















ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Breakfast (950 kcal,3975 kJ)		✓ Wheat		✓			✓							✓

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. Unsmoked Back Bacon ; Pork Water Salt Antioxidant (Sodium Ascorbate) Preservatives (Sodium Nitrite Potassium Nitrate). No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract. 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