

Well Fed Food Menus may contain allergens – if you have any special dietary requirements please contact us prior to any order being made. If in doubt don't be afraid to ask!!!

All customers requesting allergen information must be informed of the following disclaimers: Our products are made in an environment where GLUTEN, NUTS and SESAME and other ALLERGENIC ingredients are used. We therefore cannot guarantee that products served will not contain traces of these allergens. Although we take great care to avoid cross contamination, our prep kitchen has a wide range of products that may contain a variety of the 14 allergens (under Reg (EU) 1169/2011). Due to the layout of our preparation areas we do not have specific allergen free zones and it is therefore not possible to fully guarantee separation of allergens. Gluten Free Products - only products certified as "Gluten Free" by the manufacturer can be sold as "Gluten Free". If a product is certified Gluten Free this will be noted against the product name with the symbol –

Allergen	Brief description	Will our food contain this item
Celery	Stalks, leaves and seeds and the root called celeriac.	We no longer use the raw salad item but may be a ingredient in some products.
Cereals containing gluten	Found in foods containing flour.	All of our bread, tortillas and cakes contain gluten.? If you have a gluten allergy, please tell us and we will supply gluten free products.
Crustaceans	Crab, lobster, prawn and scampi.	Please tell us if you have an allergy to this group, so that we can exclude these items.
Eggs	Found in cakes, mayonnaise, sauces and pastries.	Please tell us if you have an allergy to this group, so that we can exclude these items from your buffet.
Fish	Fish can be in sauces, relishes, dressings and pastes.	Please tell us if you have an allergy to this group, so that we can exclude these items from your buffet.
Lupin	Can be used in some types of bread and pastries.	Please tell us if you have an allergy to this group, so that we can exclude these items from your buffet.
Milk	A common ingredient in butter, cheese, cream and yogurt.	Please tell us if you have an allergy to this group, so that we can exclude these items from your buffet.
Molluscs	Includes mussels, land snails, squid and whelks.	We do not use this food group.
Mustard	Liquid mustard, mustard powder and mustard seeds. Can be found in some sauces	Please tell us if you have an allergy to this group, so that we can exclude these items from your buffet.

Nuts	Nuts grown on trees.	We can exclude this item from your food, but WE DO NOT OPERATE IN A NUT FREE ENVIRONMENT.
Peanuts	Known as groundnuts often used as an ingredient.	We can exclude this item from your food, but we DO NOT OPERATE IN A PEANUT FREE ENVIRONMENT.
Sesame seeds	Often found in bread, houmous and oils.	Please tell us if you have an allergy to this group, so that we can exclude these items from your buffet.
Soya	Often found in bean curd and is a staple ingredient in oriental food.	We do not use this food group.
Sulphur dioxide (sulphates)	Often used in dried raisins, apricots and prunes (and other items).? If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.	Please tell us if you have an allergy to this group, so that we can exclude these items from your buffet.