



### *Allergy Information Guide Information:*

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

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 Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut)** and products thereof.

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

**Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.**

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 BEEFEATER ALLERGY INFORMATION GUIDE

**Yes** The allergen is present

**Yes** Suitable for ovo-lacto vegetarians/ vegans

**No** Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>NON GLUTEN CONTAINING INGREDIENTS</b>								
*74 HOT SAUCE	51	12	0.0	0.0	2.7	1.8	0.3	0.4
*74 MANGO, PEACH & HABANERO SAUCE	154	37	0.0	0.0	8.7	8.1	0.2	0.5
*74 SMOKEHOUSE TOMATO SAUCE	245	59	0.0	0.0	13.5	12.6	0.6	0.5
*74 BACON RELISH	196	47	1.2	0.1	7.6	6.7	1.0	0.1
*74 BURGER SAUCE	465	111	10.8	0.7	2.9	2.5	0.2	0.5
*74 SPICY MAYO	399	95	8.7	0.6	3.6	2.9	0.3	0.4
<b>STARTERS</b>								
CHEESY POTATO DIPPERS	1991	476	25.2	10.7	43.2	8.5	19.2	1.4
ADD OAK-SMOKED BACON	438	105	6.7	2.1	0.4	0.1	10.8	1.5
LOADED NACHOS	2444	584	35.4	9.5	48.7	6.1	14.5	2.0
VEGAN NACHO OPTION AVAILABLE	2231	533	31.7	18.7	55.6	2.5	4.3	2.4
CLASSIC PRAWN COCKTAIL	1550	370	21.8	6.4	24.6	10.0	16.8	1.9
<b>MAINS STEAKS</b>								
8OZ* FILLET without side	1660	396	20.4	8.1	7.6	2.1	48.1	0.9
10OZ* RIBEYE without sides	2389	571	31.6	13.4	6.3	4.1	64.0	1.0
8OZ* SIRLOIN without sides	1638	391	17.2	6.1	7.5	2.4	53.5	0.8
<b>STEAK SIDES</b>								
SKINNY FRIES	1226	293	10.0	0.8	49.6	0.5	3.0	1.9
TRIPLE COOKED CHIPS	1656	395	20.2	1.6	51.0	0.5	4.4	0.3
CHOPPED HOUSE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
CHARGRILLED FILLET OF SALMON WITH RICE	3227	771	43.1	10.2	51.0	5.9	43.6	1.3
CHARGRILLED FILLET OF SALMON WITH FRIES	3532	844	51.0	10.7	55.0	4.4	42.4	2.6
CHARGRILLED FILLET OF SALMON WITH SALAD	2480	592	42.7	10.1	10.0	7.5	40.8	0.9
ADD *74 GRILLED VEG WITH TENDERSTEM® BROCCOLI	234	56	1.9	0.4	5.2	1.4	3.5	0.2
*74 CHARGRILLED KING PRAWN & VEGETABLE SKEWER WITH FRIES	2252	538	18.3	3.1	61.0	6.8	32.5	3.0
*74 CHARGRILLED VEGETABLE SKEWER WITH FRIES	1914	457	19.6	2.8	62.1	6.7	8.1	2.6
CHARGRILLED 7OZ* GAMMON STEAK WITH CHIPS	3412	815	36.9	6.6	63.8	10.2	58.3	3.2
BEEFEATER COBB SALAD BASE	602	144	7.0	1.5	12.7	9.8	4.5	0.2
ADD CEASAR DRESSING	481	115	11.2	1.2	2.0	1.4	1.0	0.4
ADD FRENCH DRESSING	366	87	7.2	0.7	5.4	4.2	0.1	0.5
ADD GRILLED CHICKEN BREAST	649	155	2.5	0.6	0.1	0.5	32.7	1.1
ADD GRILLED HALLOUMI	1476	352	27.4	17.6	0.1	0.1	24.6	2.4
*74 BACONEATER BURGER WITH FRIES	4274	1021	51.9	14.7	93.0	17.7	41.8	7.1
*74 BEEFEATER STACK BURGER WITH FRIES	5189	1239	71.3	24.8	85.8	12.2	60.1	5.9
HALLO-ME BURGER WITH FRIES	3959	946	44.9	11.6	104.1	24.8	25.6	5.1
<b>SIDES</b>								
*74 LOADED CHEESY FRIES	2055	491	26.0	2.8	60.1	6.8	5.7	3.2
*74 RUBBED MINI CORN ON THE COBS	341	81	1.9	0.3	10.2	3.1	3.5	0.3
SKINNY FRIES	1226	293	10.0	0.8	49.6	0.5	3.0	1.9
TRIPLE-COOKED CHIPS	1656	395	20.2	1.6	51.0	0.5	4.4	0.3
SWEET POTATO FRIES	1289	308	13.1	1.2	49.9	18.4	2.6	1.1
GRILLED VEG WITH TENDERSTEM® BROCCOLI	234	56	1.9	0.4	5.2	1.4	3.5	0.2
CHOPPED HOUSE SALAD	174	42	1.6	0.2	4.6	3.6	1.4	0.2
<b>DESSERTS</b>								
VANILLA ICE CREAM WITH RASPBERRY SAUCE	1156	276	8.4	5.3	45.4	40.9	4.7	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
VANILLA ICE CREAM WITH CHOCOLATE SAUCE	1196	286	8.6	5.5	46.9	42.7	5.2	0.2
VANILLA ICE CREAM WITH CARAMEL SAUCE	1206	288	9.0	5.8	46.6	43.0	5.2	0.3
VEGAN OPTION AVAILABLE WITH RASPBERRY SAUCE	1304	311	9.3	7.8	56.6	38.2	0.4	0.1
VEGAN OPTION AVAILABLE WITH CHOCOLATE SAUCE	1344	321	9.5	7.9	58.1	40.0	0.8	0.2
FRUIT SALAD	469	112	0.2	0.0	24.0	24.0	1.5	0.0
CHEESECAKE WITH FRUIT BERRIES	2096	501	19.3	9.4	70.4	50.8	10.7	0.5

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>SUNDAY ROAST</b>								
ROAST SIRLOIN OF BEEF	5845	1396	80.6	19.5	111.8	21.5	51.7	2.7
ADD AN EXTRA SLICE OF BEEF TO ANY ROAST	421	101	6.4	2.8	0.0	0.0	10.8	0.2
HALF ROAST CHICKEN	6491	1550	83.7	16.8	112.0	21.7	83.2	4.3
RUMP OF LAMB	5801	1386	69.3	14.8	112.0	21.7	74.4	3.2
ADD AN EXTRA SLICE OF LAMB TO ANY ROAST	305	73	1.9	0.9	0.1	0.1	13.8	0.3
SWEET POTATO TART SUNDAY ROAST	5894	1408	82.4	12.8	135.1	35.3	23.3	2.9
<b>SUNDAY ROAST SIDES</b>								
CAULIFLOWER CHEESE	1189	284	19.0	12.5	14.1	5.9	13.4	1.5
PIGS IN BLANKETS	1172	280	19.1	6.5	8.4	1.6	18.1	2.0
<b>KIDS</b>								
VEGGIE STICKS & DIP	124	30	0.3	0.0	3.8	3.7	2.6	0.1
NACHOS & DIPS	688	164	6.4	0.9	21.4	2.9	4.1	0.3
CHICKEN BREAST	784	187	5.0	0.6	18.7	0.4	17.5	1.3
RUMP STEAK	1127	269	10.3	3.4	20.4	0.4	26.3	0.8
VEGGIE STICKS	65	16	0.2	0.0	2.4	2.3	0.6	0.0
BAKED BEANS	124	30	0.1	0.0	4.8	1.9	1.8	0.2
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
2 MINI CORN ON THE COBS	200	48	1.1	0.2	5.7	1.5	2.2	0.0
<b>DESSERTS</b>								
STRAWBERRY SMASH SUNDAE	523	125	6.9	4.7	13.3	10.7	2.3	0.1
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
VANILLA DAIRY ICE CREAM	606	145	6.7	4.2	16.2	12.9	4.6	0.1

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
<b>NGCI SAUCE RANGE</b>																										
<b>74 HOT SAUCE</b>																									Yes	Yes
Signature 74 Hot sauce																									Yes	Yes
<b>74 MANGO, PEACH &amp; HABANERO SAUCE</b>																									Yes	Yes
Mango Habanero Sauce 74 (10004096)																									Yes	Yes
<b>74 SMOKEHOUSE TOMATO SAUCE</b>																									Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																									Yes	Yes
<b>74 BACON RELISH</b>																									No	No
Bacon Jam 74 (10004121)																									No	No
<b>74 BURGER SAUCE</b>												Yes													Yes	Yes
Burger Sauce 74 (10004097)											Yes														Yes	Yes
<b>74 SPICY MAYO</b>																									Yes	Yes
Spicy Mayo 74 (10004101)																									Yes	Yes
<b>NGCI STARTERS</b>																										
<b>CHEESY POTATO DIPPERS</b>							Yes																		No	No
BBQ Sauce (10003666)																									Yes	Yes
Potato Dippers (52706)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
<b>ADD OAK-SMOKED BACON</b>																									No	No
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
<b>LOADED NACHOS</b>							Yes						Yes			Yes									No	Yes
Nacho Cheese Sauce (10001897)							Yes						Yes			Yes									No	Yes
Tortilla Chips (10003312)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Avocado Halves (10000498)																									Yes	Yes
Limes (54604, 54603)																									No	Yes
74 Grill Master Rub (10003338)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
Cracked Black Peppercorns (10004196)																									Yes	Yes
French Dressing (53514)													Yes			Yes									Yes	Yes
Table Salt (54744)																									Yes	Yes
Cracked Black Peppercorns (10004196)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Table Salt (54744)																									Yes	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
<b>VEGAN NACHOS</b>																												
Tortilla Chips (10003312)													Yes			Yes									Yes	Yes		
Vegan Sliced Cheese																										Yes	Yes	
Fresh Herbs Coriander (54239)																										Yes	Yes	
Onions Spring Bunch (54250)																										Yes	Yes	
Cracked Black Peppercorns (10004196)																										Yes	Yes	
French Dressing (53514)													Yes			Yes										Yes	Yes	
Table Salt (54744)																										Yes	Yes	
Fresh Herbs Coriander (54239)																										Yes	Yes	
Pepper Red (54226, 10000329)																										Yes	Yes	
Onions Red (10002596)																										Yes	Yes	
Tomato M (54216)																										Yes	Yes	
<b>CLASSIC PRAWN COCKTAIL</b>																												
Gluten Free Bread Slice (54731)						Yes	Yes		Yes				Yes													No	No	
Paprika Pepper (48048)						Yes																					Yes	Yes
Seafood Sauce (54050)						Yes							Yes														No	Yes
Salted Block Butter (10001077)							Yes																				No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																		No	No
Cucumber Cat II (10003878)																											Yes	Yes
Lemons (54602, 54722)																											No	Yes
Lettuce Cos (54222)																											Yes	Yes
Tomato M (54216)																											Yes	Yes
<b>NGCI MAINS STEAKS</b>																												
<b>8OZ* FILLET WITHOUT SIDES</b>																												
8oz Fillet Steak (10001646)																											No	No
Mushroom Flat (54219)																											Yes	Yes
Rocket Leaf (54258)																											Yes	Yes
Table Salt (54744)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Rock Salt (52462)																											No	Yes
Tomato M (54216)																											Yes	Yes
Whole Black Pepper (50887)																											Yes	Yes
<b>10OZ* RIBEYE WITHOUT SIDES</b>																												
Mushroom Flat (54219)																											No	No
Rocket Leaf (54258)																											Yes	Yes
Table Salt (54744)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
10oz Fresh Ribeye (10001660)																											No	No
Rock Salt (52462)																											No	Yes
Tomato M (54216)																											Yes	Yes
Whole Black Pepper (50887)																											Yes	Yes
<b>8OZ* SIRLOIN WITHOUT SIDES</b>																												
Mushroom Flat (54219)																											No	No
Rocket Leaf (54258)																											Yes	Yes
Table Salt (54744)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
8oz Fresh Sirloin (10001659)																											No	No
Rock Salt (52462)																											No	Yes
Tomato M (54216)																											Yes	Yes
Whole Black Pepper (50887)																											Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>NGCI STEAK SIDES</b>																											
<b>SKINNY FRIES</b>																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>TRIPLE COOKED CHIPS</b>																										Yes	Yes
Premium Chip (10001031)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>CHOPPED HOUSE SALAD</b>												Yes			Yes											Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
French Dressing (53514)												Yes			Yes											Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
<b>NGCI MAINS</b>																											
<b>CHARGILLED FILLET OF SALMON WITHOUT SIDES</b>							Yes	Yes																		No	No
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
Skin-On Salmon Portions (10000657)								Yes																		No	No
Spicy Mayo 74 (10004101)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
<b>ADD SALAD</b>												Yes			Yes											Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
French Dressing (53514)												Yes			Yes											Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
<b>ADD RICE</b>																										Yes	Yes
Seasoned Rice (10002838)																										Yes	Yes
<b>ADD FRIES</b>																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>ADD '74 GRILLED VEG WITH TENDERSTEM BROCCOLI</b>																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
'74 Grill Master Rub (10003338)																										Yes	Yes
Grilled Veg (10004159)																										Yes	Yes



Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
<b>74 CHARGILLED PRAWN &amp; VEG SKEWER WITH FRIES &amp; SALAD WITHOUT SAUCE</b>							Yes		Yes				Yes			Yes									No	No
Cherry Tomatoes (10000328)																									Yes	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Jumbo Tiger Prawn (10004094)									Yes																No	No
74 Grill Master Rub (10003338)																									Yes	Yes
Grilled Veg (10004159)																									Yes	Yes
Lemons (54602, 54722)													Yes												No	Yes
French Dressing (53514)																Yes									Yes	Yes
Sweetcorn (10004024)																									Yes	Yes
Mushroom Cup (54218)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Cherry Tomatoes (10000328)																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
<b>ADD BACON JAM</b>																									No	No
Bacon Jam 74 (10004121)													Yes												No	No
<b>ADD BURGER SAUCE</b>													Yes												Yes	Yes
Burger Sauce 74 (10004097)													Yes												Yes	Yes
<b>ADD MANGO HABERNERO SAUCE</b>																									Yes	Yes
Mango Habanero Sauce 74 (10004096)																									Yes	Yes
<b>ADD HOT SAUCE</b>																									Yes	Yes
Signature 74 Hot sauce																									Yes	Yes
<b>ADD TOMATO SAUCE</b>																									Yes	Yes
Smokehouse Tomato Sauce 74 (10004093)																									Yes	Yes
<b>ADD SPICY MAYO</b>																									Yes	Yes
Spicy Mayo 74 (10004101)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
<b>74 CHARGILLED VEGETABLE SKEWER WITH SALAD &amp; FRIES WITHOUT SAUCE</b>													Yes			Yes									Yes	Yes		
Cherry Tomatoes (10000328)																										Yes	Yes	
Lardfresh Sunflower Spread (47177)																										Yes	Yes	
74 Grill Master Rub (10003338)																										Yes	Yes	
Grilled Veg (10004159)																										Yes	Yes	
French Dressing (53514)												Yes				Yes										Yes	Yes	
Sweetcorn (10004024)																										Yes	Yes	
Mushroom Cup (54218)																										Yes	Yes	
Table Salt (54744)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
Cucumber Cat II (10003878)																										Yes	Yes	
Lettuce Cos (54222)																										Yes	Yes	
Pepper Red (54226, 10000329)																										Yes	Yes	
Cherry Tomatoes (10000328)																										Yes	Yes	
Stealth Fries (52190)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
<b>ADD BACON JAM</b>																										No	No	
Bacon Jam 74 (10004121)																										No	No	
<b>ADD BURGER SAUCE</b>													Yes													Yes	Yes	
Burger Sauce 74 (10004097)												Yes														Yes	Yes	
<b>ADD MANGO HABERNERO SAUCE</b>																										Yes	Yes	
Mango Habanero Sauce 74 (10004096)																										Yes	Yes	
<b>ADD HOT SAUCE</b>																										Yes	Yes	
Signature 74 Hot sauce																										Yes	Yes	
<b>ADD TOMATO SAUCE</b>																										Yes	Yes	
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes	
<b>ADD SPICY MAYO</b>																										Yes	Yes	
Spicy Mayo 74 (10004101)																										Yes	Yes	
<b>CHARGILLED 7/14OZ* GAMMON STEAK WITH CHIPS &amp; PEAS</b>						Yes																				No	No	
7oz Boomerang Gammon Steak (10001732, 10001733)																											No	No
Peas Grade A (53692)																										Yes	Yes	
Sliced Pineapple In Juice (10003876)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes	
Premium Chip (10001031)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
<b>BEEFEATER COBB SALAD</b>																										Yes	Yes	
Avocado Halves (10000498)																										Yes	Yes	
Sweetcorn (10004024)																										Yes	Yes	
Cucumber Cat II (10003878)																										Yes	Yes	
Lettuce Cos (54222)																										Yes	Yes	
Pepper Red (54226, 10000329)																										Yes	Yes	
Cherry Tomatoes (10000328)																										Yes	Yes	
<b>ADD CAESAR DRESSING</b>						Yes	Yes					Yes														No	Yes	
Caesar Dressing Red Cal (54032)						Yes	Yes					Yes														No	Yes	
<b>ADD FRENCH DRESSING</b>												Yes				Yes										Yes	Yes	
French Dressing (53514)												Yes				Yes										Yes	Yes	
<b>ADD GRILLED CHICKEN BREAST</b>																										No	No	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
Raw Chicken Fillet (10004054)																										No	No	
<b>ADD GRILLED HALLOUMI</b>							Yes																			No	Yes	
Halloumi (10003111)							Yes																			No	Yes	

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>74 BACONEATER BURGER WITH FRIES &amp; SLAW</b>						Yes	Yes						Yes												No	No	
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
Table Salt (54744)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
Signature Beef Burger (10003025)																										No	No
NGCI Burger Bun (10004004)						Yes																				No	Yes
Bacon Jam 74 (10004121)																										No	No
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>74 BEEFEATER STACK BURGER WITH FRIES &amp; SLAW</b>						Yes	Yes						Yes													No	No
Table Salt (54744)																										Yes	Yes
Cheese Slices (51545)							Yes																			No	Yes
Signature Beef Burger (10003025)																										No	No
NGCI Burger Bun (10004004)						Yes																				No	Yes
Burger Sauce 74 (10004097)													Yes													Yes	Yes
Caster Sugar (52416)																										Yes	Yes
Coleslaw Mix (10004058)																										Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
Table Salt (54744)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
<b>HALLO-ME BURGER WITH FRIES &amp; SLAW</b>						Yes	Yes						Yes												No	Yes		
Halloumi (10003111)							Yes																			No	Yes	
Mushroom Flat (54219)																										Yes	Yes	
NGCI Burger Bun (10004004)						Yes																				No	Yes	
Smokehouse Tomato Sauce 74 (10004093)																										Yes	Yes	
Burger Sauce 74 (10004097)													Yes													Yes	Yes	
Grilled Veg (10004159)																										Yes	Yes	
Caster Sugar (52416)																										Yes	Yes	
Coleslaw Mix (10004058)																										Yes	Yes	
Mayonnaise Light (54568)						Yes							Yes													No	Yes	
Table Salt (54744)																										Yes	Yes	
Fresh Herbs Parsley (54241)																										Yes	Yes	
Lemons (54602, 54722)																										No	Yes	
Lettuce Cos (54222)																										Yes	Yes	
Onions Red (10002596)																										Yes	Yes	
Tomato M (54216)																										Yes	Yes	
Stealth Fries (52190)																										Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
<b>NGCI SIDES</b>																												
<b>74 LOADED CHEESY FRIES</b>						Yes							Yes			Yes										No	Yes	
Fresh Herbs Coriander (54239)																											Yes	Yes
Pepper Red (54226, 10000329)																											Yes	Yes
Onions Red (10002596)																											Yes	Yes
Stealth Fries (52190)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
Tomato M (54216)																											Yes	Yes
Cracked Black Peppercorns (10004196)																											Yes	Yes
French Dressing (53514)												Yes				Yes											Yes	Yes
Table Salt (54744)																											Yes	Yes
Nacho Cheese Sauce (10001897)						Yes																				No	Yes	
74 Grill Master Rub (10003338)																											Yes	Yes
Burger Sauce 74 (10004097)													Yes														Yes	Yes
<b>74 SEASONED MINI CORN ON THE COBS</b>																										Yes	Yes	
Corn On Cob Bites (10002478)																											Yes	Yes
74 Grill Master Rub (10003338)																											Yes	Yes
<b>FRIES</b>																										Yes	Yes	
Stealth Fries (52190)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
<b>TRIPLE-COOKED CHIPS</b>																										Yes	Yes	
Premium Chip (10001031)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
<b>SWEET POTATO FRIES</b>																										Yes	Yes	
Sweet Potato Fries (10001032)																											Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																											Yes	Yes
<b>74 GRILLED VEG WITH TENDERSTEM BROCCOLI</b>																										Yes	Yes	
Tender Stem Broccoli (10003634)																											Yes	Yes
74 Grill Master Rub (10003338)																											Yes	Yes
Grilled Veg (10004159)																											Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>CHOPPED SALAD</b>																											
Cucumber Cat II (10003878)													Yes			Yes									Yes	Yes	
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
French Dressing (53514)													Yes			Yes										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
<b>NGCI DESSERTS</b>																											
<b>VANILLA ICE CREAM ONLY</b>																											
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes
<b>ADD CARAMEL SAUCE</b>							Yes																			No	Yes
Caramel Sauce NEW (10003675)							Yes																			No	Yes
<b>ADD CHOCOLATE SAUCE</b>							Yes																			Yes	Yes
Chocolate Sauce NEW (10003676)						Yes																				Yes	Yes
<b>ADD RASPBERRY SAUCE</b>							Yes																			Yes	Yes
Raspberry Sauce NEW (10003681)							Yes																			Yes	Yes
<b>VEGAN ICE CREAM ONLY</b>																											
Vegan Ice Cream (10002813)																										Yes	Yes
<b>ADD CHOCOLATE SAUCE</b>							Yes																			Yes	Yes
Chocolate Sauce NEW (10003676)							Yes																			Yes	Yes
<b>ADD RASPBERRY SAUCE</b>							Yes																			Yes	Yes
Raspberry Sauce NEW (10003681)							Yes																			Yes	Yes
<b>FRUIT SALAD</b>																											
Del Monte Fresh Fruit (52205)																										Yes	Yes
Strawberries (54259)																										Yes	Yes
<b>CHEESECAKE WITH FRUIT BERRIES</b>																											
Baked Cheesecake (10003082)						Yes	Yes																			No	Yes
Fruit Berry Mix (10003254)						Yes	Yes																			No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the product suitable for Vegetarians?	
<b>NGCI SUNDAY ROAST</b>																											
<b>ROAST SIRLOIN OF BEEF</b>						Yes						Yes				Yes										No	No
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Beef Sirloin Joint Frozen																										No	No
Table Salt (54744)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)												Yes														No	No
Salted Block Butter (10001077)						Yes																				No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No
<b>ADD AN EXTRA SLICE OF BEEF TO ANY ROAST</b>																										No	No
Table Salt (54744)																										Yes	Yes
Beef Sirloin Joint Frozen																										No	No
<b>HALF ROAST CHICKEN</b>						Yes						Yes				Yes										No	No
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Roasted Half Chicken (10003102)																										No	No
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)												Yes														No	No
Salted Block Butter (10001077)						Yes																				No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>RUMP OF LAMB</b>							Yes					Yes				Yes									No	No	
Lamb Rump (10001883)																										No	No
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)												Yes														No	No
Salted Block Butter (10001077)							Yes																			No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No
<b>ADD AN EXTRA SLICE OF LAMB TO ANY ROAST</b>																										No	No
Lamb Rump (10001883)																										No	No
Table Salt (54744)																										Yes	Yes
<b>SWEET POTATO TART</b>																										Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Tender Stem Broccoli (10003634)																										Yes	Yes
Vegan Tart (10002818)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>NGCI SUNDAY ROAST SIDES</b>																											
<b>CAULIFLOWER CHEESE</b>							Yes																			No	Yes
Cauliflower Cheese (10004210)							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
<b>PIGS IN BLANKETS</b>																Yes										No	No
Pig In Blanket (10001498)																Yes										No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
<b>NGCI LUNCH MENU</b>																										
<b>STARTER</b>																										
<b>TOMATO SOUP</b>						Yes																			No	Yes
Gluten Free Bread Slice (54731)						Yes																			No	Yes
Tomato Soup																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
<b>MAINS</b>																										
<b>8OZ* RUMP/ SIRLOIN WITH CHIPS &amp; PEAS</b>																									No	No
Peas Grade A (53692)																									Yes	Yes
Table Salt (54744)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
8oz Fresh Rump (10001643)																									No	No
8oz Fresh Sirloin (10001659)																									No	No
<b>CHARGILLED 5/10OZ* GAMMON STEAK WITH CHIPS ONLY</b>																									No	No
5oz Boomerang Gammon Steak (10000617)																									No	No
Peas Grade A (53692)																									Yes	Yes
Premium Chip (10001031)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
<b>ADD AN EGG</b>						Yes																			No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
<b>ADD ONE OF EACH</b>																									Yes	Yes
Sliced Pineapple In Juice (10003876)																									Yes	Yes



Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?		
<b>BEEFEATER COBB SALAD BASE</b>																									Yes	Yes		
Avocado Halves (10000498)																										Yes	Yes	
Sweetcorn (10004024)																										Yes	Yes	
Cucumber Cat II (10003878)																										Yes	Yes	
Lettuce Cos (54222)																										Yes	Yes	
Pepper Red (54226,10000329)																										Yes	Yes	
Cherry Tomatoes (10000328)																										Yes	Yes	
<b>ADD CAESAR DRESSING</b>						Yes	Yes						Yes													No	Yes	
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes													No	Yes	
<b>ADD FRENCH DRESSING</b>													Yes			Yes											Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes	
<b>ADD GRILLED CHICKEN</b>													Yes													No	No	
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes	
Raw Chicken Fillet (10004054)								Yes																		No	No	
<b>ADD GRILLED HALLOUMI</b>								Yes																		No	Yes	
Halloumi (10003111)							Yes																			No	Yes	
<b>CHICKEN MAKHANI CURRY</b>							Yes																			No	No	
Fresh Herbs Coriander (54239)																										Yes	Yes	
Long Grain Rice (10002397)																										Yes	Yes	
Chicken Makhani Curry Hybrid							Yes																			No	No	
<b>DESSERTS</b>																												
<b>VANILLA ICE CREAM ONLY</b>							Yes																			No	Yes	
Vanilla Dairy Ice Cream (10003957)							Yes																			No	Yes	
<b>ADD CARAMEL SAUCE</b>							Yes																			No	Yes	
Caramel Sauce NEW (10003675)							Yes																			No	Yes	
<b>ADD CHOCOLATE SAUCE</b>						Yes																				Yes	Yes	
Chocolate Sauce NEW (10003676)						Yes																				Yes	Yes	
<b>ADD RASPBERRY SAUCE</b>																										Yes	Yes	
Raspberry Sauce NEW (10003681)																										Yes	Yes	
<b>VEGAN ICE CREAM ONLY</b>																										Yes	Yes	
Vegan Ice Cream (10002813)																										Yes	Yes	
<b>ADD CHOCOLATE SAUCE</b>						Yes																				Yes	Yes	
Chocolate Sauce NEW (10003676)						Yes																				Yes	Yes	
<b>ADD RASPBERRY SAUCE</b>																										Yes	Yes	
Raspberry Sauce NEW (10003681)																										Yes	Yes	

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>NGCI KIDS MENU</b>																											
<b>VEGGIE STICKS &amp; DIP</b>																									No	Yes	
Carrots Medium (54609)							Yes																			Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
Cucumber Cat II (10003878)																										Yes	Yes
<b>NACHOS &amp; DIPS</b>							Yes																			No	Yes
Tortilla Chips (10003312)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
Fresh Herbs Mint (54242)																										Yes	Yes
Greek Yoghurt (53510)							Yes																			No	Yes
Cucumber Cat II (10003878)																										Yes	Yes
<b>GRILLED CHICKEN BREAST &amp; FRIES</b>																										No	No
Raw Chicken Fillet (10004054)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>RUMP STEAK &amp; FRIES</b>																										No	No
8oz Fresh Rump (10001643)																										No	No
Stealth Fries (52190)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>VEGGIE STICKS</b>																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
<b>BAKED BEANS</b>																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
<b>PEAS</b>																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
<b>2 MINI CORN ON THE COBS</b>																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts Almond?	Ingredient Contains Tree Nuts Hazelnut?	Ingredient Contains Tree Nuts Walnut?	Ingredient Contains Tree Nuts Cashew?	Ingredient Contains Tree Nuts Pecan?	Ingredient Contains Tree Nuts Brazil?	Ingredient Contains Tree Nuts Pistachio?	Ingredient Contains Tree Nuts Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>DESSERTS</b>																											
<b>STRAWBERRY SMASH SUNDAE</b>						Yes	Yes																			No	Yes
Dairy Aerosol Cream (52672)							Yes																			No	Yes
Frozen Strawberry Yogurt (10002481)							Yes																			No	Yes
Meringue Nests (54613)						Yes																				No	Yes
Strawberries (54259)																										Yes	Yes
<b>FRUIT SALAD</b>																										Yes	Yes
Del Monte Fresh Fruit (52205)																										Yes	Yes
<b>VANILLA ICE CREAM</b>					Yes		Yes																			No	Yes
Chocstix (54617)					Yes		Yes																			No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																			No	Yes