

# ALLERGEN INFORMATION

At Chow we attempt to provide as complete as possible allergen information about the food and drink served at our sites. Whilst we have strict controls and standards, we prepare some food and drinks on site using a wide range of ingredients and cannot ensure that there is no cross contamination and therefore we can't guarantee that these products are completely allergen free.

**Y** Contains – a planned ingredient which is definitely present.

**?** A supplier has reported to us a real risk of cross contamination on their production line OR there is a potential cross contamination through shared cooking equipment in our kitchens.

	ALLERGEN INFORMATION													
	Contains 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
<b>Main Meals</b>														
SWEET AND SOUR CHICKEN						Y								
GREEN THAI CHICKEN									Y					
SPICY SESAME CHICKEN	WHEAT				Y	Y								
RED THAI VEGETABLE														
HOISIN DUCK	?		?		?	Y				?				
SWEET CHILLI TERIYAKI CHICKEN	WHEAT					Y								
CHICKEN KATSU CURRY	WHEAT	?	?		?	Y		Y		?				
PRAWN KATSU CURRY	WHEAT	?	?		?	Y		Y		Y				
PUMPKIN KATSU CURRY	WHEAT	?	?		?	Y		Y		?				
RICE														
NOODLES	WHEAT					Y								
<b>Sides</b>														
JAVA CURRY SAUCE	WHEAT	?				Y		Y						
GANGNAM SAUCE	WHEAT					Y								
VEGETABLE SPRING ROLLS	WHEAT		?		?	?	?			?				
DUCK SPRING ROLLS	WHEAT		?		Y	Y	?			?				
CHICKEN GYOZA	WHEAT		?		Y	Y	?			?				
CHICKEN KATSU FILLET	WHEAT		?		?	?	?			?				
PRAWN GYOZA	WHEAT		Y		Y	?	?			Y				
EBI PRAWN	WHEAT		?		?	Y	?			Y				
VEGETABLE GYOZA	WHEAT		?		Y	Y	?			?				
PUMPKIN CROQUETTE	WHEAT		?		?	Y	?			?				
PRAWN CRACKERS	?		?		?	?	?			Y				
SPICY PRAWN CRACKERS	?		?		?	?	?			Y				
<b>Sushi</b>														
MAKI BOX	WHEAT		Y		?	Y	Y		Y	Y				
NIGIRI BOX	WHEAT		Y		?	Y	Y		Y	Y				
SAKANA BOX	WHEAT		Y		?	Y	Y		Y	Y				
OKI BOX	WHEAT		Y		?	Y	Y		Y	Y				
SUSHI BITES	WHEAT		Y		?	Y	Y		Y	Y				
SAUCY KATSU	WHEAT		Y		Y	Y	Y		?	?				
SALMON AND PRAWN	WHEAT		Y		?	Y	Y		Y	Y				
VEGETABLE SUSHI	WHEAT		?		?	Y	Y		?	?				
<b>Soups and Salads</b>														
PRAWN DUMPLING SOUP	WHEAT		Y		Y	Y				Y				
CHICKEN DUMPLING SOUP	WHEAT				Y	Y								
VEGETABLE DUMPLING SOUP	WHEAT				Y	Y								
PRAWN DUMPLING SOUP WITH MISO	WHEAT		Y		Y	Y				Y				
CHICKEN DUMPLING SOUP WITH MISO	WHEAT				Y	Y								
VEGETABLE DUMPLING SOUP WITH MISO	WHEAT				Y	Y								
SIRACHA SAUCE (SPICY)														Y
TOM YUM (LEMONGRASS)					Y	Y			Y	Y				
MISO BROTH						Y								
STEAMED VEGETABLE GYOZAS	WHEAT				Y	Y								
STEAMED CHICKEN GYOZAS	WHEAT				Y	Y								
STEAMED PRAWN GYOZAS	WHEAT		Y		Y	Y				Y				
EDAMAME SALAD	WHEAT					Y								



Please scan the code for more allergen information.  
If you have any questions or special dietary requirements, our management team are happy to help.