(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						Lupin Flour	Milk		MUSTARD			SESAME OIL		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
POACHED CHICKEN PLAIN														
POACHED CHICKEN BLACK BEAN		<b>/</b>											<b>✓</b>	
POACHED CHICKEN MASALA							<b>/</b>							
POACHED CHICKEN MADRAS									<b>✓</b>					
POACHED CHICKEN KATSU		WHEAT FLOUR							<b>✓</b>					
SALT N CHILLI CHICKEN														
CHIPOTLE HONEY CHICKEN														
HOT HONEY CHICKEN														
JAMAICAN JERK CHICKEN														
COCONUT RED THAI CHICKEN														

Review date: 15-05-2024

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DISHES						Lupin	Milk		MUSTARD			SESAME OIL		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
GARLIC GLAZED CHICKEN														
BBQ GLAZED CHICKEN														
SALT N PEPPER CHICKEN														
PERI PERI CHICKEN														
BUFFALO CHICKEN														
SWEET CHILLI CHICKEN														
KOREAN BBQ MEATBALLS														
STEAK IN SWEET CHILLI SAUCE														
STEAK IN BLACK BEAN SAUCE		WHEAT											<b>✓</b>	
BEEF BOLOGNESE														

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DISHES						Lupin	Milk		MUSTARD			SESAME OIL		Beer
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CHILLI CON CARNE														
POACHED SALMON IN TERIYAKI SOY														
OVEN ROASTED WHITE FISH														
FALAFELS IN KATSU SAUCE		WHEAT FLOUR							<b>/</b>					
FALAFELS IN MADRAS SAUCE									<b>/</b>					
FALAFELS IN BALTI SAUCE														
FALAFELS IN ARRABIATTA														
FALAFELS IN BLACK BEAN														
5 BEAN MIXED CHILLI (VEGAN)														
SMASHED PEA & LEMON BITES														

(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						Lupin Flour	Milk		MUSTARD			SSAME		WINE Beer
	Celery	Cereals containing gluten**	Crustaceans	s Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SWEET POTATO & SPINACH DHAL														
BOMBAY STYLE POTATOES														
SPICY SRIACHA PASTA		WHEAT											<b>✓</b>	
SPICED RICE / VEG SRIACHA		WHEAT											<b>✓</b>	
SINGAPORE STYLE NOODLES		WHEAT							<b>✓</b>				<b>✓</b>	
SWEET CHILLI NOODLES		WHEAT												
ITALIAN STYLE PASTA		WHEAT												
GARLIC GREEN BEANS														<b>/</b>

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