

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	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
			Barley, Wheat, Milk, Eggs	Rye			
2083	Toast	Breakfast	Cereals cont. Gluten, Barley, Wheat, Milk	Oats, Rye	541	Vegetarian	-
2090	Traditional Breakfast	Breakfast	Cereals cont. Gluten, Wheat, Eggs, Soya Bean, Sulphur Dioxide & Sulph	None	769	-	-
1410	Classic Beef Burger	Burgers	Cereals cont. Gluten, Wheat, Eggs, Sulphur Dioxide & Sulph	Sesame	1,873	-	-
1411	King John Burger	Burgers	Cereals cont. Gluten, Wheat, Milk, Eggs, Sulphur Dioxide & Sulph	Sesame	2,162	-	-
2132	Meadow Burger	Burgers	Cereals cont. Gluten, Wheat, Milk	Sesame	1,053	Vegetarian	-
2133	American Burger	Burgers	Cereals cont. Gluten, Barley, Wheat, Milk, Eggs, Mustard, Sulphur Dioxide & Sulph	Sesame	2,316	-	-
2134	Chilli Burger	Burgers	Cereals cont. Gluten, Barley, Wheat, Milk, Eggs, Sulphur Dioxide & Sulph	Sesame, Peanuts, Tree Nuts	2,088	-	-
2135	Nemo Burger	Burgers	Cereals cont. Gluten,	Molluscs,	1,930	-	-

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

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
				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, Wheat, Milk, Eggs, Soya Bean	None	2,222	-	-
1424	Hunters Chicken	Main	Milk	None	1,333	-	NG
2089	Fish & Chips	Main	Cereals cont. Gluten, Wheat, Eggs, Fish, Mustard	Milk, Soya Bean	1,113	-	-
2091	Scampi	Main	Cereals cont. Gluten, Wheat, Eggs, Crustacea, Mustard	Fish, Molluscs	930	-	-
2092	Corned Beef Pie	Main	Cereals cont. Gluten, Barley, Wheat, Milk	Celery/Celeriac, Eggs, Mustard, Soya Bean	566	-	-
2093	Chicken Tikka Masala	Main	Cereals cont. Gluten, Wheat, Milk	None	866	-	-
2094	Ham Egg & Chips	Main	Eggs	None	764	-	NG
2096	Beef Lasagne	Main	Celery/Celeriac, Cereals cont. Gluten, Wheat, Milk, Eggs	Soya Bean	755	-	-
2097	Chilli Con Carne	Main	Cereals cont. Gluten,	Sesame,	890	-	-

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2098	Hot Dog	Main	Barley, Milk Cereals cont. Gluten, Wheat, Milk	Peanuts, Tree Nuts Celery/Celeriac, Mustard, 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, Mustard	None	801	-	NG
2102	Chicken Shawarma	Main	Cereals cont. Gluten, Wheat, Eggs, Soya Bean	None	1,169	-	-
2119	Hot Shot Parmo	Main	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	2,512	-	-
2103	Margherita Pizza	Pizzas	Cereals cont. Gluten, Wheat, Milk	Eggs, Soya Bean	897	Vegetarian	-
2104	Pepperoni Pizza	Pizzas	Cereals cont. Gluten, Wheat, Milk	Eggs, Soya Bean	1,262	-	-
2105	Chicken Pizza	Pizzas	Cereals cont. Gluten, Wheat, Milk	Eggs, Soya Bean	955	-	-
2106	Veggie Pizza	Pizzas	Cereals cont. Gluten, Wheat, Milk	Eggs, Soya Bean	882	Vegetarian	-
2107	Hot & Spicy Pizza	Pizzas	Cereals cont. Gluten, Wheat, Milk	Eggs, Soya Bean	1,304	-	-
2138	Tuna Mayo Melt	Sandwiches	Cereals cont. Gluten, Wheat, Milk, 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, Barley, Milk	Sesame, Peanuts, 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, Wheat, Milk, Eggs, Soya Bean	None	859	Vegetarian	-
2161	Crispy Chicken Bites	Starter	Cereals cont. Gluten, Wheat	None	395	-	-
2162	Halloumi Fries	Starter	Milk	None	564	Vegetarian	NG
2163	Salt & Pepper Dirty Fries	Starter	Cereals cont. Gluten, Wheat, Eggs	None	998	-	-
2164	Pulled Pork Dirty Fries	Starter	Milk	None	1,038	-	NG
2165	Chilli Dirty Fries	Starter	Cereals cont. Gluten, Barley, Milk	Sesame, Peanuts, Tree Nuts	977	-	-
2166	Hot Shot Parmo Dirty Fries	Starter	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	1,294	-	-
2167	3 Bean Chilli Dirty Fries	Starter	Milk	None	940	Vegetarian	NG