	40	2.6	7.2	2.7	0.1	0.0	0.5
Tortilla Crisps	173	2.3	22.9	0.5	8.1	0.8	0.4
Salad	18	0.5	1.6	1.2	1.0	0.3	0.1
Coleslaw	42	0.6	3.2	2.5	2.8	0.2	0.2

DESSERTS

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Fruit & Chocolate Fondue	304	3.9	50.5	42.7	9.5	1.3	0.3
Ice Cream Sundae with Raspberry Sauce	289	5.1	38.9	38.6	12.6	2.1	0.3
Ice Cream Sundae with Chocolate Flavour Sauce	289	5.2	38.7	38.1	12.6	2.1	0.3
Profiteroles	469	7.6	46.9	39.4	27.9	10.0	0.5
Yummy Organic Yoghurt	123	5.9	15.0	14.6	4.4	2.9	0.2
Fab Fruit Salad	149	2.0	33.3	28.2	0.8	0.1	0.0
Mini Chocolate Challenge	567	8.1	78.7	64.2	24.4	5.2	0.9

TASTY SUNDAY ROAST

Dish	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal in dish)	g in dish	g in dish	g in dish	g in dish	g in dish	g in dish
Roast Pork	609	34.1	38.4	5.1	35.4	8.3	1.5
Roast Beef	543	40.8	35.6	5.2	26.3	6.2	1.1
Chicken Breast	500	46.1	36.0	5.7	19.0	2.4	2.2

CONDIMENTS

Values are for 100g of the condiment.

Item	Energy	Protein	Carbohydrate	Sugar	Fat	Sat Fat	Salt
	(kCal/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)	(g/100g)
Vinegar	19	0.5	0.6	0.0	0.0	0.0	0.0
Cracked Black Pepper	235	11.0	40.2	0.6	3.3	1.0	0.1
Reduced Calorie Mayonnaise	278	0.6	8.3	2.6	27.2	2.2	1.8
English Mustard	187	9.0	18.9	9.8	9.3	0.6	7.9
Salt	0	0.0	0.0	0.0	0.0	0.0	100.0
Brown Sauce	119	1.1	27.1	22.7	0.2	0.0	2.9
French Mustard	119	1.1	27.1	22.7	0.2	0.0	2.9
Tomato Ketchup	102	0.9	23.9	23.5	1.4	0.9	3.1
Horseradish Sauce	215	1.9	12.0	8.5	17.7	1.3	2.9
Mint Sauce	69	1.4	13.4	11.5	1.0	0.1	0.7
Bramley Apple Sauce	130	0.1	32.0	28.0	0.0	0.0	0.0