

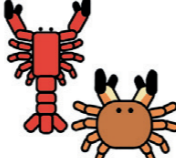














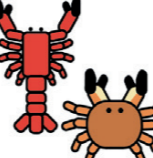
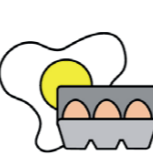
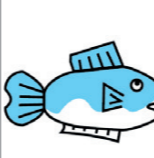
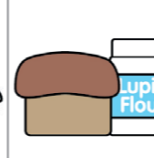








DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
ITALIAN GARLIC CHICKEN														SULPHITES
CHIMMICHURI CHICKEN		*												
PIRI PIRI CHICKEN														SULPHITES
GRILLED CHICKEN PLAIN														
GRILLED CHICKEN ARRABIATA SAUCE														
GRILLED CHICKEN MASALA SAUCE		*					*		*					
GRILLED CHICKEN MADRAS SAUCE		*							*					
FAJITA STYLE CHICKEN														
THAI CHICKEN														
SALT N PEPPER														SULPHITES



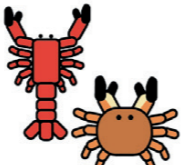


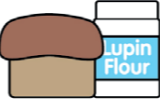






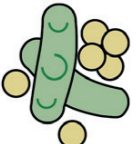

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DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
TEXAS BBQ CHICKEN														SULPHITES
TIKKA CHICKEN														SULPHITES
SWEET CHILLI STEAK														
STEAK IN BLACK BEAN		*											*	
STEAK MEATBALLS		*												
5 BEAN CHILLI														
RED LENTIL DHAL									*					
MOROCCAAN TAGINE														
KOFTA JUNGLE CURRY		*											*	
BEEF BOLOGNESE														



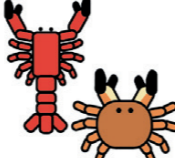

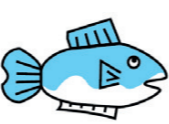






DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
HOISIN STIR FRY		*										*	*	
KOREAN BULGOGI													*	
VEGAN BOLOGNESE		*											*	
FALAFELS IN ARRABIATA SAUCE														
FALAFELS IN MADRAS SAUCE		*							*					
FALAFELS IN MASALA SAUCE		*							*					
CHILLI CON CARNE														
SAUSAGE CASSEROLE	*	*											*	
BRAISED STEAK & VEG		*											*	



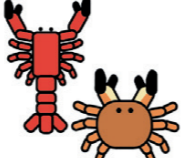

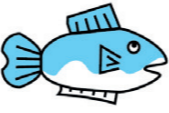
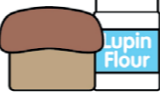






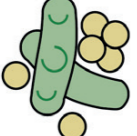

DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
PASTA		*												
SIRACHA SPICED PASTA		*												
ITALIAN PASTA		*												
SWEET CHILLI NOODLES		*												
SINGAPORE NOODLES		*												
BROWN RICE														
SAFFRON RICE														
HOT SHOT RICE														
WHITE RICE														
ROASTED SWEET POTATOES														



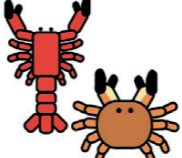


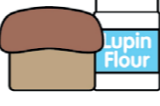






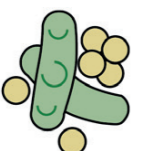

DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
GARLIC & HERB ROAST POTATOES														
NEW POTATOES														
PANCAKES WITH CHOC SAUCE		*		*			*			*			*	
PANCAKES WITH BISCOFF SAUCE		*		*			*						*	
PANCAKES WITH FRUIT & YOGHURT		*		*			*							
GRANOLA / YOGHURT		*					*			*				

DISHES AND THEIR ALLERGEN CONTENT

(Note – Please state the name of the cereal(s) containing gluten** in that column AND/OR the name of the nut(s)* in that column)

DISHES														
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
OVERNIGHT OATS CHOC / PEANUT		*					*			*	*		*	
OVERNIGHT OATS BISCOFF SAUCE		*					*			*	*		*	
OVERNIGHT OATS PINEAPPLE & HONEY		*												
CHOCOLATE BROWNIE		*		*										
PROTEIN BOMBS CHOC / COCONUT		*					*			*				
CHEESECAKE WHITE CHOC & SAUCE		*					*						*	
CHEESECAKE 99'S		*					*						*	
CHEESECAKE CHOC ORANGE		*					*						*	
CHEESECAKE BISCOFF SAUCE		*		*			*						*	
CHEESECAKE COOKIE & CREAM		*					*						*	