

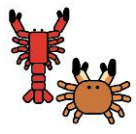
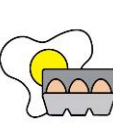
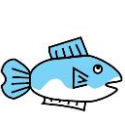







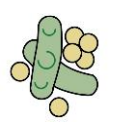



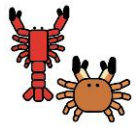
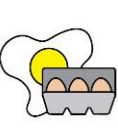
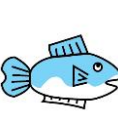
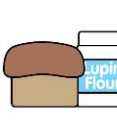






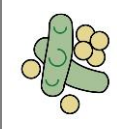



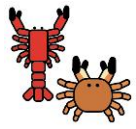
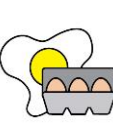
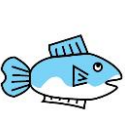







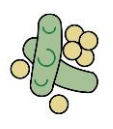



DISHES AND THEIR ALLERGEN CONTENT – HARBOUR VIEW FEDERATION - Clubs

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Clover Spread							✓							
Flora Spread							✓							
Olive Spread							✓							
Tesco Lemon Curd				✓										
Marmite	✓													
Nice biscuits		Wheat Flour & Starch					✓							
Malted Milk biscuits		Barley Extract					✓							
Custard Cream biscuits							✓							
Tesco Chocolate digestives		Wheat Flour					✓						Soya Lecithin	
Tesco semi-skimmed milk							✓							

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cathedral City Mature cheddar							✓							
50/50 Thick Sliced Loaf 800g		Wheat Flour											✓	
Cheerios		Oat Flour Wheat Flour & Starch Barley Flour												
Bourbon Biscuits		Wheat Flour and Starch												
Tesco Wafer Ham														
Quaker Oats so simple - Honey		Oats											✓	
Quaker Oats so simple - Plain		Oats											✓	
Tesco Malted Milk		Barley Malt Extract					✓							
Tesco Jammie Dodgers		Wheat Flour					✓							
Crumpets		Wheat					✓							
Alpen Light Bar (Summer Fruits)		Barley Oats Wheat					✓						✓	✓

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Kelloggs Nutrigrain Bar (Blueberry)		Wheat Oats					✓							
Kelloggs Nutrigrain Bar (Strawberry)		Wheat Oats					✓				May contain nuts			
Bevita (milk and cereals)		Wheat Oats		May contain eggs			✓			✓		✓	✓	
Tesco Strawberry Fruity Bake		Oats		✓			✓							
Tesco Strawberry Oat Bar		Oats Corn Barley											✓	
Bagels (Bagel Nash)		Wheat Flour Malt												