

Gluten Free	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya
Spaghetti	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Penne	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lasagne	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
White Rolls	NO	NO	NO	NO	NO	MAY	NO	NO	NO	MAY	MAY	NO	NO	YES
Cornflakes	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Porridge (G/F OATS)	NO	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	NO	NO	OATS -G/f	NO
Fish Fingers	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Fish Cakes	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sausages (Pork)	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Caramel Shortcake	NO	NO	NO	NO	YES	MAY	NO	NO	NO	NO	MAY	NO	NO	YES
Lemon Drizzle Cake	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Cupcakes	YES	NO	NO	NO	YES	MAY	MAY	NO	NO	NO	YES	NO	NO	NO
Flapjacks	NO	NO	NO	NO	MAY	MAY	MAY	NO	NO	NO	NO	NO	OATS G/F	NO
All allergy information is for actual ingredients present in product at time of sale														
If in doubt about your allergies and a dish you have eaten before please ensure you have asked staff if they have made product substitutions and check the list above for manual updates														
Whilst we take the issue of food allergies and intolerances seriously all dishes are prepared in one catering environment. Therefore with the exception of all nut dishes, which are banned, any food items may contain traces of the allergens listed and other allergens we are not required to declare.														
**Gluten is a protein component of wheat, rye, barley, oats, spelt and kamut														