



























**NB: TEAM ALWAYS REMIND CUSTOMER THAT WE CANNOT GUARANTEE ANY RECIPE IS ALLERGEN FREE AS WE USE ALL ALLERGENS IN OUR KITCHENS AND THERE COULD BE CROSS CONTAMINATION- WE DO OUR BEST BUT THERE IS ALWAYS A RISK OF AIRBORNE CONTAMINATION.**

Location: 176																
The Exchange - Grab & Go		CEREALS - Tick if dish contains & state source of Gluten		Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	NUTS - Tick if dish contains & state source of Nuts		Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
	s	State Name of Cereal	Nuts							State Name of Nut						
Melon, strawberry, blueberry and kiwi pot																
Grape pot																
Pineapple pot																
Fruit salad																
Banana, almond, oat and chia pot with coconut and papaya topping		y	wheat				y	y		y	almond		y	y		
Peanut butter, chia, almond and oat		y	wheat				y	y		y	almond		y			
Raspberry, chia and pistachio pot							y	y	y	y	pistachio		y			
Greek yoghurt with strawberry puree									y							
Greek yoghurt with mango puree									y							
Greek yoghurt and honey									y							
Whey protein, banana, peanutbutter, blueberries and cacao smoothie		y	wheat				y	y	y	y	may contain traces of all nuts		y	y		
<b>Food prepared by:</b>		<b>Name</b> All chefs								<b>Signed</b> .....						
<b>Checked By Head Chef/Manager</b>		<b>Signed</b> .....								<b>Dated</b> .....						

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Location: 176															
The Exchange - Grab & Go	<b>CREALS</b> - Tick if dish contains & state source of Gluten		Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	<b>NUTS</b> - Tick if dish contains & state source of Nuts		Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
	Cereals	State Name of Cereal							Nuts	State Name of Nut					
Tropical smoothie with kale and almond milk									<b>y</b>	almond					
Avocado, almond, grape and mint smoothie									<b>y</b>	almond					
Strawberry, avocado, spinach, orange and yoghurt smoothie									<b>y</b>						
Boiled egg, smoked salmon, spinach and lemon				<b>y</b>	<b>y</b>										
Smoked salmon, low fat cream cheese, cucumber and spinach on wholemeal	<b>y</b>	wheat			<b>y</b>		<b>y</b>	<b>y</b>							
Free range egg mayonnaise, watercress on wholemeal	<b>y</b>	wheat		<b>y</b>			<b>y</b>								
Red pepper hummus, grated carrots, feta cheese, spinach wrap	<b>y</b>	wheat		<b>y</b>			<b>y</b>				<b>y</b>				
Chicken Caesar, anchovies, parmesan mayonnaise, cos lettuce wrap	<b>y</b>	wheat		<b>y</b>			<b>y</b>			<b>y</b>					
Toasted ham and cheese Toastie on wholemeal	<b>y</b>	wheat					<b>y</b>	<b>y</b>							
Toasted cheese and tomato toastie on wholemeal	<b>y</b>	wheat					<b>y</b>	<b>y</b>							
Greek salad							<b>y</b>								

<b>Food prepared by:</b>	Name All Chefs	Signed .....
<b>Checked By Head Chef/Manager</b>	Signed .....	Dated .....

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Location: 176													
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The Exchange - Grab & Go	CREALS - Tick if dish contains & state source of Gluten		Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	NUTS - Tick if dish contains & state source of Nuts		Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs
	Cereals	State Name of Cereal							Nuts	State Name of Nut					
Grilled chicken breast, sundried tomato, olive, basil pesto and spinach								<b>y</b>							
Carrot, cucumber, celery and humus pot												<b>y</b>			
Brownie cheesecake	<b>y</b>	wheat		<b>y</b>			<b>y</b>	<b>y</b>	<b>y</b>	walnuts					
Coconut, mango and lime cheesecake	<b>y</b>	wheat				<b>y</b>	<b>y</b>	<b>y</b>	<b>y</b>	may contain traces of all nuts	<b>y</b>	<b>y</b>	<b>y</b>		





<b>Food prepared by:</b>	<b>Name</b> All Chefs	<b>Signed</b> .....
<b>Checked By Head Chef/Manager</b>	<b>Signed</b> .....	<b>Dated</b> .....

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The Exchange - Salad Bar week 1	CREALS - Tick if dish contains & state source								NUTS - Tick if dish contains & state source		Mustard	Sesame	Sulphur dioxide and	Lupin	Molluscs
	Cereals	State Name of Cereal	Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	Nuts	State Name of Nut					
<b>Food prepared by:</b>	<b>Name</b> All Chefs								<b>Signed</b>		.....				
<b>Checked By Head Chef/Manager</b>	<b>Signed</b> .....								<b>Dated</b>		.....				


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Location: 176													
The Exchange - Salad Bar week 1	<b>CREALS</b> - Tick if dish contains & state source	Crus				Sc		<b>NUTS</b> - Tick if dish contains & state source			diox		N

	Cereals	State Name of Cereal	Gluten	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts	State Name of Nut	Mustard	Sesame	Sulphur Dioxide and	Lupin	Shellfish

<b>Food prepared by:</b>	<b>Name</b> All Chefs	<b>Signed</b> .....
<b>Checked By Head Chef/Manager</b>	<b>Signed</b> .....	<b>Dated</b> .....

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