Highbury Round House Food Allergens / The 14 main Allergens

Products	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk/Dairy	Molluscs	Mustard	Tree Nut	Peanuts	Sesame seeds	Soybeans	Sulphur	Celery
FOOD MENU/ BREAKFAST (BRUNCH)														
Avocado on Toast	yes	no	yes	no	no	yes	no	no	no	no	no	no	no	no
Scrambled Eggs on Toast	yes	no	yes	no	no	yes	no	no	no	no	no	no	no	no
Beans on Toast	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Veggie Eggs (Eggs, onion, spinach, mushrooms and feta cheese)	no	no	yes	no	no	yes	no	no	no	no	no	no	no	no
Avocado on Toast with Poached Eggs	yes	no	yes	no	no	yes	no	no	no	no	no	no	no	no
English Breakfast (bacon, sausage ,egg ,beans ,tomato/mushrooms)	yes	no	yes	no	no	no	no	no	no	no	no	no	no	no
SANDWICH														
Ham & Cheese (Sandwich or Croissant)	yes	no	yes	no	no	yes	no	no	yes	no	yes	yes	no	no
Tuna Mayonnaise & cucumber/Sweetcorn	yes	no	yes	yes	no	no	no	no	no	no	no	no	no	no
Veggie Sandwich (tomato, mozzarella and green leaves)	yes	no	yes	no	no	yes	no	no	no	no	yes	no	no	no
KIDS MENU														
Chicken Nuggets with chips and peas	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Fish fingers bites with chips and peas	yes	no	no	yes	no	no	no	no	no	no	no	no	no	no
Pasta with Broccoli and Philadelphia cheese	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Tuna pasta with cheese	yes	no	yes	no	no	yes	no	no	no	no	no	no	no	no

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Products	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk/Dairy	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame seeds	Soybeans	Sulphur	Celery
Ham	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Pasta	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Chips	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Fish Finger	yes	no	no	yes	no	no	no	no	no	no	no	no	no	no
Cheddar	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Peas		no	no	no	no	no	no	no	no	no	no	no	no	no
Chicken Nuggets	yes	no	no	no	no	no	no	no	no	no	no	no	no	yes
Colour Pasta fusilly	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
Pretige coffee Biscuits	yes	no	no	no	no	no	no	no	no	no	no	no	no	no
SASCO Real Mayonnaise	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
Muller Yogurt	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Muffins														
Triple Chocolate Muffin	yes	no	yes	no	no	yes	no	no	yes	no	no	yes	no	no
Toffee Banana	yes	no	yes	no	no	yes	no	no	yes	no	no	yes	no	no
Lemon poppy sead	yes	no	yes	no	no	yes	no	no	yes	no	no	yes	no	no
Raspberry & white chocolate	yes	no	yes	no	no	yes	no	no	yes	no	no	yes	no	no
Pain aux raisin	yes	no	yes	no	no	yes	no	no	yes	no	yes	yes	no	no
Croissant	yes	no	yes	no	no	yes	no	no	yes	no	yes	yes	no	no
Bagels	yes	no	no	no	no	yes	no	no	no	no	no	yes	no	no
Fletcher Wholemeal Loaves	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Irish Butter	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Butter (2Kg)	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Flapjacks	yes	no	yes	no	no	yes	no	no	yes	yes	no	yes	no	no
KitKat	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no
Mini pack biscuit	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Crisps														
Cheddar & onion	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
Sweet Chilli	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Black pepper sea salt	no	no	no	no	no	no	no	no	no	no	no	no	no	no
Anglesey sea salt	yes	no	no	no	no	no	no	no	no	no	no	no	no	no