

**Allergen information record**

October 2018

\*\* indicates what allergens are in each dish

**Breakfast Menu**

* **The Number 1**

Bacon, egg, fresh tomato, mushrooms, baked beans, toast with butter, tea & coffee

\*\* egg, wheat, milk, soya, barley

* **The Full Hog**

Bacon, egg, sausage, hash brown, fresh tomato, mushrooms, baked beans, toast with butter, tea & coffee \*\* egg, wheat, sulphites, milk, barley, soya

* **The Ranch**

Bacon, egg, fresh tomato, sausage, mushrooms, beef burger, fried onions, baked beans, chips, tea & coffee

\*\* egg, sulphites, wheat, soya, milk, barley

* **Slimming world**

Bacon, fresh tomato, mushrooms, egg, baked beans, toast with butter, tea & coffee

\*\* egg, milk, wheat, barley, soya

* **Veggie Breakfast**

Vegetarian sausage, fresh tomato, mushrooms, egg, baked beans, toast with butter, tea & coffee

\*\* egg, milk, barley, wheat

* **Breakfast Muffin**

Bacon or sausage, egg, cheese, bread muffin, hash brown

\*\* egg, sulphites, wheat, milk

**Black pudding \*\*** barley, oats, wheat

**Snack Menu**

* **Beans on toast**

Baked beans, bread (white or brown) butter

\*\* soya, wheat, barley, milk

* **Eggs on toast**

Egg, bread (white or brown) butter

\*\* egg, milk, soya, wheat, barley

* **Bacon/Sausage & egg sandwich**

Bacon, sausage, bread (white or brown) egg, butter

\*\* sulphites, wheat, egg, soya, barley, milk

* **Bacon sandwich**

Bacon, bread (brown or white) butter

\*\* soya, wheat, barley, milk

* **Cheese on toast**

Cheese, bread (brown or white)

\*\* milk, soya, wheat, barley

* **Toast x2 with condiments**

Bread (brown or white) butter, jam, marmite, peanut butter

\*\* soya, wheat, barley, nuts, celery, rye, oats

* **Chips**
* **Cheesy chips**

\*\* milk

* **Sweet potato fries**

**Lunch Menu**

* **3 egg Omelette**

Egg, ham, onion, mushroom, tomato, cheese, bacon, sausage

\*\* egg, milk, sulphites, wheat

* **Jacket potato**

Potato, butter, beans, cheese, ham, tuna

\*\* milk, fish

* **Beef burger, chips & beans**

Beef burger, chips, cheese, onions, bacon, bread roll, chips, baked beans

\*\* soya, sulphites, wheat, milk,

* **Sandwiches**

Bread (white & brown), ham, cheese, tuna mayonnaise, salad

\*\* eggs, soya, wheat, barley, milk, fish

* **Ham, eggs & chips**

\*\* egg

* **Chicken nuggets, chips & beans/peas**

Chicken nuggets, chips, baked beans, peas

\*\* wheat, barley, celery, milk, oats, sulphites, milk

* **Hotdog, chips & beans/peas**

****Sausage, bread roll, chips, beans, peas

\*\* sulphites, wheat, soya, barley

* **Macaroni cheese**

Pasta, cheese, flour, milk, mustard

\*\* wheat, milk, mustard

**Children’s Menu**

* **Chicken nuggets, chips & beans/peas**

Chicken nuggets, chips, beans, peas

\*\* wheat, barley, celery, milk, oats, sulphites

* **Sausage, egg, chips & beans**

Sausage, egg, chips, beans

\*\* sulphites, wheat, egg

* **Beans on toast**

Beans, bread (brown or white) butter

\*\* soya, wheat, barley, milk

* **Sausage & chips**

Sausage, chips

\*\* sulphites, wheat

* **Fish fingers & chips**

Fish fingers, chips

\*\* fish, wheat

* **Fish finger sandwich**

Fish fingers, bread (brown & white), butter

\*\* fish, wheat, soya, barley

* **Macaroni cheese**

Pasta, cheese, flour, milk, mustard

\*\* wheat, milk, mustard

* **Ham & chips**

Ham, chips

* **Cheese on toast**

Cheese, bread (brown or white)

\*\* milk, soya, wheat, barley

* **Scrambled egg on toast**

Egg, bread (white or brown), butter, milk

\*\* egg, soya, wheat, barley, milk

* **Kids lunch boxes**

Bread, butter, jam, peanut butter, marmite, chocolate spread, ham, cheese, jelly, kinder bar, raisins, fruit, pom-bears, mini baby bell

\*\* soya, wheat, barley, nuts, celery, oats, rye, milk,

**Specials**

* **Chilli con carne**

Beef mince, chopped tomatoes, kidney beans, rice, onions, peppers, spices, stock cube, tomato puree

\*\* celery, cereals containing gluten, crustaceans, egg, fish, milk, soya

* **Hummus & pitta**

Chick peas, garlic, tahini, pitta bread

\*\* sesame, gluten, wheat

* **Curried sweet potato & butternut squash soup**

Sweet potato, butternut squash, onion, garlic, butter, cream, vegetable stock cube, curry powder

\*\* celery, gluten, crustaceans, egg, fish, milk, soya

* **Cottage pie**

Beef mince, celery, onion, beef stock cube, carrots, peas, missed herbs, chopped tomatoes, tomato puree, sweet potato, butter

\*\* celery, gluten, crustaceans, egg, fish, milk, soya,

* **Tomato soup**

Fresh tomatoes, vegetable stock, carrots, onions, celery, garlic, mixed herbs

\*\* celery, gluten, crustaceans, egg, fish, milk, soya,

* **Bacon & cheese Quiche**

****Milk, cheese, eggs, bacon, pastry

\*\* eggs, milk, wheat

* **Cheese & onion Quiche**

Milk, cheese, eggs, onion, pastry

\*\* eggs, milk, wheat

* **Cauliflower & broccoli cheese bake**

Cauliflower, broccoli, milk, plain flour, butter, mustard, leeks, garlic

\*\* wheat, milk, mustard

* **Spaghetti Bolognese**

Beef mince, chopped tomatoes, onion, garlic, pasta, peppers, herbs, tomato puree, stock cube

\*\*celery, gluten, crustaceans, egg, fish, milk, soya

* **Ratatouille with a choice of pasta or rice**

Courgette, Fresh tomatoes, roasted peppers, onion, leek, vegetable stock cube, garlic

\*\* celery

* **Mediterranean Chicken thighs in tomato sauce**

Chicken Thighs, fresh tomatoes, peppers, onions, garlic, herbs, sugar, Chicken stock

\*\*Wheat, Soya, MSG

**Sweet treats**

* **Coffee & walnut cake**

Eggs, self-raising flour, sugar, butter, coffee, walnuts, icing sugar

\*\* eggs, wheat, nuts, milk

* **Victoria sponge**

Eggs, self-raising flour, sugar, butter, jam, icing sugar, vanilla extract

\*\* eggs, wheat, milk

* **Chocolate cake**

Eggs, self-raising flour, sugar, butter, icing sugar, Nutella spread, coco powder

\*\* eggs, wheat, milk, nuts, soya