

Whitbread PUBs



COOKHOUSE+PUB

Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any **"may contains"** information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut), Pecan, Pistachio, Walnut) and products thereof.**

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR WHITBREAD PUBS ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans

COOKHOUSE+PUB



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
PUB BRANDS FESTIVE/CHRISTMAS/BOXING DAY NGCI MENU 2023								
FESTIVE STARTERS								
TOMATO SOUP	1379	329	18.2	4.3	33.5	14.1	4.9	1.6
CHICKEN LIVER & BRANDY PATE	1306	312	16.8	8.1	27.6	12.3	10.8	1.3
CLASSIC PRAWN COCKTAIL	1550	370	21.8	6.4	24.6	10.0	16.8	1.9
FESTIVE MAINS								
FESTIVE TURKEY	5320	1271	66.8	12.6	103.4	18.4	58.5	3.1
FESTIVE STACK BURGER WITH CHIPS	4064	971	45.9	11.8	88.9	20.4	47.7	3.5
8OZ RUMP STEAK WITH CHIPS	2795	668	26.1	7.3	54.9	5.8	57.7	1.8
8OZ RUMP STEAK WITH SALAD	1752	418	15.3	6.4	16.4	9.1	55.1	1.4
UPGRADE TO 8OZ SIRLOIN WITH CHIPS	2795	668	25.7	6.8	54.8	6.2	58.0	1.8
UPGRADE TO 8OZ SIRLOIN WITH SALAD	1753	419	14.9	6.0	16.3	9.5	55.4	1.4
SWEET POTATO & CARAMELISED ONION TART	5798	1385	82.2	12.9	132.1	32.7	21.2	2.8
FESTIVE SIDES								
CAULIFLOWER CHEESE	1189	284	19.0	12.5	14.1	5.9	13.4	1.5
LOADED ROASTIES	2976	711	40.4	4.5	63.9	15.9	18.9	1.3
PLANT BASED LOADED ROASTIES	2644	632	37.5	2.7	64.7	14.7	5.5	0.8
GRILLED BRUSSELS SPROUTS GRATIN	1169	279	17.7	10.5	13.8	7.2	12.1	1.4
FESTIVE DESSERTS								
ICE CREAM SUNDAE WITH AFTER EIGHT MINTS	2057	491	18.9	12.1	72.2	62.3	6.8	0.2
CHOCOLATE ORANGE SUNDAE WITH ORANGE MATCHMAKERS	1911	457	18.5	11.9	64.7	56.7	6.8	0.2
BANOFFEE CHEESECAKE	2809	671	21.7	10.9	105.1	82.7	12.5	0.7
KIDS FESTIVE STARTERS								
PIGS IN BLANKETS x3 WITH KETCHUP	770	184	11.6	3.9	8.2	2.8	11.2	1.7

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
TORTILLA CHIPS	688	164	6.4	0.9	21.4	2.9	4.1	0.3
VEGAN OPTION TORTILLA CHIPS AVAILABLE, JUST ASK	629	150	6.4	0.9	20.0	1.5	2.1	0.2
VEGGIE STICKS WITH DIP	128	31	0.3	0.0	4.2	4.1	2.4	0.1

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
KIDS FESTIVE MAINS								
FESTIVE TURKEY	2718	649	32.6	6.1	50.4	7.2	36.4	1.6
4OZ RUMP STEAK WITH CHIPS	1946	465	19.3	6.6	25.3	0.7	52.4	0.5
GRILLED CHICKEN BREAST WITH CHIPS	935	223	7.4	0.8	21.8	0.5	18.3	0.8
KIDS FESTIVE DESSERTS								
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
STRAWBERRY SMASH SUNDAE	523	125	6.9	4.7	13.3	10.7	2.3	0.1
KIDS FESTIVE SIDES								
VEGGIE STICKS	69	17	0.2	0.0	2.8	2.6	0.5	0.0
BAKED BEANS	174	41	0.1	0.0	6.7	2.7	2.5	0.3
PEAS	197	47	0.4	0.1	6.3	3.3	3.1	0.0
2 MINI CORN ON THE COBBS	200	48	1.1	0.2	5.7	1.5	2.2	0.0
SKIN-ON CHIPS	610	146	6.2	0.5	21.7	0.3	1.9	0.3
MASH POTATO	459	110	3.8	2.3	15.7	1.0	2.3	0.5
MINI JACKET POTATOES	648	155	0.3	0.2	32.6	3.7	4.1	0.1
CHRISTMAS/BOXING DAY STARTERS								
TOMATO SOUP	1428	341	18.4	4.4	35.1	15.7	5.4	1.6
CHICKEN LIVER & BRANDY PATE	1306	312	16.8	8.1	27.6	12.3	10.8	1.3
CLASSIC PRAWN COCKTAIL	1550	370	21.8	6.4	24.6	10.0	16.8	1.9
CHRISTMAS/BOXING DAY MAINS								
ROAST TURKEY	5320	1271	66.8	12.6	103.4	18.4	58.5	3.1
ROAST BEEF	5732	1369	81.5	19.4	103.3	18.2	50.8	2.6
ROAST GAMMON	5453	1303	74.9	16.4	104.5	18.2	47.8	5.0
TRIO OF MEATS	5502	1314	74.4	16.1	103.7	18.3	52.4	3.6
SWEET POTATO & CAMELISED ONION TART	5798	1385	82.2	12.9	132.1	32.7	21.2	2.8

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CHRISTMAS/BOXING DAY SIDES								
CAULIFLOWER CHEESE	1189	284	19.0	12.5	14.1	5.9	13.4	1.5
LOADED ROASTIES	2976	711	40.4	4.5	63.9	15.9	18.9	1.3
PLANT BASED LOADED ROASTIES	2644	632	37.5	2.7	64.7	14.7	5.5	0.8
GRILLED BRUSSELS SPROUTS GRATIN	1169	279	17.7	10.5	13.8	7.2	12.1	1.4
CHRISTMAS/BOXING DAY DESSERTS								
ICE CREAM SUNDAE WITH AFTER EIGHT MINTS	2057	491	18.9	12.1	72.2	62.3	6.8	0.2
CHOCOLATE ORANGE SUNDAE WITH ORANGE MATCHMAKERS	1911	457	18.5	11.9	64.7	56.7	6.8	0.2
BANOFFEE CHEESECAKE	2809	671	21.7	10.9	105.1	82.7	12.5	0.7
CHRISTMAS/BOXING DAY KIDS STARTERS								
PIGS IN BLANKETS X3 WITH KETCHUP	770	184	11.6	3.9	8.2	2.8	11.2	1.7
VEGGIE STICKS WITH DIP	128	31	0.3	0.0	4.2	4.1	2.4	0.1
CHRISTMAS/BOXING DAY KIDS MAINS								
ROAST TURKEY	2718	649	32.6	6.1	50.4	7.2	36.4	1.6
ROAST BEEF	2993	715	42.4	10.6	50.3	7.1	31.3	1.3
ROAST GAMMON	2807	670	38.0	8.6	51.1	7.1	29.3	2.9
CHRISTMAS/BOXING DAY KIDS DESSERTS								
SANTA'S HAT SUNDAE	756	181	9.8	6.6	17.7	14.4	4.9	0.1
FRUIT SALAD	209	50	0.1	0.0	10.8	10.8	0.6	0.0
STRAWBERRY SMASH SUNDAE	523	125	6.9	4.7	13.3	10.7	2.3	0.1

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
PUB BRANDS FESTIVE NGCI MENUS 2023																											
FESTIVE STARTERS																											
TOMATO SOUP						Yes																			No	Yes	
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Herb Dressing (1000060)																										Yes	Yes
Tomato Soup																										Yes	Yes
CHICKEN LIVER & BRANDY PATE						Yes	Yes									Yes										No	No
Onion Confit (10003037)																Yes										No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Chicken Liver & Brandy Pate (10003580)							Yes																			No	No
CLASSIC PRAWN COCKTAIL						Yes	Yes		Yes				Yes													No	No
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Paprika Pepper (48048)																										Yes	Yes
Seafood Sauce (54050)						Yes							Yes													No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																	No	No
Cucumber Cat II (10003878)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
FESTIVE MAINS																											
FESTIVE TURKEY							Yes					Yes				Yes										No	No
Pig In Blanket (10001498)																Yes										No	No
Cooked Sliced Turkey Breast (54112)																										No	No
Peas Grade A (53692)																										Yes	Yes
Brussels Sprouts (10002830)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Honey Glazed Parsnips (10003226)																										No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)												Yes														No	No
Salted Block Butter (10001077)							Yes																			No	Yes
VINA ARROBA TEMPSPANILLO RED (10003308)																Yes										No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - Oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
FESTIVE STACK BURGER WITH CHIPS						Yes	Yes					Yes	Yes			Yes									No	No	
4oz Steak Burger (53533)																										No	No
Cooked Sliced Turkey Breast (54112)																										No	No
Cranberry Sauce (50457)																										Yes	Yes
Mayonnaise Light (54568)						Yes						Yes														No	Yes
Streaky Bacon Smoked Dry Cured (10002410)																										No	No
NGCI Burger Bun (10004004)						Yes																				No	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)												Yes														No	No
Salted Block Butter (10001077)							Yes																			No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)															Yes											No	No
Lettuce Cos (54222)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
80Z RUMP STEAK WITH PEAS ONLY																										No	No
Peas Grade A (53692)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
80z Fresh Rump (10001643)																										No	No
Tomato M (54216)																										Yes	Yes
ADD CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ADD SALAD												Yes				Yes										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes
Tomato M (54216)																										Yes	Yes
UPGRADE TO 80Z SIRLOIN																										No	No
Peas Grade A (53692)																										Yes	Yes
Table Salt (54744)																										Yes	Yes
80z Fresh Sirloin (10001659)																										No	No
Tomato M (54216)																										Yes	Yes
ADD CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
ADD SALAD												Yes				Yes										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Lettuce Cos (54222)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
French Dressing (53514)												Yes				Yes										Yes	Yes
Sweetcorn (10004024)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - Oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
SWEET POTATO & CARAMELISED ONION TART																									Yes	Yes	
Vegan Gravy (10001769)																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
Brussels Sprouts (10002830)																										Yes	Yes
Vegan Tart (10002818)																										Yes	Yes
Stuffing Balls																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
FESTIVE SIDES																											
CAULIFLOWER CHEESE							Yes																			No	Yes
Cauliflower Cheese (10004210)							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
LOADED ROASTIES							Yes					Yes				Yes										No	No
Cooked Sliced Turkey Breast (54112)																										No	No
Cranberry Sauce (50457)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Gravy (10002919)												Yes														No	No
Salted Block Butter (10001077)							Yes																			No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes										No	No
PLANT BASED LOADED ROASTIES																										Yes	Yes
Vegan Gravy (10001769)																										Yes	Yes
Cranberry Sauce (50457)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Potatoes Roast Cut (10003725)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
GRILLED BRUSSELS SPROUTS GRATIN							Yes																			No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Brussels Sprout Gratin							Yes																			No	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
FESTIVE DESSERTS																										
ICE CREAM SUNDAE WITH AFTER EIGHT MINTS					Yes		Yes																		No	Yes
After Eights (10003194)							Yes																		No	Yes
Dairy Aerosol Cream (52672)							Yes																		No	Yes
Mint Sauce After Eight (10002186)																									Yes	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes
Chocolate Sauce NEW (10003676)					Yes																				Yes	Yes
Gold Dust (10004217)					Yes		Yes																		No	Yes
CHOCOLATE ORANGE SUNDAE WITH ORANGE MATCHMAKERS					Yes		Yes																		No	Yes
Dairy Aerosol Cream (52672)							Yes																		No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes
Chocolate Sauce NEW (10003676)					Yes																				Yes	Yes
Orange Dessert Sauce																									No	Yes
Orange Matchmakers (10004142)							Yes																		No	Yes
Gold Dust (10004217)					Yes		Yes																		No	Yes
BANOFFEE CHEESECAKE					Yes	Yes	Yes																		No	Yes
Baked Cheesecake (10004314)						Yes	Yes																		No	Yes
Chocstix (54617)					Yes		Yes																		No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes
Caramel Sauce NEW (10003675)							Yes																		No	Yes
Bananas (10002199)																									Yes	Yes
KIDS FESTIVE STARTERS																										
PIGS IN BLANKETS															Yes										No	No
Pig In Blanket (10001498)															Yes										No	No
Tomato Ketchup (54031)																									Yes	Yes
TORTILLA CHIPS							Yes																		No	Yes
Tortilla Chips (10003312)							Yes																		Yes	Yes
Tomato M (54216)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Cucumber Cat II (10003878)																									Yes	Yes
TORTILLA VEGAN OPTION																									Yes	Yes
Tortilla Chips (10003312)																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
VEGGIE STICKS																										
Carrots Medium (54609)							Yes																		No	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Cucumber Cat II (10003878)																									Yes	Yes
KIDS FESTIVE MAINS																										
FESTIVE TURKEY																										
Vegan Gravy (10001769)															Yes										No	No
Pig In Blanket (10001498)															Yes										Yes	Yes
Cooked Sliced Turkey Breast (54112)																									No	No
Peas Grade A (53692)																									Yes	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
4OZ RUMP STEAK WITH CHIPS																										
8oz Fresh Rump (10001643)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
GRILLED CHICKEN BREAST WITH CHIPS																										
Chicken Breast Fillets (10004052)																									No	No
Chips Skin-On (54547)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
KIDS FESTIVE DESSERTS																										
SANTA'S CHOCOLATE BROWNIE																										
Dairy Aersal Cream (52672)							Yes																		No	Yes
Strawberries (54259)							Yes																		No	Yes
Reduced Sugar Ice Cream Kids (10002011)							Yes																		Yes	Yes
FRUIT SALAD																										
Del Monte Fresh Fruit (52205)																									Yes	Yes
STRAWBERRY SMASH SUNDAE																										
Dairy Aersal Cream (52672)							Yes																		No	Yes
Frozen Strawberry Yogurt (10002481)							Yes																		No	Yes
Meringue Nests (54613)							Yes																		No	Yes
Strawberries (54259)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
KIDS FESTIVE SIDES																											
VEGGIE STICKS																										Yes	Yes
Carrots Medium (54609)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
BAKED BEANS																										Yes	Yes
Baked Beans In Tomato Sauce (10001944)																										Yes	Yes
PEAS																										Yes	Yes
Peas Grade A (53692)																										Yes	Yes
2 MINI CORN ON THE COBBS																										Yes	Yes
Corn On Cob Bites (10002478)																										Yes	Yes
SKIN-ON CHIPS																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
MASH POTATO							Yes																			No	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Mash Potato (51094)							Yes																			No	Yes
MINI JACKET POTATOES																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes
CHRISTMAS/BOXING DAY STARTERS																											
TOMATO SOUP						Yes																				No	Yes
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Herb Dressing (1000060)																										Yes	Yes
Tomato Soup																										Yes	Yes
Cherry Tomatoes (10000328)																										Yes	Yes
CHICKEN LIVER & BRANDY PATE						Yes	Yes									Yes										No	No
Onion Confit (10003037)																Yes										No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Chicken Liver & Brandy Pate (10003580)							Yes																			No	No
CLASSIC PRAWN COCKTAIL						Yes	Yes		Yes				Yes													No	No
Gluten Free Bread Slice (54731)						Yes																				No	Yes
Paprika Pepper (48048)																										Yes	Yes
Seafood Sauce (54050)						Yes						Yes														No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
Warm Water Prawn 91-110 (10002189)									Yes																	No	No
Cucumber Cat II (10003878)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
Lettuce Cos (54222)																										Yes	Yes
Tomato M (54216)																										Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - Oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CHRISTMAS/BOXING DAY MAINS																										
TURKEY							Yes					Yes				Yes									No	No
Pig In Blanket (10001498)																Yes									No	No
Cooked Sliced Turkey Breast (54112)																Yes									No	No
Peas Grade A (53692)																									Yes	Yes
Brussels Sprouts (10002830)																									Yes	Yes
Stuffing Balls																									Yes	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Gravy (10002919)												Yes													No	No
Salted Block Butter (10001077)							Yes																		No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes									No	No
ROAST BEEF							Yes					Yes				Yes									No	No
Pig In Blanket (10001498)																Yes									No	No
Peas Grade A (53692)																									Yes	Yes
Beef Topside Joint Frozen NI																									No	No
Brussels Sprouts (10002830)																									Yes	Yes
Stuffing Balls																									Yes	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Gravy (10002919)												Yes													No	No
Salted Block Butter (10001077)							Yes																		No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes									No	No
ROAST GAMMON							Yes					Yes				Yes									No	No
Pig In Blanket (10001498)																Yes									No	No
Gammon Joint (10002566)																Yes									No	No
Peas Grade A (53692)																									Yes	Yes
Brussels Sprouts (10002830)																									Yes	Yes
Stuffing Balls																									Yes	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Carrots Medium (54609)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Gravy (10002919)												Yes													No	No
Salted Block Butter (10001077)							Yes																		No	Yes
VINA ARROBA TEMPRANILLO RED (10003308)																Yes									No	No

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - Oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
TRIO OF MEATS																											
Pig In Blanket (10001498)						Yes						Yes			Yes										No	No	
Cooked Sliced Turkey Breast (54112)																										No	No
Gammon Joint (10002566)																										No	No
Peas Grade A (53692)																									Yes	Yes	
Beef Topside Joint Frozen NI																									No	No	
Brussels Sprouts (10002830)																									Yes	Yes	
Stuffing Balls																									Yes	Yes	
Honey Glazed Parsnips (10003226)																									No	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Potatoes Roast Cut (10003725)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Carrots Medium (54609)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)												Yes													Yes	Yes	
Gravy (10002919)												Yes													No	No	
Salted Block Butter (10001077)						Yes																			No	Yes	
VINA ARROBA TEMPRANILLO RED (10003308)															Yes										No	No	
SWEET POTATO & CAMELISED ONION TART																											
Vegan Gravy (10001769)																									Yes	Yes	
Peas Grade A (53692)																									Yes	Yes	
Brussels Sprouts (10002830)																									Yes	Yes	
Vegan Tart (10002818)																									Yes	Yes	
Stuffing Balls																									Yes	Yes	
Potatoes Roast Cut (10003725)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Carrots Medium (54609)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
CHRISTMAS/BOXING DAY SIDES																											
CAULIFLOWER CHEESE																											
Cauliflower Cheese (10004210)						Yes																			No	Yes	
Mozzarella/Mildcheddar Mix (54491)						Yes																			No	Yes	
LOADED ROASTIES																											
Cooked Sliced Turkey Breast (54112)						Yes					Yes				Yes										No	No	
Cranberry Sauce (50457)																									Yes	Yes	
Fresh Herbs Parsley (54241)																									Yes	Yes	
Potatoes Roast Cut (10003725)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	
Gravy (10002919)												Yes													No	No	
Salted Block Butter (10001077)						Yes																			No	Yes	
VINA ARROBA TEMPRANILLO RED (10003308)															Yes										No	No	
PLANT BASED LOADED ROASTIES																											
Vegan Gravy (10001769)																									Yes	Yes	
Cranberry Sauce (50457)																									Yes	Yes	
Fresh Herbs Parsley (54241)																									Yes	Yes	
Potatoes Roast Cut (10003725)																									Yes	Yes	
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes	

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
GRILLED BRUSSELS SPROUTS GRATIN																										
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Brussels Sprout Gratin							Yes																		No	Yes
CHRISTMAS/BOXING DAY DESSERTS																										
ICE CREAM SUNDAE WITH AFTER EIGHT MINTS																										
After Eights (10003194)					Yes		Yes																		No	Yes
Dairy Aerosal Cream (52672)							Yes																		No	Yes
Mint Sauce After Eight (10002186)																									Yes	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes
Chocolate Sauce NEW (10003676)					Yes																				Yes	Yes
Gold Dust (10004217)					Yes		Yes																		No	Yes
CHOCOLATE ORANGE SUNDAE WITH ORANGE MATCHMAKERS																										
Dairy Aerosal Cream (52672)							Yes																		No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes
Chocolate Sauce NEW (10003676)					Yes																				Yes	Yes
Orange Dessert Sauce																									No	Yes
Orange Matchmakers (10004142)							Yes																		No	Yes
Gold Dust (10004217)					Yes		Yes																		No	Yes
BANOFFEE CHEESECAKE																										
Baked Cheesecake (10004314)					Yes	Yes	Yes																		No	Yes
Chocstix (54617)					Yes		Yes																		No	Yes
Vanilla Dairy Ice Cream (10003957)							Yes																		No	Yes
Caramel Sauce NEW (10003675)							Yes																		No	Yes
Bananas (10002199)																									Yes	Yes
CHRISTMAS/BOXING DAY KIDS STARTERS																										
PIGS IN BLANKETS																										
Pig In Blanket (10001498)															Yes										No	No
Tomato Ketchup (54031)															Yes										Yes	Yes
VEGGIE STICKS																										
Carrots Medium (54609)							Yes																		No	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
Fresh Herbs Mint (54242)																									Yes	Yes
Greek Yoghurt (53510)							Yes																		No	Yes
Cucumber Cat II (10003878)																									Yes	Yes

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - Oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
CHRISTMAS/BOXING DAY KIDS MAINS																										
TURKEY																Yes									No	No
Vegan Gravy (10001769)																									Yes	Yes
Pig In Blanket (10001498)																Yes									No	No
Cooked Sliced Turkey Breast (54112)																									No	No
Peas Grade A (53692)																									Yes	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ROAST BEEF																Yes									No	No
Vegan Gravy (10001769)																									Yes	Yes
Pig In Blanket (10001498)																Yes									No	No
Peas Grade A (53692)																									Yes	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
ROAST GAMMON																Yes									No	No
Vegan Gravy (10001769)																									Yes	Yes
Pig In Blanket (10001498)																Yes									No	No
Gammon Joint (10002566)																									No	No
Peas Grade A (53692)																									Yes	Yes
Honey Glazed Parsnips (10003226)																									No	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Potatoes Roast Cut (10003725)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
CHRISTMAS/BOXING DAY KIDS DESSERTS																										
SANTA'S HAT SUNDAE								Yes																	No	Yes
Dairy Aersal Cream (52672)								Yes																	No	Yes
Strawberries (54259)																									Yes	Yes
Reduced Sugar Ice Cream Kids (10002011)								Yes																	No	Yes
FRUIT SALAD																									Yes	Yes
Del Monte Fresh Fruit (52205)																									Yes	Yes
STRAWBERRY SMASH SUNDAE						Yes	Yes																		No	Yes
Dairy Aersal Cream (52672)																									No	Yes
Frozen Strawberry Yogurt (10002481)																									No	Yes
Meringue Nests (54613)						Yes																			No	Yes
Strawberries (54259)																									Yes	Yes
AFTER EIGHT CHOCOLATES							Yes																		No	Yes
After Eights (10003194)							Yes																		No	Yes