






























ALLERGEN CARD

| Recipe | Allergens | | | | | | | | | | | | | |
|--|---|---|---|---|--|---|---|---|---|---|---|---|---|---|
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| | Celery | Cereals With Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Peanuts | Nuts from Trees | Sesame | Soybeans | Sulphur D02/Sulphites |
| TOMATO AND BASIL SOUP (65 kcal,272 kJ) | | | | | | | | | | | | | | |
| Leek And Potato Soup (67 kcal,280 kJ) | | | | | | | | | | | | | | |
| Carrot and Corriander Soup (68 kcal,285 kJ) | | MC 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
- Adults need around 2000 kcal a day


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| Jacket with Baked Beans (274 kcal,1146 kJ) | | | | | | | | | | | | | | |
| Tuna Mayonnaise Jacket Potato (336 kcal,1406 kJ) | | | | ✓ | ✓ | | | | | | | | | |
| Jacket Potato with Cheese (418 kcal,1749 kJ) | | | | | | | ✓ | | | | | | | |
| Jacket Potato with Salmon (370 kcal,1548 kJ) | | | | ✓ | ✓ | | | | | | | | | |

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| Herby Tomato Pasta (415 kcal,1736 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |
| Mac and Cheese (472 kcal,1975 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |
| Arrabiatta Pasta (390 kcal,1632 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |
| Pasta Wholemeal (200 kcal,837 kJ) | | ✓ Wheat | | | | | | | | | | | | |
| Trattoria 14 Margherita Stone Bake Pizza (285 kcal,1192 kJ) | | MC Barley MC Oats MC Rye MC Spelt ✓ Wheat | | MC | | | ✓ | | | | | | | |
| Trattoria Veggie Hot One Stone Bake Pizza (298 kcal,1247 kJ) | | MC Barley MC Oats MC Rye MC Spelt ✓ Wheat | | MC | | | ✓ | | | | | | | |
| Trattoria Hawaiian Stone Bake Pizza (311 kcal,1301 kJ) | | MC Barley MC Oats MC Rye MC Spelt ✓ Wheat | | MC | | | ✓ | | | | | | | |

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| TRATTORIA 14 BBQ CHIX STONE BAKED PIZZA (322 kcal,1347 kJ) | | MC Barley MC Oats MC Rye MC Spelt ✓ Wheat | | MC | | | ✓ | | | | | | | |
| Veggie Meatball Feast Pizza | | MC Barley MC Oats MC Rye MC Spelt ✓ Wheat | | MC | | | ✓ | | | | | | | |
| Cheese and Onion Slice (269 kcal,1125 kJ) | | ✓ Wheat | | | | | ✓ | | | | | | | |
| Cheese and Tomato Sauce Panini (429 kcal,1795 kJ) | | MC Barley MC Oats MC Rye ✓ Wheat | | | | | ✓ | | | | | | | |
| Cheese Panini (394 kcal,1648 kJ) | | MC Barley MC Oats MC Rye ✓ Wheat | | | | | ✓ | | | | | | | |

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- Adults need around 2000 kcal a day