

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds (SS)	Soya	Sulphur Dioxide (SD)
On your table														
Salt														
Pepper														
Brown sauce		gluten												
Tomato sauce	celery													
Semi skimmed milk							milk							
Butter							milk							
Flora														

On the buffet bar														
Weetabix		gluten												
Fruit & Fibre		gluten								nuts	peanut			
Crunchy Nut Cornflakes		gluten								nuts	peanut			
Coco Pops		gluten												
Cornflakes		gluten												
Alpen		gluten					milk			nuts	peanut			
Grape fruit segments														
Prunes														
Dried Fruit										nuts	peanut	SS		SD
Yogurts, all flavours							milk			nuts				
Boddingtons jam & marmalade														
Robertson jam & marmalade														SD
Marmite		gluten												
Nutella (chocolate spread)							milk			nuts	peanut		soya	
Honey														
Peanut butter										nuts	peanut			
Vinegar		gluten												
Mustard		gluten							mustard					

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds (SS)	Soya	Sulphur Dioxide (SD)
Cooked items														
Porridge (made with milk)		trace					milk							
Cooking oil														
Fried egg				eggs										
Scrambled egg (made with milk)				eggs			milk							
Poached egg				eggs										
Bacon														
Gluten free sausage (meat)														SD
Sausage		gluten												SD
Hash brown (oil fried with gluten products)		trace												
Baked beans														
Tomato (grilled / tinned)														
Mushrooms (cooked with butter)							milk							SD
Black pudding		gluten												
Kippers (herring)					fish									
Haddock					fish									
Vegetarian sausages													soya	
Teacake		gluten											soya	
Bagel		gluten												
Cream Cheese							milk							
Smashed avocado														
White & Brown bread / toast / fried		gluten											soya	
Gluten free bread / toast				eggs										

Honesty fridge items

Please ask for assistance or read packet information.

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds (SS)	Soya	Sulphur Dioxide (SD)
Drinks														
Orange juice														
Apple juice														
Tea & fruit infusions														
Coffee (cafetiere & Nescafe & decaf)														
Hot chocolate (Galaxy)		gluten					milk						soya	
Soya milk										trace	trace		soya	

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds (SS)	Soya	Sulphur Dioxide (SD)
Room items														
Tea & Fruit infusions														
Coffee (Nescafe & Decaf)														
Milk portions							milk							
Biscuit		gluten					milk			nuts			soya	

We produce the food in our kitchen, where allergens are handled (including nuts) , we try to keep things separate we cannot guarantee any item is allergen free. Please ask if you have any questions. (Version 04_2023)