DISHES AND ALLERGEN CONTENT – Fast N Fresh

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| DESSERTS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| EMPIRE BISCUIT |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| CHOCOLATE CARAMEL |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| ROCKY ROAD |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| TIFFEN |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| KRISPIE CAKE |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| MALTEASER CAKE |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| CHOCOLATE CARAMEL SHORTBREAD CAKE |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| TRUFFLES |  | **✓** |  |  |  |  | **✓** |  |  | **✓** | **✓** |  |  |  |
| TOFFEE CRUNCH |  | **✓** |  | **✓** |  |  |  |  |  |  | **✓** |  |  |  |
| SCONES |  | **✓** |  | **✓** |  |  | **✓** |  |  |  |  |  |  | **✓** |
| **CHEESECAKE**  Flavour changes  allergen list available in store |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



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| HOT FOOD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| HAGGIS |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| BLACK PUDDING |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| LINK SAUSAGE |  | **✓** |  |  |  |  |  |  |  |  |  |  |  | **✓** |
| BURGERS |  | **✓** |  |  |  |  |  |  |  |  |  |  |  | **✓** |
| LORNE SAUSAGE |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** | **✓** |
| POTOATO SCONE |  | **✓** |  |  |  |  |  |  |  |  |  |  | **✓** |  |
| HOT & SPICY CHICKEN |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |
| HOT & SPICY CHICKEN & BACON |  |  |  |  |  |  |  |  | **✓** |  |  |  |  |  |
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| MEAT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| CHICKEN TIKKA MASALA |  |  |  |  |  |  | **✓** |  | **✓** | **✓** | **✓** | **✓** |  |  |
| CHICKEN BHUNA |  |  |  |  |  |  | **✓** |  | **✓** |  |  |  |  |  |
| CHICKEN TIKKA |  |  |  |  |  |  |  |  | **✓** |  | **✓** | **✓** |  |  |
| SWEET CHILLI CHICKEN |  | **✓** |  | **✓** | **✓** |  |  |  | **✓** |  |  |  | **✓** |  |
| CHICKEN SPRING ONION |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| GARLIC CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| SMOKEY BBQ |  |  |  | **✓** |  |  |  |  | **✓** | **✓** | **✓** |  |  |  |
| PIRI PIRI CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| MOROCCAN CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| ITALIAN CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |



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| MEAT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| CHINESE CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CORNATION CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** | **✓** | **✓** |  |  |  |
| CAJUN CHICKEN |  | **✓** |  | **✓** |  |  |  |  | **✓** |  |  |  | **✓** |  |
| TACO CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CHICKEN MAYO |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CHICKEN & SWEETCORN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CHICKEN & BACON MAYO |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CHICKEN KORMA |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CHICKEN TANDOORI |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| MEXICAN CHICKEN |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| BBQ CHICKEN |  |  |  |  | **✓** |  |  |  | **✓** |  |  |  |  |  |

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| CHEESE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| SAVOURY CHEESE | **✓** |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CHEESE |  |  |  | **✓** |  |  | **✓** |  | **✓** |  |  |  |  |  |
| PLOUGHMANS |  | **✓** |  | **✓** |  |  | **✓** |  | **✓** |  |  |  |  | **✓** |
| CHILLI CHEESE |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| 2 CHEDDAR |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| CHP |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| COLESLAW |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
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| SEAFOOD |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| TUNA MAYO |  |  |  | **✓** | **✓** |  |  |  | **✓** |  |  |  |  |  |
| TUNA & SWEETCORN |  |  |  | **✓** | **✓** |  |  |  | **✓** |  |  |  |  |  |
| TUNA MED |  |  |  | **✓** | **✓** |  |  |  | **✓** |  |  |  |  |  |
| SWEET CHILLI PRAWNS |  | **✓** |  | **✓** | **✓** |  |  |  | **✓** |  |  |  | **✓** |  |
| PRAWNS |  |  |  | **✓** | **✓** |  |  |  | **✓** |  |  |  |  |  |
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| EGG |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| EGG MAYO |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
| EGG & BACON MAYO |  |  |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  |
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| BREADS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| WHITE ROLLS |  | **✓** |  |  |  |  | **✓** |  |  |  |  | **✓** | **✓** |  |
| BAGUEETES |  | **✓** |  | **✓** |  |  |  |  |  |  |  | **✓** |  |  |
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| PLATTERS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Molluscs** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur dioxide** |
| HAGGIS PAKORA |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| SOUTHERN FRIED CHICKEN | **✓** | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| BREADED CHICKEN |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| VEGATABLE PAKORA |  | **✓** |  |  |  |  |  |  |  |  |  |  |  |  |
| QUICHE |  | **✓** |  | **✓** |  |  | **✓** |  | **✓** |  |  |  | **✓** |  |
| SAUSAGE ROLLS |  | **✓** |  |  |  |  | **✓** |  |  |  |  |  | **✓** | **✓** |
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