

# Allergen Data

## Sourced Market

CENTRAL KITCHEN- KITCHEN DELI														
	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
AVO & EGG MAIN				Yes										
BIRCHER MUESLI POT		Oats					Yes			Almond, Pistachio				
BLACKENED CARROT & SPICED LENTIL SALAD														
CARROTS & OKRA STEW	Yes	Wheat												
CHIA PUDDING POT														
CHICKEN & OLIVE CASSEROLE														Yes
FETA ADD ON							Yes							
GRANOLA YOGHURT POT		Oats								Almond, Cashew, Hazelnut, Walnut		Yes		
HOT & FRAGRANT LAMB CURRY														
HOT SMOKED SALMON ADD ON					Yes									
INDIAN SPICED SWEET POTATO & CHICKPEAS	Yes								Yes					Yes
JACK FRUIT CHILLI W/ RICE	Yes											Yes		Yes
MIXED SEEDS ADD ON												Yes		
MUSHROOM LASAGNE W/ ROCKET SALAD		Wheat					Yes							
PESTO & POTATO SALAD										Cashew, Walnut				Yes
PITTA BREAD ADD ON		Wheat												
POTATO & HORSERADISH SALAD				Yes					Yes					Yes
QUINOA, GRILLED COURGETTE SALAD														Yes
RAW GREEN, RADISH & POMEGRANATE SALAD														Yes
ROAST BROCCOLI, SOY & SESAME SALAD		Wheat								Almond		Yes	Yes	Yes
ROCKET & PARMESAN SALAD							Yes							
SPICED BEEF & BEETROOT TAGINE														
THAI GREEN VEGAN CURRY W/RICE													Yes	
TOULOUSE SAUSAGE	Yes	Wheat							Yes					
CASSOULET W/ SOURDOUGH														
TURKEY 'MOLE' CHILLI & COUS COUS														
VEAL & PORK LASAGNE	Yes	Wheat					Yes							Yes

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VEAL & PORK LASAGNE & ROCKET EVENING	Yes	Wheat					Yes							Yes
VEG CASSOULET XMAS														
WILD MUSHROOM AND SPINACH LASAGNE		Wheat					Yes							

## CENTRAL KITCHEN - GROCERY

	Celery	Cereals With Gluten	Crust-aceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soybeans	Sulphur Dioxide
BRIE CIABATTA XMAS														
FALAFEL HUMMUS & SMOKED AUBERGINE BOX		Wheat										Yes		
FALAFEL KOBEZ W/ HUMMUS		Yes					Yes					Yes		
FALAFEL, HUMMUS & TOMATO BOX												Yes		
FALAFEL, HUMMUS & TOMATO WRAP		Wheat					Yes					Yes		
SANDWICH SEAWEED & CIDER SALAMI BAGUETTE		Wheat		Yes					Yes					Yes
SANDWICH AVOCADO HUMMUS CIABATTA		Wheat					Yes					Yes		
SANDWICH CHICKEN & CHORIZO WRAP		Wheat		Yes										
SANDWICH EGG MAYO		Rye, Wheat		Yes										
SANDWICH HAM MUSTARD CORNICHON BAGUETTE		Wheat					Yes		Yes					
SANDWICH JERK CHICKEN CIABATTA		Wheat		Yes										Yes
SANDWICH MISO MUSHROOM & CUCUMBER CIABATTA		Wheat										Yes	Yes	Yes
SANDWICH MOZZARELLA TOMATO PESTO FOCACCIA		Wheat					Yes		Yes					
SANDWICH PARMA HAM PESTO CIABATTA		Wheat					Yes			Pine Nuts Kern				
SANDWICH ROAST BEEF HORSERADISH BAGUETTE		Wheat		Yes			Yes		Yes					
SANDWICH SMOKED COURGETTE, HARISSA & TAHINI WRAP		Wheat					Yes			Walnut		Yes		
SANDWICH SOURCED CHEESE & HAM TOASTIE		Rye, Wheat					Yes							
SANDWICH SOURCED CHEESE TOASTIE		Rye, Wheat					Yes							
SANDWICH TUNA MAYO		Rye, Wheat		Yes	Yes									
TURKEY CIABATTA XMAS														