

Allergen Information

Hot Snacks

Chicken Goujon Roll

Big Al's Breaded Chicken – Chicken meat (70%), Wheat Flour, vegetable oil, water, salt, starch, stabiliser, rusk flour, rice flour, spices, maize flour, yeast, dextrose, Egg albumin, raising agents.

Baguette - Fortified Wheat Flour (Wheat flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin (B1), Water, Yeast, Salt, Raising Agent (Sodium Bicarbonate), Acid Calcium phosphate, Sodium acid pyrophosphate), Stabiliser (Guar Gum), Malted Wheat Flour, Flour treatment agent, Sunflower oil.

Sausage Rolls

Puff Pastry

Sausagemeat (43%)

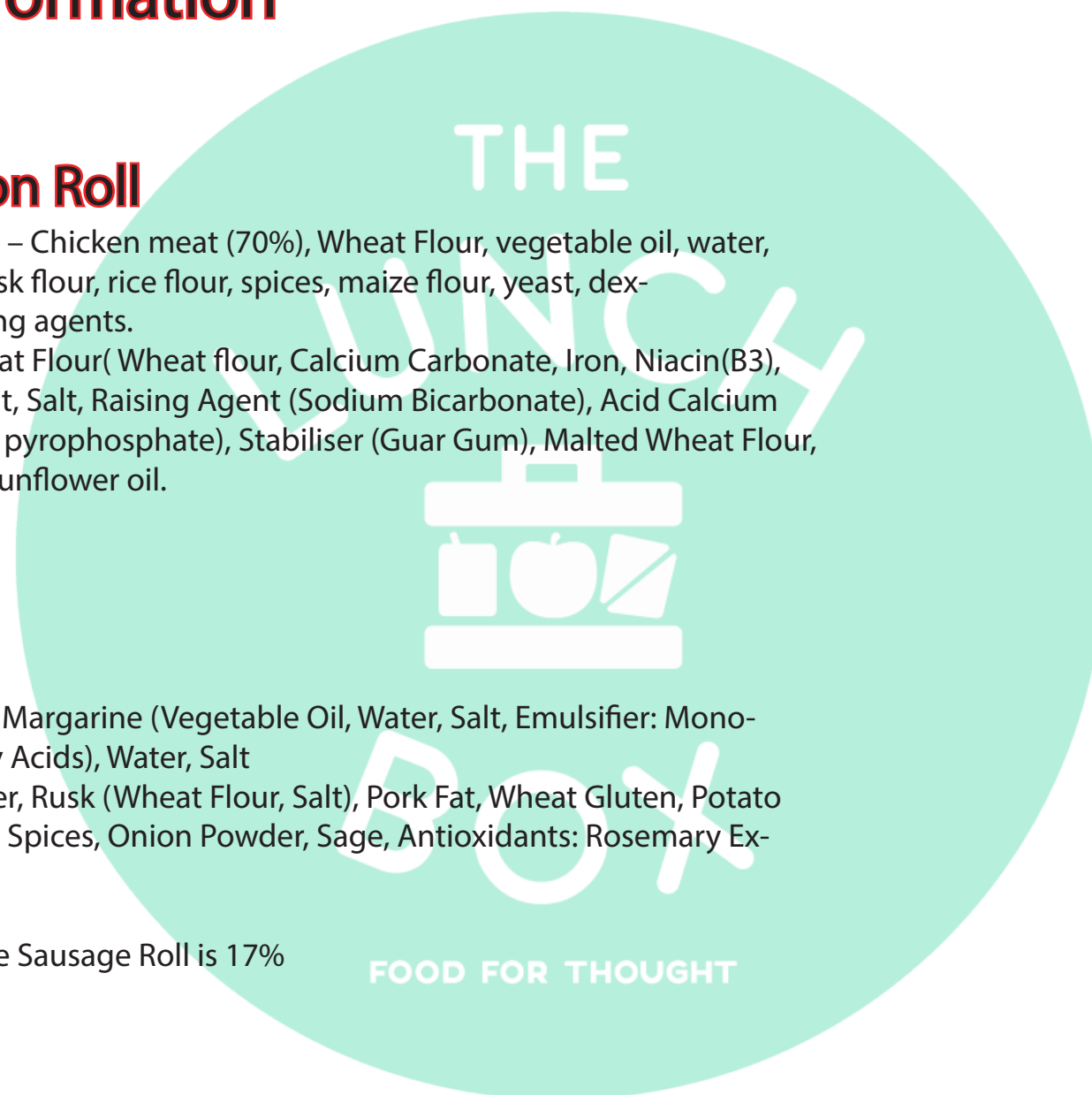
Glaze

Puff Pastry: Wheat Flour, Margarine (Vegetable Oil, Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Salt

Sausagemeat: Pork, Water, Rusk (Wheat Flour, Salt), Pork Fat, Wheat Gluten, Potato Starch, Wheat Flour, Salt, Spices, Onion Powder, Sage, Antioxidants: Rosemary Extract, Green Tea Extract

Glaze: Water, Whole Egg

Total Meat content of the Sausage Roll is 17%



Potato wedges

Potatoes, palm oil, Wheat flour, salt, corn flour, salt, corn starch, spices, glucose.

Garlic bread

Baguette – Fortified Wheat Flour(Wheat flour, Calcium Carbonate, Iron, Niacin(B3), Thiamin (B1), Water, Yeast, Salt, Raising Agent (Sodium Bicarbonate), Acid Calcium phosphate, Sodium acid pyrophosphate), Stabiliser (Guar Gum), Malted Wheat Flour, Flour treatment agent, Sunflower oil.

Garlic Butter – fresh garlic, vegetable oil, (rapeseed, palm, water, salt, skimmed milk, emulsifier, diglycerides of fatty acids, potassium sorbate, colour (betacarotene).

Bruchetta

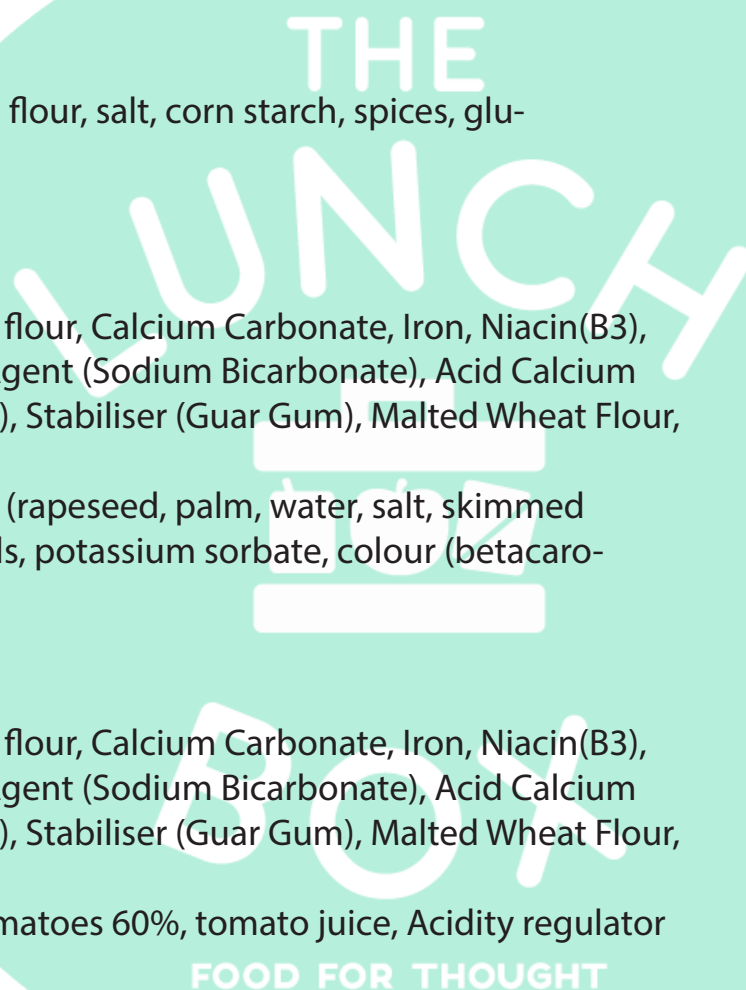
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Tomato Sauce – Chopped Tomatoes (Tomatoes 60%, tomato juice, Acidity regulator (Citric Acid)), Mixed herbs, salt, pepper.

Peppers, Red Onion, basil, Olive Oil, Garlic, Parmesan

Cheddar cheese – allergen milk

Mozzarella cheese - allergen milk



Salads

mexican Chicken Salad

Roast Chicken Pieces (19%), Cous Cous (durum Wheat), chicken stock, mixed leaves, Tortilla wrap (wheat), Fried sweet corn (chilli, coriander, lime), red peppers, Piri Piri mayo (contains egg and sulphites.)

Whole Food Salad

Mixed Leaves, Shredded Carrot, Pesto Pasta (contains Wheat), peppers, red onion, parmesan cheese (contains milk), Tortilla wrap (contains Wheat), French vinaigrette (contains Mustard, white wine vinegar (sulphites)), Hummus (chick peas, cumin, garlic, olive oil), salt, pepper.

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Chicken Caesar Salad

Roast chicken pieces (26-31%), Parmesan cheese (contains milk), croutons (contains Wheat), Garlic mayonnaise (contains Eggs), Bacon pieces.



Chicken Noodle Salad

Roast Chicken Pieces (22-26%), Noodles (57%)(contains Wheat and sulphites), peppers, red onion, grated carrot, lime, soy sauce, chilli powder.

Pesto Pasta Salad

Pasta (76%) contains Wheat, pesto (parmesan (contains Milk), basil, olive oil, lemon juice, garlic, seasoning), peppers, grated carrot, red onion, Parmesan shavings (contains Milk).

Moroccan Chicken Salad

Roast chicken Pieces (garlic, rosemary, Lemon, spices, paprika) (19-22%). Cous Cous (contains wheat) with peppers, red onion, coriander, lemon juice, seasoning. Falafel (28%)(chickpeas, wheat flour, cumin, onions, coriander, seasoning), mixed leaves, grated carrot, hummus (chick peas, olive oil, lemon juice, cumin, garlic).



FOOD FOR THOUGHT

Wraps

Chicken Cajun Wrap

Roast chicken pieces (73%), Cajun spices, mayonnaise (contains egg), peppers, red onion, coriander, tortilla wrap (contains Wheat)

Falafel wrap

Falafel (28%)(chickpeas, wheat flour, cumin, onions, coriander, seasoning), mixed leaves, grated carrot, hummus (chick peas, olive oil, lemon juice, cumin, garlic), mayonnaise (egg). Tomato ketchup (contains sugars and sweeteners).

Chicken Caesar wrap

Roast chicken pieces (26-31%), Parmesan cheese (contains milk), croutons (contains Wheat), Garlic mayonnaise (contains Eggs), Bacon pieces. Tortilla wrap (contains Wheat)

Chicken Pesto Wrap

Roast chicken pieces (26-31%), basil, olive oil, parmesan (contains milk), peppers, tortilla wrap (contains wheat)



Baguettes

Chicken Tikka Baguette

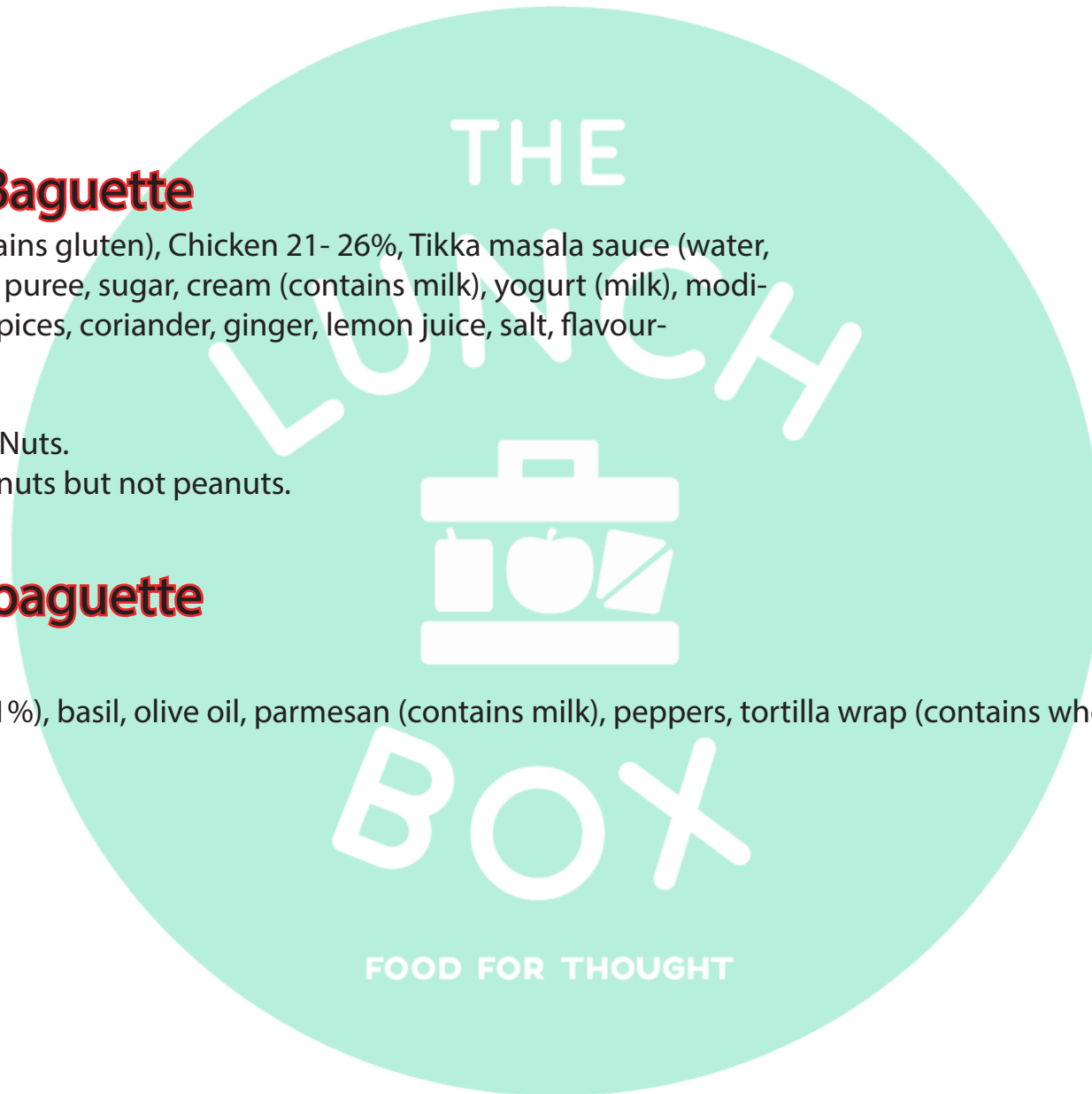
Baguette (see above contains gluten), Chicken 21- 26%, Tikka masala sauce (water, tomatoes, onions, tomato puree, sugar, cream (contains milk), yogurt (milk), modified starch, rapeseed oil, spices, coriander, ginger, lemon juice, salt, flavouring, lactic acid.

Product does not contain Nuts.

Sauce manufacturer uses nuts but not peanuts.

Chicken Pesto baguette

Roast chicken pieces (26-31%), basil, olive oil, parmesan (contains milk), peppers, tortilla wrap (contains wheat)



Hot Specials on Meal Scheme

Chicken pesto and pea pasta bake

chicken fillet, basil, **parmesan cheese**, lemon juice, garlic, **pasta**, garden peas, salt, pepper

Product does not contain Nuts.

Allergens: **Dairy, Wheat**

Beef Lasagne

mince beef, **celerys**, carrots, onions, chopped tomatoes, garlic, mixed herbs, sugar, salt, pepper, **lasagne sheets**, plain **flour, butter, milk, cheddar cheese**

Product does not contain Nuts.

Allergens: **Dairy (Lactose), Wheat(Gluten), Celery**

Lemon and Pepper Roast Chicken on a bed of baby potatoes with carrots and gravy

Chicken fillets, baby potatoes, rosemary, garlic, mustard, lemon juice, salt, pepper, carrots, corn flour

Product does not contain Nuts.

Allergens: **Sodium hydrogen sulphite, Mustard**

Chicken and Chickpea Curry with naan bread

Chicken fillet, yellow peppers, onions, coriander, garlic, chickpeas, honey, mild madras curry powder, tumeric, salt, red chillis

Allergens: **Mustard, may also contain traces of Peanuts, Celery and Gluten.**



Pulled BBQ pork Baguette with asian slaw, crispy onions

pulled pork shoulder, baguette, white and red cabbage, carrots, flat parsley, bbq sauce, salt,pepper, crispy fried onions

Allergens: **Wheat and sulphites**

Bowtie pasta Bolognaise

mince beef, **celery**, onions, garlic, chopped tomatoes, mixed herbs, chicken boullion paste, sugar, salt, pepper, bow tie pasta

Allergens: **Wheat and sulphites**

Chicken Fajita Wrap

chicken fillet, red onions, mixed peppers, dried paprika, cajun seasoning, chicken boullion paste, salt, pepper,plain tortilla wrap, honey

Allergens: **Wheat, may contain traces of Peanuts and Mustard**

Tex Mex Chilli Beef

Mince beef, sliced peppers, carrots, onions, garlic, celerys, chopped tomatoes, chicken boullion paste, dried paprika, caster sugar, salt, pepper, hot chilli powder, sweetcorn, red kidney beans, coriander

Allergens: **Celery**

Thai Green Chicken Curry

chicken fillet, carrots, onions, peppers,chicken boullion paste, coconut milk, lime juice, coriander, red curry paste, corn flour, basmati rice

Allergens: **Celery**



Pulled Beef Brisket Wrap

pulled beef brisket, mustard, salt, pepper, tomato, mayonnaise, spinach, grated mozzarella cheese, plain tortilla wrap
Allergens: **Wheat, Eggs, Milk, Mustard**

Teryaki Chicken with Basmati rice

Chicken fillet, spring onions, teryaki marinade, sesame seeds, garlic, honey, sesame seeds oil, basmati rice
Allergens: **Sesame Seeds, Sulphur Dioxide, Wheat, Soybeans**

Chicken Tikka

Chicken fillet, carrots, onions, peppers, honey, chopped tomatoes, tikka masala sauce, chicken bouillion paste, salt
Allergens: **Milk**

100% Irish Beef Burger on a brioche bun

Mince beef, salt, pepper, brioche bap, cheddar cheese, burger sauce, baby potatoes, rosemary, garlic, olive oil,
Allergens: **Wheat, Milk, Egg, Mustard**

Chinese Chicken Curry

Chicken fillets, carrots, onions, peppers, curry sauce, basmati rice
Allergens: **Wheat, Mustard, Celery, Milk, Soya**



FOOD FOR THOUGHT