

Think Allergy

All Products (A-B)



Product

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
American Spicy Chicken		✓ (Wheat)		✓											*
Apples	✓														
Bacon															
Baguette	✓	✓ (Wheat)	*	*			*								
Baked Beans	✓														
Banana	✓														
Baps	✓	✓ (Wheat)				*									
Batter Mix	✓	✓ (Wheat)						✓							
BBQ Sauce	✓	✓ (Barley)													
Bisto Gravy	✓	✓ (Wheat)					✓		✓						
Black Pudding		✓ (Wheat, Barley)													
Brown Sliced Bread	✓	✓ (Wheat)				*	✓								
Butter & Butter Portions	✓		✓												

* This allergen hasn't been added but the product has been manufactured in a factory that handles this allergen.

Think Allergy

All Products (C)



Product

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Carrots	✓														
Carrot & Coriander Soup	✓		✓	✓											
Cheddar Cheese Slices	✓		✓												
Chicken & Vegetable Soup		✓ (Wheat, Barley, Rye, Oats)	✓	✓					✓						
Chicken Breast															
Chicken Goujons		✓ (Wheat)							✓						
Chicken Half roast (Seasoned)															
Chicken Saddle		* (Wheat)													
Chicken Piri Piri Masala		✓ (Wheat)					✓								
Chilli Con Carne		✓ (Wheat, Barley)	✓												✓
Chips	✓														
Cod										✓					
Coleslaw	✓	*	✓	✓			*	✓	*	*					
Cooked Bacon															
Coriander	✓														
Cucumber	✓														

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V02 / EDC / P02

Think Allergy

All Products (D-J)



Contains Cereals Containing Gluten



Contains Milk



Contains Egg



Contains Nuts



Contains Sesame



Contains Soya



Contains Mustard



Contains Celery



Contains Fish



Contains Crustaceans



Contains Lupin



Contains Molluscs



Contains Peanuts



Contains Sulphur Dioxide/Sulphites

Product

Vegetarian

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Eggs	✓			✓											
Egg Mayonnaise	✓	*	*	✓		*	*	✓	*	*					
Fish Finger		✓ (Wheat)						✓		✓					
Galaxy Hot Chocolate	✓		✓				✓								
Garden Peas	✓														
Grapes	✓														
Garlic Bread	✓	✓ (Wheat)	*				*								
Grated Cheese	✓		✓												
Ham															
Hash Browns	✓			✓											
HP Brown Sauce	✓	✓ (Barley, Rye)													
Hoki										✓					
Jacket Potatoes	✓														
Jam Portions	✓														

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V02 / EDC1 / P03

Whilst we take the issue of food allergies and intolerances seriously all dishes are produced and prepared in environments that are not free from gluten, milk, egg, fish, crustaceans, molluscs, peanuts, sesame, celery, mustard, lupin or soya therefore all dishes may contain traces of these and other allergens.

Think Allergy

All Products (L-P)



Vegetarian
 Contains Cereals Containing Gluten
 Contains Milk
 Contains Egg
 Contains Nuts
 Contains Sesame
 Contains Soya
 Contains Mustard
 Contains Celery
 Contains Fish
 Contains Crustaceans
 Contains Lupin
 Contains Molluscs
 Contains Peanuts
 Contains Sulphur Dioxide/Sulphites

Product

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Lasagne		✓ (Wheat, Barley)	✓												✓
Lemons	✓														
Margarine	✓		✓												
Marmalade Portions	✓														✓
Mashed Potato	✓														
Mayonnaise	✓	*	✓	✓			*	✓	*	*					
Mixed Leaf Salad	✓														
Mushy Peas	✓														
Oil	✓														
Oranges	✓														
Parsley	✓														
Peppers	✓														
Piri Piri Sauce	✓														
Ploughman's Pickle	✓	✓ (Barley)													✓
Plum Tomatoes	✓														
Panini	✓	✓ (Wheat)	✓												
Puff Pastry	✓	✓ (Wheat)													

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V02 / EDC1 / P04

Think Allergy

All Products (R-Z)



Product

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Red Onion	✓														
Rice	✓														
Sausages		✓ (Wheat)	✓		*										✓
Scampi		✓ (Wheat)	✓	✓							✓				
Sliced Chicken															
Spinach & Riccota Ravioli	✓	✓ (Wheat)	✓	✓	*	*			✓						
Steak Pies		✓ (Wheat)	✓		*		✓								
Steak & Suffolk Ale Pie Filling					*	*									
Tartare Sauce	✓			✓	*									*	
Tikka Skewers															
Tomatoes	✓														
Tomato Ketchup	✓								✓						
Tomato & Red Pepper Soup	✓		✓												
Tuna	✓									✓					
Vinegar Sachets	✓	✓ (Barley)													
White Sliced Bread	✓	✓ (Wheat)				*	✓								

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