## Dishes and their allergen content – Early Bird – Breakfast Club

(Note – Please state the name of the cereal(s) containing gluten\* and/or the name of the nut(s)†)

Dishes						Jupin Flour	Milk		MUSTARD					WE
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts <sup>†</sup>	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Toast		✓ Wheat											<b>√</b>	
Dairy Free Spread														
Jam														
Marmalade														
Honey														
Marmite	<b>√</b>	✓ Barley, wheat, oats, rye												
Lemon Curd				✓										
Pancake		√ Wheat (may contain Rye)		✓			<b>√</b>						√ may contain	
Asda Waffles		√ wheat		<b>√</b>		✓	✓			✓ may contain			✓	
Warburtons Plain Bagel		√ wheat					√ may contain					✓ may contain	✓	

Crumpet	√ wheat			✓ may contain			✓ may contain	
Weetabix Cereal	✓ Barley, Wheat							
Multigrain Hoops Cereal	✓ Barley, Oats, Wheat			✓ may contain				
Cornflakes	<b>√</b> Barley							
Rice Crispies Cereal	<b>√</b> Barley							
Chocolate Hoops Cereal	<b>√</b> Wheat			✓ may contain				
Milk				<b>✓</b>				
Banana								
Apple								
Orange								
Fromage Frais				✓				
Orange Juice								
Apple Juice								

Asda Free From Cornflakes					✓ may contain		
Nestle Gluten Free Rice Pops							

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Reviewed by: C. Giles



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