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 CRICAL CONTAMINATION. CONTAMINATION.

Location: 176							SO								
The Exchange - Grab & Go	conta of Glu	ALS - Tick if dish ins & state source ten	Crust			P	Soy			- Tick if dish ains & state source ts	3	Ş	Sulphur dioxide and sulphites		S.
	Cereal s	State Name of Cereal	Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	Nuts	State Name of Nut	Mustard	Sesame	ioxide phites	Lupin	Molluscs
Melon, strawberry, blueberry and kiwi pot															
Grape pot															
Pineapple pot															
Fruit salad															
Banana, almond, oat and chia pot with coconut and papaya topping	у	wheat				У	У		у	almond		У	У		
Peanut butter, chia, almond and oat	У	wheat				У	У		У	almond		У			
Raspberry, chia and pistachio pot						У	У	У	У	pistachio		У			
Greek yoghurt with strawberry puree								у							
Greek yoghurt with mango puree								у							
Greek yoghurt and honey								у							
Whey protein, banana, peanutbutter, blueberries and cacao smoothie	у	wheat				У	У	У	у	may contain traces of all nuts		У	У		
Food preparped by:	Nam	e	All ch	efs	-	-		-	-	Signed			-	-	
Checked By Head Chef/Manager	Sign	ed	•••••		•					Dated	•••••	••••			

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 CRICCONTAMINATION.

CONTAMINATION- WE DO OUR BEST BUT THERE IS ALWAYS A RISK OF AIRBORNE CONTAMINATION.

Location: 176	I.						SS								
The Exchange - Grab & Go	CREALS - Tick if dish contains & state source of Gluten					Pea	Soybeans		NUTS - Tick if dish contains & state source of Nuts		Mus	Ses	Sulphur dioxide and sulphites	F	Mol
	Cereal s	State Name of Cereal	eans	Egg	Fish	Peanuts	eans	Milk	Nuts	State Name of Nut	Mustard	Sesame	xide hites	Lupin	Molluscs
Tropical smoothie with kale and almond milk									у	almond					
Avocado, almond, grape and mint smoothie									У	almond					
Strawberry, avocado, spinach, orange and yoghurt smoothie									у						
Boiled egg, smoked salmon, spinach and lemon				y	у										
Smoked salmon, low fat cream cheese, cucumber and spinach on wholemeal	У	wheat			У		У	У							
Free range egg mayonnaise, watercress on wholemeal	у	wheat		у			у								
Red pepper hummus, grated carrots, feta cheese, spinach wrap	У	wheat		у				у				У			
Chicken Caesar, anchovies, parmesan mayonnaise, cos lettuce wrap	У	wheat		у				У			у				
Toasted ham and cheese Toastie on wholemeal	у	wheat					у	у							
Toasted cheese and tomato toastie on wholemeal	У	wheat					У	у							
Greek salad								у							
Food preparped by:	Nam	ne		Signed											
Checked By Head Chef/Manager	Signed								Dated						

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 CRI CONTAMINATION- WE DO OUR BEST BUT THERE IS ALWAYS A RISK OF AIRBORNE CONTAMINATION.

Location: 176



























The Exchange - Grab & Go	CREALS - Tick if dish contains & state source of Gluten		0						NUTS - Tick if dish contains & state source of Nuts				Sulph			
	Cereals	State Name of Cereal	Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	Nuts	State Name of Nut	Mustard	Sesame	Sulphur dioxide and sulphites	Lupin	Molluscs	
Grilled chicken breast, sundried tomato, olive, basil pesto and spinach								у								
Carrot, cucumber, celery and humus pot												У				
Brownie cheesecake	У	wheat		у			у	y	У	walnuts						
Coconut, mango and lime cheesecake	У	wheat				У	у	у	у	may contain traces of all nuts	У	У	У			
Food preparped by:	Name All Chefs									Signed						
Checked By Head Chef/Manager	ecked By Head Chef/Manager Signed							Dated	••••							

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 CREATED TO SHEET ALWAYS A RISK OF AIRBORNE CONTAMINATION.

Location: 176



























	CREA	LS - Tick if dish	MINN		T				NUT	S - Tick if dish					
The Exchange - Salad Bar week 1	Cereals	State Name of Cereal	Crustaceans	Egg	Fish	Peanuts	Soybeans	Milk	-	ains & state source State Name of Nut	Mustarc	Sesame	Sulphur dioxide and	Lupin	Molluscs
	, s	ccicai	Į vi			0,	5,		S	State Name of Nat			_ `		0,
Food preparped by:	Nam	Name All Chefs													
Checked By Head Chef/Manager	Sign	Signed								Dated					
									_						
NB: TEAM ALWAYS REMIND CUSTON										LL ALLERGENS IN OU		HENS AN	ID THER	E COUL	D BE C
Location: 176															
71.5.1.6.1.16.1.14	CREA	LS - Tick if dish	Ç						NUT	S - Tick if dish			<u>a</u> .		

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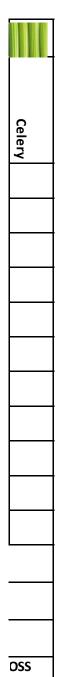
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The Exchange - Salad Bar week 1

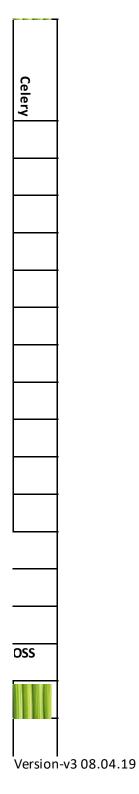
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	Cereals /	State Name of Cereal	taceans	Egg	Fish	Peanuts	ybeans	Milk	Nuts	State Name of Nut	∕ lustard	Sesame	Sulphur ide and	Lupin	10lluscs
ood preparped by:	Nam	Name All Chefs								Signed					
hecked By Head Chef/Manager	Signed								Dated						



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Celery	
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