


Allergen Information for the Super Hero Menu

C = Contains as an ingredient | MC = May Contain precaution

Menu Item														
	Celery	Cereals containing gluten	Eggs	Crustaceans	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nuts	Peanuts	Sesame seeds	Soya	Sulphites
Sandwiches Ham & Dijon <i>We use a plant based vegan margarine spread for sandwiches.</i>		Wheat							C				C	
Sandwiches Chicken & Bacon		Wheat	C						C				C	
Sandwiches Plain Cheese		Wheat					C						C	
Sandwiches Cheese & Tomato		Wheat					C						C	
Sandwiches Cheese & Branston		Wheat					C						C	
Sandwiches Egg Mayo		Wheat	C										C	
Sandwiches Tuna Mayo		Wheat	C		C								C	
Sandwiches Turkey & Stuffing		Wheat Barley					C						C	
Sandwiches Turkey & Cranberry		Wheat					C						C	
Sandwiches Chipotle Chicken, Chorizo & Cheese		Wheat	C				C						C	
Sandwiches Spicy Buffalo Chicken		Wheat					C						C	
Sandwiches Beef & Horseradish		Wheat	C						C				C	C
Sandwiches Corned Beef & English Mustard		Wheat							C				C	

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	Celery	Cereals containing gluten	Eggs	Crustaceans	Fish	Lupin	Milk	Mollusc	Mustard	Tree Nuts	Peanuts	Sesame seeds	Soya	Sulphites
Sandwiches Ham, Salami & Cheese		Wheat					C						C	
Sandwiches Falafel & Houmous		Wheat										C	C	
Sandwiches Avocado Smash		Wheat											C	
Sausage Rolls		Wheat					C							
Cheese Rolls		Wheat					C							
Quiche		Wheat MC Barley & Oats	C				C		C					MC
Pork Pie		Wheat	C											
Indian Snacks		Wheat MC Barley								MC	MC	MC		
Savoury Eggs		Wheat	C											
Cocktail Sausages		Wheat												
Coleslaw			C						C					
Breadsticks		Wheat Barley					MC					MC	MC	
Houmous Dip												C		
Crisps														