Ego Allergens Autumn/Winter 2023 Updated

























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Appetisers		Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	Internal Notes
Olive					,			,							
Pitta & Hummu	×			x			x	x	4	x					*Sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Fresh Bread	x					-			4	 	X				* Sulphite in balsamic vinegar
Halloumi Fries with Chilli Hone Garlic Breat	×					x x			+						
Garlic Bread + Chees	×					x									
Garlic Bread + Tomato	×					x									
Ego Sharing Board	×		x			x			x	x	×		x	х	*Sesame in hummus *Sulphite in Tapenade & Hummus *Mustard in fishcake
Starters	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Souj Salmon Fishcak	×		x		х	x x		x		 					*Gluten & lactose in the bread/butter *Celery/lactose/soya dependant upon chef recipe
Chorizo Frito al Vine	* *										×				* Sulphite present in salad dressing * Sulphite in red wine
Goats Chees	x		x			×			x		×				* Mustard present in beetroot chutney * Egg in brioche
Gambas Al Pil Pi	x	x													
Calamar	X		x			x			x	 	×		x		* Lactose present due to squid stored in milk *Egg & mustard in aioli
Patic Panko Belly Por	X Y		x			x x	٧	· ·	×	 	×				* Mustard present in Pate * Egg used in the breadcrumb process & dressing *Black pud contains wheat & celery
Camember	x		x			×			-		×				* Egg used in the breadcrumb process
Moules Mariniere	x					x					x		x		*Sulphites in the white wine jus
Garlic Mushrooms with parsley crean	x					x				<u> </u>					
Pasta/ Risotto	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Prawn Linguine	X	x				x x			4	 	X				*Sulphites in the dressing on rocket *Lactose in butter used to finish dish
Carbonara Paella Mixt	X	×	X			×			+				×		* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein * Lactose present due to squid stored in milk
Paella Chicken & Chorize		^													coccose present due to squiu storea in mink
Paella Ve															
Pizza	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Margherita	x					x									
Chargrilled Chicker	X					x x			4	 					AALIN I R. I. I.
Goats Cheese & Caramelised Onion Pepperoni Piccantr					x	x			×	 	×				* Sulphite in caramelised onion * Soy bean & mustard present in pepperoni
Create own with King prawn	×	×				x			1						
Create own with black olive	×					x									
Create own with chorize	×					x				<u> </u>					
Create own with pancett	X					x									
Create own with Piquillio pepper						x			+						
Create own with artichoke	х х					×									
Main Courses	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Chicken Supreme with tomato saffron risotto)		x			x	х								* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein. Nuts in pesto
Andalucian Pork Fille			х			×			×	└	×				* Egg present in Grana Padano (used to gratinate dauph)-made using 'lysozyme' which is an egg protein*Sulphites in dauph
Beef Bourguignor Minted Lamb Rum						x x			+		×				
Lemon Milanes	x		x			x			1		×				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein (& in breadcrumb process)
Sea Bass with chorize														x	307
Cod Suprem						x					x			х	*Sulphites in sauce *Lactose in crushed pots, beans & sauce
Moroccan Lami	X					X	X		4	 	x				* Lactose in tzatziki * Nut free without almonds*Sulphites in tagine mix
Moroccan Falafe Courgette sweetcorn fritter	X			×		х	x x			×	×				* Lactose in tzatziki * Nut free without almonds*Sulphites in tagine mix *sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Greek Salar	i					×			1		×				* Sulphite free without salad dressing
Steak Frite											x				* Sulphite free without salad dressing
Prawn Skewer		x								<u> </u>					
Garlic Butte						X									
Peppercorn Sauce Kebabs	Cluton	Crustoscons	Fane	Doomute	Cou Boon	Lastesa	Nute	Colony	Mustavd	Fasama	Combon Disords	Lunin	Moluese	Fieb	
Mixed	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard x	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	* Lactose in tzatziki * Sulphites in salad dressing *mustard in lamb marinade
Piri Chicker	x					x					×				* Lactose in tzatziki * Sulphites in salad dressing
Piri Chicken & Chorize	×					x					×				* Lactose in tzatziki * Sulphites in salad dressing
Halloum	X					X			4		×				* Lactose in tzatziki * Sulphites in salad dressing
Moroccan Lamb (thurs	X					×			×		×				* Lactose in tzatziki * Sulphites in salad dressing *mustard in lamb marinade
Sides	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Truffle & Grana Padano frie			x			x			_						* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Sweet potato frie															
Dauphinoise			×			x			4		×				* Egg present in Grana Padano -made using "lysozyme" which is an egg protein *Sulphites in dauph
Halloumi Fries with Chilli Hone						X									Alada Garaga
Green Bean Tenderstem Broccol						x	x		+						* Lactose free without butter
Roasted Med Ve						x	x								*Nuts in pesto
Rocket & Grana Padano Salad			x			x					×				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Greek Salar						x			4		×				
Cauliflower Cheese	×		×			x						1			* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein*Gluten in cheese sauce
			_												
Desserts	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Basque Cheesecaki Rhubarb Crumble with custari	×	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose x	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	*Sulphite is the Gin in the mix

Property of the content of the con																
Anti-Later for the control of the co		х		x								x				*Egg in ice cream
Control Cont	Apple & Cinnamon Pie with custard	x					x					x				
Second Column	Apple & Cinnamon Pie with ice cream	×		×			x					x				*Egg in ice cream
Second Column	Chocolate Salted Caramel Tart	x		x		x	x									
1.	Sticky Toffee	x		×			x									
March Marc	Brownie			x		x	x									*Soy present in all desserts with chocolate sauce
March Marc	Sundae	x		x		x	x									* Soy present in Brownie, choc sauce & cookie dough *Wheat in cookie dough
Second Control 1				х												
Common C		×						×								*Fgg & Lactose in the icecream
Second Company Second Second Company Second Compa		· v														-66
Second																
March Marc																
March Marc																
March Marc						x										
March Marc																
March Marc				х			x									
Company Comp						x										
Married State 1																
Control Cont								x								
Column C							x									
Control tright Table 1	Vegan Menu	Gluten	Crustaceans	ns Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Mary 1. 1	Garlic Bread + Vegan Cheese	x														
This between 1	Med Veg Linguine	x										x				
March Marc		×			×			×	×		×					*Sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Section Company of the Company o								^	-		-					Scalic in named Control with the State of Co
Means Fash Mea		v										v				* Sulphites in caremalised onion & dressing
Company		× ×						v			v					
The content of the		×														
Wage Careful Color Wage Ca		X			Х				×		х					
March Marc	Frangipane Tart	X						х								
Linch Michael Color Negero Super						x										
Search and Colors 1						x										*Soy in ice cream
Second Property Company Compan	Lunch Menus	Gluten	Crustaceans	ns Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Contract	Steak Pie with Chips	x										×				*Sulphites in ale in pie mix & hand cut chips *Gluten in pastry & pie mix(ale)
Cales Suprovi Autor Total Cales Flore Suprovi		×										×				
This Control										v		· ·				
Most of Control 1		v		v											v	*Erra 9, must avail prograph in tracture causes
Marie Control				_ ^								-				Leg & intustant present in tartare sauce
Marches Marc												х				
Column 1												х				
Limbble Wilson Limb		×		×								X				
Standing Root Same		х										X				
Sorting Roads Galler Column Col		x					x			x		X				
Too from Dealer Marketon B. S.	Falafel Wrap	x									x	x				*Sesame in hummus
Too from Dealer Marketon B. S.	Sunday Roast	Gluten	Crustaceans	ns Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Rest for fire for		x							x							
House Clother Services 1	Roact Reef	· v							ν.			· ·				
The control of the co									·			·				
The fact to the first control of the fact												- î				
The file of the fi									- î			-				
Surface Services Control Contr												х				
The probability of the control of th		х		x			х	X	x			×				*The nut roast is made with GF crumps & Vegan egg subsitute so dish without yorkshire pudding is both GF & VE
Cuttiener Octage		×										X				
Minor Mino		х				x			X	х		X				
Cicke Sologies 2 x y x y x y x y x y x y x y x y x y x		×					x									* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein *Gluten in cheese sauce & crumb
Cicker Goolpes 2	Junior/Little Ego	Gluten	Crustaceans	ns Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Fish Golgoon Belgogian Part of the Control Par		x										x				* Lactose & Egg present in breadcrumb process *Sulphite free if no salad dressing
Soliton Pasts with Carbonary Soliton S		х		х			x					×			x	
Fasts with Dutter Pasts with Dutter Pasts with Dutter Pasts with Dutter Pasts with Dutter Southers Southers Chicken Reads Rump Stead. Rump		х														
Retar with Carbonare Sabass Clickee Freat Brung-State Fishcole Fis		×					×									
Seabast		×		· ·												
Clicken feest				^												* Lactors from if consider without butter on year * Sulphite from if considering without color dispersion
Rump State Ribricke					-											
Fishcale X												*				Eactorie nice nicerved without putter on vegin surprise nice ni served without salad dressing
Hummus with pite Sunday Find Goats Cheese Mini Goats Cheese Mini Goats Cheese Mini Goats Cheese Mini Goats Cheese X X X X X X X X X X X X X										-		*				
Source Brownin		х		X			x			х		Х			Х	* Mustard in Tishcake mix
Browne Sicky Toffee X N X N N X N X N N N N N N N N N N N		X									х					
Sticky Toffee X X X X X X X X X X X X X X X X X X	Sundae			X		x	x									
Sicky Toffee X	Brownie			×		×	×									*Soy present in all desserts with chocolate sauce
Ite Cream (Vanilla/chocolate/strawberry/honeycomb) Passionfruit/Raspberry Sorbet Afternoon Tea Gluten Salmon & Cream Cheese Sandwich X X X X X X X X X X X X X X X X X X X	Sticky Toffee	х														
Passionfruit/Raspherry Sorbet Afternoon Tea Solute Crustaceans Eggs Peanuts Soy Bean Lactose Nuts Celery Mustard Sesame Suplur Dioxide Lupin Moluscs Fish **Soy bean & Lactose present in granary bread Chicken & Rocket Sandwich X X X X X X X X X X X X X X X X X X X	·															
Afternoon Teal Salmon & Cream Cheese Sandwich X X X X X X X X X				×			х									
Salmon & Cream Cheese Sandwich Chicken & Rocket Sandwich Min Gosts Cheese X X X X X X X X X X X X X	Passionfruit/Raspberry Sorbet															
Salmon & Cream Cheese Sandwich Chicken & Rocket Sandwich Min Gosts Cheese X X X X X X X X X X X X X	Afternoon Tea	Gluten	Crustaceans	ns Eggs	Peanuts	Sov Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Chicken & Rocket Sundwich Mini Goats Cheese X X X X X X X X X X X X X				-00-												* Cou hoan 9. Lactors proceed in grapus broad
Mini Goats Cheese X		×													×	
Falled with tratell Mini fishcate with trarer Mini fishcate with trarer X	Chicken & Rocket Sandwich	х		×		x	x			х						* Soy bean & Lactose present in granary bread
Falled with tratell Mini fishcate with trarer Mini fishcate with trarer X	Mini Goats Cheese	х		×			×			×		×				
Mini fishcake with tartare X X X X X X X X X X X X X X X X X X X																
Hummus & Roasted Red Pepper Sandwick Cheddar & Caramelised Onion Sandwick Cheddar & Caramelised Onion Sandwick Fult scone with dotted cream & strawberry Jam X X X X X X X X X X X X X X X X X X X										-						
Cheddar & Caramelised Onion Sandwick X X X X X X X X X X X X X X X X X X X		х		X						х		х			Х	
Fruit scone with dotted cream & strawberry Jam X X X X X X X X X X X X X X X X X X X		Х									х	×				
Francipane Tart X		х				x						X				* Soy bean & Lactose present in granary bread
Lemon Tart X X X X X X X X X X X X X X X X X X X		х		×			x									
Brownie X X X X X S Seame Suplur Dioxide Lupin Moluscs Fish Gluten Free Menu Gluten Crustaceans Eggs Peanuts Soy Bean Lactose Nuts Celery Mustard Sesame Suplur Dioxide Lupin Moluscs Fish Offices Suplur Dioxide Seame Suplur Dioxide Lupin Moluscs Fish		x						x								
Gluten Free Menu Gluten Crustaceans Eggs Peanuts Soy Bean Lactose Nuts Celery Mustard Sesame Suplur Dioxide Lupin Moluscs Fish Olives	Lemon Tart	×		x			x									
Gluten Free Menu Gluten Crustaceans Eggs Peanuts Soy Bean Lactose Nuts Celery Mustard Sesame Suplur Dioxide Lupin Moluscs Fish Olives	Brownie			×		x	x									*Soy present in all desserts with chocolate sauce
Olives S S S S S S S S S S S S S S S S S S S	Gluton Fron Monu	Chata	C			C D			C-1						Fl-b	
	CHILIPH FIPP WIPHII															
Crudites & Hummus Yeanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka		Giuten	Crustaceans	-88-	1 curius	Joy Dean	Luctosc		ecici y	iviustard	Sesame	Supiur Dioxide	Lupiii	Molases	11311	
	Olives	Gluten	Crustaceans	-88-	1 cunats	Joy Dean	Editose		cciciy	iviustard	Sesame	Suplur Dioxide	сирііі	Morases		

Halloumi Fries with Chilli honey															
						х									
Ego Sharing Board						х				x	x				*Sesame in hummus *Sulphite in Tapenade & Hummus
Starters	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Soup					х	х		×							*Lactose in butter portion*Lactose/celery/soy could be in soup base depending on chef recipe
Goats Cheese						х			x		x				* Mustard present in beetroot chutney
Gambas Al Pil Pil		×													
Chorizo Frito al Vino											×				* Sulphite in red wine
Pate			—			x			x						* Mustard present in Pate
Moules Marinieres			—			x							x		motore present mit de
						×					^		^		
Garlic Mushrooms with parsley cream															
Pasta/ Risotto	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Prawn Fusilli		x				x					x				* Sulphites in salad dressing
Fusilli Carbonara			x			x									* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Paella Mixta		x				x							x		* Lactose present due to squid stored in milk
Paella Chicken & Chorizo															
Paella Veg															
Main Courses	Gluten	Crustaceans	Fano	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
	Giuteii	Crustaceans	Eggs	realiuts	Suy beali	Lactose	ivuts	Celery	iviustaru	Sesame	Suplur Dioxide	Lupin	IVIOIUSCS	FISH	
Chicken Supreme with tomato saffron risotto			x			x	x								* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein. Nuts in pesto
Andalucian Pork Fillet			x			х			X		X				* Egg present in Grana Padano (used to gratinate dauph)-made using 'lysozyme' which is an egg protein
Beef Bourguignon						x					X				
Minted Lamb Rump						х									
Lemon Milanese			x			х					x				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein (& in breadcrumb process)
Sea Bass with chorizo														x	
Cod Supreme						х					x			х	
Moroccan Lamb						x	x				×				* Lactose in tzatziki * Nut free without almonds*Sulphites in tagine mix
Moroccan Falafel						x	×				×				* Lactose in tzatziki * Nut free without almonds*Sulphites in tagine mix
Courgette sweetcorn fritters				x			×	x		x	×				* Sulphite in red pepper tapenade*sesame in hummus *Peanuts/walnuts/almonds/hazlenuts/celery/sesame in dukka
Greek Salad						x				_	×				* Sulphite free without salad dressing
Steak Frites						*									* Sulphite free without salad dressing
		v													Julyanic nee manda dalaa aressing
Prawn Skewers		x				х									
Garlic Butter															
Peppercorn Sauce						x					X				
Kebabs	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Mixed						х			x		×				* Lactose in tzatziki * Sulphites in salad dressing *mustard in lamb marinade
Piri Chicken						х					x				* Lactose in tzatziki * Sulphites in salad dressing
Piri Chicken & Chorizo						х					×				* Lactose in tzatziki * Sulphites in salad dressing
Halloumi						х					×				* Lactose in tzatziki * Sulphites in salad dressing
Moroccan Lamb (thurs)						 V			v		v				* Lactose in tzatziki * Sulphites in salad dressing *mustard in lamb marinade
															tactore in talania. Supinites in salad dressing interaction in turns marriade.
Sides	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Fries															
Truffle & Grana Padano fries			×			х									* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Sweet potato fries															
Dauphinoise			×			х					x				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Halloumi Fries with Chilli Honey						х									
Green Beans						х									* Lactose free without butter
Tenderstem Broccoli						х	×								
Roasted Med Veg						x	x								*Nuts in pesto
Rocket & Grana Padano Salad			×			x					v				* Egg present in Grana Padano -made using 'lysozyme' which is an egg protein
Greek Salad						•					-				Egg present in Grana Padano Iniade danig 195029ine Willerns an egg protein
						Х					Α				
Desserts	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	Lactose	Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	
Brownie			x		x	x									*Soy present in all desserts with chocolate sauce
Eton Mess			х			х									
Ice Cream (Vanilla/chocolate/strawberry/honeycomb)			x			х									
Mini Brownie			x		x	x									
Mini Mess			x			x									
Mini Ice Cream			x			x									*Lactose & Egg free when Vegan vanilla or chocolate chosen
Sova Milk					×	•									
					•			l		l					
Ont Mills															
Oat Milk															
Almond Milk							х								
Almond Milk Skimmed/Semi-skimmed Milk						х									
Almond Milk	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean	x Lactose	x Nuts	Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	Internal Notes
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey	Gluten	Crustaceans		Peanuts	Soy Bean			Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	Internal Notes
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu	Gluten	Crustaceans	Eggs	Peanuts	Soy Bean			Celery	Mustard	Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	Internal Notes * Egg & Mustard in aioli
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorico & Honey Piri Pic Skewers with Alöli	Gluten	Crustaceans		Peanuts	Soy Bean			Celery		Sesame	Suplur Dioxide	Lupin	Moluscs	Fish	* Egg & Mustard in aioli
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey	Gluten	Crustaceans		Peanuts		Lactose		Celery		Sesame	Suplur Dioxide x	Lupin	Moluscs	Fish	
Ammed Milk Skimmed/ Semi-skimmed Milk Buffet Menu Chetros Binner Pri Piri Skewers with Jaloi Margherita/Pepperoni Piza Board Lamb Kotkas with Tazakib	Gluten	Crustaceans		Peanuts		Lactose		Celery		Sesame	Suplur Dioxide x x	Lupin	Moluscs	Fish	* Egg & Mustard in aioli
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloli Margherita/Pepperoni Pizza Board Lamb Korlas with Tzatzki Falafd with Hummus	Gluten x	Crustaceans		Peanuts		Lactose		Celery			Suplur Dioxide x x	Lupin	Moluscs	Fish	* Egg & Mustard in aloil *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloil MarghetiAPeprooni Pizza Board Lamb Koffas with Tratziki Falafel with Hummus Breaded Cod Goujons with lemon	Gluten X	Crustaceans	х	Peanuts		Lactose x x		Celery			Suplur Dioxide x x x	Lupin	Moluscs	Fish x	* Egg & Mustard in aioli
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloil Margherita/Pepperon Pizza Board Lamb Koftas with Tatziki Falafel with Hummus Breaded Cod Goujons with hemon Salmon & Bill Falkakes with Tatzake	Gluten X X X	Crustaceans	x x x	Peanuts		Lactose x x x		Celery	x		Suplur Dioxide x x x	Lupin	Moluscs	Fish x x	* Egg & Mustard in aloil *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skeevers with Aloil Margheria/Pepperoni Pitra Board Lamb Korlas with Tatatiki Falaide with Hummus Breaded Cod Goujons with Hemon Salmon & Dill Fishcakes with Tatrate Goats Cheese, brioche, caramélised mions & beetroot chuture	Gluten x x x x	Crustaceans	х	Peanuts	x	x x x x x x x		Celery			Suplur Dioxide X X X X	Lupin	Moluscs	Fish x x	* Egg & Mustard in aloil *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadorumb process * Mustard present in breadorumb process
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloil Margherita/Pepperon Pizza Board Lamb Koftas with Tatziki Falafel with Hummus Breaded Cod Goujons with hemon Salmon & Bill Falkakes with Tatzake	Gluten x x x x x	Crustaceans	x x x	Peanuts		Lactose x x x		Celery	x		Suplur Dioxide X X X X	Lupin	Moluscs	Fish x x	* Egg & Mustard in aloil *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skeevers with Aloil Margheria/Pepperoni Pitra Board Lamb Korlas with Tatatiki Falaide with Hummus Breaded Cod Goujons with Hemon Salmon & Dill Fishcakes with Tatrate Goats Cheese, brioche, caramélised mions & beetroot chuture	Gluten x x x x x x	Crustaceans	x x x	Peanuts	x	x x x x x x x		Celery	x		Suplur Dioxide X X X X	Lupin	Moluses	Fish X X	* Egg & Mustard in aloil *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in beetroot chutney * Egg in brioche * Soy bean present in granary bread
Almond Milk Skimmed/semi-skimmed Milk Buffet Menu Chotros & Honey Pri Piri Skewers with Aloli Margherita/Pepperoni Pitza Board Lamb Korkas with Tatatik Falafet with Hummus BreadeCod Goognes with Hemon Salmon & Oill Fishcake with Tatater Goats Cheese, brioche, caramelised onlone Se textoot Chutry Salmon & Cream Cheese Sandwich	Gluten x x x x x x x	Crustaceans	x x x	Peanuts	x	x x x x x x x		Celery	x x x		Suplur Dioxide X X X X	Lupin	Moluscs	x x x	* Egg & Mustard in aloil *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs * Lactose & Egg present in breadcrumb process * Mustard present in beetroot chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chortro & Honey Piri Piri Skewers with Aloli Margherita/Pepperon Pitza Board Lamb Korkas with Tatalik Falafet with Hummus BreadeC God Loopins with Henon Salmon & Dill Fishcakes with Tataler Goats Cheese, brotche, caramelised onlone & Bertoot Churley Salmon & Cream Cheese Sandwich Chicken & Rocket Sandwich Hummus & Rosated Red Pepper Sandwich Hummus & Rosated Red Pepper Sandwich	Gluten x x x x x x x	Crustaceans	x x x	Peanuts	x	X X X X X X X X		Celery	x x x	x	Suptur Dioxide x X X X X	Lupin	Moluscs	Fish x x x	* Egg & Mustard in aloi! *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in breatrout chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Pri Piri Skewers with Aloil Margherita/Pepperon Pizza Board Lamb Koftas with Tratiki Falafel with Hummus Breaded Cod Goujons with Hemon Salmon & Dill'shakes with Tratier Goats Cheese, brioche, caramelised onions & beetroot chutney Salmon & Collis Anno Reves Sandwich Chicken & Rocket Sandwich Hummus & Rossted Red Pepper Sandwich Hummus & Rossted Red Pepper Sandwich Cheddra & Caramelised Onion Sandwich	Gluten X X X X X X X X	Crustaceans	x x x	Peanuts	x x x x	x x x x x x x x		Celery	x x x	x	Suplur Dioxide X X X X X	Lupin	Moluscs	Fish x x	* Egg & Mustard in aloil *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs * Lactose & Egg present in breadcrumb process * Mustard present in beetroot chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloid Margherita/Pepperoni Pizza Board Lamb Koftas with Tatatki Falaid with Hummus Breaded Cod Goujons with Hemo Salmon & Dill Fishkask with Trater Goats Cheese, brioche, caramelised onions & beetroot chutney Salmon & Cream Cheese Sandwich Chicken & Rocket Sandwich Hummus & Rossted Red Pepper Sandwich Cheddar & Caramelised Onion sandwich Cheddar & Caramelised Onion sandwich Cheddar & Caramelised Onion sandwich Skin-on-Fries	X X X X X X X	Crustaceans	x x x	Peanuts	x x x x	x x x x x x x x		Celery	x x x	x	Suptur Dioxide X X X X	Lupin	Moluscs	Fish x x	* Egg & Mustard in aloi! *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in breatrout chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Atoli Margherita/Pepperon Pirza Board Lamb Koffas with Tatakilk Falafel with Hummus Breade Cad Goujons with Jemon Salmon & Dill Fishcakes with Tatakie Goats Cheese, brioche, caraméliséd mions & beetroot chutney Salmon & Coll Fishcakes with Tatake Goats Cheese, brioche, caraméliséd mions & beetroot chutney Salmon & Come Cheese Sandwich Chicken & Rocket Sandwich Hummus & Rossted Red Pepper Sandwich Cheddar & Caraméliséd Onion Sandwich Cheddar & Caramélised Onion Sandwich Skin on Fries Buttered New Potatose Buttered New Potatose	X X X X X X	Crustaceans	x x x	Peanuts	x x x x	x x x x x x x x x		Celery	x x x	x	Suplur Dioxide X X X X X	Lupin	Moluscs	Fish X X	* Egg & Mustard in aloi! *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in breatrout chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloid Margherita/Pepperoni Pizza Board Lamb Koffas with Tatatiki Falade with Hummus Breaded Cod Goujons with Hemo Salmon & Dili Fakakes with Tatare Goats Cheese, brioche, caramelised onions & beetroot chutney Salmon & Dili Fakakes with Tatare Goats Cheese, brioche, caramelised onions & beetroot chutney Salmon & Cream Cheese Sandwich Chicken & Rocket Sandwich Hummus & Roasted Red Pepper Sandwich Cheddar & Caramelised Onion Sandwich Skin on-Fries Buttered New Potatoes Buttered New Potatoes House Saldd House Saldd	Gluten X X X X X X X	Crustaceans	x x x	Peanuts	x x x x	x x x x x x x x x		Celery	x x x	x	Suptur Dioxide X X X X X X X X	Lupin	Moluscs	Fish x x	* Egg & Mustard in aloi! *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in breatrout chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Atoli Margherita/Pepperon Pirza Board Lamb Koffas with Tatatik Falafel with Hummus Breade Card Goupse with Jemon Salmon & Dill Fishcaless with Tatatie Goats Cheese, brioche, caramélied minns & beetroot chutney Salmon & Comin Cheese Sandwich Chiclen & Rocket Sandwich Hummus & Rossted Red Pepper Sandwich Cheddar & Caramélied Onion Sandwich Cheddar & Caramélied Onion Sandwich Skinon - Fries Buttered New Postatos	K X X X X X X X X X X X X X X X X X X X	Crustaceans	X X X	Peanuts	X X X X	X X X X X X X X X X X X X X X X X X X		Celery	x x x	x	Suplur Dioxide X X X X X X X X	Lupin	Moluscs	Fish X X	* Egg & Mustard in aloi! *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in breatrout chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloil Margherita/Pepperon Pirza Board Lamb Koftas with Tatzlik Falafel with Hummus Breaded Cod Goujons with Henon Safton Scholler School School School Safton & Dill Falafel with Hummus Breaded Cod Goujons with Henon Safton & Sulfasse with Tatzlar Goats Cheese, brioche, caramelised onions & beetroot chutney Salmon & Dill Falafel with Hummus Koston & Cream Cheese Sandwich Chicken & Rocket Sandwich Hummus & Rossted Red Pepper Sandwich Cheddar & Caramelised Onion Sandwich Cheddar & Caramelised Onion Sandwich Cheddar & Caramelised Onion Sandwich Skin-on-Fries Buttered New Potatos House Sald Fruity Coux Cous	K X X X X X X X X X X X X X X X X X X X	Crustaceans	x x x	Peanuts	x x x x x x x x	x x x x x x x x x		Calery	x x x	x	Suplur Dioxide X X X X X X X X	Lupin	Moluscs	Fish X X	* Egg & Mustard in aloi! *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in breatrout chutney * Egg in brioche * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread * Soy bean present in granary bread
Almond Milk Skimmed/Semi-skimmed Milk Buffet Menu Chorizo & Honey Piri Piri Skewers with Aloid Margherita/Pepperoni Pizza Board Lamb Koffas with Tatatiki Falade with Hummus Breaded Cod Goujons with Hemo Salmon & Dili Fakakes with Tatare Goats Cheese, brioche, caramelised onions & beetroot chutney Salmon & Dili Fakakes with Tatare Goats Cheese, brioche, caramelised onions & beetroot chutney Salmon & Cream Cheese Sandwich Chicken & Rocket Sandwich Hummus & Roasted Red Pepper Sandwich Cheddar & Caramelised Onion Sandwich Skin on-Fries Buttered New Potatoes Buttered New Potatoes House Saldd House Saldd	Sluten X X X X X X X X	Crustaceans	X X X	Peanuts	X X X X	X X X X X X X X X X X X X X X X X X X		Celery	x x x	x	Suplur Dioxide X X X X X X	Lupin	Moluscs	Fish X X	* Egg & Mustard in aloi! *Soy Bean & Lactose present in the Pepperoni *Soy in doughballs *Lactose & Egg present in breadcrumb process * Mustard present in beetroot chutney * Egg in brioche * Soy bean present in granary bread