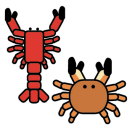
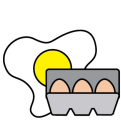
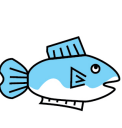
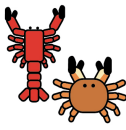
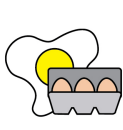
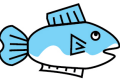
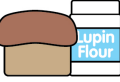
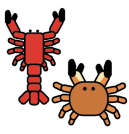
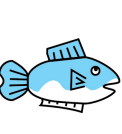


DISHES AND THEIR ALLERGEN CONTENT – Time Out Club

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

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheesy pasta (macaroni, milk, cheese, peas, garlic bread)		x					x							
Eggs on toast		x		x										
Plain Omelette				x										
Rice cakes							x					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							