

# Staff Restaurant Menu - Ingredients & Allergen Information

Date: 24/07/2023



Title	Simple Allergens	Ingredients
BLT		Unsmoked Bacon [Pork (87%), Water, Salt, Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate).&nbsp;], Tomatoes [Tomatoes], Iceberg Lettuce [Lettuce Iceberg]
Cheese	Allergens: Milk.	Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)]
Cheese and Ham	Allergens: Milk.	British Sliced Ham [Ingredients:Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)]
Cheese and Onion	Allergens: Milk.	Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)], Red Onions [Red Onion]
Cheese and Tomato	Allergens: Milk.	Tomatoes [Tomatoes], Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk), Contains Colour ( Annatto Norbixin)]
Cheese Savoury	Allergens: Eggs, Milk, Mustard.	Mature Coloured Cheddar Cheese [Cheddar <b>Cheese</b> &nbsp;(Milk) (Colour: Annatto Norbixin)], Tomatoes [Tomatoes], Onions [Onions White], Cucumber [Cucumber], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Cheese Scone	Allergens: Eggs, Gluten, Milk, Wheat.	La Boulangerie Cheese Scone Pucks (100%) (1g <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Cheese (19%)(Milk, Salt, Rennet, Starter Culture), Butter (Milk), <b>Egg</b> , Skimmed <b>MILK</b> Powder, Raising Agents(Disodium Diphosphate, Sodium Carbonate), Salt, White Pepper, Preservatives(Potassium Sorbate, Acetic Acid), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids).
Chicken and Bacon Mayonnaise	Allergens: Eggs, Milk, Mustard.	Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;Triphosphates).], Bacon [Pork (87%), Water, Salt, Preservatives(Sodium Nitrite, Potassium Nitrate), Antioxidant(Sodium Ascorbate).], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]
Coronation Chicken	Allergens: Eggs, Milk, Mustard.	Chicken Meat (Diced) [Chicken], Sweetcorn [Sweetcorn, Water.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.], Curry Powder [Coriander,Turmeric (26%),Cumin Powder (8%),Salt(Salt,Anticaking agent(Sodium Ferrocyanide)),Rice Flour,Fenugreek (8%),White Pepper,Chilli Powder,Ginger,Fennel,Paprika,Mace.], Garlic Powder [Garlic powder.]

Title	Simple Allergens	Ingredients
Fruit Scone	Allergens: Eggs, Gluten, Milk, Wheat.	La Boulangerie Sultana Sweet Scone Pucks (100%) (1g) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Sultanas (19%), Water, Butter ( <b>Milk</b> ), Sugar, <b>Egg</b> , Raising Agent(Disodium Diphosphate, Sodium Carbonate), Skimmed <b>Milk</b> Powder, Preservatives(Potassium Sorbate, Acetic Acid), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids).
Ham and Tomato		Tomatoes [Tomatoes], British Sliced Ham [Ingredients:Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).]
Hovis White Bread	Allergens: Soya, Wheat.	Hovis Soft White Medium Sliced Bread (100%) (1g) <b>Wheat</b> Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, <b>Soya</b> Flour, Salt, <b>Wheat</b> Protein, Vegetable Fat (Palm, Rapeseed), Preservative: E282, Emulsifiers: E471, E472e, E481; Flour Treatment Agent: Ascorbic Acid.
Hovis Wholemeal Bread	Allergens: Gluten, Soya, Wheat.	Wholemeal Bread (100%) (1g) Wholemeal ( <b>Wheat</b> ) Flour ( <b>Wheat</b> ), Water, Caramelised Sugar, Yeast, <b>Wheat</b> Protein, <b>Soya</b> Flour, Salt, Preservative: E282, Emulsifiers: E472e, E481; Vegetable Fat (Rapeseed, Palm), Flour Treatment Agent: Ascorbic Acid, <b>Wheat</b> Flour.
Plain Scone	Allergens: Eggs, Gluten, Milk, Wheat.	La Boulangerie Plain Sweet Scone Pucks (100%) (1g) <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Butter ( <b>Milk</b> ), Sugar, <b>Egg</b> , Raising Agents(Disodium Diphosphate, Sodium Carbonate), Skimmed <b>Milk</b> Powder, Preservatives(Potassium Sorbate, Acetic Acid), Emulsifiers(Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids).
Sliced Chicken		Brakes Cooked Sliced British Chicken (RT) [Chicken (80%), Water, Dextrose, Potato Starch, Salt, Stabilisers(Diphosphates,&nbsp;Triphosphates).]
Sliced Ham		British Sliced Ham [Ingredients:Pork, Salt, Dextrose, Glucose, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite).]
Tuna mayonnaise	Allergens: Eggs, Fish, Milk, Mustard.	Tuna (In Brine) [Tuna ( <b>Fish</b> ), Water, Salt.], Light Mayonnaise [Water, rapeseed oil (21%), spirit vinegar, modified maize starch, sugar, salt, pasteurised free range <b>EGG</b> yolk (1.5%), citrus fibre, skimmed <b>MILK</b> powder, natural flavourings (contains <b>MILK, MUSTARD</b> ), thickeners (guar gum, xanthan gum), lemon juice concentrate, <b>MUSTARD</b> flour, antioxidant (calcium disodium EDTA), paprika extract.]