

Dinner Menu Allergy Chart - V45 June 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	Vegans
LIGHT BITES																	
Prep Premium Griddle Spray (Used to spray before cooking)															Yes	Yes	
Jackfruit Wings		✓							✓			✓			Yes	Yes	<i>Wheat. 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
PIZZAS																
Margherita		✓				✓									Yes	Wheat and gluten
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 traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products
Spicy Chipotle Pulled Pork		✓				✓									No	Wheat and gluten. May contain celery, almonds, Brazil nuts, Cashews and tree nuts
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	Vegetarians	Vegans	Type of Nuts or type of Cereals and Gluten included & May Contain
Veggie		✓				✓									No	Yes	No	Wheat and gluten. May contain traces of mustard (and products thereof), sesame seeds and sesame seeds products, soybean and soybean products
Pizza Toppings																		
Bacon															No	No	No	
Chicken Strips															No	No	No	
Jalapenos															Yes	Yes	Yes	
Mixed Peppers															Yes	Yes	Yes	
Mozzarella											✓				Yes	No	No	
Mushrooms															Yes	Yes	Yes	
Olives															Yes	Yes	Yes	
Picante Peppers															Yes	Yes	Yes	
Pepperoni															Yes	Yes	Yes	
MAINS															No	No	No	
Cuban Flatbread	✓	✓											✓		Yes	Yes	No	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	No	Wheat and gluten. May contain soya
Punjabi Chicken Tikka Masala (no naan)															No	No	No	
Steak & Ale Pie and Mash	✓	✓		✓											No	No	No	Wheat, Barley, Gluten

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	Celery	Cereals Containing Gluten	Crustaceans	Eggs																		Vegetarians	Vegans	Type of Nuts or type of Cereals and Gluten included & May Contain			
Cheese Burger (Raw patty)	✓	✓		✓			✓					✓					✓				No	No	Barley, rye, wheat and gluten. May contain sesame seeds and sesame seed products				
Southern Fried Chicken Burger with Franks	✓	✓					✓					✓									No	No	Rye, wheat and gluten. May contain barley, 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				
EXTRAS																											
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				
SIDES																											
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	Yes	Type of Nuts or type of Cereals and Gluten included & May Contain
Green Beans															Yes	Yes	
SAUCES																	
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	
DESSERTS																	
Knickerbocker Glory		✓				✓						✓			Yes	No	Wheat and gluten.
Sticky Toffee Pudding		✓				✓							✓		Yes	No	Wheat and gluten. May contain soya
Sticky Toffee Pudding (Everyday Favourites Bidfood)		✓				✓									Yes	No	Barley and wheat. May contain traces of tree nuts, almonds, hazelnuts, walnuts, pecan nuts and pistachio nuts.
Pancake Stack		✓										✓			Yes	Yes	Wheat. May contain traces of milk and eggs products due to production in the same factory
Chocolate Fudge Cake		✓										✓			Yes	Yes	Wheat. 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.
Groups - Pecan & Maple Cake		✓										✓			Yes	No	Wheat, Oats, Tree Nuts and Pecan Nuts. May contain traces of almonds, hazelnuts, walnuts and pistachio nuts.

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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. May contain traces of peanuts, hazelnuts, walnuts and pecan nuts.
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. 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
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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Served with Cream						√									Yes	No	
CONDIMENTS																	
Salt															Yes	Yes	
Pepper															Yes	Yes	
Hellmann's Real Mayonnaise Sachet				√											Yes	No	
Heinz English Mustard Sachet		√						√							Yes	No	<i>Wheat and Barley</i>
Heinz Mayonnaise Sachet				√					√						Yes	No	
Heinz Mayonnaise Pouch 2.5L				√					√						Yes	No	
Heinz Brown Sauce Sachet		√													Yes	Yes	<i>Barley and Rye</i>
Heinz Tomato Ketchup Sachet	√														Yes	Yes	
Heinz Tomato Ketchup Pouch 2.5L	√														Yes	Yes	
Heinz Malt Vinegar															Yes	No	<i>Barley</i>
Coronet Brown Sauce													√		Yes	Yes	
Coronet Tomato Ketchup															Yes	Yes	
Coronet Tartare Sauce				√											Yes	No	
Heinz HP Brown Sauce		√													Yes	Yes	<i>Barley and Rye</i>