















# ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
Roasted Beetroot and Chickpea Salad		<b>MC</b> Wheat												

INGREDIENTS: Chickpeas In Water ; Chick Peas Water Antioxidant, Ascorbic Acid. Beetroot ; Beetroot (100%). Carrot ; Carrots. Rapeseed Oil ; Antifoam E900. Flat Leaf Parsley. Mild Chilli Powder ; Paprika Chilli Powder (20%). Ground Cumin.

**Allergen advice** For allergens including Cereals containing Gluten see ingredients in **bold**

May Also Contain Wheat.

## Allergen and Nutrition Advice:

- Ingredients highlighted in bold or annotated with ✓ are allergens that are present in this product
- **MC** = Cross Contamination risk indicating that this ingredient is present in the manufacturing site / factory or supply chain and our suppliers believe there is a significant risk that this allergen could contaminate the food. Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen