

SALAD BAR SELECTION 2022/23	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya
Lettuce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tomato	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cucumber	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Beetroot	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mixed Peppers	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Olives	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Croutons	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Jalapenos	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Classic Bean Salad	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coleslaw	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO
Celery,Apple,Sultana & Mayo.	NO	NO	NO	NO	YES	NO	NO	NO	YES	YES	YES	NO	NO	NO
Pilchards	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tuna Mayonnaise	NO	YES	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	NO	NO
Cheddar Cheese	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Gammon Ham	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Turkey Breast	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chicken Breast	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Broccoli Quiche	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	YES WHEAT	YES
Cheese & Onion Quiche	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	YES WHEAT	YES
Spanish Quiche	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	YES WHEAT	YES
Tomato & Basil Quiche	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES	YES	NO	YES WHEAT	YES
Egg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Scotch Egg	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES WHEAT	NO
Flora	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	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