

# Think Allergy

## Hot Food Products - Breakfast



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
5 Item Breakfast (Beans)		✓ (Wheat)	✓	✓	*	*	✓								✓
5 Item Breakfast (Tinned Tomatoes)		✓ (Wheat)	✓	✓	*	*	✓								✓
Bacon & Egg Bap (Buttered, No Sauce Added)		✓ (Wheat)	✓	✓		*									
Bacon Bap (Buttered, No Sauce Added)		✓ (Wheat)	✓			*									
Bacon Sandwich (Buttered, No Sauce Added)		✓ (Wheat)	✓			*	✓								
Beans On Toast	✓	✓ (Wheat)	✓			*	✓								
Breakfast Bap (Buttered, No Sauce Added)		✓ (Wheat)	✓	✓	*	*									✓

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

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 Contains Milk  
 Contains Egg  
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### Product

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Egg On Toast	✓	✓ (Wheat)	✓	✓		*	✓								
English Breakfast		✓ (Wheat)	✓	✓	*	*	✓								✓
Full English Breakfast		✓ (Wheat, barley)	✓	✓	*	*	✓								✓
Sausage & Egg Bap (Buttered, No Sauce Added)		✓ (Wheat)	✓	✓	*	*									✓
Sausage Bap (Buttered, No Sauce Added)		✓ (Wheat)	✓		*	*									✓
Sausage Sandwich (Buttered, No Sauce Added)		✓ (Wheat)	✓		*	*	✓								✓
Veggie Breakfast	✓			✓											

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# Think Allergy

## Hot Food Products - Mains



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	
American Spicy Chicken Meal		✓ (Wheat)		✓											*	
Brunch		✓ (Wheat)	✓	✓	*											✓
Carrot & Coriander Soup	✓		✓	✓												
Chicken & Vegetable Soup		✓ (Wheat, Barley, Rye, Oats)	✓	✓					✓							
Cottage Pie, Garden Peas & Carrots (With Gravy)		✓ (Wheat)	✓		*	*	✓		✓							
Fish, Chips & Garden Peas		✓ (Wheat)						✓		✓						
Jacket Potato & Beans (With Butter)	✓		✓													
Jacket Potato & Cheese (With Butter)	✓		✓													
Jacket Potato & Coleslaw (With Butter)	✓	*	✓	✓			*	✓	*	*						
Jacket Potato & Tuna Mayonnaise (With Butter)		*	✓	✓			*	✓	*	✓						

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# Think Allergy

## Hot Food Products - Mains



### 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, Chips & Salad		✓ (Wheat, Barley)	✓												✓
Ravioli (Spinach & Ricotta)	✓	✓ (Wheat)	✓	✓	*	*			✓						
Roast Chicken & Sauce - BBQ		✓ (Barley, Wheat)													
Roast Chicken & Sauce - Peri Peri		* (Wheat)													
Scampi, Chips & Peas		✓ (Wheat)	✓	✓							✓				
Steak Pie Meal (With Gravy)		✓ (Wheat)	✓		*		✓		✓						
Suffolk Steak & Ale Pie Meal (With Gravy)		✓ (Wheat)			*	*	✓		✓						
Tomato & Red Pepper Soup	✓		✓												

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# Think Allergy

## Hot Food Products - Kids



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
Kids Breakfast		✓ (Wheat)	✓	✓	*	*	✓								✓
Kid's Brunch		✓ (Wheat)	✓	✓	*										✓
Kids Chicken Strips & Chips (With Ketchup)		✓ (Wheat)		✓	*				✓						
Kid's Fish Finger & Chips		✓ (Wheat)	✓					✓		✓					
Kid's Roast Chicken Meal (With Gravy And Mash)		✓ (Wheat)					✓		✓						
Kid's Sausage & Mash Meal (With Gravy)		✓ (Wheat)	✓		*		✓		✓						✓

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