

Allergen Checklist



Nibbles	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Garlic butter toast	✓	✓					✓		✓					
Mozzarella Sticks		✓					✓		✓				✓	
Jalapeno Poppers		✓					✓		✓				✓	
Mac & Cheese Bites		✓		✓			✓		✓				✓	
Sauces	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Smokey BBQ (Ve) (GF)	✓								✓					
Sweet (GF)	✓								✓					
Buffalo Hot (GF)							✓							
Habanero X Hot (Ve) (GF)									✓					
Chipotle (GF)				✓					✓					
Garlic Mayo (GF)				✓					✓					
Peri Mayo (GF)				✓					✓					
Blue Cheese (GF)				✓			✓		✓					
Homemade Ranch (GF) (Ve)									✓				✓	✓
Only Plant Based Chipotle									✓					
Only Plant Based Garlic Mayo														✓
Gravy	✓						✓		✓				✓	✓
Chicken	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
On the Bone (GF)	✓								✓					
Thighs (GF)	✓								✓					
Southern Fried Tenders	✓	✓							✓					
Buffalo Wings (GF)				✓			✓		✓					
Smokey Wings (GF)	✓						✓		✓					
Roasts	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mama's Sunday Roast	✓	✓					✓		✓					
Mama's Plant-Based Roast (Ve)	✓	✓							✓				✓	
Sunday Roast Wrap	✓	✓		✓					✓					
PB Sunday Roast Wrap	✓	✓							✓				✓	
Cauli Cheese		✓					✓		✓					
Roast Potatoes (Ve) (GF)														
Classic Sides	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Grilled Halloumi (GF)							✓							
Homemade Slaw (GF)				✓					✓					✓
Spicy Rice (GF) (Ve)	✓												✓	✓
Creamy Mash (GF)							✓							
Skin on Fries (GF)	✓								✓					

Mama's Sides	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sweet Potato Mash (Ve) (GF)									✓					
Waffle Fries		✓							✓					
BBQ Beans (GF)	✓								✓					
Corn on the Cob (GF)							✓							
Sweet Potato Fries (GF)	✓								✓					
Tenderstem Broccoli (Ve) (GF)														
Caesar Salad		✓			✓		✓		✓				✓	✓
Avacado (Ve) (GF)														
Grilled Halloumi (GF)							✓							
Monterey Jack Cheese (GF)							✓							
Crispy Bacon (GF)														
Crispy THIS Isn't Bacon (Ve) (GF)													✓	
Meat-Free	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegan Homemade Slaw (Ve) (GF)	✓													✓
Plant-based Nuggerts (Ve)		✓											✓	
Smokey BBQ Cauli Wings (Ve) (GF)	✓								✓				✓	
Veggie Legend (Ve)		✓							✓					
SF. Plant-Based (Ve)	✓	✓							✓				✓	
Plant Based Original (Ve)		✓							✓				✓	
Pant Based Tex Mex (Ve)		✓							✓				✓	✓
Plant-Based Gravy (Ve) (GF)	✓								✓					✓
C&B Kids	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cornflake Chicken Nuggets		✓		✓			✓		✓				✓	
Mini Chicken Wrap		✓		✓					✓					
Mini Veggie Wrap		✓		✓					✓					
Plant Based Nuggets (Ve)	✓	✓							✓				✓	
Desserts	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Churros		✓					✓			✓				
Chocolate Chip Cookie		✓		✓			✓			✓			✓	
Shakes	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vanilla (GF)							✓							
Chocolate (GF)							✓							
Strawberry (GF)							✓							
Salted Caramel (GF)							✓							
Oreo		✓					✓						✓	