

## 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								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>PUB BRANDS MEETING ROOMS MENU APRIL 2023</b>								
<b>SANDWICHES</b>								
GRILLED CHICKEN MAYO SANDWICH per triangle	382	91	3.4	0.9	8.9	0.7	5.8	0.4
CHEESE & TOMATO SANDWICH per triangle	370	88	4.1	2.4	8.8	0.9	3.6	0.3
PRAWN COCKTAIL SANDWICH per triangle	300	72	2.2	0.8	9.1	1.0	3.3	0.3
BLT SANDWICH per triangle	376	90	3.8	1.3	9.2	1.1	4.2	0.6
EGG MAYO SANDWICH per triangle	306	73	2.9	1.0	8.7	0.6	2.6	0.2
HAM & TOMATO SANDWICH per triangle	311	74	2.0	0.9	8.9	1.0	4.7	0.4
<b>NIBBLES</b>								
SKIN-ON CHIPS per 100g portion	829	198	8.4	0.7	29.5	0.4	2.6	0.4
BREADED POLLOCK BITES WITH DIP per 3 bites	870	208	11.2	0.8	16.4	1.6	10.3	0.7
BEER-BATTERED ONION RINGS per 3 rings	439	105	5.6	0.5	11.7	1.6	1.4	0.2
SALT & VINEGAR CRISPS per 45g	980	234	13.7	1.1	24.0	2.0	2.7	0.7
SEA SALT CRISPS per 45g	991	237	14.4	1.2	23.2	0.2	2.7	0.6
SMOKY BACON CRISPS per 45g	980	234	13.7	1.1	24.0	2.0	2.7	0.6
CHEESE & ONION CRISPS per 45g	914	218	12.0	0.9	25.2	1.2	2.5	0.5
TORTILLA CRISPS WITH DIP per portion	651	156	7.3	1.5	19.3	0.9	2.2	0.2
CHICKEN WINGS WITH DIP per 2 wings	606	145	7.5	1.8	4.3	2.5	15.0	0.7
CHICKEN GOUJONS WITH DIP per 2 goujons	769	184	9.2	1.1	14.7	2.9	10.4	0.8
HOUSE SALAD per portion	99	24	0.8	0.1	2.7	2.5	0.9	0.0
VEGGIE CAESAR SALAD per portion	267	64	4.3	1.1	3.4	2.0	2.3	0.2
POTATO SALAD per portion	678	162	10.4	0.9	15.0	3.7	1.9	0.7
COLESLAW per portion	418	100	7.5	0.6	6.0	4.3	1.0	0.5
BREADED MUSHROOMS WITH DIP per 3 mushrooms	535	128	5.2	0.6	16.7	3.0	2.9	0.4
NACHOS per portion	837	200	10.9	2.2	21.3	1.7	3.3	0.5
CAULIFLOWER POPCORN WITH DIP per portion	545	130	6.3	0.7	15.7	1.6	2.1	1.1
SAUSAGE ROLLS per piece	815	195	9.7	5.0	16.3	2.0	9.9	0.8
MINI JACKET POTATO per 2 potatoes	677	162	0.6	0.4	33.2	3.9	4.3	0.1
SWEET POTATO AND RED ONION TART per piece	631	151	9.3	2.3	14.6	5.0	2.0	0.4

Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
<b>PIZZA</b>								
MARGHERITA FLATBREAD PIZZA per slice	492	117	4.3	2.0	14.5	0.9	5.0	0.5
PEPPERONI FLATBREAD PIZZA per slice	590	141	6.4	2.6	14.6	0.9	5.9	0.7
SPICY SAUSAGE FLATBREAD PIZZA per slice	565	135	5.4	2.4	15.3	1.1	6.0	0.6
VEG FLATBREAD PIZZA per slice	508	121	4.3	2.0	15.1	1.3	5.2	0.5
GARLIC FLATBREAD PIZZA per slice	486	116	5.8	2.1	13.7	0.2	2.0	0.2
CHEESY GARLIC FLATBREAD PIZZA per slice	649	155	8.7	3.9	13.9	0.2	4.9	0.4
<b>CREATE YOUR OWN FLATBREAD PIZZA</b>								
PIZZA BASE per serving	492	117	4.3	2.0	14.5	0.9	5.0	0.5
STREAKY BACON per serving	58	14	0.9	0.3	0.0	0.0	1.4	0.2
CHICKEN BREAST per serving	22	5	0.1	0.0	0.0	0.0	1.1	0.0
PORK MEATBALLS per serving	68	16	1.2	0.4	0.5	0.1	0.9	0.1
RED ONION per serving	7	2	0.0	0.0	0.3	0.2	0.0	0.0
RED PEPPER per serving	7	2	0.0	0.0	0.2	0.2	0.1	0.0
PINEAPPLE per serving	12	3	0.0	0.0	0.8	0.8	0.0	0.0
MUSHROOMS per serving	3	1	0.0	0.0	0.0	0.0	0.1	0.0
TOMATO per serving	11	3	0.0	0.0	0.4	0.4	0.1	0.0
ROCKET per serving	1	0	0.0	0.0	0.0	0.0	0.0	0.0
RED CHILLI per serving	1	0	0.0	0.0	0.0	0.0	0.0	0.0
PEPPERONI per serving	97	23	2.1	0.6	0.0	0.0	1.0	0.2
HAM per serving	19	4	0.1	0.0	0.0	0.0	0.8	0.1
<b>DESSERTS</b>								
TRIPLE CHOCOLATE BROWNIE per 2 pieces	1091	261	10.0	5.6	37.7	29.7	3.3	0.1
LEMON DRIZZLE CAKE per 2 pieces	1145	273	11.6	1.0	39.1	27.1	2.7	0.9
CHOCOLATE TORTE per 2 pieces	700	167	9.9	5.7	17.0	12.0	1.4	0.2
BLUEBERRY MUFFIN per piece	979	234	10.3	1.1	31.6	16.4	3.2	0.2

Dish/ Ingredient 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?
<b>SANDWICHES</b>																										
<b>Grilled Chicken Mayo Sandwich</b>	Yes		Yes		Yes	Yes	Yes						Yes												No	No
Lettuce Cos (54222)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																				Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Raw Chicken Fillet (10004054)																									No	No
<b>Cheddar Cheese &amp; Tomato Sandwich</b>	Yes		Yes		Yes		Yes																		No	Yes
Cheddar (54446)							Yes																		No	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Tomato M (54216)																									Yes	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																				Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
<b>Prawn Cocktail Sandwich</b>	Yes		Yes		Yes	Yes	Yes		Yes				Yes												No	No
Cracked Black Peppercorns (10003298)																									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Seafood Sauce (54050)						Yes						Yes													No	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																				Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
Warm Water Prawn 91-110 (10002189)								Yes																	No	No
<b>BLT Sandwich</b>	Yes		Yes		Yes	Yes	Yes						Yes												No	No
Lettuce Cos (54222)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
Tomato M (54216)																									Yes	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																				Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes

Dish/ Ingredient 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?	
<b>Egg Mayo Sandwich</b>	Yes		Yes		Yes	Yes	Yes						Yes												No	Yes	
Cracked Black Peppercorns (10003298)																										Yes	Yes
Cucumber Cat II (10003878)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																							Yes	Yes
Mayonnaise Light (54568)						Yes							Yes													No	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																					Yes	Yes
Cage Free Med Barn Eggs (10001067)						Yes																				No	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
<b>Ham &amp; Tomato Sandwich</b>	Yes		Yes		Yes		Yes																			No	No
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																							Yes	Yes
Ham Sliced																										No	No
Tomato M (54216)																										Yes	Yes
White Sandwich Tin Bread (51367)	Yes				Yes																					Yes	Yes
Salted Block Butter (10001077)							Yes																			No	Yes
<b>NIBBLES</b>																											
<b>Skin-on Chips</b>																										Yes	Yes
Chips Skin-On (54547)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>Breaded Pollock Bites with tartare sauce</b>	Yes					Yes		Yes					Yes													No	No
Tartare Sauce (10002833)						Yes							Yes													No	Yes
Pollock Nuggets 25g (10001991)	Yes							Yes																		No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Lemons (54602, 54722)																										No	Yes
<b>Beer-Battered Onion Rings</b>	Yes		Yes																							No	No
Beer Battered Onion Rings (10001075)	Yes		Yes																							Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>Salt &amp; Vinegar Crisps</b>																										No	Yes
Walkers Salt & Vinegar Crisps 45g (10002504)																										No	Yes
<b>Sea Salt Crisps</b>																										No	Yes
Walkers Salted Crisps 45g (10002519)																										No	Yes
<b>Smoky Bacon Crisps</b>							Yes																			No	Yes
Walkers Smoky Bacon 45g (10002542)							Yes																			No	Yes

Dish/ Ingredient 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?
<b>Cheese &amp; Onion Crisps</b>																									No	Yes
Walkers Cheese & Onion 45g (10002543)																									No	Yes
<b>Tortilla Crisps With reduced fat sour cream</b>							Yes																		No	Yes
Soured Cream Reduced Fat (51047)							Yes																		No	Yes
Tortilla Chips (10003312)																									Yes	Yes
<b>Chicken Wings with BBQ Sauce for dipping</b>																									No	No
BBQ Sauce (10003666)																									Yes	Yes
Single Joint Chicken Wing (10004051)																									No	No
Onions Spring Bunch (54250)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
<b>Chicken Goujons with BBQ Sauce</b>	Yes																								No	No
BBQ Sauce (10003666)																									Yes	Yes
Chicken Goujons (10003970)	Yes																								No	No
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
<b>House Salad</b>												Yes				Yes									Yes	Yes
Cucumber Cat II (10003878)																									Yes	Yes
French Dressing (53514)												Yes				Yes									Yes	Yes
Lettuce Cos (54222)																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
<b>Veggie Caesar Salad</b>	Yes		Yes			Yes	Yes						Yes												No	Yes
Caesar Dressing Red Cal (54032)						Yes	Yes						Yes												No	Yes
Lettuce Cos (54222)																									Yes	Yes
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
Tomato M (54216)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
<b>Potato Salad</b>						Yes							Yes												No	Yes
Fresh Herbs Parsley (54241)																									Yes	Yes
Lemons (54602, 54722)																									No	Yes
Mayonnaise Light (54568)						Yes							Yes												No	Yes
Onions Spring Bunch (54250)																									Yes	Yes
Potato Mid (54227, 54255)																									Yes	Yes

Dish/ Ingredient 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?	
<b>Coleslaw</b>					Yes								Yes												No	Yes	
Coleslaw Mix (10004058)																										Yes	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
Mayonnaise Light (54568)					Yes								Yes													No	Yes
<b>Garlic and Herb Breaded Mushrooms With BBQ sauce</b>	Yes																									No	No
BBQ Sauce (10003666)																										Yes	Yes
Garlic & Herb Breaded Mushroom (10002629)	Yes																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
<b>Nachos</b>							Yes																			No	Yes
Nacho Cheese Sauce (10001897)							Yes																			No	Yes
Chillies Red (54235)																										Yes	Yes
Fresh Herbs Coriander (54239)																										Yes	Yes
Onions Spring Bunch (54250)																										Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Tortilla Chips (10003312)																										Yes	Yes
<b>Cauliflower Popcorn With Piri Piri dipping sauce</b>	Yes															Yes										Yes	Yes
Battered Cauliflower Wings (10001910)	Yes																									Yes	Yes
Piri Piri Sauce (53253)																Yes										Yes	Yes
<b>Sausage Rolls</b>	Yes					Yes	Yes																			No	No
Sausage Roll	Yes					Yes	Yes																			No	No
<b>Mini Jacket Potato</b>							Yes																			No	Yes
Cracked Black Peppercorns (10003298)																										Yes	Yes
Potato Mid (54227, 54255)																										Yes	Yes
Soured Cream Reduced Fat (51047)							Yes																			No	Yes
Fresh Herbs Parsley (54241)																										Yes	Yes
<b>Sweet Potato and Caramelised Red Onion Tart</b>																										Yes	Yes
Vegan Tart (10002818)																										Yes	Yes
Rocket Leaf (54258)																										Yes	Yes



Dish/ Ingredient 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?	
<b>PIZZA</b>																											
<b>MARGHERITA FLATBREAD PIZZA</b>	Yes						Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
<b>PEPPERONI FLATBREAD PIZZA</b>	Yes						Yes																			No	No
Sliced Pepperoni (49056)																										No	No
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
Rocket Leaf (54258)																										Yes	Yes
<b>SPICY SAUSAGE FLATBREAD PIZZA</b>	Yes						Yes									Yes										No	No
PI Breakfast Pork Sausage (10001400)	Yes															Yes										No	No
Rocket Leaf (54258)																										Yes	Yes
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
Chillies Red (54235)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
<b>VEG FLATBREAD PIZZA</b>	Yes						Yes																			No	Yes
Rocket Leaf (54258)																										Yes	Yes
Tomato Pizza Topping (52636)																										Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
Mushroom Cup (54218)																										Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																										Yes	Yes
Onions Red (10002596)																										Yes	Yes
Pepper Red (54226, 10000329)																										Yes	Yes
<b>GARLIC FLATBREAD PIZZA</b>	Yes						Yes																			No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																			No	Yes
Vegan Flatbread (10003953)	Yes																									Yes	Yes
Rocket Leaf (54258)																										Yes	Yes

Dish/ Ingredient 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?
<b>CHEESY GARLIC FLATBREAD PIZZA</b>	Yes						Yes																		No	Yes
Garlic & Parsley Butter Blend (48641)							Yes																		No	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
<b>CREATE YOUR OWN FLATBREAD PIZZA</b>																										
<b>Pizza base</b>	Yes						Yes																		No	Yes
Tomato Pizza Topping (52636)																									Yes	Yes
Mozzarella/Mildcheddar Mix (54491)							Yes																		No	Yes
Vegan Flatbread (10003953)	Yes																								Yes	Yes
<b>Streaky Bacon</b>																									No	No
Streaky Bacon Smoked Dry Cured (10002410)																									No	No
<b>Chicken Breast</b>																									No	No
Chicken Breast Fillets (10004052)																									No	No
<b>Pork Meatballs</b>	Yes															Yes									No	No
PI Breakfast Pork Sausage (10001400)	Yes															Yes									No	No
<b>Red Onion</b>																									Yes	Yes
Onions Red (10002596)																									Yes	Yes
<b>Red Pepper</b>																									Yes	Yes
Pepper Red (54226, 10000329)																									Yes	Yes
<b>Pineapple</b>																									Yes	Yes
Sliced Pineapple In Juice (10003876)																									Yes	Yes
<b>Mushrooms</b>																									Yes	Yes
Mushroom Cup (54218)																									Yes	Yes
Rapeseed Oil 100 Abv 2X10L (10002276)																									Yes	Yes
<b>Tomato</b>																									Yes	Yes
Tomato M (54216)																									Yes	Yes

Dish/ Ingredient 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?
<b>Rocket</b>																									Yes	Yes
Rocket Leaf (54258)																									Yes	Yes
<b>Red Chilli</b>																									Yes	Yes
Chillies Red (54235)																									Yes	Yes
<b>Pepperoni</b>																									No	No
Sliced Pepperoni (49056)																									No	No
<b>Ham</b>																									No	No
Ham Sliced																									No	No
<b>DESSERTS</b>																										
<b>Triple Chocolate Brownie</b>	Yes				Yes	Yes	Yes																		No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																		No	Yes
<b>Lemon Drizzle Cake</b>	Yes					Yes	Yes																		No	Yes
Mini Lemon Drizzle Cake (10004003)	Yes					Yes	Yes																		No	Yes
<b>Chocolate Torte</b>	Yes																								Yes	Yes
Vegan Chocolate Torte (10003126)	Yes																								Yes	Yes
<b>Blueberry Muffin</b>	Yes					Yes	Yes																		No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																		No	Yes