

### Allergy and dietary information

Our allergy information guide is designed to help you make decisions on the food and drink that you order. As our menu descriptions do not include all ingredients or allergens, please use the allergy information guide to choose suitable dishes for you to eat and enjoy.

Our allergen information covers the following major allergens: Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almonds, Brazils, Cashews, Hazelnuts, Macadamias, Pecans, Pistachios, Walnuts) and products thereof.

We take great care to prevent cross-contamination when preparing your order in our kitchens. However, due to the layout and operation of our kitchens we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. There is significant risk of cross-contamination in our buffet areas and deep fat fryers. If you would like further information on our cooking methods, don't be afraid to ask! **We cannot** guarantee your order is 100% free from any allergenic ingredient.

Please let a member of our team know if you have an allergy or sensitivities to any ingredient, even if you have dined with us before.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time, so please check with us for up-to-date information.

## KEY FOR ALLERGY INFORMATION GUIDE

Suitable for ovo-lacto vegetarians



Suitable for ovo-lacto vegetarians/ vegans



# **PUB BRANDS MEETING ROOMS**

r portion) - 🔽						
		Ма	ay Contains: No majo	or allergens		
Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Sal
213 kJ / 51 kcal	3.9 g	0.3 g	3.0 g	2.1 g	0.5 g	0.27
s (per 100g) - VE			•			
ajor allergens		Ма	ay Contains: No majo	or allergens		
Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
665 kJ / 158 kcal	7.0 g	0.5 g	20.6 g	0.4 g	2.2 g	0.84
er portion) - VE V						
ard, Sulphite		Ма	ay Contains: No majo	or allergens	-	
Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
175 kJ / 42 kcal	1.5 g	0.2 g	5.0 g	3.9 g	1.3 g	0.18
hrooms with Dip (pe	er 3 pieces	5)				
als containing Gluten (W	'heat)	Ма	ay Contains: No majo	or allergens	_	_
Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
564 kJ / 134 kcal	5.2 g	0.6 g	18.3 g	3.8 g	2.9 g	0.36
274 kJ / 66 kcal	4.6 g	1.3 g	3.7 g	1.8 g	2.0 g	<b>Sal</b> 0.23
274 KJ / 66 Kcal	4.6 g	1.3 g	3.7 g	1.8 g	2.0 g	0.23
• •	•	F) M:	av Contain: Other Co	reals containi	na (Oats Rvo)	
		•				Sal
439 kJ / 105 kcal			-			0.25
ione with Din (nor 2)			3	- 5	5	1
	- /	Ма	av Contains: No maio	or allergens		
Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
856 kJ / 205 kcal	10.0 g	1.2 g	17.3 g	3.7 g	11.2 g	0.83
	_	<u>-</u>	· · ·		•	Į
gs with Dip (per 2 wi ajor allergens	_	Ма	ay Contains: No majo	or allergens		
gs with Dip (per 2 wi	_	Ma	ay Contains: No majo Carbohydrates	or allergens Sugars	Protein	Sali
gs with Dip (per 2 wi ajor allergens	ngs)		<u> </u>		Protein 14.9 g	
gs with Dip (per 2 wi lajor allergens Energy	ngs) Fat 7.5 g	Saturates	Carbohydrates	Sugars		
gs with Dip (per 2 wi ajor allergens Energy 632 kJ / 151 kcal	ngs) Fat 7.5 g	Saturates 1.8 g	Carbohydrates	Sugars 3.3 g		
gs with Dip (per 2 wi ajor allergens Energy 632 kJ / 151 kcal	ngs) Fat 7.5 g	Saturates 1.8 g	Carbohydrates	Sugars 3.3 g		Salt
	213 kJ / 51 kcal 213 kJ / 51 kcal s (per 100g) - VE ajor allergens Energy 665 kJ / 158 kcal per portion) - VE ard, Sulphite Energy 175 kJ / 42 kcal shrooms with Dip (per als containing Gluten (W Energy 564 kJ / 134 kcal ar Salad (per portion als containing Gluten (W Energy 274 kJ / 66 kcal d Onion Rings (per 3 als containing Gluten (Ba Energy 439 kJ / 105 kcal jons with Dip (per 2 als containing Gluten (W Energy	Mustard Energy Fat   213 kJ / 51 kcal 3.9 g   s (per 100g) - VE V   ajor allergens V   ajor allergens Fat   665 kJ / 158 kcal 7.0 g   per portion) - VE V   ard, Sulphite V   Energy Fat   175 kJ / 42 kcal 1.5 g   shrooms with Dip (per 3 pieces   als containing Gluten (Wheat)   Energy Fat   564 kJ / 134 kcal 5.2 g   ar Salad (per portion) - V   als containing Gluten (Wheat), Egg, d   Energy Fat   274 kJ / 66 kcal 4.6 g   d Onion Rings (per 3 rings)   als containing Gluten (Barley, Wheat)   Energy Fat   439 kJ / 105 kcal 5.6 g   jons with Dip (per 2 pieces)   als containing Gluten (Wheat)   Energy Fat	MustardMateriaEnergyFatSaturates213 kJ / 51 kcal3.9 g0.3 g213 kJ / 51 kcal3.9 g0.3 gs (per 100g) - VEVrajor allergensMateriaEnergyFatSaturates665 kJ / 158 kcal7.0 g0.5 gper portion) - VEVard, SulphiteMateriaEnergyFatSaturates175 kJ / 42 kcal1.5 g0.2 gshrooms with Dip (per 3 pieces)als containing Gluten (Wheat)MateriaStaturates564 kJ / 134 kcal5.2 g0.6 gar Salad (per portion) -Vals containing Gluten (Wheat), Egg, Milk,MateriaEnergyFatSaturatesSaturates274 kJ / 66 kcal4.6 g1.3 gMateriaals containing Gluten (Barley, Wheat)MateriaMateriaAls containing Gluten (Barley, Wheat)MateriaMateriaSaturates274 kJ / 105 kcal5.6 g0.5 gals containing Gluten (Wheat)5.6 g0.5 gJos gals containing Gluten (Wheat)5.6 g0.5 gJos gals containing Gluten (Wheat)MateriaMateriaMateriaAls containing Gluten (Wheat)MateriaMateriaAls containing G	Mustard May Contains: No majo   Energy Fat Saturates Carbohydrates   213 kJ / 51 kcal 3.9 g 0.3 g 3.0 g   s (per 100g) - VE V V V   rajor allergens May Contains: No majo 0.5 g 2.0.6 g   s (per portion) - VE V V V   ard, Sulphite May Contains: No majo 0.5 g 20.6 g   her portion) - VE V V V   ard, Sulphite May Contains: No majo V   ard Scontaining Gluten (Wheat) May Contains: No majo V   als containing Gluten (Wheat) Saturates Carbohydrates   564 kJ / 134 kcal 5.2 g 0.6 g 18.3 g   ar Salad (per portion) - V als containing Gluten (Wheat), Egg, Milk, May Contain: Milk   Energy	Mustard May Contains: No major allergens   Energy Fat Saturates Carbohydrates Sugars   213 kJ / 51 kcal 3.9 g 0.3 g 3.0 g 2.1 g   s (per 100g) - VE V May Contains: No major allergens   Baior allergens May Contains: No major allergens   Energy Fat Saturates Carbohydrates Sugars   665 kJ / 158 kcal 7.0 g 0.5 g 20.6 g 0.4 g   Per portion) - VE V May Contains: No major allergens   Energy Fat Saturates Carbohydrates Sugars   175 kJ / 42 kcal 1.5 g 0.2 g 5.0 g 3.9 g   sthrooms with Dip (per 3 pieces) May Contains: No major allergens   Energy Fat Saturates Carbohydrates Sugars   564 kJ / 134 kcal 5.2 g 0.6 g 18.3 g 3.8 g   ar Salad (per portion) - V V Agy Contains: Milk Sugars   564 kJ / 134 kcal 5.2 g 0.6 g 18.3 g 3.8 g   ar Salad (per portion) - V V Agy Contain: Milk May Contain: Milk	Mastard May Contains: No major allergens   Energy Fat Saturates Carbohydrates Sugars Protein   213 kJ / 51 kcal 3.9 g 0.3 g 3.0 g 2.1 g 0.5 g   ajor allergens May Contains: No major allergens Protein   665 kJ / 158 kcal 7.0 g 0.5 g 20.6 g 0.4 g 2.2 g   ver portion) VE V May Contains: No major allergens Protein   665 kJ / 158 kcal 7.0 g 0.5 g 20.6 g 0.4 g 2.2 g   ver portion) VE V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V V

Contains: Milk			Ma	ay Contains: No majo	or allergens		
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	s
r er i ordon.	833 kJ / 199 kcal	10.9 g	2.2 g	21.2 g	1.6 g	3.2 g	0.5
Pollock Bites	s with Dip (per 3 bite	es)					
Contains: Cere Mustard	als containing Gluten (V	Vheat), Egg,	Fish, Ma	ay Contains: No majo	or allergens		
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	s
Per Portion:	878 kJ / 210 kcal	11.2 g	0.9 g	16.8 g	2.0 g	10.4 g	0.0
Potato Salad	(per portion) - V			·			•
Contains: Egg,	Mustard		Ma	ay Contains: No majo	or allergens		
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	S
Fel Folilon.	701 kJ / 168 kcal	10.5 g	0.9 g	16.0 g	4.7 g	2.2 g	0.0
Tortillas Cris	ps with Dip (per poi	rtion) - 🚺					
Contains: Milk			Ma	ay Contains: No majo	or allergens		
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	s
Per Portion:	652 kJ / 156 kcal	7.3 g	1.5 g	19.3 g	0.9 g	2.2 g	0.2
RTED CRISP	S (per pack)						
Prawn Cockt	ail Crisps - V						
Contains: No m				ay Contain: Other Ce lk, Mustard, Soya	reals containii	ng (Barley, Wh	eat), C
Per Portion:	Energy	Fat	Saturates	O and a bandmatera	Sugara		
Fer Fortion.				Carbohydrates	Sugars	Protein	s
	960 kJ / 230 kcal	13.1 g	1.1 g	24.3 g	0.9 g	Protein 2.8 g	_
Salt & Vinega		13.1 g	1.1 g	-			_
Salt & Vinega Contains: No m	ar Crisps - V	13.1 g	Ma	-	0.9 g	2.8 g	0.5
Contains: No m	ar Crisps - V	13.1 g	Ma	24.3 g ay Contain: Other Ce	0.9 g	2.8 g	0.( eat), C
-	ar Crisps - V ajor allergens	 	Ma	24.3 g ay Contain: Other Ce ik, Mustard, Soya	0.9 g reals containin	2.8 g	0.5 eat), C
Contains: No m Per Portion:	ar Crisps - V najor allergens Energy 975 kJ / 234 kcal	Fat	Ma M Saturates	24.3 g ay Contain: Other Ce Ik, Mustard, Soya Carbohydrates	0.9 g reals containin Sugars	2.8 g ng (Barley, Wh Protein	0.5 eat), C
Contains: No m	ar Crisps - V najor allergens Energy 975 kJ / 234 kcal	Fat	Ma Saturates 1.1 g	24.3 g ay Contain: Other Ce Ik, Mustard, Soya Carbohydrates	0.9 g reals containin Sugars 0.5 g	2.8 g ng (Barley, Wh Protein 2.7 g	0.8 eat), C S 0.1
Contains: No m Per Portion: Salted Crisps Contains: No m	ar Crisps - V najor allergens Energy 975 kJ / 234 kcal	Fat	Ma Saturates 1.1 g	24.3 g ay Contain: Other Ce <i>lk, Mustard, Soya</i> Carbohydrates 23.7 g ay Contain: Other Ce	0.9 g reals containin Sugars 0.5 g	2.8 g ng (Barley, Wh Protein 2.7 g	0.( eat), C 0.7 eat), C
Contains: No m Per Portion: Salted Crisps	ar Crisps - V najor allergens Energy 975 kJ / 234 kcal s - V najor allergens	<b>Fat</b> 13.9 g	Ma Ma Saturates 1.1 g Ma Ma	24.3 g ay Contain: Other Ce ik, Mustard, Soya Carbohydrates 23.7 g ay Contain: Other Ce ik, Mustard, Soya	0.9 g reals containin Sugars 0.5 g reals containin	2.8 g ng (Barley, Wh Protein 2.7 g ng (Barley, Wh	eat), ( s 0.: 0.: eat), ( s
Contains: No m Per Portion: Salted Crisps Contains: No m Per Portion:	ar Crisps - V najor allergens Energy 975 kJ / 234 kcal s - V najor allergens Energy	Fat 13.9 g Fat	M Saturates 1.1 g M Saturates	24.3 g ay Contain: Other Ce ik, Mustard, Soya Carbohydrates 23.7 g ay Contain: Other Ce ik, Mustard, Soya Carbohydrates	0.9 g reals containin Sugars 0.5 g reals containin Sugars	2.8 g ng (Barley, Wh Protein 2.7 g ng (Barley, Wh Protein	eat), ( s 0.: eat), ( s
Contains: No m Per Portion: Salted Crisps Contains: No m Per Portion:	ar Crisps - V najor allergens Energy 975 kJ / 234 kcal s - V najor allergens Energy 975 kJ / 234 kcal	Fat 13.9 g Fat	Ma Saturates 1.1 g Ma Saturates 1.1 g	24.3 g ay Contain: Other Ce ik, Mustard, Soya Carbohydrates 23.7 g ay Contain: Other Ce ik, Mustard, Soya Carbohydrates	0.9 g reals containin Sugars 0.5 g reals containin Sugars 0.5 g	2.8 g Protein 2.7 g (Barley, Wh Protein 2.7 g	eat), C s 0.1 eat), C s 0.1 S
Contains: No m Per Portion: Salted Crisps Contains: No m Per Portion: Cheese & Or	ar Crisps - V najor allergens Energy 975 kJ / 234 kcal s - V najor allergens Energy 975 kJ / 234 kcal	Fat 13.9 g Fat	Ma Saturates 1.1 g Ma Saturates 1.1 g	24.3 g ay Contain: Other Ce ik, Mustard, Soya Carbohydrates 23.7 g ay Contain: Other Ce ik, Mustard, Soya Carbohydrates 23.7 g ay Contain: Other Ce	0.9 g reals containin Sugars 0.5 g reals containin Sugars 0.5 g	2.8 g Protein 2.7 g (Barley, Wh Protein 2.7 g	s 0.7 eat), C S 0.7

# **SANDWICHES** (per triangle portion)

3.6 g

386 kJ / 92 kcal

#### **BLT SANDWICH**

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard May Contain: Other Cereals containing (Barley, Oats, Rye), Soya Saturates Carbohydrates Energy Fat Sugars Protein Per Portion:

1.2 g

10.2 g

1.4 g

Salt

0.57 g

4.2 g

### CHEESE & TOMATO SANDWICH - V

Contains: Cereals containing Gluten (Barley, Wheat), Milk

May Contain: Other Cereals containing (Barley, Oats, Rye),

				Suya			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	378 kJ / 90 kcal	3.8 g	2.3 g	9.8 g	1.2 g	3.6 g	0.31 g

#### EGG MAYO SANDWICH - V

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Λ

May Contain: Other Cereals containing (Barley, Oats, Rye),

wustard				Soya			
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
rei ronion.	303 kJ / 72 kcal	2.5 g	0.9 g	9.5 g	0.6 g	2.5 g	0.24 g

#### **GRILLED CHICKEN MAYO SANDWICH**

Contains: Cereals containing Gluten (Barley, Wheat), Egg, Milk, Mustard

May Contain: Other Cereals containing (Barley, Oats, Rye), Soya

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
	384 kJ / 91 kcal	3.1 g	0.9 g	9.8 g	0.9 g	5.6 g	0.41 g

#### HAM & TOMATO SANDWICH

Contains: Cerea	lls containing Gluten (Barle	Wheat), Milk   May Contain: Other Cereals containing (Barley, Oats, R Soya     Fat   Saturates   Carbohydrates   Sugars   Protein			ts, Rye),		
Por Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Per Portion:	319 kJ / 76 kcal	1.7 g	0.8 g	9.9 g	1.3 g	4.8 g	0.44 g

### PRAWN COCKTAIL SANDWICH

Contains: Cereals containing Gluten (Barley, Wheat), Crustaceans, Egg. Milk, Must

May Contain: Other Cereals containing (Barley, Oats, Rye), Sova, Sulphite

orusi	taceans, Ly	yy, mint, mustaru			Soya, Sulpline			
Por	r Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Fei	r Fortion.	301 kJ / 71 kcal	1.9 g	0.8 g	9.9 g	1.1 g	3.2 g	0.30 g

## **PIZZAS AND FLATBREAD PIZZAS (per slice)**

### CHEESY GARLIC FLATBREAD PIZZA - V

Conta	ontains: Cereals containing Gluten (Wheat), Milk			May Contains: No major allergens				
Bor	Portion	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Per Portion:	669 kJ / 160 kcal	9.4 g	4.3 g	14.1 g	0.2 g	4.5 g	0.43 g	

### CREATE YOUR OWN PIZZA - PIZZA BASE - V

Со	Contains: Cereals containing Gluten (Wheat), Milk			May Contain: Mustard, Soya				
	Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
ſ		458 kJ / 109 kcal	3.3 g	1.6 g	14.8 g	0.7 g	4.5 g	0.58 g

### Add Red Onion - VE

Contains: No major allergens			Ма				
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Per Portion:	4 kJ / 1 kcal	0.0 g	0.0 g	0.2 g	0.1 g	0.0 g	0.00 g

## Add Red Pepper - VE

Contains: No major allergens			May Contains: No major allergens				
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Per Portion:	4 kJ / 1 kcal	0.0 g	0.0 g	0.2 g	0.2 g	0.0 g	0.00 g

## Add Fried Mushroom - VE

Contains: No m	ontains: No major allergens			May Contains: No major allergens				
Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt	
r er r ortion.	12 kJ / 3 kcal	0.3 g	0.0 g	0.0 g	0.0 g	0.1 g	0.00 g	

	: No m	ajor allergens		1	May Contains: No ma	for allergens		
Der Der	4	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Per Portion:		39 kJ / 9 kcal	0.1 g	0.0 g	0.0 g	0.0 g	2.0 g	0.07
Add Tor	nato ·							
		ajor allergens		I	May Contains: No ma	jor allergens		
Per Portion:		Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Feiroi	uon.	6 kJ / 2 kcal	0.0 g	0.0 g	0.2 g	0.2 g	0.1 g	0.00
Add Re	d Chil	li - VE V						
Contains	: No m	ajor allergens		I	May Contains: No ma	jor allergens		
Per Portion:		Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Ferror	uon.	0 kJ / 0 kcal	0.0 g	0.0 g	0.0 g	0.0 g	0.0 g	0.00
Add Pin	neapp	le - VE V						
Contains	: No m	ajor allergens		I	May Contains: No ma	jor allergens		
Per Por	tion	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
FerFor		12 kJ / 3 kcal	0.0 g	0.0 g	0.7 g	0.7 g	0.0 g	0.00
Add Pe	ppero	ni	· ·					
		ajor allergens		Ι	May Contains: No ma	jor allergens		
Per Por	tion	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
PerPor	uon:	70 kJ / 17 kcal	1.6 g	0.5 g	0.0 g	0.0 g	0.7 g	0.16
Add Ha	m							
		ajor allergens		1	May Contains: No ma	jor allergens		
		Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Per Por	uon:	22 kJ / 5 kcal	0.1 g	0.0 g	0.0 g	0.0 g	0.9 g	0.08
	[BRE	AD PIZZA - 🚺		•	•	-		
		taining Gluten (Whea	t), Milk	1	May Contains: No ma	jor allergens		
Dention		Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
er Portion:	4	84 kJ / 116 kcal	5.8 g	2.1 g	13.6 g	0.1 g	2.0 g	0.23 g
RGHERTI		ZA - 🚺						
RGHERTI/		ZA - V taining Gluten (Whea	t), Milk	1	May Contain: Mustarc	l, Soya		
ntains: Cerea			t), <i>Milk</i> Fat	/ Saturates	May Contain: Mustarc Carbohydrates	l, Soya Sugars	Protein	Salt
	nls con	taining Gluten (Whea			-		Protein 6.9 g	
ntains: Cerea er Portion:	n <b>ls con</b> 6	taining Gluten (Whea Energy 31 kJ / 151 kcal	Fat	Saturates	Carbohydrates	Sugars		
ntains: Cerea er Portion: KED VEGE	n <mark>ls con</mark> 6 <b>TABL</b>	taining Gluten (Whea Energy	<b>Fat</b> 6.7 g	Saturates 3.7 g	Carbohydrates	Sugars 0.7 g		
ntains: Cerea er Portion: KED VEGE ntains: Cerea	n <mark>ls con</mark> 6 <b>TABL</b>	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V	<b>Fat</b> 6.7 g	Saturates 3.7 g	Carbohydrates	Sugars 0.7 g		0.77 ç
ntains: Cerea er Portion: KED VEGE	6 TABL	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea	Fat 6.7 g	Saturates 3.7 g	Carbohydrates 15.3 g May Contain: Mustard	Sugars 0.7 g	6.9 g	0.77 ç Salt
ntains: Cerea er Portion: KED VEGE ntains: Cerea er Portion:	nls con 6 TABL nls con 6	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea Energy 67 kJ / 159 kcal	Fat     6.7 g     t), Milk     Fat	Saturates 3.7 g Saturates	Carbohydrates 15.3 g May Contain: Mustarc Carbohydrates	Sugars 0.7 g I, Soya Sugars	6.9 g Protein	0.77 ç Salt
er Portion: KED VEGE Intains: Cerea er Portion: PPERONI I	nis con 6 TABL nis con 6 PIZZA	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea Energy 67 kJ / 159 kcal	Fat     6.7 g     t), Milk     Fat     7.0 g	Saturates 3.7 g Saturates 3.7 g	Carbohydrates 15.3 g May Contain: Mustarc Carbohydrates	Sugars     0.7 g     I, Soya     Sugars     1.6 g	6.9 g Protein	0.77 ç Salt
er Portion: KED VEGE Intains: Cerea er Portion: PPERONI I Intains: Cerea	nis con 6 TABL nis con 6 PIZZA	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea Energy 67 kJ / 159 kcal	Fat     6.7 g     t), Milk     Fat     7.0 g	Saturates 3.7 g Saturates 3.7 g	Carbohydrates 15.3 g May Contain: Mustarc Carbohydrates 16.3 g	Sugars     0.7 g     I, Soya     Sugars     1.6 g	6.9 g Protein	0.77 g Salt 0.78 g
er Portion: KED VEGE Intains: Cerea er Portion: PPERONI I	ils con 6 TABL 1/s con 6 PIZZA	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea Energy 67 kJ / 159 kcal taining Gluten (Whea	Fat     6.7 g     (), Milk     Fat     7.0 g     (), Milk	Saturates 3.7 g Saturates 3.7 g	Carbohydrates 15.3 g May Contain: Mustard Carbohydrates 16.3 g May Contain: Mustard	Sugars   O.7 g     0.7 g   Image: second se	6.9 g Protein 7.2 g	0.77 ç Salt 0.78 ç Salt
er Portion: KED VEGE Intains: Cerea er Portion: PPERONI I Intains: Cerea er Portion:	tils con 6 TABL 1/s con 6 PIZZA 1/s con 8	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea Energy 67 kJ / 159 kcal taining Gluten (Whea Energy 11 kJ / 194 kcal	Fat     6.7 g     (), Milk     Fat     7.0 g     (), Milk     Fat	Saturates 3.7 g Saturates 3.7 g Saturates	Carbohydrates 15.3 g May Contain: Mustarc Carbohydrates 16.3 g May Contain: Mustarc Carbohydrates	Sugars 0.7 g I, Soya Sugars 1.6 g I, Soya Sugars	6.9 g Protein 7.2 g Protein	0.77 ç Salt 0.78 ç Salt
er Portion: KED VEGE Intains: Cerea er Portion: PPERONI I Intains: Cerea er Portion: ICY SAUS/	AGE F	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea Energy 67 kJ / 159 kcal taining Gluten (Whea Energy 11 kJ / 194 kcal	Fat     6.7 g     6.7 g     (), Milk     Fat     7.0 g     (), Milk     Fat     10.7 g	Saturates 3.7 g Saturates 3.7 g Saturates 4.9 g	Carbohydrates 15.3 g May Contain: Mustarc Carbohydrates 16.3 g May Contain: Mustarc Carbohydrates	Sugars 0.7 g 4, Soya Sugars 1.6 g 4, Soya Sugars 0.8 g	6.9 g Protein 7.2 g Protein	0.77 ç Salt 0.78 ç Salt
er Portion: KED VEGE Intains: Cerea er Portion: PPERONI I Intains: Cerea er Portion: ICY SAUS/	AGE F	taining Gluten (Whea Energy 31 kJ / 151 kcal E PIZZA - V taining Gluten (Whea Energy 67 kJ / 159 kcal taining Gluten (Whea Energy 11 kJ / 194 kcal PIZZA	Fat     6.7 g     6.7 g     (), Milk     Fat     7.0 g     (), Milk     Fat     10.7 g	Saturates 3.7 g Saturates 3.7 g Saturates 4.9 g	Carbohydrates   15.3 g   May Contain: Mustarce   Carbohydrates   16.3 g   May Contain: Mustarce   Carbohydrates   16.3 g   May Contain: Mustarce   Carbohydrates   16.3 g   May Contain: Mustarce   Carbohydrates   15.4 g	Sugars 0.7 g 4, Soya Sugars 1.6 g 4, Soya Sugars 0.8 g	6.9 g Protein 7.2 g Protein	Salt 0.77 g Salt 0.78 g Salt 1.17 g Salt

## **Desserts Allergens**

### BLUEBERRY MUFFIN (per piece) - V

Contains: Cereals containing Gluten (Wheat), Egg

May Contain: Other Cereals containing (Barley, Oats), Milk, Soya, Tree Nuts (Almond, Brazil, Cashew, Hazelnut, Macadamia. Pecan. Pistachio. Walnut)

Der Dertien:	Energy	Fat Saturates Ca		Carbohydrates	Sugars	Protein	Salt
Per Portion:	983 kJ / 234 kcal	9.3 g	1.1 g	34.0 g	18.9 g	3.4 g	0.15 g

BROWNIE (per 2 pieces) - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk, Soya				May Contains: No major allergens				
	Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
		1094 kJ / 261 kcal	10.0 g	5.6 g	37.7 g	29.7 g	3.3 g	0.12 g

CHOCOLATE TORTE (per 2 pieces) - VE V

Contains: Cereals containing Gluten (Wheat)

Per Portion:

May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio,

wainut)								
Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt		
505 kJ / 121 kcal	6.5 g	3.7 g	14.4 g	9.2 g	0.6 g	0.16 g		

### LEMON DRIZZLE CAKE (per 2 pieces) - V

Contains: Cereals containing Gluten (Wheat), Egg, Milk

May Contain: Tree Nuts (Almond, Hazelnut, Pecan, Pistachio, Walnut)

Per Portion:	Energy	Fat	Saturates	Carbohydrates	Sugars	Protein	Salt
Terrordon.	1176 kJ / 280 kcal	11.0 g	1.1 g	42.1 g	25.1 g	2.9 g	0.54 g

# WHOLE FRUIT (per piece)

BANANA - VE V	
Contains: No major allergens	May Contains: No major allergens
CLEMENTINE - V	
Contains: No major allergens	May Contains: No major allergens
GREEN APPLE - VEV	
Contains: No major allergens	May Contains: No major allergens