Filgers **nurish**
we bring the taste

Menu Items Allergen Check List

MENU ITEM Type menu items below and indicate allergens using a tick	1				2	3	4	5	6	7	8										9	10	11	12	13	14
ALLERGEN NUMBER																										
ALLERGEN	Cereals*				Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts**										Celery	Mustard	Sesame seeds	Sulphur dioxide & sulphites***	Lupins	Molluscs
ALLERGEN SUB-CATEGORY	Wheat (1a)	Rye (1b)	Barley (1c)	Oats (1d)							Almonds (8a)	Hazelnuts (8b)	Walnuts (8c)	Cashews (8d)	Pecan (8e)	Brazil (8f)	Pistachio (8g)	Macadamia (8h)	Chestnuts (8i)	Pine (8j)						
Mains - Chicken																										
Roast Chicken	✓					✓				✓											✓	✓		✓		
Spiced Chicken	✓																				✓	✓		✓		
Chicken & Broccoli Bake	✓					✓				✓																
Indian Buttered Chicken	✓									✓																
Thai Green Chicken Curry	✓				✓		✓		✓	✓													✓			
Satay Chicken								✓	✓														✓			
Moroccan Chicken Tagine	✓									✓	✓										✓	✓				
Chicken Kiev	✓					✓				✓																
Indian Chicken Curry	✓									✓	✓											✓				
Chicken Pie	✓					✓				✓														✓		
Mains - Beef																										
Beef Stroganoff	✓					✓				✓																
Braised Short Rib	✓								✓	✓											✓	✓				
Chilli Beef										✓											✓					
Spaghetti Bolognese	✓					✓				✓											✓			✓		
Meatloaf																	✓							✓		
Lasagne	✓					✓				✓											✓			✓		
Beef Bourguignon	✓					✓				✓											✓			✓		
Mains - Pork																										
Toulouse Sausage Casserole	✓					✓				✓											✓	✓		✓		
Pork Medallions	✓									✓											✓	✓		✓		
American Style Baby Back Ribs	✓								✓	✓											✓	✓	✓			
Mains - Lamb																										
Moroccan Meatballs	✓					✓				✓											✓	✓				
Lamb Curry	✓									✓												✓				
Shepherds Pie	✓					✓				✓											✓	✓		✓		
Lamb Keema	✓									✓												✓				
Mains - Seafood																										
Baked Seabass					✓		✓		✓	✓														✓		
Chilli Salmon					✓		✓		✓																	
Fish Pie	✓				✓		✓			✓												✓				
Goan Fish Curry	✓				✓		✓	✓	✓													✓				
Roasted Cod	✓						✓			✓												✓				
Mains - Vegetarian																										
Ricotta Tortellini	✓					✓				✓																
Polenta Bake	✓									✓																
Aubergine Sandwich	✓					✓				✓	✓															
Massaman Squash Curry	✓				✓			✓	✓	✓												✓				
Mushroom Risotto						✓				✓										✓		✓				
Leek & Blue Cheese Tart	✓					✓				✓												✓				
Salt & Pepper Tofu	✓								✓					✓												
Paula's Fabulous Falafel with Beetroot Tabbouleh, Hummus, Tahini Dressing & Flat Breads	✓								✓	✓											✓	✓	✓			
Sides - Rice																										
Jasmine Rice																										
Brown Rice																										
Sides - Breads																										
Focaccia	✓					✓				✓																
Sourdough	✓					✓				✓																
Wheaten	✓		✓			✓				✓																
Guinness and Treacle Bread	✓		✓			✓				✓														✓		
Sides - Various																										
Mac & Cheese	✓					✓				✓											✓	✓				
Sides - Potato																										
Gratin Potatoes										✓														✓		
Buttermilk Mash										✓														✓		
Roasted Skin On Baby Potatoes with Garlic & Rosemary										✓																
Sides - Vegetable																										
Roasted Sweetcorn & Pancetta Cream	✓									✓												✓		✓		
Steamed Young Carrots with Butter										✓																
Roasted Root Vegetables with Honey, Thyme & Pumpkin Seeds										✓																
Buttered Cabbage										✓																
Tender Stem Broccoli Coriander & Pumpkin Seed Pesto										✓																
Sides - Salads																										
Orzo Pasta, Pesto & Black Olive	✓					✓				✓										✓						
Tabbouleh Salad	✓																					✓				
Carrot Orange & Raisin																						✓				
Caesar Salad, Ciabatta Croutons	✓					✓	✓			✓																
Mixed Garden & Herb Leaves																						✓				
Red Cabbage Slaw						✓				✓												✓				
Vine Ripe Tomato with Shallots																						✓				
Potato & Hazelnut Salad with Mayonnaise & Scallion						✓				✓		✓														
Broccoli Salad										✓												✓				
Roasted Beetroot Feta Cheese Salad										✓												✓				
Sauces/Dressings																										
Brandy Peppercorn	✓									✓											✓	✓		✓		
Mushroom Marsala Cream	✓									✓											✓	✓		✓		
Olive Oil, Balsamic & Black Olive																						✓				
Honey & Mustard Dressing						✓				✓												✓				
Tzatziki Dressing										✓																
Desserts																										
Almond Tart with Berry Crumble Crunch	✓					✓		✓		✓	✓															
Baked New York Cheesecake with Raspberries & Poppy Seeds	✓					✓		✓		✓	✓															
Jam & Coconut Madeira Bake	✓					✓		✓		✓																
Double Chocolate Brownie with Hazelnut Ganache	✓					✓		✓		✓	✓	✓														
Spiced Pear & Toffee with Salted Caramel	✓					✓		✓		✓																
Pecan, Cinnamon & Maple Pie	✓					✓		✓		✓	✓				✓											
Rhubarb & Apple Crumble with Custard	✓					✓		✓		✓																
Lemon & Lime Drizzle	✓					✓				✓	✓															
Milk Chocolate Fudge Mousse						✓		✓		✓																
Carrot & Walnut Bake with Zesty Cinnamon Frosting	✓					✓				✓	✓		✓													
Kids Menu																										
Spaghetti Bolognaise	✓					✓				✓											✓			✓		
Mac & Cheese	✓					✓				✓											✓	✓				
Shepherds Pie	✓					✓				✓											✓	✓		✓		
Lasagne	✓					✓				✓											✓			✓		
Spaghetti & Tomato Sauce	✓					✓				✓											✓					
Fish Fingers & Mash	✓					✓	✓			✓														✓		
Sausages & Mash	✓									✓														✓		
Cheese Burger	✓					✓				✓																
Sandwich Platters																										
Boardroom 1	✓		✓		✓	✓	✓	✓	✓	✓											✓	✓	✓	✓		
Boardroom 2	✓		✓		✓	✓	✓	✓	✓	✓											✓	✓	✓	✓		
Breakfast																										
Pots	✓																									
Breads	✓	✓	✓			✓				✓																
Bacon Bites	✓					✓				✓														✓		
Boost Bites	✓	✓	✓																							
Breakfast Roll Kit	✓					✓				✓														✓		