

ALLERGEN INFORMATION 2017



ALLERGEN INFORMATION	CEREALS CONTAINING GLUTEN	EGGS	FISH	PEANUTS	SOY BEANS	MILK	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE	LUPIN	MOLLUSCS	CRUSTACEANS
Sandwich Breads	X in a column indicates the presence of that allergen													
Stafford Sliced White Bread	Wheat				X									
Stafford Sliced Brown Bread	Wheat				X									
Stafford Multiseed Sliced Bread	Wheat, Barley, Rye				X					X				
Rustic Demi Baguette	Wheat													
Rustic Giotto	Wheat, Barley													
12" Tortilla Wrap	Wheat													
Focaccia Bread with Cherry Tomato	Wheat, Barley													
Spinach Wrap 10"	Wheat													
Tomato Wrap 10"	Wheat													

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EGGS

FISH

PEANUTS

SOY BEANS

MILK

NUTS

CELERY

MUSTARD

SESAME SEEDS

SULPHUR DIOXIDE

LUPIN

MOLLUSCS

CRUSTACEANS

Sandwich Spreads

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Blenders Sweet Tomato Relish	Barley							X				
Blenders Real Mayonnaise		X						X				
Blenders Garlic Mayonnaise		X						X				
Dairy Spread						X						
Sweet Chillli Sauce	Barley											
BBQ Sauce	Barley				X							
Tomato Ketchup	NO ALLERGENS											
Brown Sauce	Barley											
Garlic Mayo		X						X				
Mustard	Wheat							X				
Ranch	Wheat					X						
Taco Sauce		X										

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Sandwich Meats

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Sandwich Meats	CEREALS CONTAINING GLUTEN	EGGS	FISH	PEANUTS	SOY BEANS	MILK	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE	LUPIN	MOLLUSCS	CRUSTACEANS
Organic Falafel														
Greenfarm Cajun Chicken						X								
Greenfarm Roast Beef														
Torn roasted chicken														
Carvery Turkey Breast														
Pulled Pork														
Ham slices														
Tuna & Sweet Corn		X	X						X					
Streaky Bacon														
Chicken & Stuffing	Wheat & Oats	X			X				X					
Chicken Tikka						X								
Cajun Chicken						X								

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Sandwich Fillings	X in a column indicates the presence of that allergen													
Grated Mozzarella						X								
Irish Grated Red Cheddar						X								
Sunny South Sweetcorn	No Allergens													
Cherry Tomatoes	No Allergens													
Roasted Red Pepper	No Allergens													
Freshways Stuffing	Wheat & Oats				X									
Red Onion	No Allergens													
Iceberg Lettuce	No Allergens													
Cucumber	No Allergens													
Tomatoes	No Allergens													
Mixed Peppers	No Allergens													
Boiled Eggs		X												
Sliced Brie						X								
Goats Cheese						X								

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Sandwich Fillings	X in a column indicates the presence of that allergen													
Mashed Potato Salad		X				X			X					
Egg Mayo		X							X					
Coleslaw with crème fraiche		X				X			X					
Chunky Potato Salad		X							X					
Beetroot, Quinoa & Feta						X								
Red Cabbage	No Allergens													
Crispy Fried Onions	Wheat													
Spring slaw	No Allergens													
Mixed Lettuce	No Allergens													
Sun blushed cherry tomatoes	No Allergens													
Coleslaw		X							X					
Centra Brie						X								
Jalapenos	No Allergens													

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Sandwiches

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Sandwiches	CEREALS CONTAINING GLUTEN	EGGS	FISH	PEANUTS	SOY BEANS	MILK	NUTS	CELERY	MUSTARD	SESAME SEEDS	SULPHUR DIOXIDE	LUPIN	MOLLUSCS	CRUSTACEANS
Chicken & Stuffing Sandwich	Gluten	X			X				X					
Pulled Ham & Smoked Cheese sandwich	Wheat, Barley	X			X	X			X					
Chicken & Bacon Sandwich	Wheat	X			X				X					
Sweet Chicken Chilli Wrap	Wheat, Barley	X							X					
Chicken & Avocado on Brown	Wheat	X			X				X					
Egg & Bacon	Wheat	X			X				X					
BLT Sandwich	Wheat	X			X				X					
Tuna Mayo & Sweet Corn Wrap	Wheat	X	X						X					
Southern Turkey Triple Decker	Wheat	X			X	X			X	X				
Kale Caesar Wrap	Wheat	X				X			X					
Spicy Falafel Wrap	Wheat					X				X				

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Sandwiches	X in a column indicates the presence of that allergen													
Chicken & Chorizo focaccia	Wheat , Barley	X			X	X								
Ham & Brie Crosssandwich	Wheat, Oats	X				X					X			
Goats cheese & cranberry bagel	Wheat, Barley					X								
Pulled pork & sauerkraut	Wheat	X												
Centra classic Triple decker	Spelt	X							X	X		X		
The Mediterranean Triple decker	Spelt	X			X	X			X	X		X		
Chicken & brie on sourdough	Wheat, Barley	X				X			X					
Buffalo chicken & cashel blue rustic baguette	Wheat	X				X			X					
Chicken caesar on giotto	Wheat, Barley	X				X			X					
Serrano & spinach on giotto	Wheat, Barley	X				X			X					
BBQ Smoke Salmon on rustic sour dough	Wheat	X	X						X		X			
Pulled Beef & Cashel Blue in a spainata	Wheat	X				X			X					
Prawn & Avocado on focaccia	Wheat , Barley	X							X					X

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Chopped Salads	X in a column indicates the presence of that allergen													
All Hail Caesar	Wheat	X				X			X					
Sizzling Piri Piri	No Allergens													
The Mexican	No Allergens													
Mediterranean Greek						X			X					
Sweet Tuna		X	X						X					
Market Salad	Wheat								X		X			
The Fit Turkey	Barley	X			X		Almonds		X					
Salmon of Knowledge	Wheat		X		X									
Chicken and chorizo		X			X	X								

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Salads	X in a column indicates the presence of that allergen													
Tuna & Mexican bean salad box		X	X						X					
Chicken & Beetroot salad box	Wheat, Spelt					X			X					
Chicken & multigrain salad box					X				X					
Supergreen veggie salad box	Wheat				X	X	Almonds		X					
Salmon salad box			X		X				X					
Chicken & Pasta with kale pesto superbowl	Wheat	X				X								
Beef & noodle superbowl	Wheat				X									
Feta, Quinoa & cous cous superbowl	Wheat					X			X					
BBQ salmon & seeds superbowl			X		X	X								
Thai Style beef & spinach superbowl	Wheat		X		X		Peanuts			X				
Serrano, squash & mozzarella superbowl						X			X					
Ham Salad		X				X			X					
Beef Salad Box		X				X			X					
Chicken & Bacon Caesar Salad Box	Wheat	X				X			X					

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Chopped Salad	X in a column indicates the presence of that allergen													
Mixed Leaf Salad	No Allergens													
Cos Lettuce	No Allergens													
Baby Leaf Spinach	No Allergens													
Iceberg lettuce	No Allergens													
Chopped Salad Dressing	X in a column indicates the presence of that allergen													
Blenders Caesar dressing		X				X			X					
Piri Piri Dressing	No Allergens													
Salsa sauce	No Allergens													
Italian dressing									X					
Sweet dill mayo		X							X					
Honey & mustard dressing									X					
Sweet chilli sauce	Barley													
Asian Dressing	Wheat				X									
Green pesto						X								
Chipotle Mayo		X												

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Chopped Salad Proteins	X in a column indicates the presence of that allergen													
Roast Chicken Breast	No Allergens													
Cooked Streaky Bacon	No Allergens													
Parma Ham	No Allergens													
Tuna			X											
Boiled Eggs		X												
Turkey Breast	No Allergens													
BBQ Smoked Salmon			X											
Organic Falafel	No Allergens													
Chorizo pamplona					X	X								
Chopped Salad	X in a column indicates the presence of that allergen													
Sliced red onion	No Allergens													
Sliced tomato	No Allergens													
Roasted red peppers	No Allergens													
Pitted Olives	No Allergens													
Mixed Peppers	No Allergens													

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Chopped Salad	X in a column indicates the presence of that allergen													
Sweetcorn	No Allergens													
Pico de Gallo	No Allergens													
Sliced cucumber	No Allergens													
Quinoa & Cous Cous	Wheat													
Beetroot with honey & balsamic dressing											X			
Spiralled Carrot, ginger, chia salad	No Allergens													
Sliced spring onion	No Allergens													
Super green veg salad					X									
Roasted sweet potato with bulgar	Wheat													
Parmigianino Reggiano shavings						X								
Garlic & herb croutons	Wheat													
Green Jalapenos	No Allergens													
Feta cubes with herbs						X								
Super seeds sprinkles	No Allergens													
Super seeds sprinkles with peas					X									
Super seed sprinkles with Goji	No Allergens													

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Pizza	X in a column indicates the presence of that allergen													
The Veggie Breakfast	Wheat					X								
The full Irish Breakfast	Wheat, Oats	X				X					X			
The Authentic Italian Margherita	Wheat					X								
The Med Veg	Wheat					X								
The Protein Kick	Wheat					X								
Pollo Pesto	Wheat					X								
The Hot Mexicana	Wheat					X								
The Italian Meat Feast	Wheat					X								
Goats Cheese & Caramelised Onion	Wheat					X								
Cheesy Garlic Bread	Wheat					X								
Garlic Bread	Wheat													
8 Dough balls with garlic cheese	Wheat					X								

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Hot Deli Items	X in a column indicates the presence of that allergen													
Twisty Fries	Wheat													
Potato Cubes	Wheat													
Crispy Potato slices	Wheat													
Spicy Wedges	Wheat													
Mex A Go	X in a column indicates the presence of that allergen													
Pulled Beef Burrito	Wheat					X								
Chicken Burrito	Wheat					X								
Pulled Pork Burrito	Wheat					X								
Pulled Beef Bowl	Wheat					X								
Chicken Bowl						X								
Pulled Pork Bowl						X								
Chilli Beef Bowl						X								
Chilli Beef Baked Potato						X								

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Wings & Ribs	X in a column indicates the presence of that allergen													
Chinese Mini Ribs	Wheat				X									
BBQ Mini Ribs	No Allergens													
BBQ Rack Ribs	No Allergens													
Buffalo Wings	No Allergens													
Plain Breaded Wings	Wheat, Gluten	X												
BBQ Chicken Wings								X						
Cajun Wings	No Allergens													
Hot Carvery	X in a column indicates the presence of that allergen													
TBC														
TBC														

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Chinese Mini Ribs	Wheat				X									
BBQ Mini Ribs	No Allergens													
BBQ Rack Ribs	No Allergens													
Buffalo Wings	No Allergens													
Plain Breaded Wings	Wheat, Gluten	X												
BBQ Chicken Wings								X						
Cajun Wings	No Allergens													

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