

Dear Customer

Welcome to our Allergen Guide. We have produced this guide to assist you in making your decision of the food we have on offer, with regards to allergens. It highlights which allergens are contained in the ingredients and dishes.

Our menu is refreshed on a frequent basis and may vary by location. Please ensure you check the matrix every time you visit to ensure you have the latest allergen information.

How to use: find your dish and on the same row information on contains (Y) and may contain (M) will be displayed.

Due to our food being prepared in a café kitchen environment and using shared equipment there is a high risk of cross contamination.

Every care has been taken to minimise cross contamination however we cannot guarantee that our food is free from any allergens.

Products suitable for vegans may not be suitable for people with allergies.

Please remember that within The Café kitchen and drinks preparation area we use products containing;

- | | | |
|---|--|------------------------------------|
| • Cereals containing Gluten
<i>(Wheat, Rye, Barley, Oats)</i> | • Soya | • Mustard |
| • Crustaceans | • Milk | • Sesame |
| • Eggs | • Nuts (Almonds, Hazelnut, Walnut, Cashew Nut, Pecan Nut, Brazil Nuts, Pistachio, Macadamia Nuts) | • Sulphur Dioxide/Sulphites |
| • Fish | • Celery | • Lupin |
| • Peanuts | | • Molluscs |

Please note colleagues cannot amend dishes or ingredients to cater for individual allergen requirements.

Hopefully this information will help you to be more informed in your food and drink selection. Colleagues can assist with how to use this document but the final decision will always need to be made by yourself, the customer.

Hot Food To Go – Meal Deal



For Blackpool, Lakeside, Hatfield & Coventry Arena Only:

kcal are declared per serving. Adults need around 2000 kcal per day

Y = Product/dish contains relevant allergen.

M = This allergen may be present in the product/dish because there is high risk of cross contamination from the factory as highlighted by our suppliers.

Every care has been taken to minimise cross contamination of ingredients. If you have any questions please ask a team member.

Please note colleagues cannot amend dishes or ingredients to cater for individual allergen requirements. If an ingredient can be removed from a dish, we cannot guarantee it is allergen free.

If gluten-free bread is selected as a swap, we cannot guarantee that the whole dish is free from gluten.

Due to our food and drink being prepared in a kitchen environment and using shared equipment we cannot guarantee that any of our food or drink is free from allergens. Products suitable for vegans may not be suitable for people with allergies.

Hot Food To Go - Meal Deal	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Bacon Bap	565 kcal	Y	Y	M	M	M		M		M	M	Y	M											M			
Pork Sausage Bap	621 kcal	Y	Y	M	M	M		M		M	M	Y	M											M	Y		
Sausage Roll	616 kcal	Y	Y		M	M		M			M	M										M	M		Y		
Three Cheese & Onion Roll	494 kcal	Y	Y		M	M		Y			Y	Y										M	Y		Y		
Steak Slice	504 kcal	Y	Y		Y	M		M			M	M										M	M		M		
Creamy Chicken & Mushroom Slice	459 kcal	Y	Y		M	M		M			M	Y										M	M		M		
Sausage & Cheesy Bean Slice	453 kcal	Y	Y		M	M		Y			M	Y										M	M		M		
Bacon & Cheddar Pastry	442 kcal	Y	Y		M	M		M			M	Y										M	M		M		
Buttermilk Chicken Tenders	470 kcal	Y	Y	M	Y	M	M	M	M	M	M	Y	M									M	M	M			
Mini Hash Browns	375 kcal	M	M	M	M	M	M	M	M	M	M	M	M									M	M	M			
Spiced Potato Wedges	409 kcal	Y	Y	M	M	M	M	M	M	M	M	M	M									M	M	M			