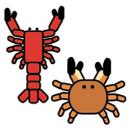
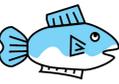
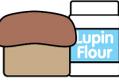
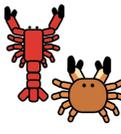
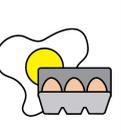
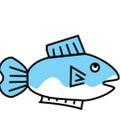
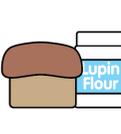
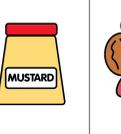
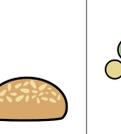
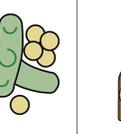
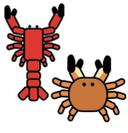
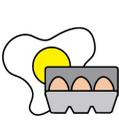
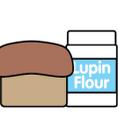
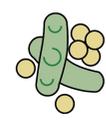


DISHES AND THEIR ALLERGEN CONTENT – Time Out Club

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pitta Pizza <i>(wholemeal pitta bread, tomato passata, grated cheese, ham, pineapple)</i>		x					x							
Wraps <i>(wholemeal tortilla. Choice of hummus, peppers, tomato, cucumber, ham, cheese, lettuce)</i>		x					x					x		
Pasta <i>(wholemeal pasta, Bolognese pasta sauce, cheese, ham, tuna, sweetcorn, garlic bread)</i>		x					x							
Soup and sandwiches <i>(canned low sugar tomato soup, cucumber, ham or cheese sandwiches)</i>		x					x							
Savoury rice <i>(brown rice with sweetcorn, peas, tomato, cucumber, ham, cheese, pepper, soy sauce)</i>		x											x	

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheesy pasta <i>(macaroni, milk, cheese, peas, garlic bread)</i>		x					x							
Eggs on toast		x		x										
Bagels		x											x	
Brioche		x		x			x							
Gluten-free bread				x										
Gluten-free pitta									x			x		
Gluten-free bagels													x	
Porridge		x												
Frozen Berries														

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Rice Crispies		x												
Corn Flakes		x												
Frubes							x							
Angel Delight							x							
Weetabix		x												
Crumpets		x												
Natural Yogurt							x							

Review date:
26/09/2025

Reviewed by: Anna Read and Diane Fensome



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