

Allergen Report

Generated : 13/11/2025

Menu: Christmas Dinner - Fred



✓ Contains Allergen ? May Contain Allergen ! Missing Allergen Information 🌿 Vegetarian 🥬 Vegan 🌾 Gluten Free 🍽️ Modifier

Main Meals

	Sulphites	
	Mustard	
	Lupin	
	Celery and Celeriac	
	Milk	
	Sesame Seeds	
	Soya and Soya Products	
	Molluscs	
	Crustaceans	
	Fish	
	Eggs	
	Hazelnuts	
	Tree Nuts	
	Almonds	
	Brazil Nuts	
	Cashew Nuts	
	Macadamia Nuts	
	Pecan Nuts	
	Pistachio Nuts	
	Walnuts	
	Other Nuts	
	Peanuts	
	Gluten (Oats)	
	Cereals Containing Gluten	
	Gluten (Rye)	
	Gluten (Wheat)	
	Gluten (Barley)	
Roast Turkey		

Vegetarian Meals

Sulphites	
Mustard	
Lupin	
Celery and Celeriac	
Milk	
Sesame Seeds	
Soya and Soya Products	
Molluscs	
Crustaceans	
Fish	
Eggs	
Hazelnuts	
Tree Nuts	
Almonds	
Brazil Nuts	
Cashew Nuts	
Macadamia Nuts	
Pecan Nuts	
Pistachio Nuts	
Walnuts	
Other Nuts	
Peanuts	
Gluten (Oats)	
Cereals Containing Gluten	>
Gluten (Rye)	
Gluten (Wheat)	>
Gluten (Barley)	>
	Carrot Coriander Lentil Loaf (VG) 

Sides

Sulphites	>					
Mustard						
Lupin						
Celery and Celeriac						
Milk						
Sesame Seeds						
Soya and Soya Products						
Molluscs						
Crustaceans						
Fish						
Eggs						
Hazelnuts						
Tree Nuts						
Almonds						
Brazil Nuts						
Cashew Nuts						
Macadamia Nuts						
Pecan Nuts						
Pistachio Nuts						
Walnuts						
Other Nuts						
Peanuts						
Gluten (Oats)						
Cereals Containing Gluten				>		
Gluten (Rye)						
Gluten (Wheat)				>		
Gluten (Barley)						
	Roast Potatoes (VG) 🌿	Peas (half portion) (VG) 🌿	Carrots (half portion) (VG/GF) 🌿	Brussel Sprouts (half portion) (VG/GF) 🌿	Stuffing (VG) 🌿	Gravy (VG) 🌿

Third Option

Sulphites	
Mustard	
Lupin	
Celery and Celeriac	
Milk	
Sesame Seeds	
Soya and Soya Products	
Molluscs	
Crustaceans	
Fish	
Eggs	
Hazelnuts	
Tree Nuts	
Almonds	
Brazil Nuts	
Cashew Nuts	
Macadamia Nuts	
Pecan Nuts	
Pistachio Nuts	
Walnuts	
Other Nuts	
Peanuts	
Gluten (Oats)	
Cereals Containing Gluten	>
Gluten (Rye)	
Gluten (Wheat)	>
Gluten (Barley)	
Twisty Pasta with Tomato Sauce (VG) 🌿	

Desserts

Sulphites	
Mustard	
Lupin	
Celery and Celeriac	
Milk	>
Sesame Seeds	
Soya and Soya Products	>
Molluscs	
Crustaceans	
Fish	
Eggs	>
Hazelnuts	
Tree Nuts	
Almonds	
Brazil Nuts	
Cashew Nuts	
Macadamia Nuts	
Pecan Nuts	
Pistachio Nuts	
Walnuts	
Other Nuts	
Peanuts	
Gluten (Oats)	>
Cereals Containing Gluten	>
Gluten (Rye)	
Gluten (Wheat)	>
Gluten (Barley)	∞
Christmas Red Velvet Cookies 🌿	