

# Dinner Menu Allergy Chart - V44 April 2026

Menu Item	Contains .....										Further Info....					
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts		Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegetarians
<b>LIGHT BITES</b>																
Prep Premium Griddle Spray (Used to spray before cooking)															Yes	Yes
Jackfruit Wings		✓							✓			✓			Yes	Wheat. <i>May contain Soybean and Soybean Products</i>
Loaded Nachos							✓							Yes	No	<i>May contain Soybean and Soybean Products</i>
Loaded Nachos with Pulled Pork							✓							No	No	<i>May contain Soybean and Soybean Products</i>
Olives and Flatbread		✓							✓					Yes	Yes	<i>Wheat and gluten. May contain tree nuts and almonds</i>
Garlic Flatbread		✓												Yes	No	<i>Wheat and gluten</i>
Garlic Flatbread w mozzarella		✓												Yes	No	<i>Wheat and gluten</i>
Sweet Potato Wedges														Yes	Yes	
Falafel Bites														Yes	Yes	
Halloumi Fries		✓												Yes	No	<i>Wheat and gluten</i>
Halloumi Fries (Red Menu)		✓												Yes	No	<i>Wheat and gluten</i>
Southern Fried Chicken with BBQ sauce	✓	✓												No	No	<i>Wheat and gluten</i>
Chimichurri Chicken		✓										✓		No	No	<i>Wheat and gluten. May contain almonds, Brazil nuts, cashews, hazelnuts, Macadamia or Queensland nuts, peanut and peanut products, pecan nuts, pistachio nuts, tree nuts (and products thereof), walnuts</i>
Scampi Bites			✓	✓	✓									No	No	

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Buffalo Cauliflower Wings		✓							✓						Yes	Type of Nuts or type of Cereals and Gluten included & May Contain
<b>PIZZAS</b>																
Margherita		✓				✓									No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products
Pepperoni		✓				✓									No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products
Veggie Flatbread Pizza		✓				✓									No	Wheat and gluten. May contain celery, almonds, Brazil nuts, Cashews and tree nuts
Spicy Chipotle Pulled Pork		✓				✓									No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products
BBQ Chicken		✓				✓									No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products
Meat Feast		✓				✓									No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products

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Hot Honey Pepperoni		✓				✓									No	No	Type of Nuts or type of Cereals and Gluten included & May Contain
Veggie		✓				✓									Yes	No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products
<b>Pizza Toppings</b>																	
Bacon															No	No	
Chicken Strips															No	No	
Jalapenos															Yes	Yes	
Mixed Peppers															Yes	Yes	
Mozzarella															Yes	No	
Mushrooms							✓								Yes	Yes	
Olives															Yes	Yes	
Picante Peppers															Yes	Yes	
Pepperoni															Yes	Yes	
<b>MAINS</b>															No	No	
Cuban Flatbread	✓	✓											✓		Yes	Yes	Wheat and Gluten. May contain tree nuts, peanuts, hazelnuts, Brazil nuts, Macadamia or Queensland nuts, pecan nuts, pistachio nuts, walnuts and almonds
Punjabi Chicken Tikka Masala		✓											✓		No	No	Wheat and gluten. May contain soya
Punjabi Chicken Tikka Masala (no naan)															No	No	
Steak & Ale Pie and Mash	✓	✓		✓											No	No	Wheat, Barley, Gluten



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Menu Item	Contains .....											Sulphur Dioxide	Soya	Sesame Seeds	Peanuts	Nuts	Mustard	Molluscs	Milk	Lupin	Fish	Contains .....				Suitable For ...	Further Info....
	Celery	Cereals Containing Gluten	Crustaceans	Eggs																		Vegetarians	Vegans				
Cheese Burger (Raw patty)	✓	✓		✓			✓						✓									No	No	Type of Nuts or type of Cereals and Gluten included & May Contain			
Southern Fried Chicken Burger with Franks	✓	✓					✓					✓										No	No	Barley, rye, wheat and gluten. May contain sesame seeds and sesame seed products			
Southern Fried Chicken Burger with Mayo	✓	✓					✓					✓										No	No	Rye, wheat and gluten. May contain barley, sesame seeds and sesame seed products			
Spinach Falafel Burger	✓	✓																				Yes	Yes	Rye, wheat and gluten. May contain barley, sesame seeds and sesame seed products			
Spinach Falafel Burger (Red Menu)	✓	✓																				Yes	Yes	Rye, wheat and gluten. May contain barley, sesame seeds and sesame seed products			
<b>EXTRAS</b>																											
American Cheese												✓										Yes	No				
Avocado																						Yes	Yes				
Back Bacon																						No	No				
Beef Burger																						No	No	Wheat and gluten			
Giant Beer Battered Onion Rings																						Yes	Yes	Barley, Wheat and gluten. May contain Rye & Oats			
Pulled Pork																						No	No				
Southern Fried Chicken Goujon	✓	✓											✓									No	No	Wheat and gluten			
Vegan Burger	✓	✓																				Yes	Yes	Wheat, sesame seeds, celery & soy			
<b>SIDES</b>																											
Thick Cut Chips (McCain) (Bidfood)																						Yes	Yes				
Garlic Flatbread																						Yes	No	Wheat and gluten			
Garlic Flatbread w mozzarella																						Yes	No	Wheat and gluten			
Giant Beer Battered Onion Rings																						Yes	Yes	Barley, Wheat and gluten. May contain Rye & Oats			
Corn on the Cob																						Yes	Yes				

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House Salad	✓														Yes		Type of Nuts or type of Cereals and Gluten included & May Contain
Green Beans															Yes		
<b>SAUCES</b>																	
Peri Peri Sauce		✓													Yes	Yes	Wheat and gluten
Everyday Favourite BBQ Sauce															Yes	Yes	
Lemon and Herb Piri Piri Sauce															Yes	Yes	
Franks Red Hot Cayenne Pepper Sauce												✓			Yes	Yes	
Lion Vegan Garlic Mayo								✓							Yes	Yes	
Scotch Bonnet Hot Honey Sauce															Yes	No	
<b>DESSERTS</b>																	
Knickerbocker Glory		✓				✓						✓			Yes	No	Wheat and gluten.
Sticky Toffee Pudding		✓			✓	✓							✓		Yes	No	Wheat and gluten. <b>May contain soya</b>
Sticky Toffee Pudding (Everyday Favourites Bidfood)		✓			✓	✓									Yes	No	Barley and wheat. <b>May contain traces of tree nuts, almonds, hazelnuts, walnuts, pecan nuts and pistachio nuts.</b>
Pancake Stack		✓										✓			Yes	Yes	Wheat. <b>May contain traces of milk and eggs products due to production in the same factory</b>
Chocolate Fudge Cake		✓							✓			✓			Yes	Yes	Wheat. <b>May contain traces of almonds, eggs and egg products, milk and milk products, pecan nuts, pistachio nuts and tree nuts due to production in the same factory.</b>
Groups - Pecan & Maple Cake		✓										✓			Yes	No	Wheat, Oats, Tree Nuts and Pecan Nuts. <b>May contain traces of almonds, hazelnuts, walnuts and pistachio nuts.</b>

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Groups - Bakewell Tart		✓		✓			✓			✓					No	No	Type of Nuts or type of Cereals and Gluten included & May Contain
Swedish Glace Smooth Vanilla Ice Cream													✓		Yes	Yes	Wheat, Tree Nuts, Almonds. <b>May contain traces of peanuts, hazelnuts, walnuts and pecan nuts.</b>
Chocolate Ice Cream													✓		Yes	Yes	May contain traces of eggs, milk , tree nuts, peanuts, hazelnuts, Brazil nuts, Macadamia or Queensland nuts, pecan nuts, pistachio nuts, walnuts and almonds due to production in the same factory.
Alphonso Mango Sorbet															Yes	Yes	May contain almonds, Brazil nuts, cashews, egg and egg products, hazelnuts, Macadamia or Queensland nuts, milk and milk products, peanut and peanut Products, pecan nuts, pistachio nuts, soybean and soybean production, tree nuts and walnuts due to production in the same factory.
Pistachio Ice Cream															Yes	No	Pistachio nuts, Tree Nuts. <b>May contain almonds, Brazil nuts, cashews, egg and egg products, hazelnuts, Macadamia or Queensland nuts, peanut and peanut products, pecan nuts, soybean and soybean roducts, walnuts</b>
Salted Caramel Ice Cream				✓											Yes	No	May contain traces of soya, peanuts and tree nuts
Served with Strawberry Sauce															Yes	Yes	
Served with Chocolate Sauce													✓		Yes	Yes	
Served with Custard															Yes	No	



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Chocolate Ice Cream												✓			Yes	Yes	May contain traces of eggs, milk , tree nuts, peanuts, hazelnuts, Brazil nuts, Macadamia or Queensland nuts, pecan nuts, pistachio nuts, walnuts and almonds due to production in the same factory.
Alphonso Mango Sorbet															Yes	Yes	May contain almonds, Brazil nuts, cashews, egg and egg products, hazelnuts, Macadamia or Queensland nuts, milk and milk products, peanut and peanut products, pecan nuts, pistachio nuts, soybean and soybean products, tree nuts and walnuts due to production in the same factory.
Pistachio Ice Cream							✓								Yes	No	Pistachio nuts, Tree Nuts. May contain almonds, Brazil nuts, cashews, egg and egg products, hazelnuts, Macadamia or Queensland nuts, peanut and peanut products, pecan nuts, soybean and soybean products, walnuts
Salted Caramel Ice Cream				✓			✓								Yes	No	May contain traces of soya, peanuts and tree nuts
Served with Strawberry Sauce															Yes	Yes	
Served with Chocolate Sauce												✓			Yes	Yes	
Yeo Valley Organic Strawberry Yoghurt							✓								Yes	No	
Alpro Plant based Yoghurt (Peach, Pear, Strawberry, Banana)															Yes	Yes	May contain tree nuts
<b>CONDIMENTS</b>																	
Salt															Yes	Yes	

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Pepper															Yes	Yes	
Hellmann's Real Mayonnaise Sachet				✓											Yes	No	
Heinz English Mustard Sachet		✓							✓						Yes	No	Wheat and Barley
Heinz Mayonnaise Sachet				✓					✓						Yes	No	
Heinz Mayonnaise Pouch 2.5L				✓					✓						Yes	No	
Heinz Brown Sauce Sachet		✓													Yes	Yes	Barley and Rye
Heinz Tomato Ketchup Sachet	✓														Yes	Yes	
Heinz Tomato Ketchup Pouch 2.5L	✓														Yes	Yes	
Heinz Malt Vinegar		✓													Yes	No	Barley
Coronet Brown Sauce													✓		Yes	Yes	
Coronet Tomato Ketchup															Yes	Yes	
Coronet Tartare Sauce				✓											Yes	No	
Heinz HP Brown Sauce		✓													Yes	Yes	Barley and Rye

**Menu Item**

Type of Nuts or type of Cereals and Gluten included & May Contain