



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								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
BEEFEATER MEETING ROOMS MENU APRIL 2023								
SANDWICHES								
GRILLED CHICKEN MAYO SANDWICH per triangle	382	91	3.4	0.9	8.9	0.7	5.8	0.4
CHEDDAR CHEESE & TOMATO SANDWICH per triangle	370	88	4.1	2.4	8.8	0.9	3.6	0.3
PRAWN COCKTAIL SANDWICH per triangle	300	72	2.2	0.8	9.1	1.0	3.3	0.3
BLT SANDWICH per triangle	376	90	3.8	1.3	9.2	1.1	4.2	0.6
EGG MAYO SANDWICH per triangle	306	73	2.9	1.0	8.7	0.6	2.6	0.2
HAM & TOMATO SANDWICH per triangle	311	74	2.0	0.9	8.9	1.0	4.7	0.4
NIBBLES								
SKINNY FRIES per 100g	946	226	7.7	0.6	38.3	0.4	2.3	1.5
BREADED POLLOCK BITES WITH DIP per 3 bites	870	208	11.2	0.8	16.4	1.6	10.3	0.7
BEER-BATTERED ONION RINGS per 3 rings	439	105	5.6	0.5	11.7	1.6	1.4	0.2
SALT & VINEGAR CRISPS per 40g	876	209	11.9	1.2	22.8	1.1	2.1	0.9
CHEESE & ONION CRISPS per 40g	893	213	12.3	1.4	22.4	0.6	2.5	0.6
SEA SALT CRISPS per 40g	891	213	12.3	1.3	22.9	0.2	2.0	0.4
BEEF CRISPS per 40g	883	211	12.6	1.2	20.7	0.6	2.8	0.4
SWEET CHILLI CRISPS per 40g	869	208	12.2	1.4	21.3	1.1	2.3	0.6
CHORIZO CRISPS per 40g	881	210	12.0	1.2	22.8	2.2	2.0	0.8
TORTILLA CRISPS WITH DIP per portion	651	156	7.3	1.5	19.3	0.9	2.2	0.2
CHICKEN WINGS WITH DIP per 2 wings	606	145	7.5	1.8	4.3	2.5	15.0	0.7
CHICKEN GOUJONS WITH DIP per 2 goujons	769	184	9.2	1.1	14.7	2.9	10.4	0.8
HOUSE SALAD per portion	99	24	0.8	0.1	2.7	2.5	0.9	0.0
VEGGIE CAESAR SALAD per portion	267	64	4.3	1.1	3.4	2.0	2.3	0.2
POTATO SALAD per portion	678	162	10.4	0.9	15.0	3.7	1.9	0.7
COLESLAW per portion	377	90	6.0	0.5	6.8	5.4	1.0	0.5
BREADED MUSHROOMS WITH BBQ SAUCE per 3	535	128	5.2	0.6	16.7	3.0	2.9	0.4
NACHOS per portion	837	200	10.9	2.2	21.3	1.7	3.3	0.5
CAULIFLOWER POPCORN WITH DIP per portion	545	130	6.3	0.7	15.7	1.6	2.1	1.1
SAUSAGE ROLLS per piece	815	195	9.7	5.0	16.3	2.0	9.9	0.8
MINI JACKET POTATO per 2 potatoes	677	162	0.6	0.4	33.2	3.9	4.3	0.1
SWEET POTATO AND RED ONION TART per piece	631	151	9.3	2.3	14.6	5.0	2.0	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PIZZA								
MARGHERITA FLATBREAD PIZZA per slice	492	117	4.3	2.0	14.5	0.9	5.0	0.5
PEPPERONI FLATBREAD PIZZA per slice	590	141	6.4	2.6	14.6	0.9	5.9	0.7
SPICY SAUSAGE FLATBREAD PIZZA per slice	565	135	5.4	2.4	15.3	1.1	6.0	0.6
VEG FLATBREAD PIZZA per slice	508	121	4.3	2.0	15.1	1.3	5.2	0.5
GARLIC FLATBREAD PIZZA per slice	486	116	5.8	2.1	13.7	0.2	2.0	0.2
CHEESY GARLIC FLATBREAD PIZZA per slice	649	155	8.7	3.9	13.9	0.2	4.9	0.4
CREATE YOUR OWN FLATBREAD PIZZA								
PIZZA BASE per serving	492	117	4.3	2.0	14.5	0.9	5.0	0.5
STREAKY BACON per serving	58	14	0.9	0.3	0.0	0.0	1.4	0.2
CHICKEN BREAST per serving	22	5	0.1	0.0	0.0	0.0	1.1	0.0
PORK MEATBALLS per serving	68	16	1.2	0.4	0.5	0.1	0.9	0.1
RED ONION per serving	7	2	0.0	0.0	0.3	0.2	0.0	0.0
RED PEPPER per serving	7	2	0.0	0.0	0.2	0.2	0.1	0.0
PINEAPPLE per serving	12	3	0.0	0.0	0.8	0.8	0.0	0.0
MUSHROOMS per serving	3	1	0.0	0.0	0.0	0.0	0.1	0.0
TOMATO per serving	11	3	0.0	0.0	0.4	0.4	0.1	0.0
ROCKET per serving	1	0	0.0	0.0	0.0	0.0	0.0	0.0
RED CHILLI per serving	1	0	0.0	0.0	0.0	0.0	0.0	0.0
PEPPERONI per serving	97	23	2.1	0.6	0.0	0.0	1.0	0.2
HAM per serving	19	4	0.1	0.0	0.0	0.0	0.8	0.1
DESSERTS								
TRIPLE CHOCOLATE BROWNIE per 2 pieces	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
LEMON DRIZZLE CAKE per 2 pieces	1145	273	11.6	1.0	39.1	27.1	2.7	0.9
CHOCOLATE TORTE per 2 pieces	700	167	9.9	5.7	17.0	12.0	1.4	0.2
BLUEBERRY MUFFIN per piece	979	234	10.3	1.1	31.6	16.4	3.2	0.2

Dish / Ingredient 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?	
BEEFEATER MEETING ROOMS MENU APRIL 2023																											
SANDWICHES																											
GRILLED CHICKEN MAYO SANDWICH	Yes	Yes		Yes	Yes	Yes							Yes													No	No
Lettuce Cos (54222)																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes	Yes																								Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Raw Chicken Fillet (10004054)													Yes													No	No
Salted Block Butter (10001077)							Yes																			No	Yes
White Sandwich Tin Bread (51367)	Yes			Yes																						Yes	Yes
CHEESE & TOMATO SANDWICH	Yes	Yes		Yes		Yes																				No	Yes
Cheddar (54446)							Yes																			No	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes	Yes																								Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Tomato M (54216)																										Yes	Yes
White Sandwich Tin Bread (51367)	Yes			Yes																						Yes	Yes
PRAWN COCKTAIL SANDWICH	Yes	Yes		Yes	Yes	Yes		Yes					Yes													No	No
Cracked Black Peppercorns (10003298)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes	Yes																								Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)								Yes																		No	No
Seafood Sauce (54050)					Yes							Yes														No	Yes
White Sandwich Tin Bread (51367)	Yes			Yes																						Yes	Yes
BLT SANDWICH	Yes	Yes		Yes	Yes	Yes							Yes													No	No
Lettuce Cos (54222)																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes	Yes																								Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
Tomato M (54216)																										Yes	Yes
White Sandwich Tin Bread (51367)	Yes			Yes																						Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes

Dish / Ingredient 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?
EGG MAYO SANDWICH	Yes		Yes		Yes	Yes	Yes						Yes												No	Yes
Cracked Black Peppercorns (10003298)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																				Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																			No	Yes
HAM & TOMATO SANDWICH	Yes		Yes		Yes		Yes																		No	No
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Ham Sliced																									No	No
Tomato M (54216)																									Yes	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																				Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
NIBBLES																										
SKINNY FRIES																									Yes	Yes
Stealth Fries (52190)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BREADED POLLOCK BITES WITH TARTARE SAUCE	Yes					Yes		Yes					Yes												No	No
Tartare Sauce (10002833)						Yes							Yes												No	Yes
Pollock Nuggets 25g (10001991)	Yes							Yes																	No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
BEER-BATTERED ONION RINGS	Yes		Yes																						No	No
Beer Battered Onion Rings (10001075)	Yes		Yes																						Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
SALT & VINEGAR CRISPS							Yes																		No	Yes
Pipers Cider Vinegar & Sea Salt							Yes																		No	Yes
CHEESE & ONION CRISPS																									No	Yes
Pipers Cheddar & Onion Crisp																									No	Yes
SEA SALT CRISPS																									Yes	Yes
Pipers Anglesey Sea Salt Crisps																									Yes	Yes
BEEF CRISPS																									No	No
Pipers Longhorn Beef Crisps 40g (10002527)																									No	No

Dish / Ingredient 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?
SWEET CHILLI CRISPS																									Yes	Yes
Pipers Sweet Chilli Crisps 40g (10002529)																									Yes	Yes
CHORIZO CRISPS							Yes																		No	No
Pipers Chorizo Crisps 40g (10002541)							Yes																		No	No
TORTILLA CRISPS & DIP							Yes																		No	Yes
Soured Cream Reduced Fat (51047)							Yes																		No	Yes
Tortilla Chips (10003312)																									Yes	Yes
CHICKEN WINGS WITH BBQ SAUCE FOR DIPPING																									No	No
BBQ Sauce (10003666)																									Yes	Yes
Single Joint Chicken Wing (10004051)																									No	No
Onions Spring Bunch (54250)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
CHICKEN GOUJONS WITH BBQ SAUCE FOR DIPPING	Yes																								No	No
BBQ Sauce (10003666)	Yes																								Yes	Yes
Chicken Goujons (10003970)	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
HOUSE SALAD												Yes				Yes									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
VEGGIE CAESAR SALAD	Yes		Yes			Yes	Yes						Yes												No	Yes
Caesar Dressing Red Cal (54032)							Yes	Yes					Yes												No	Yes
Lettuce Cos (54222)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Tomato M (54216)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
POTATO SALAD							Yes						Yes												No	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Mayonnaise Light (54568)							Yes						Yes												No	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Potato Mid (54227, 54255)																									Yes	Yes

Dish / Ingredient 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?
COLESLAW					Yes							Yes												No	Yes	
Coleslaw Mix (10004058)																									Yes	Yes
Caster Sugar (52416)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Table Salt (54744)																									Yes	Yes
GARLIC AND HERB BREADED MUSHROOMS WITH BBQ SAUCE	Yes																								No	No
BBQ Sauce (10003666)																									Yes	Yes
Garlic & Herb Breaded Mushroom (10002629)	Yes																								Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
NACHOS							Yes																		No	Yes
Chillies Red (54235)																									Yes	Yes
Nacho Cheese Sauce (10001897)							Yes																		No	Yes
Fresh Herbs Coriander (54239)																									Yes	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																		No	Yes
Tortilla Chips (10003312)																									Yes	Yes
CAULIFLOWER POPCORN WITH PIRI PIRI DIPPING SAUCE	Yes															Yes									Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																								Yes	Yes
Piri Piri Sauce (53253)																Yes									Yes	Yes
SAUSAGE ROLLS	Yes					Yes	Yes																		No	No
Sausage Roll	Yes					Yes	Yes																		No	No
MINI JACKET POTATO							Yes																		No	Yes
Cracked Black Peppercorns (10003298)																									Yes	Yes
Potato Mid (54227, 54255)																									Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																		No	Yes
Parsley																									Yes	Yes
SWEET POTATO AND CARAMELISED RED ONION TART																									Yes	Yes
Vegan Tart (10002818)																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes

Dish / Ingredient 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?
PIZZA																										
MARGHERITA FLATBREAD PIZZA	Yes						Yes																		No	Yes
Tomato Pizza Topping (52636)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
PEPPERONI FLATBREAD PIZZA	Yes						Yes																		No	No
Sliced Pepperoni (49056)																									No	No
Tomato Pizza Topping (52636)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
PORK MEATBALLS WITH CHILLI PIZZA	Yes						Yes									Yes									No	No
Chillies Red (54235)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
PI Breakfast Pork Sausage (10001400)	Yes															Yes									No	No
Rocket Leaf (54258)																									Yes	Yes
Tomato Pizza Topping (52636)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
MIXED VEGETABLE PIZZA	Yes						Yes																		No	Yes
Mushroom Cup (54218)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Tomato Pizza Topping (52636)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
GARLIC FLATBREAD PIZZA	Yes						Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
CHEESY GARLIC FLATBREAD PIZZA	Yes						Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
Rocket Leaf (54258)																									Yes	Yes

Dish / Ingredient 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?
CREATE YOUR OWN FLATBREAD PIZZA																										
PIZZA BASE	Yes						Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
Tomato Pizza Topping (52636)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
STREAKY BACON																										
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
CHICKEN BREAST																										
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Raw Chicken Fillet (10004054)																									No	No
PORK MEATBALLS																										
PI Breakfast Pork Sausage (10001400)	Yes															Yes									No	No
	Yes															Yes									No	No
RED ONION																										
Onions Red (10002596)																									Yes	Yes
																									Yes	Yes
RED PEPPER																										
Pepper Red (54226, 10000329)																									Yes	Yes
																									Yes	Yes
PINEAPPLE																										
Sliced Pineapple In Juice (10003876)																									Yes	Yes
																									Yes	Yes
MUSHROOMS																										
Mushroom Cup (54218)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
TOMATO																										
Tomato M (54216)																									Yes	Yes
																									Yes	Yes
ROCKET																										
Rocket Leaf (54258)																									Yes	Yes
																									Yes	Yes
RED CHILLI																										
Chillies Red (54235)																									Yes	Yes
																									Yes	Yes
PEPPERONI																										
Sliced Pepperoni (49056)																									No	No
																									No	No
HAM																										
Ham Sliced																									No	No
																									No	No

Dish / Ingredient 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?
DESSERTS																										
TRIPLE CHOCOLATE BROWNIE	Yes				Yes	Yes	Yes																		No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																		No	Yes
LEMON DRIZZLE CAKE	Yes					Yes	Yes																		No	Yes
Mini Lemon Drizzle Cake (10004003)	Yes					Yes	Yes																		No	Yes
CHOCOLATE TORTE	Yes																								Yes	Yes
Vegan Chocolate Torte (10003126)	Yes																								Yes	Yes
BLUEBERRY MUFFIN	Yes					Yes	Yes																		No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																		No	Yes