

PRODUCT	CELERY	CEREALS (Gluten)	CRUSTACEANS	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SO2
CAFÉ														
Breakfast items														
Bacon														
Sausage		x											x	x
Veg Sausage	x	x												
Egg				x										
Mushrooms														
Tomatoes														
Hashbrowns														
Baked Beans														
Black Pudding		x												
Plum Tomatoes														
Jam														
Marmalade														
French Fries														
Specials														
Tempura Pollock		x			x								x	
Minute Steak														
Chicken Goujon		x												
Parmesan							x							
Croutons		x											x	
Walnuts										x				
Hot Drinks/Milkshakes														
Full/Mega monty hot choc							x							
Marshmallows														
Strawberry sauce														
Toffee sauce							x							
Chocolate sauce							x							
Milkshakes							x							

x = Allergen present in food

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SANDWICH BAR														
Humous												x		
Cottage Cheese							x							
3 Cheese Mix				x			x		x					
Cheddar Cheese							x							
Egg mayo				x					x					
BBQ Jackfruit		x												
Beef														
Corned Beef														
Ham														
Pastrami														
Salami														
Turkey														
Chorizo							x							
Cajun Chicken	x	x												
Coronation Chick				x					x					
Italian Chicken		x												
Sweet Chilli Chicken	x													
Hoisin Duck		x											x	
Minted Lamb		x					x						x	
Prawns Marie Rose				x					x					
Tuna Mayo				x	x				x					
Salmon (baked)					x									x
Smoked Salmon					x									
Brie							x							
Cream Cheese							x							
Feta Cheese							x							
Goat Cheese							x							
Mozzarella							x							
Parmesan							x							
Stilton							x							

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SALAD ITEMS														
5 Bean Salad														
59 Day Salad	x								x					
Beetroot														
Cajun Potatoes	x	x					T		T				T	T
Coleslaw				x					x					
Gherkins														x
Gourgette & Mint														
Jalapeno Slices														
Olives														
Pesto Pasta		x					x			x				
Potato Salad				x					x					
Red Cabbage														
Roast Veg														
Stirfry Noodles *		x		x										
Noodles in Oyster		x		x	x						x		x	
Sweet Chilli Rice														
Tomato & Basil Pasta	x	x												
Waldord Salad	x			x					x	x				
Pasta		x												
Noodles		x		x										
Cous Cous		x												
Rice														
* always check other ingredients used with noodles														

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BUFFET GOODS														
Brie Wedge		x					x							
Filo King Prawn		x	x											
Salt n Pepper Wedges														
Cajun Potato Wedges	x	x					T		T				T	T
Mozzarella Sticks		x					x						x	
Chicken Goujon		x												
Shepherds Pastie		x								T	T			
Mini Corned Beef Slice		x												
Duck Spring Roll		x										x	x	
Onion Bhaji		x												
Pork Pie		x		x										
Quiche (Brie & Tom)		x		x			x		x					
Quiche (asp & cheese)		x		x			x		x					
Veg Spring Roll		x											x	
Vegetable Samosas		x											x	
Chip Shop Croquette														
Beetroot Falafel														
Falafel							x							
Veg Pekora														
Sausage Roll		x					x						x	
Chicken Fillet Skewer		x							T				x	
Calamari Strips			x		x									
GF Chicken Goujons														
Southern FriedChicken		x												

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Bread														
White Baps		x										T	x	
White Sliced		x										T	x	
Brown Sliced		x										T	x	
Brown Baps		x										T	x	
Doorstep sliced		x										T	x	
Vienna Roll White		x										T	x	
Vienna Roll Brown		x										T	x	
White Baguette		x										T		
Granary Baguette		x										T		
Panini		x										T		
Ciabatta		x												
Tea Cake		x					x							
Cheese scone		x		x			x						x	
Fruit Scone		x		x			x						x	
Tortilla Wrap		x												
Crumpet		x												
GF White Sliced				x										
Sour Dough		x		x			x							
American Pancakes		x		x			x							
English Muffin		x											x	
Danish Pastries		x		x			x							
Naan Bread		x												
Flatbread		x					T		T				T	

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SOUPS														
Boston Chick Chowder							x							
Carrot & Coriander	x						x							
Chicken & Veg Broth	x	x					x							
Chipotle Meatball	x													
Chunky Veg & Lentil	x													
Cream Of Chicken	x						x							
Minestrone	x	x					x							
Parsnip & Carrot	x						x							
Parsnip & Red Chilli	x						x							
Pea & Ham	x													
Potato & Dbl Glouc	x						x							
Tomato & Basil	x						x							
Wild Mushroom	x						x							
Red Thai Chicken							x							
Butternut Squash & Sweet Potato							x							
Sriracha Chicken	x	x					x							
Beef Goulash		x							x					

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Gluten free cakes														
Salted caramel brwn				x			x						x	
Gluten free scone							x							
Salted caramel brwn TFS				x			x						x	
Rasp & Almond bakewell TFS				x			x			x				
GF Carrot Cake				x			x			x				
Persian Flapack (ve) B/F														
Salted Car Brwn (ve) B/F														
Buffet cakes														
Mini Eclairs		x		x			x			T	T		x	
Carrot Cake		x		x			x							
Choc Fudge Cake		x		x			x						x	x
Cookies (all)		x		x			x			T	T		x	
Mini Danish		x		x			x			x	T	x		
Mini Muffin		x		x			x							
Hazelnut Brownie		x								x			x	
Vegan Berry Muffin		x		T			T			T			T	
Vegan Choc Muffin		x		T			T			T			T	
T = made in a factory that uses nuts. NONE added to cakes														
Cakes														
Apple & Almond		x		x			x			x				
Cherry & Rhubarb		x		x			x							
Vanilla Slice		x					x							
Custard Slice		x					x							
Blueberry Muffin		x												
Flapjack		x												
LOADED LOAVES														
Separate sheet on site														

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GLAZES														
Cajun	x	x					T		T				T	T
Chinese	T	T					T		T					T
Hot n Spicy	T	T					T		T					T
Italian	T	x					T		T				T	T
Tandoori							x							
Firecracker														
Piri Piri	T	T					T		T					T
Lemon Pepper		x												
Salt & Pepper	T	T		T			T		T				T	T
Tikka	T	T					T		T				T	T
Teriyaki		x											x	

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SAUCES														
BBQ	x	x											x	
Caesar				x			x						x	
Cranberry Sauce														
Dill Mayo				x					x					
English Mustard		x							x					
French Mustard		x							x					
Wholegrain Mustard									x					
Horseradish				x			x		x					x
Mango Chutney														
Mayonaisse				x					x					
Mint Sauce														
Mint Yoghurt							x							
Onion Chutney														
Pesto							x			x				
Piccalilli									x					x
Salad Cream				x					x					
Salsa														
Sweet Chilli														
Sweet Pickle		x												x
Tartare				x					x					
Brown Sauce		x												
Ketchup														
Lakeland Butter							x							
Margarine														
Willow Butter							x							
Stuffing		x												

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COOKING SAUCES														
Arabiatta														
Black Bean		x										x	x	
Tomato & Basil														
Hoi Sin		x							T				x	
Bechamel		x					x							
Hollandaise		x		x		x	x						x	
Garlic Puree														
Madras (powder)														
Jamaican Jerk													x	
Soy Sauce		x											x	
Oyster Sauce								x			T	T	T	
Vinegar		x												
Worcester Sauce		x			x									
GF Gravy Granules							x						x	
Lea & Perrins		x			x									
Balsamic vinegar														
Teriyaki		x											x	
Salads/Dressings														
Balsamic dressing														
French Dressing	x	x							x					
Honey & mustard									x					
Sesame Oil												x	x	
Lemon Juice														x
Tabasco														

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