

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 PRMESAN							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

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 Regulation, which comes 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 provided information such as verbal advice they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found.

- 1 **Celery**
Celery is commonly found in soups, stocks and the most common source. You can find it in soups, soups, stocks and soups. You can find it in soups, soups and soups.
- 2 **Cereals containing gluten**
What makes us sick? Cereals containing gluten are found in many foods. It can be found in bread, pasta, cereals, biscuits, cakes, pastries, pies, pastries, crisps, wafers, croutons, couscous, malted products, soups, saucy soups, soups, soups and soups which are mixed with flour.
- 3 **Crustaceans**
Crustaceans are commonly found in many foods. They are found in soups, soups and soups. You can find them in soups, soups and soups. You can find them in soups, soups and soups.
- 4 **Eggs**
Eggs are commonly found in many foods. They are found in soups, soups and soups. You can find them in soups, soups and soups. You can find them in soups, soups and soups.
- 5 **Fish**
They are commonly found in many foods. They are found in soups, soups and soups. You can find them in soups, soups and soups. You can find them in soups, soups and soups.
- 6 **Lupin**
Lupin is commonly found in many foods. It is found in soups, soups and soups. You can find it in soups, soups and soups. You can find it in soups, soups and soups.
- 7 **Milk**
Milk is commonly found in many foods. It is found in soups, soups and soups. You can find it in soups, soups and soups. You can find it in soups, soups and soups.
- 8 **Molluscs**
Molluscs are commonly found in many foods. They are found in soups, soups and soups. You can find them in soups, soups and soups. You can find them in soups, soups and soups.
- 9 **Mustard**
Mustard is commonly found in many foods. It is found in soups, soups and soups. You can find it in soups, soups and soups. You can find it in soups, soups and soups.
- 10 **Nuts**
Nuts are commonly found in many foods. They are found in soups, soups and soups. You can find them in soups, soups and soups. You can find them in soups, soups and soups.
- 11 **Peanuts**
Peanuts are commonly found in many foods. They are found in soups, soups and soups. You can find them in soups, soups and soups. You can find them in soups, soups and soups.
- 12 **Sesame seeds**
Sesame seeds are commonly found in many foods. They are found in soups, soups and soups. You can find them in soups, soups and soups. You can find them in soups, soups and soups.
- 13 **Soya**
Soya is commonly found in many foods. It is found in soups, soups and soups. You can find it in soups, soups and soups. You can find it in soups, soups and soups.
- 14 **Sulphur dioxide (sometimes known as E220)**
Sulphur dioxide is commonly found in many foods. It is found in soups, soups and soups. You can find it in soups, soups and soups. You can find it in soups, soups and soups.

For more information, visit [food.gov.uk/allergens](#) or [food.gov.uk/foodinfo](#). Follow us on Facebook @ [foodgovuk](#) or [foodgovuk](#). Visit our website at [food.gov.uk](#).

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 of 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									
PORK & JALAPENO LOADED FRIES		Y											Y			
JACKFRUIT & VEGAN CHEESE FRIES															Y	Y
MAC & CHEESE LOADED FRIES	Y	Y		Y			Y		Y							Y

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

1 Celery
You should always state, avoid, and on the food label either: the use for celery in soups, salsas, some meat products, some dips.
2 Cereals containing gluten
What's in a bowl and breads are made from wheat, barley and oats. Other grains in flour containing flour, such as some types of bagels, pasta, some breakfast cereals, biscuits, bread, some drinks, some dairy products, soups, stews, soups and dressings which are made with flour.
3 Crustaceans
Crustaceans include shellfish such as crustaceans. They are often used in dips and seafood salads. Some seafood, such as shellfish, is an allergen to look out for.
4 Eggs
Eggs are often found in cakes, some meat products, meringues, meringues, puddings, biscuits, soups or puddings, custards or sauces made with egg.
5 Fish
You will find fish names in soups, stews, chutneys, salad dressings, soups and gravies.
6 Lupin
The lupin is a broad bean. It is also found in flour. It is often used in soups, stews, soups and dressings.
7 Milk
Milk is a common ingredient in butter, cream, cheese, yoghurt and yogurt. It can also be found in breads, biscuits, soups, stews, soups and dressings.
8 Molluscs
Molluscs include shellfish such as mussels, oysters, clams, scallops, squid and prawns. They are often found in soups, stews, soups and dressings.
9 Mustard
Mustard is a common ingredient in breads, soups, stews, soups and dressings. It can also be found in soups, stews, soups and dressings.
10 Nuts
Nuts are a common ingredient in breads, soups, stews, soups and dressings. They are often found in soups, stews, soups and dressings.
11 Peanuts
Peanuts are a common ingredient in breads, soups, stews, soups and dressings. They are often found in soups, stews, soups and dressings.
12 Sesame seeds
Sesame seeds are a common ingredient in breads, soups, stews, soups and dressings. They are often found in soups, stews, soups and dressings.
13 Soya
Soya is a common ingredient in breads, soups, stews, soups and dressings. It can also be found in soups, stews, soups and dressings.
14 Sulphur dioxide
Sulphur dioxide is a common ingredient in breads, soups, stews, soups and dressings. It can also be found in soups, stews, soups and dressings.



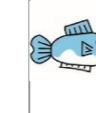





For more information, visit: food.gov.uk/allergens

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 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)
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TYPE	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian
Rustic Classic		Y					Y						Y			
Simply Salami		Y					Y						Y			
The Works		Y					Y						Y			
Sweet and Tangy		Y					Y			Y	Y		Y			
Nice & Spicy		Y					Y						Y			
Gone Trufflin'		Y					Y						Y			
The Spaniard		Y		Y			Y						Y			
Rock the Parma		Y					Y						Y	Y		
Chicken & Pesto		Y					Y			Y	Y		Y	Y		
Smoky Chilli Chicken		Y					Y						Y			
The Garden Club		Y					Y						Y	Y		
Garlic Bread		Y											Y	Y		
Garlic & Mozzarella Bread		Y					Y						Y	Y		

All pizzas available as Gluten free when replaced with a Gluten free base.
The Rustic Classic and Garden Club pizzas can be made vegan when Mozzarella is replaced with Vegan Mozzarella.
All chicken is Halal Certified.

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There are 14 major allergens which need to be mentioned in a label or label through provided information such as menus 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 includes celery stalks, leaves, seedheads and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2 Cereals containing gluten**: Wheat bran or oat and thinned wheat products, like barley and oats. Other types in food containing these, such as some types of barley, porridge, some cereals, bread, cake, chocolate, malt products, yeast, pasta, soups, soups and foodstuffs which are derived from these.
- 3 Crustaceans**: Crabs, lobster, prawns and scampi are crustaceans. They are also often used in the shell and with shellfish like clam or scallops, in an ingredient to look out for.
- 4 Eggs**: Eggs are often found in cakes, some meat products, mayonnaise, meringues, pasta, salads, soups and puddings or food batters or glazes with nuts.
- 5 Fish**: This includes fish, shellfish, fish bones, fish oil, fish skin, fish powder, fish meal, fish oil and fish liver oil.
- 6 Lupin**: We look in a flour, but it's also found in flour blends that are used in cakes and other products. It can also be used in some types of bread, pasta and some drinks.
- 7 Milk**: Milk is a common ingredient in butter, cheese, cream, soft cheese and yoghurt. It can also be found in foods thickened or glazed with milk, and in powdered soups and soups.
- 8 Molluscs**: These include mussels, shell mussels, scallops and whelks, but can also be found in some types of bread, pasta and some drinks.
- 9 Mustard**: Liquid mustard, mustard powder and mustard seeds are all in this category. They are often used in soups, salads, dressings, mayonnaise, meat products, some cheeses, soups and dips.
- 10 Nuts**: Nuts are often found in products such as cakes and biscuits, in some types of bread and pasta, in some types of meat, such as salami, sausages, and in some types of chocolate and sweets.
- 11 Peanuts**: Peanuts are often found in products such as cakes and biscuits, in some types of bread and pasta, in some types of meat, such as salami, sausages, and in some types of chocolate and sweets.
- 12 Sesame seeds**: These seeds can often be found in bread, some types of meat products, such as salami, sausages, and in some types of chocolate and sweets.
- 13 Soya**: Other than in bean curd, soyabean flour, miso paste, fermented soy products, soya flour or milk, soya is a staple ingredient in many food products. It can also be found in soups, some meat products, soups and vegetable products.
- 14 Sulphur dioxide (sometimes known as sulphites)**: This is an ingredient often used as a preservative in some foods, such as cakes, bread, pasta and other food products, such as some types of chocolate, as well as in wine and other food products. It is also found in some types of foodstuffs and in some types of foodstuffs.

For more information, visit food.gov.uk/allergies or check the conditions of sale.
 To find out more about our allergen information, visit food.gov.uk/allergies or visit our allergen information.
 Visit our website at food.gov.uk/allergies
 Visit us on facebook.com/food.gov.uk
 Visit us on twitter.com/foodgovuk

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