## ALLERGEN SHEET (NATASHA'S LAW COMPLIANT)

Products packaged for direct sale (PPDS) -- including sandwiches, toasties and paninis; fruit pots; tuna, cheese and coleslaw pots; delivered foods; etc -- have to clearly display the following information on the packaging:

Name of dish	Cheese &	Onion Par	nini											
				<u> </u>										
			r, water, ye	east, salt, e	xtra virgin	olive oil, v	vhole <b>MILK</b>	powder,	malt wheat	t flour trea	itment age	nt [E300]);	cheddar c	heese
	(MILK); or	nion												
ingredients expanded within														
brackets. Allergens should be														
capitalised in BOLD. e.g. Ham														
Sandwich: white bread ( WHEAT flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ <b>MILK</b> ], salt)														
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Allergen information (tick all which	ng		Crustaceans				ρ0			S				
apply)	ls aini n)		ace.	ıts		Se Se	din ac)	ard	e e	ate				scs
	Cereals (contair Gluten)	Sas	usta	Peanuts	Ха	Lactose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	ح	ıts	Lupin	Molluscs
	Cereals (containing Gluten)	Eggs	ű	Pe	Soya	Lac	Ce Ce	Ν	See	ns	Fish	Nuts	Lul	Ĕ
	Х					Х								
Dietary information (tick all which	_								1		ı			
apply)	ian													
	Vegetarian	ue E	_											
	eg(	Vegan	Halal											
	>	>	<u> </u>											
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#### Additional Note:

Please note that as we prepare nuts and peanuts, and dishes containing nuts and peanuts, in our kitchens we cannot guarantee that any of our dishes/drinks are nut and/or peanut free.

Name of dish	Cheese &	Tomato Pa	anini											
Full ingredient list in descending	Panini ( <b>W</b>	<b>HEAT</b> flour	, water, ye	ast, salt, e	xtra virgin	olive oil, v	hole <b>MILK</b>	powder,	malt whea	t flour trea	tment age	nt [E300]);	cheddar c	heese
order of weight, with composite	(MILK); to	matoes												
ingredients expanded within														
brackets. Allergens should be														
capitalised in BOLD. e.g. Ham														
Sandwich: white bread ( WHEAT flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ MILK ], salt)														
Allergen information (tick all which	ρ0		ns											
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	Cereals (containing Gluten)	Eggs	Crustaceans	Peanuts	Soya	Lactose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	Fish	Nuts	Lupin	Molluscs
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Distancinformation /tiple all subject														
Dietary information (tick all which	an													
apply)	Vegetarian	_												
	.age.	Vegan	Halal											
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Name of dish	Spicy Mea	atball & Ch	eese Panii	ni										
Full ingredient list in descending	Danini (M	UEAT flour	· water we	act calt o	vtra virgin	olivo oil v	hala MILK	nouder	malt whos	t flour troo	tmont ago	n+ [E200]).	maathalls	/hoof
Full ingredient list in descending	-		·-		_		hole <b>MILK</b>	-			_			-
order of weight, with composite	_						dextrose,							
ingredients expanded within	onions, pe	eppers, sug	gar, water,	spirit vine	gar, tnicke	ners įmodi	fied starch	j, potassit	ım sorbate	, WUSTAK	D seed); ci	neddar che	ese (IVIILK	)
brackets. Allergens should be														
capitalised in BOLD. e.g. Ham														
Sandwich: white bread ( WHEAT flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ <b>MILK</b> ], salt)														
Allergen information (tick all which	g		ıns				b0							
apply)	Cereals (containing Gluten)		Crustaceans	ts		υ	ding ac)	5	υ	Sulphates				SCS
	Cereals (contair Gluten)	S	sta	Peanuts	g	Lactose	ery Sluc eris	Mustard	am	pha	_	S	Ë	Molluscs
	Cereals (contain Gluten)	Eggs	Cru	Pea	Soya	Lac	Celery (including Celeriac)	Σ	Sesame Seeds	Sul	Fish	Nuts	Lupin	Mo
	Х					Х		Х	х					
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Dietary information (tick all which	_													
apply)	ıria													
	eta	an	<del>a</del>											
	Vegetarian	Vegan	Halal											

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Name of dish	Cheese &	Ham Paniı	ni											
Full ingredient list in descending							vhole <b>MILK</b>					nt [E300]);	ham (pork	k [95%],
	salt, dextr	ose, stabili	ser [E451,	E452], ant	tioxidants	[E301], pre	servative [	E250]); ch	eddar chee	ese (MILK)				
ingredients expanded within														
brackets. Allergens should be														
capitalised in BOLD. e.g. Ham														
Sandwich: white bread ( WHEAT flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ <b>MILK</b> ], salt)														
Allergen information (tick all which	ρ0		ns											
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	eals ntai ten	S	stao	nut	o	)SO:	ery lud eria	star	ame ds	oha	_	S	.⊑	Ilus
	Cereals (containing Gluten)	Eggs	Crustaceans	Peanuts	Soya	Lactose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	Fish	Nuts	Lupin	Molluscs
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Dietary information (tick all which	_													
apply)	Vegetarian													
	getä	Vegan	a											
	Ve§	Ve§	Halal											
	_		_											

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Name of dish	Chicken T	ikka Panin	i											
Full inquadious lies in decouding	Domini /M	LICAT flavor		ant only o	veten vincin	مانیه منا ب	ula DAILI	' m adan		+ fla +a		~+ [E300]).	ahiakaa ti	Irlea
Full ingredient list in descending	Ī -		·-		_		vhole <b>MILK</b>	-			_			
order of weight, with composite			_			-	e [rapeseed		-	-	_	_		-
ingredients expanded within	_						our], tikka							
brackets. Allergens should be	•		_			-	ine, colour		_		_			-
capitalised in BOLD. e.g. Ham		_				_	ginger, par		_			-		
Sandwich: white bread ( WHEAT flour,							on dioxide)							ram
water, yeast, salt); ham (pork [95%],	masala, le	mon conce	entrate, sa	lt, acidity r	egulator (a	acetic acid	), colours (p	oaprika ex	tract), chill	i extract);	cheddar ch	neese ( <b>MIL</b>	.K)	
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ <b>MILK</b> ], salt)														
			10		Г		I I				Г		Г	
Allergen information (tick all which	Cereals (containing Gluten)		Crustaceans				₽			S				10
apply)	als ain 'n)		асе	uts		se	Celery (including Celeriac)	Mustard	a (	Sulphates				Molluscs
	Cereals (contain Gluten)	Eggs	ust	Peanuts	Soya	Lactose	Celery (includ Celeria	ust	Sesame Seeds	hdl	Fish	Nuts	Lupin	ollc
	<u> </u>	Eg	C	Pe	So	La	<u> </u>	Σ	Se	Su	ijĔ	ž	7	Σ
	Х	Х			Х	Х	Х	X			Х			
Dietary information (tick all which					I.		<u> </u>		II.	1	I.		I.	<u> </u>
apply)	iar													
	Vegetarian	u e												
	eg(	Vegan	Halal											
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Name of dish	Tuna & Ch	neese Pani	ni											
Full ingredient list in descending order of weight, with composite ingredients expanded within brackets. Allergens should be capitalised in BOLD. e.g. Ham Sandwich: white bread ( WHEAT flour, water, yeast, salt); ham (pork [95%], salt, dextrose, stabilisers [E451, E452]); butter (cream [ MILK ], salt)	-	ter, salt); r	mayonnais	e (rapesee	d oil, wate	r, spirit vir	vhole <b>MILK</b> legar, paste	-			_			-
Allergen information (tick all which apply)	Cereals (containing Gluten)	Eggs	Crustaceans	Peanuts	Soya	Lactose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	Fish	Nuts	Lupin	Molluscs
	Х	Х				Х			Х		Х			
Dietary information (tick all which apply)	Vegetarian	Vegan	Halal											
			Х											

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Name of dish	Cheese &	Onion Toa	astie											
Full ingredient list in deconding	Droad (MI	JEAT flour	Luith add	ad calcium	carbonato	iron nia	in thiamin	l water s	alt voast (	nirit vinos	or MUEA		mulcifior I	[[471
									alt, yeast, s					<sub>.</sub> E4/1,
1	E472CJ, VE	getable of	ı trapeseed	a, paimij, m	our treatm	ent agent	[E300], pai	III, Iat, <b>vvr</b>	<b>HEAT</b> flour)	, cheduar	cheese (IVI	i <b>LK</b> ); Onion		
ingredients expanded within brackets. Allergens should be														
capitalised in BOLD. e.g. Ham														
Sandwich: white bread ( WHEAT flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
I -														
E452]); butter (cream [ <b>MILK</b> ], salt)														
Allergen information (tick all which	89		ns											
apply)	s inin )		cea	ts		υ	ing ic)	5	υ	tes				CS
	Cereals (containing Gluten)	S	Crustaceans	Peanuts	σ	tos	Celery (including Celeriac)	Mustard	am eds	Sulphates	_	ts	oin	ll us
	Cereals (contain Gluten)	Eggs	Cro	Pea	Soya	Lactose	Celery (including Celeriac)	Μ	Sesame Seeds	Sul	Fish	Nuts	Lupin	Molluscs
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Dietary information (tick all which	u													
apply)	ıriaı													
	Vegetarian	gan	<del>-</del>											
	Леғ	Vegan	Halal											
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Name of dish	Tuna Mel	t Toastie												
order of weight, with composite	E472C], ve mayonnai	egetable oi se (rapese	il [rapeseed	d, palm], fl er, spirit vi	our treatm negar, pas	nent agent teurised fr	cin, thiamin [E300], pal ee range <b>E0</b> nion	m, fat, <b>Wi</b>	HEAT flour)	; tuna (ski <sub>l</sub>	ojack tuna	[FISH], wa	ter, salt);	
Allergen information (tick all which apply)	Cereals (containing Gluten)	Eggs	Crustaceans	Peanuts	Ѕоуа	Lactose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	Fish	Nuts	Lupin	Molluscs
	х	Х				х					Х			
Dietary information (tick all which apply)	Vegetarian	Vegan	Halal											
			Х											

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Name of dish	Cheese &	Ham Toas	tie											
									T-				1 . 6	
							in, thiamin							
							[E300], pal		<b>HEAT</b> flour)	; cheddar	cheese ( <b>M</b>	I <b>LK</b> ); ham (	pork [95%]	], salt,
1 -	dextrose,	stabilisers	[E451, E45	2], antioxi	dants [E30	1], preserv	ative [E250	0])						
brackets. Allergens should be														
capitalised in BOLD. e.g. Ham														
Sandwich: white bread ( <b>WHEAT</b> flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ <b>MILK</b> ], salt)														
Allergen information (tick all which	g <sub>U</sub>		ans				50			10				
apply)	ls ainii (۲		ce	ıts		e)	, ding ac)	ard	e E	ate				scs
	Cereals (contair Gluten)	202	Crustaceans	Peanuts	λa	-actose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	ے	ts	Lupin	Molluscs
	Cereals (containing Gluten)	Eggs	ر. د	Pe	Soya	Lac	Ce Ce	ž	Se	Sul	Fish	Nuts	Lul	Ĕ
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Dietary information (tick all which									<u>l</u>					
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apply)	Vegetarian	С												
	.age	Vegan	Halal											
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Name of dish	Cheese &	Tomato T	oastie											
							in, thiamin							E471,
order of weight, with composite	E472C], ve	egetable o	l [rapeseed	d, palm], fl	our treatm	ent agent	[E300], pal	m, fat, Wi	<b>HEAT</b> flour)	; cheddar	cheese ( <b>M</b>	I <b>LK</b> ); tomat	:0	
ingredients expanded within														
brackets. Allergens should be														
capitalised in BOLD. e.g. Ham														
Sandwich: white bread ( WHEAT flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ <b>MILK</b> ], salt)														
Allergen information (tick all which			S		I									
apply)	Cereals (containing Gluten)		Crustaceans				g( (	-		es				S
appiy)	als tair en)		tace	ıuts		ose	riac	tarc	me Is	hat			_	osn
	Cereals (contair Gluten)	Eggs	rust	Peanuts	Soya	-actose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	Fish	Nuts	Lupin	Molluscs
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Dietary information (tick all which	ر						•				•			
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	Vegetarian	Vegan	Halal											
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Name of dish	Smoked C	heese & P	astrami To	astie										
order of weight, with composite ingredients expanded within brackets. Allergens should be	E472C], ve [coriander	egetable oi r, black per ve, sodium	l [rapeseed pper, papri	d, palm], fl ka], sugar,	our treatm stabilisers	ent agent , disphosp	cin, thiamin [E300], pal hate tripho (water, ac	m, fat, <b>Wi</b> sphates, p	HEAT flour) ootato stard	; pastrami ch, flavour	(beef brisling, antiox	ket, salt, sp idants, sod	oice coating	g pate,
Allergen information (tick all which apply)	Cereals (containing Gluten)	Eggs	Crustaceans	Peanuts	Soya	Lactose	Celery (including Celeriac)	Mustard	Sesame Seeds	Sulphates	Fish	Nuts	Lupin	Molluscs
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Dietary information (tick all which apply)	Vegetarian	Vegan	Halal											

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Name of dish	All Day Br	eakfast To	oastie											
Full ingredient list in descending	Bread ( <b>W</b>	<b>HEAT</b> flour	[with adde	ed calcium	carbonate	e, iron, niad	cin, thiamir	n], water, s	alt, yeast,	spirit vineg	gar, <b>WHEA</b>	<b>T</b> protein, 6	emulsifier	[E471,
									<b>HEAT</b> flour)					
ingredients expanded within	flour [calc	ium carbo	nate, iron,	niacin tha	mine], salt	, emulsifie	r [E450], sp	ice [white	pepper], p	reservativ	e [E223] [ <b>S</b>	ULPHATES	i], antioxid	ants
brackets. Allergens should be	[E300], ye	ast extract	t, spice ext	ract, herb	extract)], f	illed beef o	collagen ca	sing); bacc	n (pork [88	3%], water	, salt, prese	ervative [so	odium nitra	ate]);
capitalised in BOLD. e.g. Ham	(whole he	n <b>EGGS</b> in	shell, salt,	pepper); c	heddar ch	eese (MILK	()							
Sandwich: white bread ( <b>WHEAT</b> flour,														
water, yeast, salt); ham (pork [95%],														
salt, dextrose, stabilisers [E451,														
E452]); butter (cream [ <b>MILK</b> ], salt)														
Allergen information (tick all which	Вl		ns											
apply)	Cereals (containing Gluten)		Crustaceans	ts		υ	Celery (including Celeriac)	ā	a	Sulphates				SCS
	Cereals (contain Gluten)	SS	ısta	Peanuts	,a	-actose	Celery (including Celeriac)	Mustard	Sesame Seeds	pha	_	ts	Ë	Molluscs
	Cer (co Glu	Eggs	Cr	Pe	Soya	Гас	Cel Cel	Σ	Ses	Sul	Fish	Nuts	Lupin	Σ
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Dietary information (tick all which							<u> </u>							
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apply)	Vegetarian	_												
	ege	Vegan	Halal											
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