

## Allergen Matrix Chart - July 2024 Menu

	Contains gluten (BARLEY)	gluten	Contains gluten (OATS)	Contains gluten (RYE)	Contains gluten (SPELT)	Contains gluten (WHEAT)	Contains nuts (ALMONDS	Contains nuts (BRAZIL NUTS)	Contains nuts (CASHEW S)	Contains nuts (HAZELNU TS)	Contains nuts J (MACADA MIA)	Contains nuts (PECAN NUTS)	Contains nuts (WALNUTS	Peanuts	Milk	Egg	Fish	Crustacea ns	Molluscs	Celery	Mustard	Lupin	Sesame	Soya	Sulphites >10mg/Kg
Vegan Butternut Squash & Sweet Potato Wellington with carrots and beans 375g						<b>✓</b>							<b>✓</b>											<b>√</b>	
Chicken, Sauted Baby Potatoes, Savoy Cabbage & Bacon, Creamy Sauce															<b>√</b>									<b>√</b>	<b>✓</b>
Creamy Haggis Penne			✓			✓									<b>√</b>									<b>√</b>	
Pea Mint & Asparagus Risotto																									<b>√</b>
Cauliflower & Lentil Dahl							<b>✓</b>													<b>√</b>					✓
Jerk Chicken 255g															<b>✓</b>									<b>✓</b>	
Vegan Pancakes with Blueberry Compote						<b>✓</b>																			<b>✓</b>
Regional Breakfast	✓		✓			✓									✓	✓									✓
Cumberland Sausage for Roll						<b>√</b>																			✓
Quorn Vegan Sausage for Roll	<b>✓</b>					<b>✓</b>																		<u> </u>	