Allergen Matrix

For cereals containing gluten, and nuts, the type of gluten and type of nut needs to be specified.

Dishes	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Grilled Peppered Mackerel Fillet					✓									
Bany Beetroot and Feta Cheese Salad							✓							
Baby Gem Chicken Caesar Salad						✓								
Vine tomatoes & Basil Brushetta						✓								
Cocktial of Seafood Horseradish & Lemon					✓									
Chicken liver pate				✓		✓	✓							
Stuffed Roast Red Peppers														
Swett & Sour Vegetables														
Bell Peppers Cous Cous						✓								
Wellington Mushrooms						✓	✓							
Wellington Mediterranean						✓	✓							
Haloumi							✓							
Brie, Mushroom & Red Onion Strudel						✓	✓							
Penne Pasta with Grilled Choriso						✓								
Herb Roast Breast of Chicken														
Seared Salmon Fillet					✓									
Breast of Chicken														

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Egg Tagliatelle				✓		✓	✓							
Goats Cheese Tartlet				✓		✓	✓							
Succulent Stuffed Lamb														
Supreme of Chicken							✓							
Jollof Rice														
Chicken Beef or Mixed Meat in a Spicy tomato gravy														
Roasted Soft Chicken														
Seasoned Rice														✓
Fried Plantain														
Mixed Salad														
Coleslaw														
Black Forest Gateaux				✓		✓	✓							
Pumpkin & Butternut Squash Soup							✓							
Cream of Mushroom with Chervel Soup							✓							
Cream of AsparagusCarrot & Corriander Soup							✓							
Potatio & Leak Soup							✓							
Crayfish & Prawn Salad					✓									

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