

# FRISKA

FEEL GOOD FOOD

## 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**