## Allergen Card

### Recipe

<table>
<thead>
<tr>
<th>Allergens</th>
<th>Celery</th>
<th>Cereals With Gluten</th>
<th>Crustaceans</th>
<th>Eggs</th>
<th>Fish</th>
<th>Lupin</th>
<th>Milk</th>
<th>Molluscs</th>
<th>Mustard</th>
<th>Peanuts</th>
<th>Nuts from Trees</th>
<th>Sesame</th>
<th>Soybeans</th>
<th>Sulphur Dioxide/Sulphites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>✔ Wheat</td>
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*(950 kcal, 3975 kJ)*

### Ingredients:
- Cumberland Sausage: Pork (78%) Water Rusk (Wheat) Flour (With Calcium, Iron, Niacin, Thiamin) Salt, Raising Agent (Ammonium Hydrogen Carbonate) Salt, Potassium Chloride, Spices (White Pepper, Black Pepper, Ginger, Coriander), Sage Stabiliser (Pentasodium Triphosphate) Preservative (Sodium Metabisulphite), Dextrose Yeast Extract Flavouring (Nutmeg Extract, Pepper Extract, Sage Extract), Antioxidant (Sodium Ascorbate), Filled Into Natural Pork Casing.
- Hash Browns: Potato, Palm Oil, Salt, Dextrose, Stabiliser (Hydroxypropyl Methyl Cellulose), White Pepper, Turmeric, Button Mushroom, Mushrooms (100%), Medium Barn (Eggs); (Egg). Rapeseed Oil, Antifoam E900.
- Unsalted Butter 250g: Cream (Milk), Cracked Black Pepper, Cooking Salt, Anti-Caking Agent E535, Cherry Tomato, Cherry Tomatoes.

### Allergen Advice
- For allergens including Cereals containing Gluten, see ingredients in bold.

### Allergen and Nutrition Advice:
- **Ingredients highlighted in bold or annotated with ✔ are allergens that are present in this product.**
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen.
- **Adults need around 2000 kcal a day.**