Tuna / Cxheese Melt	Salmon	Coronation Chix	Feta / Avocado		Child Chix Goujons	Child Penne Pasta	Child Pizza	Child Cod	Child Sausages	Child Burger		Whitebait	Beef Nachos	Bean Nachos	Pitted Olives	Bread/ Butter	Galic Ciabatta	Garlic Ciabatta + Cheese	Colslaw			Rost Turkey	Roast Beef	Roast Pork	Nut Roast
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1 Celery

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

2 Cereals containing gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

3 Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

4 Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

5 Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

6 Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

7 Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

8 Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews

9 Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

10 Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

11 Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

12 Sesame seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

13 Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

14 Sulphur dioxide (sometimes known as sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

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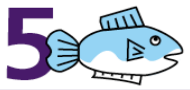

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	Courgette Soup	Pate	Chilli Beef	Avocado Tian	Cheese Tart	Fried Brie		Smashed Avo / Egg	Chix Tag	Bacon Quiche	Haddock Fishcakes	Pad Thai	Chix Supreme	Ceasar Salad	Chicken Burger	Goan Curry	Prawn / Chix Curry	Cod/Chips	Hake	Skate	Pork Belly	Gammon, Egg & Chips	Sausage/ Mash	Lambs Liver	Shank Lamb	
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Vegan 'Fish'	Falafal Burger	Halloumi Burger	Super Salad	Beef Burger	Steak Pie	Ribeye	Fillet		Ice Creams	Sorbets	Cheese	Pecan Pie	Cheese cake	Fondant	Crumble											
				Bun							Optional			Optional	Optional											
	Bun			Bun																						
	Bun			Bun																						
	Bun			Bun																						