**DISHES AND THEIR ALLERGEN CONTENT**

(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Celery | Cereals containing gluten\*\* | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Nuts\* | Peanuts | Sesame seeds | Soya | Sulphur dioxide |
| Chicken Curry |  |  |  |  |  |  |  |  |  |  |  |  | **✓** | **✓** |
| Jerk Chicken |  |  |  |  |  |  |  |  |  |  |  |  | **✓** | **✓** |
| Fried Chicken |  |  |  |  |  |  |  |  |  |  |  |  | **✓** | **✓** |
| Curry Goat |  |  |  |  |  |  |  |  |  |  |  |  | **✓** | **✓** |
| Fried Fish |  |  |  |  | **✓** |  |  |  |  |  |  |  | **✓** |  |
| Akee and Saltfish |  |  |  |  | **✓** |  |  |  |  |  |  |  | **✓** |  |
| Chick Pea Curry |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Oxtail |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** | **✓** |
| Mac and Cheese |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  |  |
| Rich and Peas |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| White Rice |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet potato Fries |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Jerk Fries |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Festival |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Fried Dumplings |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| Roast Yam |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| Stir Fry Mixed Veg | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Green Salad | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |  |

Review date: 26/01/2022 Reviewed by Zaggas Good Food