

## Allergens & Calories Report

| ID   | RECIPE NAME            | CATEGORY  | CONTAINS  | MAY CONTAIN       | CALORIES | DIET       | NON GLUTEN |
|------|------------------------|-----------|---|-------------------|----------|------------|------------|
| 2073 | All Day Breakfast      | Breakfast | Cereals cont. Gluten, Wheat, Eggs, Soya Bean, Sulphur Dioxide & Sulph | None              | 1,149    | -          | -          |
| 2074 | Large Breakfast        | Breakfast | Cereals cont. Gluten, Wheat, Eggs, Soya Bean, Sulphur Dioxide & Sulph | Barley, Oats, Rye | 1,339    | -          | -          |
| 2075 | Veggie Breakfast       | Breakfast | Cereals cont. Gluten, Wheat, Eggs, Soya Bean                          | Barley, Oats, Rye | 981      | Vegetarian | -          |
| 2076 | Large Veggie Breakfast | Breakfast | Cereals cont. Gluten, Wheat, Eggs, Soya Bean                          | Barley, Oats, Rye | 1,054    | Vegetarian | -          |
| 2077 | Bacon Roll             | Breakfast | Cereals cont. Gluten, Wheat   | Sesame            | 567      | -          | -          |
| 2078 | Sausage Roll           | Breakfast | Cereals cont. Gluten, Wheat, Soya Bean, Sulphur Dioxide & Sulph       | Sesame            | 602      | -          | -          |
| 2079 | Fried Egg Roll         | Breakfast | Cereals cont. Gluten, Wheat, Eggs                                     | Sesame            | 284      | -          | -          |
| 2080 | Veggie Sausage Roll    | Breakfast | Cereals cont. Gluten, Wheat, Soya Bean                                | Sesame            | 426      | Vegetarian | -          |
| 2081 | Fully Loaded Roll      | Breakfast | Cereals cont. Gluten, Wheat, Eggs, Soya Bean, Sulphur Dioxide & Sulph | Sesame            | 780      | -          | -          |
| 2082 | Scrambled Egg on Toast | Breakfast | Cereals cont. Gluten,   | Oats,             | 651      | Vegetarian | -          |

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|------|-----------------------|-----------|---|----------------------------------|----------|------------|------------|
|      |                       |           | Barley,<br>Wheat,<br>Milk,<br>Eggs  | Rye                              |          |            |            |
| 2083 | Toast                 | Breakfast | Cereals cont. Gluten,<br>Barley,<br>Wheat,<br>Milk  | Oats,<br>Rye                     | 541      | Vegetarian | -          |
| 2090 | Traditional Breakfast | Breakfast | Cereals cont. Gluten,<br>Wheat,<br>Eggs,<br>Soya Bean,<br>Sulphur Dioxide & Sulph                   | None                             | 769      | -          | -          |
| 1410 | Classic Beef Burger   | Burgers   | Cereals cont. Gluten,<br>Wheat,<br>Eggs,<br>Sulphur Dioxide & Sulph                                 | Sesame                           | 1,873    | -          | -          |
| 2120 | Isaac Wilson Burger   | Burgers   | Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Eggs,<br>Sulphur Dioxide & Sulph                        | Sesame                           | 2,161    | -          | -          |
| 2132 | Meadow Burger         | Burgers   | Cereals cont. Gluten,<br>Wheat,<br>Milk   | Sesame                           | 1,053    | Vegetarian | -          |
| 2133 | American Burger       | Burgers   | Cereals cont. Gluten,<br>Barley,<br>Wheat,<br>Milk,<br>Eggs,<br>Mustard,<br>Sulphur Dioxide & Sulph | Sesame                           | 2,316    | -          | -          |
| 2134 | Chilli Burger         | Burgers   | Cereals cont. Gluten,<br>Barley,<br>Wheat,<br>Milk,<br>Eggs,<br>Sulphur Dioxide & Sulph             | Sesame,<br>Peanuts,<br>Tree Nuts | 2,088    | -          | -          |
| 2135 | Nemo Burger           | Burgers   | Cereals cont. Gluten,   | Molluscs,                        | 1,930    | -          | -          |

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|------|---------------------------|----------|--|--------------------------------------|----------|------------|------------|
|      |                           |          | Wheat,<br>Eggs,<br>Fish,<br>Crustacea,<br>Mustard,<br>Sulphur Dioxide & Sulph                | Sesame                               |          |            |            |
| 2136 | Pulled Pork Burger        | Burgers  | Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Eggs,<br>Sulphur Dioxide & Sulph                 | Sesame                               | 2,098    | -          | -          |
| 2137 | Moving Mountain Burger    | Burgers  | Cereals cont. Gluten,<br>Barley,<br>Oats,<br>Wheat,<br>Eggs,<br>Soya Bean                    | Sesame,<br>Peanuts,<br>Tree Nuts     | 1,572    | -          | -          |
| 2084 | Childrens Burger          | Child    | Cereals cont. Gluten,<br>Wheat,<br>Sulphur Dioxide & Sulph                                   | Sesame                               | 945      | -          | -          |
| 2085 | Fish Bites                | Child    | Cereals cont. Gluten,<br>Wheat,<br>Fish  | Milk,<br>Eggs,<br>Soya Bean          | 713      | -          | -          |
| 2086 | Chicken Bites             | Child    | Cereals cont. Gluten,<br>Wheat   | None                                 | 516      | -          | -          |
| 2087 | Child Sausage & Mash      | Child    | Cereals cont. Gluten,<br>Barley,<br>Wheat,<br>Milk,<br>Soya Bean,<br>Sulphur Dioxide & Sulph | Celery/Celeriac,<br>Eggs,<br>Mustard | 410      | -          | -          |
| 2088 | Childs Pizza              | Child    | Cereals cont. Gluten,<br>Wheat,<br>Milk  | None                                 | 777      | -          | -          |
| 2148 | Tuna Mayo Jacket Potato   | Jacket   | Milk,<br>Eggs,<br>Fish   | None                                 | 1,164    | Vegetarian | NG         |
| 2149 | Beef Chilli Jacket Potato | Jacket   | Cereals cont. Gluten,<br>Barley  | Sesame,<br>Peanuts,                  | 614      | -          | -          |

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|      |                             |          |  | Tree Nuts  |          |            |            |
| 2150 | Cheese Jacket Potato        | Jacket   | Milk   | None   | 771      | Vegetarian | NG         |
| 2151 | Bacon Cheese Jacket Potato  | Jacket   | Milk   | None   | 922      | -          | NG         |
| 2152 | Beans Jacket Potato         | Jacket   | None   | None   | 554      | Vegetarian | NG         |
| 2153 | 3 Bean Chilli Jacket Potato | Jacket   | None   | None   | 577      | Vegan      | NG         |
| 2154 | Cheese Beans Jacket Potato  | Jacket   | Milk   | None   | 845      | Vegetarian | NG         |
| 2155 | Pulled Pork Jacket Potato   | Jacket   | None   | None   | 627      | -          | NG         |
| 1415 | Chicken Parmo               | Main     | Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Eggs,<br>Soya Bean       | None   | 2,222    | -          | -          |
| 1424 | Hunters Chicken             | Main     | Milk   | None   | 1,333    | -          | NG         |
| 2089 | Fish & Chips                | Main     | Cereals cont. Gluten,<br>Wheat,<br>Eggs,<br>Fish,<br>Mustard         | Milk,<br>Soya Bean                                 | 1,113    | -          | -          |
| 2091 | Scampi                      | Main     | Cereals cont. Gluten,<br>Wheat,<br>Eggs,<br>Crustacea,<br>Mustard    | Fish,<br>Molluscs                                  | 930      | -          | -          |
| 2092 | Corned Beef Pie             | Main     | Cereals cont. Gluten,<br>Barley,<br>Wheat,<br>Milk                   | Celery/Celeriac,<br>Eggs,<br>Mustard,<br>Soya Bean | 566      | -          | -          |
| 2093 | Chicken Tikka Masala        | Main     | Cereals cont. Gluten,<br>Wheat,<br>Milk                              | None   | 866      | -          | -          |
| 2094 | Ham Egg & Chips             | Main     | Eggs   | None   | 764      | -          | NG         |
| 2096 | Beef Lasagne                | Main     | Celery/Celeriac,<br>Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Eggs | Soya Bean  | 755      | -          | -          |
| 2097 | Chilli Con Carne            | Main     | Cereals cont. Gluten,  | Sesame,  | 890      | -          | -          |

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| 2098 | Hot Dog           | Main       | Barley,<br>Milk<br>Cereals cont. Gluten,<br>Wheat,<br>Milk     | Peanuts,<br>Tree Nuts<br>Celery/Celeriac,<br>Mustard,<br>Sesame | 997      | -          | -          |
| 2099 | 8oz Rump Steak    | Main       | None   | None  | 1,144    | -          | NG         |
| 2100 | 10oz Gammon Steak | Main       | Eggs   | None  | 1,047    | -          | NG         |
| 2101 | Cajun Chicken     | Main       | Milk,<br>Mustard   | None  | 801      | -          | NG         |
| 2102 | Chicken Shawarma  | Main       | Cereals cont. Gluten,<br>Wheat,<br>Eggs,<br>Soya Bean          | None  | 1,169    | -          | -          |
| 2119 | Hot Shot Parmo    | Main       | Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Eggs,<br>Soya Bean | None  | 2,512    | -          | -          |
| 2103 | Margherita Pizza  | Pizzas     | Cereals cont. Gluten,<br>Wheat,<br>Milk                        | Eggs,<br>Soya Bean  | 897      | Vegetarian | -          |
| 2104 | Pepperoni Pizza   | Pizzas     | Cereals cont. Gluten,<br>Wheat,<br>Milk                        | Eggs,<br>Soya Bean  | 1,262    | -          | -          |
| 2105 | Chicken Pizza     | Pizzas     | Cereals cont. Gluten,<br>Wheat,<br>Milk                        | Eggs,<br>Soya Bean  | 955      | -          | -          |
| 2106 | Veggie Pizza      | Pizzas     | Cereals cont. Gluten,<br>Wheat,<br>Milk                        | Eggs,<br>Soya Bean  | 882      | Vegetarian | -          |
| 2107 | Hot & Spicy Pizza | Pizzas     | Cereals cont. Gluten,<br>Wheat,<br>Milk                        | Eggs,<br>Soya Bean  | 1,304    | -          | -          |
| 2138 | Tuna Mayo Melt    | Sandwiches | Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Fish               | Soya Bean   | 1,314    | -          | -          |

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| 2139 | BBQ Chicken Bacon Melt     | Sandwiches | Cereals cont. Gluten, Wheat, Milk      | Soya Bean                  | 1,493    | -          | -          |
| 2144 | Cajun Chicken Wrap         | Sandwiches | Cereals cont. Gluten, Wheat, Mustard   | None                       | 896      | -          | -          |
| 2145 | Sweet Chilli Chicken Wrap  | Sandwiches | Cereals cont. Gluten, Wheat            | None                       | 911      | -          | -          |
| 2146 | Sweet Chilli Halloumi Wrap | Sandwiches | Cereals cont. Gluten, Wheat, Milk      | None                       | 1,004    | -          | -          |
| 2147 | SF Fried Chicken Wrap      | Sandwiches | Cereals cont. Gluten, Wheat            | None                       | 1,295    | -          | -          |
| 2108 | Chips                      | Sides      | None                                   | None                       | 451      | -          | NG         |
| 2109 | Onion Rings x6             | Sides      | Cereals cont. Gluten, Wheat            | None                       | 336      | Vegetarian | -          |
| 2110 | Onion Rings x12            | Sides      | Cereals cont. Gluten, Wheat            | None                       | 672      | Vegetarian | -          |
| 2111 | Garlic Bread               | Sides      | Cereals cont. Gluten, Wheat            | Milk, Soya Bean            | 296      | Vegetarian | -          |
| 2112 | Cheesy Garlic Bread        | Sides      | Cereals cont. Gluten, Wheat, Milk      | Soya Bean                  | 471      | Vegetarian | -          |
| 2113 | Coleslaw                   | Sides      | Eggs                                   | None                       | 168      | Vegetarian | NG         |
| 2114 | Garlic Sauce               | Sides      | Eggs, Soya Bean                        | None                       | 213      | Vegetarian | NG         |
| 2115 | BBQ Sauce                  | Sides      | None                                   | None                       | 94       | Vegan      | NG         |
| 2116 | Hot Sauce                  | Sides      | None                                   | None                       | 85       | Vegan      | NG         |
| 2117 | Peppercorn Sauce           | Sides      | Celery/Celeriac, Milk                  | Cereals cont. Gluten, Eggs | 126      | Vegetarian | -          |
| 1652 | Topped Chips Curry         | Starter    | Cereals cont. Gluten, Wheat, Mustard   | None                       | 1,072    | -          | -          |
| 1653 | Topped Chips Gravy         | Starter    | Cereals cont. Gluten, Wheat, Soya Bean | None                       | 858      | -          | -          |

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| 1654 | Topped Chips Cheese        | Starter  | Milk   | None                             | 1,052    | -          | NG         |
| 2156 | Nachos                     | Starter  | Milk   | None                             | 1,123    | Vegetarian | NG         |
| 2157 | Beef Chilli Nachos         | Starter  | Cereals cont. Gluten,<br>Barley,<br>Milk                       | Sesame,<br>Peanuts,<br>Tree Nuts | 1,257    | -          | -          |
| 2158 | 3 Bean Chilli Nachos       | Starter  | Milk   | None                             | 1,221    | Vegetarian | NG         |
| 2159 | Chicken Wings              | Starter  | None   | None                             | 935      | -          | NG         |
| 2160 | Mac & Cheese Bites         | Starter  | Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Eggs,<br>Soya Bean | None                             | 859      | Vegetarian | -          |
| 2161 | Crispy Chicken Bites       | Starter  | Cereals cont. Gluten,<br>Wheat                                 | None                             | 395      | -          | -          |
| 2162 | Halloumi Fries             | Starter  | Milk   | None                             | 564      | Vegetarian | NG         |
| 2163 | Salt & Pepper Dirty Fries  | Starter  | Cereals cont. Gluten,<br>Wheat,<br>Eggs                        | None                             | 998      | -          | -          |
| 2164 | Pulled Pork Dirty Fries    | Starter  | Milk   | None                             | 1,038    | -          | NG         |
| 2165 | Chilli Dirty Fries         | Starter  | Cereals cont. Gluten,<br>Barley,<br>Milk                       | Sesame,<br>Peanuts,<br>Tree Nuts | 977      | -          | -          |
| 2166 | Hot Shot Parmo Dirty Fries | Starter  | Cereals cont. Gluten,<br>Wheat,<br>Milk,<br>Eggs,<br>Soya Bean | None                             | 1,294    | -          | -          |
| 2167 | 3 Bean Chilli Dirty Fries  | Starter  | Milk   | None                             | 940      | Vegetarian | NG         |