Friska Menu Allergens List 2021/2022

Breakfast:

Porridge: Cereal, Dairy

House Bacon: Gluten, Dairy, Egg, Sulphites
House Mushroom: Gluten, Dairy, Egg, Sulphites
Simply Bacon: Gluten, Dairy
Simply Sausage: Gluten, Dairy
Vegan Simply Sausage: Gluten, Dairy, Cereal

Bacon&Egg Muffin: Gluten, Celery, Egg
Sausage&Egg Muffin: Gluten, Celery, Egg
Mushroom&Egg Muffin: Gluten, Celery, Egg
Salmon&Cream Cheese Muffin: Gluten, Egg, Dairy, Fish

Simply Eggs Pot: Egg
Mushrooms Egg Pot: Egg
Sausage&Beans Egg Pot: Gluten, Egg
Salmon Pot: Fish, Egg, Dairy
Full English Breakfast: Gluten, Egg, Dairy
Veggie Full Breakfast: Gluten, Egg, Dairy, Cereal
Toast: Gluten, Dairy
Chorizo Hash: Dairy

Lunch:

Chicken Chorizo Wrap: Gluten, Egg, Dairy, Sulphites, Mustard
Halloumi Wrap: Gluten, Egg, Dairy, Sulphites, Mustard
Pork Burrito (New): Gluten, Dairy, Fish
Pork Burrito (Old, with premade BBQ Pork): Gluten, Dairy, Mustard, Celery, Sulphites
Mexican Chicken Burrito: Gluten, Dairy, Sulphites
Bean Burrito: Gluten, Dairy, Sulphites
Vegan Bean Burrito: Gluten, Sulphites
Pho Chicken Wrap: Gluten, Egg, Sulphites, Mustard, Sesame
Caesar Chicken Wrap: Gluten, Egg, Dairy

For the rest see packaging or/and label