

FOOD ALLERGEN ADVICE



MASTER COPY (updated Sept 2024)

Main Course

	Cereals	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery and Celeriac	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
Bacon Carbonara	✓ Wheat		✓				✓							
BBQ Sauce (to go with sausages)										✓				
Beef Bolognaise	✓ Wheat		✓						✓	✓				
Beef Burger	✓ Wheat					✓			✓					
Beef/Lamb Moussaka			✓				✓							
Beef Lasagne	✓ Wheat		✓				✓		✓	✓				
Beef Nachos							✓							
Beef & Onion Pie	✓ Wheat		✓											
Cheese, grated							✓							
Cheese and Potato Slice	✓ Wheat		✓				✓							

Fish Finger, Gluten free				✓									
Fish Goujons													
Fish Star	✓ Wheat			✓									
Gravy	✓ Wheat					✓			✓	✓			
Gravy, Chicken						✓	✓		✓				
Gravy, Vegetarian	✓ Wheat					✓			✓				
Ham												✓	
Hotdog (Frankfurter, Gluten Free)													
Macaroni Cheese	✓ Wheat		✓				✓			✓			
Margherita Pizza	✓ Wheat						✓						
Pepperoni Pizza	✓ Wheat						✓						
Ploughman's - Grated Cheese, Pickled Onion & Bread Roll	✓ Wheat		May			May	✓						
Pork Meatballs and Sauce													
Quiche	✓ Wheat		✓				✓						
Quiche, Cheese & Sweetcorn	✓ Wheat		✓				✓			✓			
Quiche, Cheese & Egg	✓ Wheat		✓				✓			✓			
Quorn Balls in Tomato & Basil Sauce	✓ Wheat/Barley		✓										
Quorn Ball Sub	✓ Wheat/Barley		✓			✓	✓			✓			
Quorn Burger	✓ Wheat/Barley						✓						
Quorn Burger, Southern Style	✓ Wheat		✓				✓						
Quorn Dog	✓ Wheat (Barley)		✓				✓						
Quorn Fillet			✓										
Quorn Fillet in Vegetarian Gravy	✓ Wheat		✓						✓			✓	

Roast Beef in Gravy	✓ Wheat					✓			✓	✓	✓			
Salmon Fillet with Bubble Crumb (Gluten Free)				✓										
Sausage (mini) & Bacon Filled Yorkshire Pudding	✓ Wheat		✓				✓						✓	
Sausage	✓ Wheat													
Sausage and Bean Pie	✓ Wheat		✓											
Sausage wrapped in Bacon	✓ Wheat													
Shepherds Pie							✓							
Southern Fried Chicken	✓ Wheat		✓				✓		✓	✓				
Soya Mince Cottage Pie	✓ Barley					✓	✓		✓					
Sweet Chilli Pork Noodles	✓ Wheat		✓			✓								
Spanish Meatballs (beef) in Tomato & Basil Sauce	✓ Wheat		✓											
Stuffing Ball	✓ Wheat													
Tuna Mayo Jacket			✓	✓										
Tuna Pasta	✓ Wheat		✓	✓						✓				
Turkey (Cold sliced for salad)													✓	
Turkey Fillet in Gravy	✓ Wheat/Barley					✓	✓		✓	✓				
Vegetable Balls and Sauce														
Vegetable Brunch			✓				✓							
Vegetable Chilli														
Vegetable & Tomato Pasta Bake	✓ Wheat													
Vegetable Moussaka			✓				✓							
Vegetable Nuggets	✓ Wheat													
Vegetable Pie							✓							

Chocolate & Oat Crunch	✓ Wheat/Oats						✓							
Chocolate Fudge Brownie	✓ Wheat		✓											
Chocolate Chip Shortbread	✓ Wheat						✓							
Chocolate Chip Sponge	✓ Wheat		✓				✓							
Chocolate & Orange Marble Cake	✓ Wheat		✓											
Chocolate Cup Cake, Decorated	✓ Wheat		✓											
Chocolate Krispie Christmas Pudding	✓ Maize Starch													
Chocolate Krispie Cake	✓ Maize Starch													
Chocolate Custard/Sauce							✓							
Chocolate Sponge	✓ Wheat		✓											
Chocolate Tiffin Slice	✓ Wheat						✓							
Cinnamon Sugar Cake	✓ Wheat		✓											
Coconut Flapjack	✓ Oats-Gluten													
Cookie, Chocolate Chip	✓ Wheat		✓				✓							
Cookie, Chocolate Chip (dairy free)	✓ Wheat		✓											
Crackers (for Cheese)	✓ Wheat		May				May				May			
Cornflake Tart	✓ Wheat/Barley													
Cream							✓							
Cream Bun	✓ Wheat		May			May	✓							
Christmas Pudding	✓ Wheat		✓				✓							
Custard							✓							
Custard Pots							✓							
Donut (Ring)	✓ Wheat					✓	May							
Donut (Jam)	✓ Wheat					✓	May							

Drizzle Cake, Lemon or Orange	✓ Wheat		✓				✓								
Easter Bunny Shortbread Biscuit	✓ Wheat						✓								
Easter Chocolate Fudge Brownie	✓ Wheat		✓				✓								
Easter Vanilla Cupcake	✓ Wheat		✓				✓								
Easter Chocolate Krispie Cake	✓ Maize Starch						✓								
Fairy Cake	✓ Wheat		✓												
Flapjack	✓ Wheat/Oats														
Flapjack, Raspberry	✓ Wheat/Oats														
Fromage Frais & Sponge Finger	✓ Wheat		✓				✓								
Fruit Crumble Slice	✓ Wheat														
Fruit Crumble	✓ Wheat														
Fruit Jelly															
Fruit Salad															
Fruit Smoothie															
Fruit Strudel	✓ Wheat		✓												
Fudge Tart	✓ Wheat						✓								
Halloween Biscuit	✓ Wheat														
Gingerbread	✓ Wheat														
Honey & Oat Biscuit	✓ Wheat														
Honey & Apple Cake	✓ Wheat		✓												
Ice Cream Cone (Strawberry)	✓ Wheat						✓								
Ice Cream Roll	✓ Wheat		✓				✓								
Ice Cream Tub, assorted							✓								
Iced Bun	✓ Wheat		May				May	May							

