



Catering menu allergen information – lunches and salads

Menus subject to change – please check with staff on the day if there are people with allergies in your group

Dish / foodstuff	Cereals with gluten	Nuts	Peanuts	Fish	Shellfish	Eggs	Milk	Soya beans	Celery	Mustard	Sesame	Sulphites	Lupin
Lunch Option 1 Sandwiches	Gluten free bread available in advance orders												
Cheese, Tomato and Branson Pickle	Wheat, barley M.C oats and spelt						✓					✓	
Egg Mayonnaise with Salad	Wheat, barley M.C oats and spelt					✓	✓					✓	
Ham and Cheese	Wheat, barley M.C oats and spelt						✓			✓			
Falafel and Roast Veg	Wheat M.C barley, oats, spelt											✓	
Tuna Cucumber & Mayo	Wheat, barley M.C oats and spelt			✓		✓	✓					✓	
Crisps	individually labelled												
Lunch Option 2 Wraps and rolls (includes above)	Gluten free bread available in advance orders												
Mozzarella with pumpkin seed pesto and tomatoes	Wheat M.C rye, barley	M.C				M.C	✓	M.C		✓	M.C	✓	
Chicken with sweet potato & mayo	wheat					✓	✓			✓		✓	
Brie strawberry jam	wheat						✓			M.C			

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Hot Meals													
Chicken Curry													
Vegetable Curry													
Lasagne with beef	wheat					M.C	✓	M.C	✓	M.C			
Vegetarian Lasagne	wheat	✓				M.C	✓	M.C	✓	M.C			
Roast Honey Salmon				✓								✓	
Jewelled Rice		M.C	M.C			M.C	M.C	M.C	M.C	M.C	M.C	M.C	
Naan Bread	wheat												
Fresh Salads													
Mixed Leaves with dressing										✓		✓	
Lentil and feta salad							✓					✓	
Pasta salad	wheat						✓					✓	
Potato salad												✓	
Wild Rice Salad												✓	
Soups													
Pumpkin Soup													
Tomatoes and Basil													
Snacks													
Fruit medley													
Biscuits	Individually labelled												
Cakes & Pastries													
Individually labelled	Will contain wheat, milk and eggs – may contain nuts												

Nuts: Almond, hazelnut, walnut, pecan, Brazil, pistachio, cashew, macadamia nuts

Shellfish: Crustaceans and molluscs including prawns, shrimps, crabs

M.C = may contain

Catering menu allergen information – Finger Food

Dish / foodstuff	Cereals with gluten	Nuts	Peanuts	Fish	Shellfish	Eggs	Milk	Soya	Celery	Mustard	Sesame	Sulphites
Finger Food												
Vegetarian												
Roast vegetable skewers												
Falafels and salsa												✓
Goats cheese red onion tart	✓ wheat	✓				✓	✓					✓
Vegetable samosas with yogurt mint sauce	✓ wheat						✓					
Meat												
Chicken bites with sweet chilli sauce	✓ wheat					M.C	M.C	M.C			M.C	✓
Beef Sliders	✓ wheat	✓				✓	✓	✓		✓		
Mini jerk chicken												
Fish and sea food												
Prawn skewers with lemon and coriander					✓							
Haddock fish cake	✓ wheat			✓		✓	✓					
Sweet												
Petit fours	✓ wheat	✓				✓	✓	✓				

Nuts: Almond, hazelnut, walnut, pecan, Brazil, pistachio, cashew, macadamia nuts

Shellfish: Crustaceans and molluscs including prawns, shrimps, crabs

M.C = may contain