

Allergen Information



= DOES CONTAINS = MAY CONTAIN = DOES NOT CONTAIN

Please Note: Our production is a nut free facility but due to third party manufactures some items have nuts listed as a may contain allergen.

Bread	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUSTACEANS	CELERY
BROWN SLICED														
GLUTEN & WHEAT FREE														
HALF & HALF LOW CAL														
HEALTHY GRAIN														
SODA YEAST FREE														
WHITE MEGA BITE														
WHITE SLICED														
WHOLEMEAL ROLL														
WRAP														
Spread	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUSTACEANS	CELERY
BUTTER														
LITTLE BUTTER														
MAYO														
Filling	SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUSTACEANS	CELERY
CHEDDAR CHEESE														
CHICKEN														
CHICKEN (HALAL)														
CHICKEN & STUFFING MAYO														
CHICKEN TIKKA														
EGG MAYO														
HAM														
HAM & CHEESE														
PREMIUM TURKEY														
PREMIUM TURKEY (HALAL)														
SALMON & CREAM CHEESE														
STRAWBERRY JAM														
TUNA & SWEETCORN MAYO														

fresh[®] today

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Fruit & Dairy		SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-ACEANS	CELERY
ORANGE															
RAISINS															
VEG POT															
Salad		SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-ACEANS	CELERY
CUCUMBER															
LETTUCE															
ONION															
SWEETCORN															
Treats		SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-ACEANS	CELERY
CHEERIOS			^B												
FLAHAVANS FLAPJACK			^B												
LOW GI ROLL			^W												
MINI PRETZEL			^W												
OATY SLICE			^W												
POPCORN															
RICE CAKE															
RYVITA			^B												
SHREDDIES			^B												
WHOLEGRAIN PANCAKE			^W												
CRUNCHY BITES															
Drinks		SULPHUR DIOXIDE (SULPHITES)	CEREALS CONTAINING GLUTEN	NUTS (TREE NUTS)	MILK	SESAME	SOYA	MUSTARD	PEANUTS	MOLLUSCS	LUPIN	FISH	EGGS	CRUST-ACEANS	CELERY
APPLE JUICE															
MILK															
ORANGE JUICE															
STILL WATER															

CEREALS CONTAINING GLUTEN EXPLAINED





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Meal	Contains	May Contain
Bangers & Mash with Gravy	c gw ml sp	m n
Bangers, Mash & Beans	gw ml sp	m n
Chicken & Chorizo Pasta Bake	gw ml	
Chicken & Ham Carbonara with Veg	gw ml	
Chicken al a King & Rice	gw ml	
Chicken Curry & Rice	ml	
Chicken Goujon Baguette	gw	ss
Chicken Goujons, Baked Bean & Potato Cubes	gw	
Fish Goujons with Mash & Beans	f ml gw m sp	n
Fish Goujons with Mash & Veg	f ml gw m sp	n
Ham, Rice & Veg		
Meatballs, Beans & Veg		
Meatballs & Mash with Gravy	c sp ml	n
Pasta & Meatballs with Tomato Sauce	gw	
Pepperoni & Mozzarella Ciabatta	ml gw	s ss
Plain Pasta	gw	
Plain Rice		
Rice, Beans & Veg		
Roast Beef & Mash with Veg	c ml sp	n
Roast Beef, Mash, No Gravy & Veg	ml sp	n
Roast Chicken, Mash, Gravy & Veg	c ml sp	n
Roast Chicken, Mash, No Gravy & Veg	ml sp	n
Roast Turkey, Mash & Veg	c ml sp	n
Sausage Baguette	gw sp	ss ml m
Sweet Vegetable Curry & Rice	ml	
Vegan Goujons, Pasta & Tomato Sauce	gw s	
Vegan Pasta Bake	gw	

ALLERGEN KEY

Celery	c	Crustaceans	cr	Egg	e	Fish	f
Lupin	lp	Milk	ml	Molluscs	mc	Mustard	m
Nuts	n	Peanut	p	Sesame Seed	ss	Soya	s
Sulphites	sp						
Cereals containing gluten:							
Gluten (Barley)	gb	Gluten (Oats)	go	Gluten (Rye)	gr	Gluten (Wheat)	gw