

SANDWICH FILLINGS

		Contains the Following Allergen														Contains the following		Suitable For	
Menu Item	Allergens - Contains	Celery	Cereals containing Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide	Meat	Alcohol	Vegetarians	Vegans
Pastrami mustard and dill	Wheat, Milk, Mustard	No	Yes Wheat	No	No	No	No	Yes	No	Yes	No	No	No	No	No	Yes	No	No	No
Prawn Salad	Barley, Crustacea, Egg, Fish, Milk, Mustard	No	Yes Barley	Yes	Yes	Yes Anchovy	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Cajun chicken and Mexicana cheese	Celery, Egg, Milk, Mustard, Wheat	Yes	Yes Wheat	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No	Yes	No	No	No
Brie, Bacon and Cranberry	Milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No
Roast chicken, bacon and stuffing	Egg, Milk, Mustard, Soya, Wheat	No	Yes Wheat	No	Yes	No	No	Yes	No	Yes	No	No	No	Yes	No	Yes	No	No	No
Chicken Bacon Cranberry	Egg, milk, soya,	No	Yes Wheat	No	Yes	No	No	Yes	No	NO	No	No	No	Yes	No	Yes	No	No	No
Tuna Mediterranean	Barley, Fish, Milk	No	Yes Barley	No	No	Yes Tuna	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Tuna Savoury	Barley, Celery, Egg, Fish, Milk, Mustard	No	Yes Barley	No	No	Yes Tuna	No	Yes	No	Yes	No	No	No	Yes	No	No	No	No	No
Roast Chicken Salad	Egg, Milk, Mustard, Soya	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	Yes	No	Yes	No	No	No
Turkey Salad	Egg, Wheat, Milk	No	Yes Wheat	No	Yes	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No
Roast Chicken BLT	Egg, Milk, Mustard,	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	Yes	No	Yes	No	No	No

	Soya																		
Smoked Salmon	Fish	No	No	No	No	Yes Salmon	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Chicken Tikka	Barley, Egg, Milk, Mustard	No	Yes Barley	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No	Yes	No	No	No
New York Deli	Egg, Milk	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No
Argy Bhaji	Barley, Egg, Milk, Mustard	NO	YES WHEAT	NO	NO	NO	NO	YES	NO	YES	YES CASHEW	YES	NO	NO	NO	NO	NO	YES	NO
Roast Chicken, Bacon and Smoked Cheese	Egg, Milk, Mustard, Soya	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	Yes	No	Yes	No	No	No

Menu Item	Allergens - Contains	Celery	Cereals containing Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide	Meat	Alcohol	Vegetarians	Vegans
Mature Cheddar Salad		Milk	No	No	No	No	No				No	Yes	No	No	No				
Free-Range Egg and waterCress	Egg, Milk, Mustard	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No	No	No	Yes	No
Avocado and Dressing	Egg, Milk, Mustard	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Roast Chicken & Stuffing	Milk, Egg, Wheat	No	Yes Wheat	No	Yes	No	No	Yes	No	No	No	No	No	No	No	YES	No	Yes	Yes
Three Cheese Savoury	Milk Egg, Wheat, Mustard	No	Yes Wheat	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Ham Salad	Milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	YES	Yes	No
Chicken Bacon Avocado	Egg, Milk, Mustard, Soya	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	YES	NO	YES	NO	NO	NO
Houmous, Fets, Sundried tomato & Olives	Sesame, Milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Turkey, Bacon & Emmenthal	Egg, Milk, Mustard	No	No	No	Yes	No	No	Yes	No	Yes	No	NO	NO	NO	NO	YES	NO	NO	NO

Coronation Chicken and Indian Chutney	Egg, Milk, Mustard	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
Tuna Low Cal and Salad	Egg, Fish (Tuna), Milk, Mustard	No	No	No	Yes	Yes Tuna	No	Yes	No	Yes	No	No	No	No	No	No	Yes	No	No	No
Swiss Emmenthal Salad	Milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No
Avocado and Crispy Bacon	Milk	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No
Pastrami and Stilton with Green chilli Mayo	Egg, Milk, Mustard	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No	No	No	No	Yes	No
Rare Roast Beef with Horseradish	Egg, Milk, Mustard	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No	No	No	No	Yes	No	No	No
Free-Range Egg and Crispy Bacon	Egg, Milk, Mustard	NO	NO	NO	YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

Bread																					
White Bread	Wheat, Soya	No	Yes Wheat	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes
Malted wheatgrain Bread	Wheat, Barley, Soya	No	Yes Wheat, Barley	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	
Wrap	Wheat	No	Yes Wheat	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	
Ciabatta	Wheat	No	Yes Wheat	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	
White Roll	Wheat, Soya	No	Yes Wheat	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes	

White Baguette	Wheat	No	Yes Wheat	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	
Brown Baguette	Wheat	No	Yes Wheat	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	Yes
Breakfast Barm, White	Wheat, Soya	No	Yes Wheat	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Glute-free Bread	Egg	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No

RELISHES AND SAUCES		Contains the Following Allergen														Contains the following		Suitable For	
Menu Item	Contains	Celery	Cereals containing Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide	Meat	Alcohol	Vegetarians	Vegans
Mustard Sauce	Wheat, Egg, Mustard	No	Yes Wheat	No	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No
Prawn Cocktail Sauce	Barley, Egg, Fish, Milk, Mustard	No	Yes Barley	No	Yes	Yes Anchovy	No	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Pesto Mayonnaise	Egg, Mustard, Nut (Cashew)	No	No	No	Yes	No	No	No	No	Yes	Yes Cashew	No	No	No	No	No	No	Yes	No
Dill Sauce	Egg, Mustard	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No
Onion chutney	None	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Stuffing	Wheat, Barley, Rye, Sesame, Soya	No	Yes Wheat, Barley, Rye	No	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	Yes

Soup

Menu Item	Contains	Contains the Following Allergen														Contains the following		Suitable For	
		Celery	Cereals containing Gluten	Crustacea	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur dioxide	Meat	Alcohol	Vegetarians	Vegans
Chicken & Mushroom	Egg, Milk, Soya	No	No	No	Yes	No	No	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No
Beef & tomato	Celery, Wheat, Soya	Yes	Yes Wheat	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Pea & Ham	Soya	YES	No	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Chicken & Sweetcorn	Celery, Egg	Yes	No	No	Yes	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No
Cream of Tomato	Celery	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes

