GRAB & GO MENU ALLERGEN INFORMATION (November 2025)

GRAB & GO					D.	upin Flour	Milk		MUSTARD			SISAME OIL		Beer
M/C - May Contain	Celery	Cereals containing gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Daily Dish														
Breakfast Cob/Wrap		✓		(with egg)								M/C		
Roast Beef Cob		✓										M/C		
Gammon & Stuffing Cob	M/C	√					M/C					M/C		
Turkey & Stuffing Cob	M/C	√					M/C					M/C		
Loaded Nachos		✓					√							
Veggie Chilli Loaded Nachos		✓					√						√	
Fish Finger Sandwich		✓		✓	✓				✓					
Bang Bang Chicken Cob		√					√					M/C		

GRAB & GO					D.	Jupin Flour	Milk		MUSTARD			SISAME		Beer
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					D.S.	Lupin Flour	Milk		MUSTARD			SILMA		Beer
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					Do.	Lupin Flour	Milk		MUSTARD			SSEAMOR		WNE
M/C - May Contain	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Rice Bowl														
Tikka Chicken Rice Bowl														
Sweet Chilli Chicken Rice Bowl														
Piri Piri Chicken Rice Bowl														
Teriyaki Chicken Rice Bowl														
BBQ Chicken Rice Bowl														
Chicken Noodle Bowl														
Tikka Chicken Noodle Bowl		√		✓										
Sweet Chilli Chicken Noodle Bowl		√		√										
Piri Piri Chicken Noodle Bowl		√		√										

GRAB & GO						Lupin Flour	Milk		MUSTARD			SSAMO		Beer
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						upin Flour	Milk		MUSTARD			Sisan		Beer WNE
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:

