

# Think Allergy

## All Products (A-B)



### 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.

V01 / EDC1 / P01

# Think Allergy

## All Products (C-E)



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
Carrots	✓														
Carrot & Coriander Soup	✓		✓	✓											
Cheddar Cheese Slices	✓		✓												
Chicken & Vegetable Soup		✓ (Wheat, Barley, Rye, Oats)	✓	✓					✓						
Chicken Breast															
Chicken Goujons		✓ (Wheat)							✓						
Chicken Saddle		* (Wheat)													
Chips	✓														
Coleslaw	✓	*	✓	✓			*	✓	*	*					
Cottage Pie			✓		*	*									
Cooked Bacon															
Coriander	✓														
Cucumber	✓														
Eggs	✓			✓											
Egg Mayonnaise	✓	*	*	✓		*	*	✓	*	*					

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# Think Allergy

## All Products (F-K)



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
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	✓														

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

V01 / EDC1 / P03

# Think Allergy

## All Products (L-O)



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
Lasagne		✓ (Wheat, Barley)	✓												✓
Lemons	✓														
Margarine	✓		✓												
Marmalade Portions	✓														✓
Mashed Potato	✓														
Mayonnaise	✓	*	✓	✓			*	✓	*	*					
Mixed Leaf Salad	✓														
Mushy Peas	✓														
Oil	✓														
Oranges	✓														

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# Think Allergy

## All Products (P-R)



### 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

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
Parsley	✓														
Peppers	✓														
Piri Piri Sauce	✓														
Ploughman's Pickle	✓	✓ (Barley)													✓
Plum Tomatoes	✓														
Panini	✓	✓ (Wheat)	✓												
Puff Pastry	✓	✓ (Wheat)													
Red Onion	✓														
Rice	✓														

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# Think Allergy

## All Products (S-Z)



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
Sausages		✓ (Wheat)	✓		*										✓
Scampi		✓ (Wheat)	✓	✓							✓				
Sliced Chicken															
Spinach & Riccota Ravioli	✓	✓ (Wheat)	✓	✓	*	*			✓						
Steak Pies		✓ (Wheat)	✓		*		✓								
Steak & Suffolk Ale Pie Filling					*	*									
Strawberries	✓														
Tartare Sauce	✓			✓	*									*	
Tomatoes	✓														
Tomato Ketchup	✓								✓						
Tomato & Red Pepper Soup	✓		✓												
Tuna	✓									✓					
Vinegar Sachets	✓	✓ (Barley)													
White Sliced Bread	✓	✓ (Wheat)				*	✓								

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