















DISHES AND THEIR ALLERGEN CONTENT – NUTRITION KINGZ NE LTD – 2024

(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
GRILLED CHICKEN PLAIN														
GRILLED CHICKEN ARRABIATTA														
GRILLED CHICKEN MASALA							✓							
GRILLED CHICKEN MADRAS									✓					
GRILLED CHICKEN SWEET N SOUR														
GRILLED CHICKEN RED THAI														
GRILLED CHICKEN KORMA							✓							
GRILLED CHICKEN KATSU									✓					
SMOKEY 5 BEAN CHILLI														
CHILLI CON CARNE														















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GARLIC GLAZED CHICKEN														
CHIMMICHURRI CHICKEN														
SALT N PEPPER CHICKEN														
PIRI PIRI CHICKEN														
FAJITA STYLE CHICKEN														
TIKKA GLAZED CHICKEN														
THAI GLAZED CHICKEN														
BBQ GLAZED CHICKEN														
KOREAN BULGOGI		WHEAT											✓	
RED LENTIL DHAL SWEET POTATO									✓					






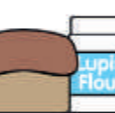








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STEAK MEATBALLS IN TOMATO														
STEAK IN SWEET CHILLI SAUCE														
STEAK IN BLACK BEAN SAUCE		WHEAT											✓	
STEAK IN BALTI SAUCE														
SAUSAGE CASSEROLE		WHEAT												
BEEF BOLOGNESE														
FALAFELS IN BALTI SAUCE														
FALAFELS IN KATSU SAUCE		WHEAT FLOUR							✓					
FALAFELS IN ARRABIATTA														
FALAFELS IN MADRAS SAUCE									✓					






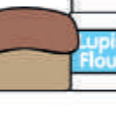








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FALAFELS IN SWEET N SOUR														
KOFTA JUNGLE CURRY		WHEAT											✓	
HOISIN STIR FRY		WHEAT											✓	
VEGAN BOLOGNESE														
SPICY SRIACHA PASTA		WHEAT											✓	
SPICED RICE / VEG SRIACHA		WHEAT											✓	
SINGAPORE STYLE NOODLES		WHEAT							✓				✓	
SWEET CHILLI NOODLES		WHEAT												
ITALIAN STYLE PASTA		WHEAT												
WHOLEWHEAT PASTA (MAS)		WHEAT												

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BOMBAY STYLE POTATOES														
GARLIC GREEN BEANS														✓