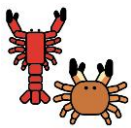
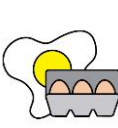
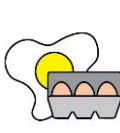
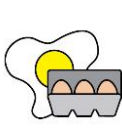
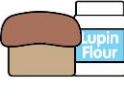


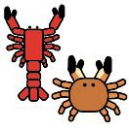
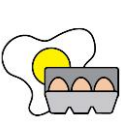
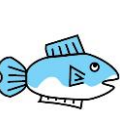
GRAB & GO MENU ALLERGEN INFORMATION (November 2025)

[illegible]

GRAB & GO														
M/C - May Contain	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Filled Paninis														
Cheese Panini		✓					✓					M/C		
Cheese & Ham Panini		✓					✓					M/C		
Tuna Melt Panini		✓		✓	✓		✓		✓			M/C		
Filled Toasties														
Cheese Toastie		✓					✓						✓	
Cheese & Ham Toastie		✓					✓						✓	
Tuna Melt Toastie		✓			✓		✓						✓	
Cheese & Bean Toastie		✓					✓						✓	

GRAB & GO														
M/C - May Contain	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pasta Bowls														
Marinara Pasta Bowl	M/C	✓		M/C			✓		M/C					
Americana Pasta Bowl	M/C	✓		M/C			✓		M/C					
Creamy Tom & Spinach Pasta Bowl	M/C	✓		M/C			✓		M/C					
Pomodora Pasta Bowl	M/C	✓		M/C			✓		M/C					
Macaroni Cheese Bowl		✓					✓		✓					
Homemade Pizza Slices														
Margarita Pizza Slice	M/C	✓		M/C			✓		M/C					
BBQ Chicken Pizza Slice		✓					✓							

GRAB & GO														
M/C - May Contain	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Teriyaki Chicken Noodle Bowl		✓		✓										
BBQ Chicken Noodle Bowl		✓		✓										
Chicken Wraps														
Tikka Chicken		✓												
Sweet Chilli Chicken		✓												
Piri Piri Chicken		✓												
Teriyaki Chicken		✓												
BBQ Chicken		✓												
Jacket Fillings														
Baked Beans														
Cheese							✓							

Grab & Go														
M/C - May Contain	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Mayo				✓	✓				✓					
Super Salad Bowls														
Chicken														
Egg				✓										
Buttermilk Quorn		✓		✓			✓							
Cheese							✓							
Tuna				✓	✓				✓					
Ham														

Review date:

Reviewed by: