





























ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Baked Flat Mushrooms (40 kcal, 167 kJ)														

INGREDIENTS: Flat Mushroom ; Breakfast Mushrooms. Rapeseed Oil ; Antifoam E900. Ground Black Pepper.

Allergen advice For allergens including Cereals containing Gluten see ingredients in **bold**.

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Hash Browns (62 kcal, 259 kJ)														















INGREDIENTS: Hash Brown ; Potato (90%) Sunflower Oil (7%) Onion (3%) Salt Stabiliser, E464 Dextros E Onion Powder White Pepper.















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- Adults need around 2000 kcal a day

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Baked Beans (95 kcal,397 kJ)														
INGREDIENTS: No Added Sugar Baked Beans ; Beans (47%) Tomatoes (38%) Water Modified Cornflour Spirit Vinegar Salt Natural Flavouring Spice Extracts Sweetener Steviol Glycosides Herb Extract.														
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Fried Egg (85 kcal,356 kJ)				✓										
INGREDIENTS: Free Range (Eggs). Rapeseed Oil ; Antifoam E900.														
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Cumberland Sausage (101 kcal, 423 kJ)		✓ Wheat											✓	✓

INGREDIENTS: Cumberland Pork Sausage 50g ; Pork (52%) Water Rusk [**(Wheat)** Flour (Calcium Carbonate Iron Niacin Thiamine) Salt Raising Agent (E503(ii)) Seasoning [Salt (Anti Caking Agent (E535)) Sugar Spices (Black Pepper White Pepper Nutmeg Mace) Yeast Extract Dehydrated Onion Preservative **(E223)** **[(Sulphite)]** Emulsifier (E450) Dextrose Rice Flour Antioxidant (E300) Marjoram Natural Onion Flavouring] **(Soya)** Protein Pea Protein Onion Powder Mixed Herbs Parsley Mixed Herbs (Parsley Basil Thyme Marjoram Oregano) Dextrose Beef Collagen Casing (Collagen Water Glycerol Cellulose Oil). Marjoram Natural Onion Flavouring] Pea Protein **(Soya)** Protein Collagen Casing (Collagen Water Glycerol Cellulose Oil).

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Grilled Bacon Slice (69 kcal, 289 kJ)														















INGREDIENTS: Unsmoked Rindless Back Bacon ; Pork (87%) Water Salt Antioxidant, E301 Preservatives, E250 E252.

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White Toast (97 kcal,406 kJ)		MC Barley ✓ Wheat											✓	

INGREDIENTS: Thick Square Sliced White Loaves ; **(Wheat)** Flour (**(Wheat)** Flour Calcium Carbonate Niacin Iron Thiamin) Water Palm Oil Salt Yeast Emulsifier (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids) Spirit Vinegar **(Soya)** Flour Preservative (Calcium Propionate) Flour Treatment Agent (Ascorbic Acid).

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May Also Contain Barley.

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	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Wholemeal Toast (87 kcal,364 kJ)		MC Barley ✓ Wheat											✓	

INGREDIENTS: Thick Square Sliced Wholemeal Loaves ; Wholemeal **(Wheat)** Flour Water Salt **(Wheat)** Flour (**(Wheat)** Flour Calcium Carbonate Niacin Iron Thiamin) Yeast Palm Oil Emulsifiers (Mono- And Diacetyl Tartaric Acid Esters Of Mono- And Diglycerides Of Fatty Acids Mono- And Diglycerides Of Fatty Acids) Preservative (Calcium Propionate) **(Soya)** Flour Spirit Vinegar Flour Treatment Agent (Ascorbic Acid).















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Butter Portion (52 kcal, 218 kJ)							✓							















INGREDIENTS: Butter Portions ; Cream (**Milk**) Salt (1.8%).

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Raspberry Croissant (296 kcal, 1238 kJ)		✓ Spelt ✓ Wheat		MC			MC				MC Almonds MC Hazelnuts MC Pecan Nuts MC Pistachio Nuts MC Walnuts	MC	MC	
<p>INGREDIENTS: Ready To Bake Vegan Raspberry Croissant ; (Wheat) Flour Water Margarine 17% (Non Hydrogenated Vegetable Fats And Oils (Palm Coconut) Water Emulsifier (Mono- And Diglycerides Of Fatty Acids) Salt Acidity Regulator (Citric Acid) Colour (Beta-Carotene From Natural Origin) Natural Flavouring) Raspberry Filling 16.1% (Glucose Syrup Raspberry Purée 3.6% Sugar Raspberry 2.2% Gelling Agent (Pectin) Concentrated Lemon Juice Natural Flavourings) Sugar Yeast Finish 3.2% (Sugar Non-Hydrogenated Palm Oil Radish Blackcurrant And Apple Concentrate) (Spelt) (Wheat) Flour (Wheat) Gluten Salt Flour Treatment Agents (Alpha-Amylases Ascorbic Acid Hemicellulases.</p> <p>Allergen advice For allergens including Cereals containing Gluten see ingredients in bold</p> <p>May Also Contain Eggs Milk Sesame Soybeans Almonds Hazelnuts Pecan Nuts Pistachio Nuts Walnuts.</p>														

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Pain aux Chocolat (289 kcal, 1209 kJ)		MC Barley MC Oats MC Rye MC Spelt ✓ Wheat		✓			✓				MC Almonds MC Cashew Nuts MC Hazelnuts		✓	
INGREDIENTS: Pain Au Chocolat ; (Wheat) Flour Water Butter (Milk) 16% Chocolate 11% (Sugar Cocoa Mass Cocoa Butter Emulsifier (E322 (Soya))) Sugar Yeast (Wheat) Gluten (Eggs) Salt Colour (Carotenes From Natural Origin) Flour Treatment Agent (E300) Enzyme). Allergen advice For allergens including Cereals containing Gluten see ingredients in bold May Also Contain Barley Oats Rye Spelt Almonds Cashew Nuts Hazelnuts.														

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Semi Skimmed Milk (9 kcal,38 kJ)	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk ✓	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites

INGREDIENTS: Semi Skimmed (**Milk**) 2.271 ; Semi Skimmed (**Milk**).

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- Adults need around 2000 kcal a day