Allergen Matrix Chart – Autumn/Winter Menu 2024

Product Name	Contains gluten (BARLEY)	Contains gluten (KAMUT)	Contains gluten (OATS)	Contains gluten (RYE)	Contains gluten (SPELT)	Contains gluten (WHEAT)	Contains Nuts (ALMONDS)	Contains Nuts (BRAZIL NUTS)	Contains Nuts (CASHEWS)	Contains Nuts (HAZELNUTS)	Contains Nuts (MACADAMIA)	Contains nuts (PECAN NUTS)	Contains nuts (PISTACHIO NUTS)	Contains nuts (WALNUTS)	Peanuts	Sesame	Soya	Lupin	Milk	Molluscs	Mustard	Celery	Crustaceans	Egg	Fish	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)
Macaroni Smoked Cheese						✓											✓		✓		✓					
Regional Breakfast	✓		✓			✓													✓					✓		✓
Pancakes with Blueberry Compote						✓																				✓
Vegan Sausage for Roll	✓					✓																				
Cumberland Sausage for Roll						✓																				✓
Vegetable Omelette																			✓					✓		
Balmoral Chicken			✓			✓											✓		✓							
Sausage and Mash						✓											✓		✓			✓				✓
Winter Nourish Bowl						✓										✓										
Bacon (Back) Unsmoked																										
Vegan Nutless Roast			✓	✓		✓																				