
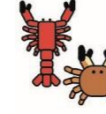


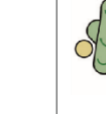



FOOD AND THEIR ALLERGEN CONTENT

(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)

																
CHICKEN OR CAULIFLOWER	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian
CHICKEN WING																
BONELESS WING																
CHICKEN TENDERS				Y			Y									
CAULIFLOWER		Y														Y
SAUCES	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	Vegan	Vegetarian
ATOMIC									Y						Y	Y
RASPBERRY SCOTCH BONNET					Y											
CLASSIC BUFFALO															Y	Y
SPICY TERIYAKI		Y							Y			Y	Y			Y
MUMBO		Y								Y	Y	Y	Y		Y	Y
LEMON PEPPER	Y	Y					Y		Y					Y		Y
BOURBON BBQ									Y						Y	Y
GARLIC PARMESAN							Y									



14 Allergens
Coming to a food label near you

The way allergens are labelled on prepacked 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 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 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, seeds and the root celeriac. You can find celery in soups, stews, cereals, breads, pastas, soups and dressings.
- 2 Cereals containing gluten**
Wheat, barley, rye, oats and malted barley are the most common. Other grains include rice, maize, sorghum, millet, buckwheat, amaranth, quinoa, spelt, kamut, farro, and triticale which are also used in bread, pasta, cereals, soups, pastas, and other products.
- 3 Crustaceans**
Crabs, lobsters, prawns and shrimps are crustaceans. They are found in fish and seafood dishes, soups, stews, pastas, and other products.
- 4 Eggs**
Eggs are often found in cakes, biscuits, breads, pastas, soups, and other products.
- 5 Fish**
This includes cod, salmon, tuna, mackerel, and other fish. They are found in fish and seafood dishes, soups, stews, pastas, and other products.
- 6 Lupin**
Lupin is a common ingredient in flour, cereals, and other products.
- 7 Milk**
Milk is a common ingredient in butter, cheese, cream, yoghurt, and other products.
- 8 Molluscs**
Molluscs include snails, mussels, and oysters. They are found in seafood dishes, soups, stews, pastas, and other products.
- 9 Mustard**
Mustard is a common ingredient in condiments, dressings, and other products.
- 10 Nuts**
Nuts include almonds, hazelnuts, walnuts, and other nuts. They are found in cakes, biscuits, breads, pastas, and other products.
- 11 Peanuts**
Peanuts are a common ingredient in cereals, soups, pastas, and other products.
- 12 Sesame seeds**
Sesame seeds are found in cereals, soups, pastas, and other products.
- 13 Soya**
Soya is a common ingredient in cereals, soups, pastas, and other products.
- 14 Sulphur dioxide (sometimes known as sulphites)**
Sulphur dioxide is found in cereals, soups, pastas, and other products.

For more information, visit food.gov.uk/allergy or check your allergen information.
 If you have a food allergy, please contact your GP or allergist for advice.
 If you are unsure about a food label, please contact your supplier for more information.
 Visit us on food.gov.uk/food

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.

