




FOOD AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

																	
TYPE	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian	
NAKED CHICKEN		Y															
NAKED CAULIFLOWER		Y													Y	Y	
SAUCES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian	
GARLIC PRIMESAN							Y										Y
BOURBON BBQ		Y													Y	Y	
LEMON PEPPER															Y	Y	
MUMBO							Y										Y
SPICY TERIYAKI		Y							Y	Y	Y		Y				Y
RASPBERRY SCOTCH BONNET																	Y
ATOMIC															Y	Y	
BLUE CHEESE DIP				Y			Y		Y								Y
BUFFALO DIP															Y	Y	
GARLIC AIOLI DIP				Y			Y										Y
BOURBON BBQ DIP		Y													Y	Y	
BUTTERMILK RANCH DIP				Y			Y										Y

14 Allergens
Coming to a food label near you



The way allergens are labelled on prepackaged foods is changing because of new regulations. The Food Information Regulations, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergen ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned either on a label or through provided information such as verbal when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



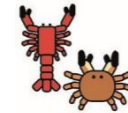

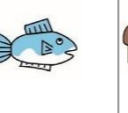






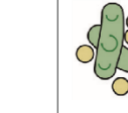




- 1 Celery**
This allergen covers stalks, leaves, seeds and the root stalk (celery). You can find celery in soups, salads, soups, smoothies, soups and other soups.
- 2 Cereals containing gluten**
Wheat, barley, rye and other grains, plus their derivatives such as bran and other parts of the grain. This allergen covers bread, pasta, cereal, beer, biscuits, sweets, puddings, soups and other products.
- 3 Crustaceans**
Crabs, lobster, prawns and shrimps are examples. Shrimp paste is also used in Thai and southeast Asian curries or salads, or ingredients in chili sauce.
- 4 Eggs**
Eggs are often used in cakes, some meat products, mayonnaise, dressings, puddings, soups and puddings or food from other parts of the egg.
- 5 Fish**
This allergen covers fish, fish bones, fish scales, fish skin, fish heads, fish tails and fish heads.
- 6 Lupin**
Lupin is a broad bean but it's also found in flour (lupin flour) and seed oil. You can find lupin in bread, soups and other products.
- 7 Milk**
Milk is a common ingredient in butter, cream, cheese, soft cheese and yogurt. It can also be found in food containing glucose syrups, and in sweetened condensed milk.
- 8 Molluscs**
This allergen covers shellfish, scallops and mussels. You can find molluscs in soups, stews, soups and other products.
- 9 Mustard**
Mustard is a common ingredient in salad dressings, mayonnaise, soups and other products. The allergen can also be found in soups, sauces, mayonnaise, meat products, soups, soups and other products.
- 10 Nuts**
Nuts are usually a walnut, hazelnut, almond or pistachio, which is why its common in nut butter. Nuts are also used as an ingredient in cakes, biscuits, chocolate, ice cream, soups and other products.
- 11 Peanuts**
Peanuts are usually a peanut, almond or hazelnut, which is why its common in nut butter. Nuts are also used as an ingredient in cakes, biscuits, chocolate, ice cream, soups and other products.
- 12 Sesame seeds**
Sesame seeds are used in many products, including bread, cakes, biscuits, soups and other products. The allergen is also found in oil.
- 13 Soya**
Soya is a common ingredient in many products, including soups, meat products, soups and other products. The allergen is also found in oil.
- 14 Sulphur dioxide (sometimes known as sulphites)**
This is an ingredient often used in wine to preserve it. It is also used in food products, including soups, soups and other products.

To find more information, visit: www.food.gov.uk/allergens or www.food.gov.uk/allergens or www.food.gov.uk/allergens or www.food.gov.uk/allergens

Note: We work to ensure that the ingredient information in this table is accurate. Allergy data detailed in the table has been derived from specifications obtained from the supplier’s pf the products. Drinks which have a “YES” include ingredients with the allergen intentionally present. Drinks which have an “M” include ingredient(s) which are produced in a factory with this allergen present and our suppliers believe there is a significant risk of cross contamination (May Contain) Whilst we have taken all reasonable steps to ensure that this table is accurate, we cannot guarantee that the product is 100% free from the unintentional presence of allergens arising because of Cross-contamination as we handle MILK, PEANUTS, EGG, TREE NUTS and GLUTEN-CONTAINING products behind the bar.

FOOD AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

																
SIDES & SNACKS	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian
FRIES															Y	Y
CHEESY FRIES	Y	Y		Y			Y									Y
SPICY CHEESE FRIES															Y	Y
FRIES CHEESE & GRAVY	Y	Y		Y			Y						Y			
KANSAS BBQ SLAW	Y			Y					Y							Y
MONSTER MAC & CHEESE	Y	Y		Y			Y		Y							Y
CHICKEN TENDERS		Y					Y									
CHEESY SWEET FRIES															Y	Y
SPICY CHEESE SWEET FRIES	Y	Y		Y			Y									Y
SWEET CHEESE & GRAVY															Y	Y

14 Allergens
Coming to a food label near you
Food Standards Agency
food.gov.uk

The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulations, which came into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned either on a label or through similar information such as verbal labels that are used at registers in a food store. Here are the allergens, and some examples of where they can be found.

- Celery**
This includes celery stalks, leaves, seeds and the root (celery sticks). You can find celery in soups, salads, some meat products, some soups and soups cubes.
Cereals containing gluten
Wheat, barley and rye and their products (including bread and pasta) and other foods made from these grains. Cereals containing gluten also include products such as pasta, soups, sauces, bread, soups, soups cubes, soups and soups cubes.
- Crustaceans**
Crustaceans include crabs, shrimps, prawns and crayfish. They are found in soups, salads, soups and soups cubes, soups and soups cubes.
- Eggs**
Eggs are often found in cakes, some meat products, ice cream, meringues, pastas, pasta, soups and soups cubes or soups and soups cubes.
- Fish**
You will find fish in soups, soups, soups, soups, soups, soups and soups.
- Lupin**
It has been found in flour, soups, soups, soups, soups, soups and soups.
- Milk**
Milk is a common ingredient in butter, cheese, cream, yoghurt and soups. It can also be found in soups, soups, soups, soups, soups and soups.
- Molluscs**
Molluscs include mussels, snails, scallops and oysters. You can find them in soups, soups, soups, soups, soups and soups.
- Mustard**
Mustard is used in soups, soups, soups, soups, soups, soups, soups and soups.
- Nuts**
Nuts include almonds, hazelnuts, walnuts, pecans, cashews and pistachios. You can find them in soups, soups, soups, soups, soups, soups, soups and soups.
- Peanuts**
Peanuts are a type of nut and are often found in soups, soups, soups, soups, soups, soups, soups and soups.
- Sesame seeds**
Sesame seeds are often found in soups, soups, soups, soups, soups, soups, soups and soups.
- Soya**
Soya is often found in soups, soups, soups, soups, soups, soups, soups and soups.
- Sulphur dioxide**
Sulphur dioxide is often found in soups, soups, soups, soups, soups, soups, soups and soups.

Note: We work to ensure that the ingredient information in this table is accurate. Allergy data detailed in the table has been derived from specifications obtained from the supplier’s pf the products. Drinks which have a “YES” include ingredients with the allergen intentionally present. Drinks which have an “M” include ingredient(s) which are produced in a factory with this allergen present and our suppliers believe there is a significant risk of cross contamination (May Contain) Whilst we have taken all reasonable steps to ensure that this table is accurate, we cannot guarantee that the product is 100% free from the unintentional presence of allergens arising because of Cross-contamination as we handle MILK, PEANUTS, EGG, TREE NUTS and GLUTEN-CONTAINING products behind the bar.