

AW Allergens 25/26

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Swedish Style Meatballs in Gravy With Cranberry Jam, Creamy Mash, Peas & Green Beans SEC - Aspens Services										Y					
HALAL Swedish Style Meatballs in Gravy With Cranberry Jam, Creamy Mash, Peas & Green Beans SEC - Aspens Services										Y					
Summerset Apple, Leek & Bean Stew, Creamy Mash, Peas & Green Beans SEC - Aspens Services										Y				Y	
Char Sui Roast Pork with Chinese Curry Sauce, Steamed Rice, Wok Fried Veggies SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	M	M	M	Y		
HALAL Char Sui Roast Chicken with Chinese Curry Sauce, Steamed Rice, Wok Fried Veggies SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	M	M	M	Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Chinese Style Vegetable Curry, Steamed Rice, Wok Fried Veggies SEC - Aspens Services	M Whe Rye Bar Oat							Y	M	M	M	M			
Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
HALAL Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Veggie Banger Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	
HALAL Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	
Cheese & Onion Burger with Smoky Tomato Relish, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe Bar								Y	Y			Y		
Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat							M	M	Y	M	M			
Selection of Battered Fish, Halal Chip Shop Battered Sausage, Chicken Nuggets, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	
Jacket 50 & Baked Beans HD - Aspens Services															
Jacket 50 & Grated Cheese HD - Aspens Services										Y					
Jacket Potato & Slaw SEC - Aspens Services									Y						
Jacket Potato & Tuna SEC - Aspens Services				Y					Y						
Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
HALAL Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
Peri Crispy Chickpea & Butterbean Pasta Bake, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
Honey Mustard Glazed British Bangers with Roasted Red Onion, Leek Mash, Mushy Peas & Gravy	Y Whe							Y				Y		Y	
HALAL Honey Mustard Glazed British Bangers with Roasted Red Onion, Leek Mash, Mushy Peas & Gravy	Y Whe							Y				Y		Y	
Honey Mustard Glazed Quorn Bangers with Roasted Red Onion, Leek Mash, Mushy Peas & Gravy	Y Whe											Y		Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Slow Roast Garlic & Rosemary Pork + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
HALAL Roast Garlic & Rosemary Chicken + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
"Cauliflower & Broccoli Cheesy Bake , Aspens Ultimate Roasties, Savoy Cabbage SEC - Aspens Services	Y Whe									Y					
Chicken Tikka Balti Curry, Garlic Rice, Roasted Cauliflower, Green Beans SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
HALAL Chicken Tikka Balti Curry, Garlic Rice, Roasted Cauliflower, Green Beans SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Butternut Tomato Chilli Masala, Garlic Rice, Roasted Cauliflower, Green Beans SEC - Aspens Services										Y					
Jacket Potato & Cheese SEC - Aspens Services										Y					
Jacket Potato & Beans SEC - Aspens Services															
Minced Beef Hotpot Topped with Root Veg & Potatoes, Savoy & Peas SEC - Aspens Services	Y Whe Bar														
HALAL Minced Beef Hotpot Topped with Root Veg & Potatoes, Savoy & Peas SEC - Aspens Services	Y Whe Bar														
Lentil, Onion & Root Veg Hotpot, Savoy & Peas SEC - Aspens Services	Y Whe Bar														
Smothered BBQ Chicken & Cheese Melt, Cajun Rice & Roasted Mediterranean Vegetables SEC - Aspens Services										Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
HALAL Smothered BBQ Chicken & Cheese Melt, Cajun Rice & Roasted Mediterranean Vegetables SEC - Aspens Services										Y					
Cajun Spiced Bean Burger, Cajun Rice & Roasted Mediterranean Vegetables SEC - Aspens Services	Y Whe Bar Oat												M		
Maple Glazed Gammon, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
HALAL Maple Glazed Chicken, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
Honey Carrot & Apple Wellington, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services	Y Whe								Y	Y					
Slow Braised Pork & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					
HALAL Slow Braised Chicken & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					
Spinach, Cream Cheese & Roasted Vegetable Lasagne, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					

* Allergens marked with 'M' may contain that allergen.

 Yes
  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

MMB

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Cheesy Garlic Focaccia MMB - Aspens Services	Y Whe							Y	M	Y					
Cheesy Tomato Focaccia MMB - Aspens Services	Y Whe							Y	M	Y					
Cinnamon Popcorn MMB - Aspens Services															
Classic Cinnamon Swirl Bun MMB - Aspens Services	Y Whe							Y	M	Y					
Coco Cinnamon Swirl Bun MMB - Aspens Services	Y Whe							Y	M	Y					
Double Wedge Cajun MMB - Aspens Services															
Double Wedge Garlic & Herb MMB - Aspens Services															
Garlic Slice MMB (Tugo Large Dough Puck Base) - Aspens Services	Y Whe Rye Bar Oat							M		M					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Lemon Cinnamon Swirl Bun MMB - Aspens Services	Y Whe							Y	M	Y				Y	
Pepperoni Focaccia MMB - Aspens Services	Y Whe							Y	M	Y					
Pesto Focaccia MMB - Aspens Services	Y Whe							Y	M	Y					
Homemade Waffle & Syrup MMB - Aspens Services	Y Whe Bar								Y	Y					
MMB Mexican Bean Nachos - Aspens Services								M		Y					
MMB Pizza Nachos - Aspens Services								M		Y					
Tortilla Pizza Pocket Tomato Cheese MMB - Aspens Services	Y Whe									Y					
8oz Hot Pasta Pot - Pesto Penne - Aspens Services	Y Whe									Y					
8oz Italian Tomato Basil Rice Pot MMB - Aspens Services															
8oz Penne Arrabiata Penne 8oz MMB - Aspens Services	Y Whe Bar														
8oz Pesto Penne MMB - Aspens Services	Y Whe									Y					
8oz Smokey Mexican Rice Pot MMB - Aspens Services															
8oz Spanish Rice Pot MMB - Aspens Services															
8oz Spicy Chicken Penne MMB - Aspens Services	Y Whe Bar														

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Chilli Cheese Naan MMB - Aspens Services	Y Whe									Y					
Homemade Sausage Roll MMB (using Theos 8's) - Aspens Services	Y Whe							Y	Y					Y	
Loaded Wedges with BBQ Sauce, Cheese & Jalapenos MMB - Aspens Services										Y					
Loaded Wedges, Crispy Onion Bits with BBQ Sauce & Cheese MMB - Aspens Services	Y Whe									Y					
Tikka Cheese Naan MMB - Aspens Services	Y Whe									Y					
Tortilla Pizza Pocket Pepperoni HALAL MMB - Aspens Services	Y Whe							Y		Y		Y			
Tortilla Pizza Pocket Pepperoni MMB - Aspens Services	Y Whe									Y					
Cantaloupe Wedge MMB - Aspens Services															
Easiyo Yoghurt (130ml) 7oz - Aspens Services								Y		Y					
Easiyo Yoghurt (100ml) 5oz - Aspens Services								Y		Y					
Mango Easiyo Yoghurt (130ml) 7oz - Aspens Services								Y		Y					
Mango Easiyo Yoghurt (100ml) 5oz - Aspens Services								Y		Y					
Passionfruit Easiyo Yoghurt (130ml) 7oz - Aspens Services								Y		Y					
Passionfruit Easiyo Yoghurt (100ml) 5oz - Aspens Services								Y		Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Pineapple Wedge/Finger MMB - Aspens Services															
Raspberry Easiyo Yoghurt (130ml) 7oz - Aspens Services								Y		Y					
Raspberry Easiyo Yoghurt (100ml) 5oz - Aspens Services								Y		Y					
Strawberry Easiyo Yoghurt (130ml) 7oz - Aspens Services								Y		Y					
Strawberry Easiyo Yoghurt (100ml) 5oz - Aspens Services								Y		Y					
Watermelon Wedge (Skin On) SEC - Aspens Services															
Carrot Cake Aspens! - Aspens Services	Y Whe Bar Oat								Y	M					
Chocolate Banana Cake SEC - Aspens Services	Y Whe Bar Oat							Y	Y	Y				Y	
Granola Bars SEC - Aspens Services	Y Whe Bar Oat														
Oat Cookie SEC - Aspens Services	Y Whe Bar Oat														
Oaty Chocolate Meringue SEC - Aspens Services	Y Whe Bar Oat							Y		Y					1
2oz Plain Beefburger SEC - Aspens Services	Y Whe							Y					M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
4oz Plain Beefburger SEC - Aspens Services	Y Whe							Y					M		
4oz Plain Cheeseburger SEC - Aspens Services	Y Whe							Y		Y			M		
Doner Kebab Pita Spicy 6th - Aspens Services	Y Whe														1
Doner Meat Bap SEC - Aspens Services	Y Whe								Y				M		1
Doner Wrap Spicy 6th - Aspens Services	Y Whe														1
Garlic Doner Pita SEC - Aspens Services	Y Whe								Y						1
German Style Doner Wrap - Mild SEC - Aspens Services	Y Whe								Y	Y					

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Yes

May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats

Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

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Masala Meatball Balti, Garlic Rice, Slapped Cucumber & Melon Salad SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
HALAL Masala Meatball Balti, Garlic Rice, Slapped Cucumber & Melon Salad SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Butternut Tomato Chilli Masala, Garlic Rice, Slapped Cucumber & Melon Salad SEC - Aspens Services										Y					
Katsu Spiced Chicken Bao Bun, Low Salt & Chilli Smashed & Crispy New Potatoes, Pickled Veg Salad SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	Y	M	M	Y		
HALAL Katsu Spiced Chicken Bao Bun, Low Salt & Chilli Smashed & Crispy New Potatoes, Pickled Veg Salad SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	Y	M	M	Y		
Sticky Ginger Hoisin Vegetable Bao, Low Salt & Chilli Smashed & Crispy New Potatoes, Pickled Veg Salad SEC - Aspens Services	Y Whe Bar Oat							Y	M	Y	M	M	Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
HALAL Roast Chicken & Thyme Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Veggie Banger Toad in the hole, Aspens Ultimate Roasties, Smashed Honey Parsnips Seasonal Greens SEC - Aspens Services	Y Whe								Y	Y					
Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	
HALAL Aspens Best Ever Hand pressed beef burger Caramelised Onion & Mac Sauce, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe								Y			Y	Y	Y	
Cheese & Onion Burger with Smoky Tomato Relish, Roast Root Vegetable Wedges & Green Salad SEC - Aspens Services	Y Whe Bar								Y	Y			Y		
Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	
Selection of Battered Fish, Halal Chip Shop Battered Sausage, Chicken Nuggets, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat							M	M	Y	M	M			
Jacket 50 & Grated Cheese HD - Aspens Services										Y					
Jacket 50 & Baked Beans HD - Aspens Services															
Jacket Potato & Tuna SEC - Aspens Services				Y					Y						
Jacket Potato & Slaw SEC - Aspens Services									Y						
Mexican Beef & Smashed Avo Rice Bowl, Tortilla Croutons, "Pink Onion & Crisp Lettuce SEC - Aspens Services	Y Whe Rye Bar Oat														
Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
HALAL Peri Chicken & Macho Pea Pasta Bake Chilli Lime Aoili, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
Peri Crispy Chickpea & Butterbean Pasta Bake, Zesty Dressed Roast Broccoli SEC - Aspens Services	Y Whe								Y	Y					
HALAL Mexican Beef & Smashed Avo Rice Bowl, Tortilla Croutons, "Pink Onion & Crisp Lettuce SEC - Aspens Services	Y Whe Rye Bar Oat														
Smokey Chipotle Bean & Avo Rice Bowl , Tortilla Croutons, "Pink Onion & Crisp Lettuce SEC - Aspens Services	Y Whe Bar														

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Slow Roast Garlic & Rosemary Pork + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
HALAL Roast Garlic & Rosemary Chicken + Apple Stuffing, Aspens Ultimate Roasties, Savoy Cabbage & Cauliflower" SEC - Aspens Services	Y Whe														
"Cauliflower & Broccoli Cheesy Bake , Aspens Ultimate Roasties, Savoy Cabbage SEC - Aspens Services	Y Whe									Y					
"Lebanese 7 Spice Chicken & Hummus Flatbread, Fattoush Salad SEC - Aspens Services	Y Whe Rye Bar Oat							M		M			Y		
HALAL Lebanese 7 Spice Chicken & Hummus Flatbread, Fattoush Salad SEC - Aspens Services	Y Whe Rye Bar Oat							M		M			Y		
Baharat Potato, Lentil & Tahini Roast, Fattoush Salad SEC - Aspens Services	Y Whe Rye Bar Oat												Y		
Jacket Potato & Beans SEC - Aspens Services															
Jacket Potato & Cheese SEC - Aspens Services										Y					
Jerk Pan Chicken Focaccia Mango Mayo & Pineapple Slaw, Sweet Potato Island Salad SEC - Aspens Services	Y Whe							Y	Y	Y		M		Y	
Slow Braised Pork & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
HALAL Jerk Pan Chicken Focaccia Mango Mayo & Pineapple Slaw, Sweet Potato Island Salad SEC - Aspens Services	Y Whe							Y	Y	Y		M		Y	
"Jerk Charred Aubergine & Smashed Chickpea Focaccia, Sweet Potato Island Salad SEC - Aspens Services	Y Whe							Y	Y	Y		M		Y	
Smoky Spanish Sausages Spiced Tomato Sauce Aioli, Crispy Patatas, Green Beans & Peas SEC - Aspens Services	Y Whe							Y	Y					Y	
HALAL Smoky Spanish Sausages Spiced Tomato Sauce Aioli, Crispy Patatas, Green Beans & Peas SEC - Aspens Services	Y Whe							Y	Y					Y	
Smoky Spanish Quorn Sausages Spiced Tomato Sauce Aioli, Crispy Patatas, Green Beans & Peas SEC - Aspens Services	Y Whe								Y						
Maple Glazed Gammon, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
HALAL Maple Glazed Chicken, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services															
Honey Carrot & Apple Wellington, Crispy Smashed New Potatoes, Cabbage & Swede SEC - Aspens Services	Y Whe								Y	Y					
HALAL Slow Braised Chicken & Fennel Lasagne al Forno, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					
Spinach, Cream Cheese & Roasted Vegetable Lasagne, Crusty House Baked Bread, "Oregano Roast Carrots or Garden Salad SEC - Aspens Services	Y Whe Bar							Y	M	Y					

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

Additional Lines 25/26

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
BBQ Beans & Pink Onion Loaded Spud SEC - Aspens Services															
Beef Mince & Onion Loaded Spud SEC - Aspens Services	Y Whe Bar														
Bolognese Loaded Spud SEC - Aspens Services	M Whe Bar									Y					
Cheese, Caramelised Onion & Mac Sauce Loaded Spud SEC - Aspens Services									Y	Y		Y		Y	
Chicken Tikka Balti Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Chinese Curry Char Sui Pork Loaded Spud SEC - Aspens Services	Y Whe Rye Bar Oat							Y	M	M	M	M	Y		
Japanese Curry Chicken Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat							M	M	M	M	M	Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Jerk Chicken & Pineapple Slaw Loaded Spud SEC - Aspens Services									Y	Y				Y	
Lebanese Chicken & Mint Yoghurt Loaded Spud SEC - Aspens Services	Y Bar														
Masala Mayo, Cheese & Crispy Onion Loaded Spud SEC - Aspens Services	Y Whe								Y	Y					
Masala Meatball Balit Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat				M		M Alm Cas					M			
Meatball Marinara Loaded Spud SEC - Aspens Services	Y Whe Bar							M		M					
Mexican Beef Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat														
Pulled Ham Carbonara Sauce Loaded Spud SEC - Aspens Services	Y Whe									Y					
Smoky Spanish Beans & Aioli Loaded Spud SEC - Aspens Services									Y						
Spicy Peri Chicken & Cheese Loaded Spud SEC - Aspens Services										Y					
Swedish Meatball Loaded Spud SEC - Aspens Services										Y					
Best Ever Premium Bolognese Pot SEC - Aspens Services	Y Whe Bar									Y					
Chicken Chow Mein Noodles SEC - Aspens Services	Y Whe							Y	Y						

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Chinese Char Sui BBQ Chicken Sauce with Noodles SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		1
Classic Meatball marinara Pasta Pot - Aspens Services	Y Whe Bar							M		M					
Lean Chicken Bolognese Wholegrain Pasta SEC - Aspens Services	Y Whe Bar														
PROTEIN Spicy Pork & Garlic Ragu Wholegrain Pasta SEC - Aspens Services	Y Whe Bar														
Super Green Lentil Pesto Wholegrain Pasta SEC - Aspens Services	Y Whe Bar									Y					1
Teriyaki Chicken Stir Fry & Egg Noodle Pot SEC - Aspens Services	Y Whe							Y	Y						
Thai Green Vegetable Noodles Pot SEC - Aspens Services	Y Whe Bar								Y						1
Ultimate Pulled Ham Carbonara Pot SEC - Aspens Services	Y Whe									Y					1
Vegetable Chow Mein Pot SEC - Aspens Services	Y Whe							Y	Y				Y		1
12.5 Tugo Round Pepperoni Pizza Slice - Aspens Services	Y Whe Rye Bar Oat							Y		Y		Y			
BBQ Cornflake Crunch Wings SEC - Aspens Services	Y Bar														
BBQ Pink Onion Dog SEC - Aspens Services	Y Whe							Y					M	Y	1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Cheesy Chips SEC - Aspens Services	Y Whe									Y					
Chicken Burger (Theos) - Aspens Services	Y Whe										Y		M		
Curried Chicken & Spinach Wrap SEC - Aspens Services	Y Whe Bar														
Drowned BBQ & Crispy Onion Wings SEC - Aspens Services	Y Whe														
Mac & Cheese Pizza (Tugo) SEC - Aspens Services	Y Whe Rye Bar Oat							M		Y					
Masala Mayo Dog SEC - Aspens Services	Y Whe							Y	Y				M	Y	1
Mexican Hot Pizza (Tugo) SEC - Aspens Services	Y Whe Rye Bar Oat							M		Y					1
Theos Hot Chicken Wrap - Chinese - Aspens Services	Y Whe								Y						
Tugo Pizza Slice - 12.5 Round Thai Curry Pizza HD - Aspens Services	Y Whe Rye Bar Oat							M		Y					1
Butterbean & Avo Super Green Salad Big Bowl SEC - Aspens Services										Y					
Citrus Chicken, Spinach & Mozzarella SEC - Aspens Services										Y					
Indian Chickpea Greens & Mint Yoghurt Big Bowl SEC - Aspens Services	M Whe Rye Bar Oat								Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Roasted Tomato & Spinach Pasta Salad SEC - Aspens Services	Y Whe														
Skinny Chicken Avo Caesar SEC - Aspens Services	Y Whe								Y	Y					
Quinoa Superfood Bowl SEC - Aspens Services	M Whe Bar							Y						Y	
Grain and Seed Health Big Bowl SEC - Aspens Services	M Whe Bar							Y						Y	
Zesty Kale & Tandoori Chickpea SEC - Aspens Services	M Whe Rye Bar Oat														
Cobb Salad Big Bowl SEC - Aspens Services	Y Whe								Y	Y		Y			
Big Bowl Honey Mustard Chicken Cobb Salad SEC - Aspens Services	Y Whe								Y	Y		Y			
Pasta Butterbean, Roasted Tomato & Spinach Big Bowl - Aspens Services	Y Whe														
California Caprese SEC - Aspens Services										Y					

* Allergens marked with 'M' may contain that allergen.

Yes

May Contain

	Allergen
Whe	Wheat

Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts