

Hellesdon Allergen info

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
2oz Plain Beefburger SEC - Aspens Services	Y Whe							Y					M		
BBQ Cheese Loaded Chips SEC - Aspens Services	Y Whe									Y					
Cheese & Jalapeno Toastie SEC- Aspens Services	Y Whe							Y		Y					
Chicken Burger (Theos) - Aspens Services	Y Whe										Y		M		
Chicken Tinga Burrito SEC - Aspens Services	Y Whe									Y					
Loaded Chips - Pepperoni Marinara SEC - Aspens Services										Y					
Masala Mayo Dog SEC - Aspens Services	Y Whe							Y	Y				M	Y	1

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Mexican Chicken Quesadilla SEC - Aspens Services	Y Whe									Y					
Southern Chicken MINI SNACK Wrap SEC - Aspens Services	Y Whe							Y	Y		Y				1
Southern Chicken Strips Wrap SEC - Aspens Services	Y Whe							Y	Y		Y				1
Southern Fried Chicken Strips & Chips SEC - Aspens Services	Y Whe							Y			Y				
Theos Hot Chicken Wrap - Original - Aspens Services	Y Whe								Y						
Ultimate Fish Finger Bap SEC - Aspens Services	Y Whe			Y					Y	Y			M		
Bean Chilli Rice Pot SEC - Aspens Services															
Best Ever Premium Bolognese Pot SEC - Aspens Services	Y Whe Bar									Y					
Carbonara Pasta Pot SEC - Aspens Services	Y Whe									Y					
Chicken Tikka Masala Rice Pot SEC - Aspens Services										Y					
Chinese Chicken Curry Noodle Pot SEC - Aspens Services	Y Whe Rye Bar Oat							M	Y	M	M	M			
Classic Meatball marinara Pasta Pot - Aspens Services	Y Whe Bar							M		M					
Garlic Pulled Chicken Alfredo Pot SEC - Aspens Services	Y Whe									Y					

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Mac n' Cheese Pot SEC - Aspens Services	Y Whe									Y					
Simple Chicken Curry Rice Pot SEC - Aspens Services	M Whe Bar														
Simple Chicken Korma Rice Pot SEC - Aspens Services															
Spicy Chicken Hot Pasta Pot SEC - Aspens Services	Y Whe Bar														
Sweet & Sour Chicken Noodles SEC - Aspens Services	Y Whe							Y	Y						
Jacket 50 & Grated Cheese HD - Aspens Services										Y					
Jacket Potato & Beans SEC - Aspens Services															
Jacket Potato & Cheese SEC - Aspens Services										Y					
Jacket Potato & Slaw SEC - Aspens Services									Y						
Jacket Potato & Tuna SEC - Aspens Services				Y					Y						
Chicken Caesar Pasta Salad Big Bowl SEC - Aspens Services	Y Whe								Y	Y					
Chicken Caesar Salad Big Bowl SEC - Aspens Services	Y Whe								Y	Y					
Chickpea with Mint Yoghurt & Crispy Onions Big Bowl SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Citrus Chicken & Summer Veg Salad SEC Big Bowl - Aspens Services										Y					

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Herby Gem Lettuce and Roasted Chickpea Salad Big Bowl SEC - Aspens Services	M Whe Rye Bar Oat									Y					
Hoi Sin Chicken & Vegetable Noodle Salad SEC Big Bowl - Aspens Services	Y Whe							Y	Y				Y		
Lemon Roasted Courgette with Grains and Seeds Big Bowl SEC - Aspens Services	M Whe Bar									Y				Y	
Mexican Chicken, Bean & Avocado Salad Big Bowl SEC - Aspens Services															
Moroccan Cous Cous & Roasted Vegetable Big bowl SEC - Aspens Services	Y Whe							M				M			
North African Big Bowl Salad with Mint Yoghurt Big Bowl SEC - Aspens Services	Y Whe							M	Y	Y		M			
Spicy Asian Cucumber Noodle Salad SEC Big Bowl - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Tex Mex Sweet Potato, Corn & Bean Salad SEC Big Bowl - Aspens															
BBQ Bean & Crispy Onion Loaded Jacket SEC - Aspens Services	Y Whe														
Bean Chilli & Crispy Onion Loaded Jacket SEC - Aspens Services	Y Whe														
Bolognese Loaded Spud SEC - Aspens Services	M Whe Bar									Y					
Cajun Chicken & Spicy BBQ Drizzle Loaded Spud SEC - Aspens Services										Y					

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Carbonara & Cheese Loaded Jacket SEC - Aspens Services	Y Whe									Y					
Chicken Korma Loaded Spud with Mint Yoghurt & Crispy Onion SEC - Aspens Services	Y Whe								Y	Y					
Chicken Tikka Loaded Jacket With Mint Yoghurt SEC - Aspens Services									Y	Y					
Chicken Tinga Loaded Spud SEC - Aspens Services															
Chinese Chicken Curry Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat							M	M	M	M	M			
Greek Pork Souvlaki with Tzatziki Loaded Spud SEC - Aspens Services										Y				Y	
Harissa Lemon Tagine Loaded Spud SEC - Aspens Services	M Whe Rye Bar Oat													Y	
Meatball Marinara Loaded Spud SEC - Aspens Services	Y Whe Bar							M		M					
Mexicana Beef & Avocado Loaded Jacket SEC - Aspens Services	M Whe Rye Bar Oat														
NUT FREE Thai Style Chicken Satay Loaded Spud SEC - Aspens Service	Y Whe							Y							
Spicy Chicken Loaded Jacket SEC - Aspens Services	M Whe Bar														
Caramel Banana Sponge SEC - Aspens Services	Y Whe Bar							Y	Y	Y					

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Choco Cherry Flapjack SEC - Aspens Services	Y Whe Bar Oat													Y	
Chocolate Brownie Cookie SEC HB - Aspens Services	Y Whe Bar							Y	Y	Y					
Chocolate Mandarin Brownie SEC - Aspens Services	Y Whe								Y						
Cinnamon Apple Turnover & Custard SEC - Aspens Services	Y Whe								Y	Y					
Coconut & Lime Cookie - Aspens Services	Y Whe													Y	
Custard Duffin SEC - Aspens Services	Y Whe								Y	Y					
Dutch Apple Crumble Pie & Custard SEC - Aspens Services	Y Whe								Y	Y					
Scones with Cream & Jam SEC - Aspens Services	Y Whe								Y	Y					
Sticky Toffee Cookie SEC HB - Aspens Services	Y Whe													Y	
Tropical Fruit Crumble & Custard SEC - Aspens Services	Y Whe Bar Oat									Y				Y	
Vanilla Sprinkle Sponge & Custard SEC - Aspens Services	Y Whe								Y	Y					

* Allergens marked with 'M' may contain that allergen.

■ Yes ■ May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts

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Butter CHICKpea Curry Naan Nachos & Mint Yoghurt, Yellow Rice, Kachumber Salad SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Cheesy Butternut Puff Pastry Slice, Herby Roasted New Pots, Summer Veg SEC - Aspens Services	Y Whe								Y	Y					
Chicken Madras Mint yoghurt & naan nachos, Yellow Rice, Kachumber Salad SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Creamy Chicken Carbonara Style Lasagne, Garlic Focaccia, Mixed Salad SEC - Aspens Services	Y Whe							Y	M	Y				Y	
NUT FREE Thai Style Chicken Satay, Coconut Rice, Asian Veg SEC - Aspens Services	Y Whe							Y							
Pineapple Glazed Gammon, Herby roasted New Pots, Summer Veg SEC - Aspens Services															

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Selection of Battered Fish, Chip Shop Battered Sausage, Chicken Nuggets, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat			Y				Y	M	M	M	M		Y	
Selection of Chip Shop Veggie Battered Sausage, Margherita Pizza, Irish Curry Sauce, Gravy, Chips, Baked Beans, Minty Peas SEC - Aspens Services	Y Whe Rye Bar Oat							M	M	Y	M	M			
Summer Vegetable & Basil Lasagne, Garlic Focaccia, Mixed Salad SEC - Aspens Services	Y Whe							Y	M	Y				Y	
Sweet & Spicy Vegetable Stir Fry, Coconut Rice, Asian Veg SEC - Aspens Services	Y Whe							Y							
Crispy Honey Sesame Chicken, Stir Fried Noodles, Asian Greens SEC - Aspens Services	Y Whe Bar Oat							Y	Y		M	M	Y		
Garlic & Thyme Roasted Vegetable Bean Bake, Roasties, Green Beans & Carrots SEC - Aspens Services															
Homemade Smoky Pork & Red Onion Sausage Roll, Wedges, BBQ Beans SEC - Aspens Services	Y Whe							Y	Y					Y	
Slow Roast Pulled Garlic & Thyme Pork, Roasties, Green Beans & Carrots SEC - Aspens Services															
Smoked Cheese & Onion Pastry Slice, Wedges, BBQ Beans SEC - Aspens Services	Y Whe								Y	Y					
Spicy Bean & Cheese Quesadilla, Steamed Rice, Mexican Chopped Salad SEC - Aspens Services	Y Whe Rye Bar Oat									Y					

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Spicy Mexicana Beef Corn Tacos Avocado Crema, Steamed Rice, Mexican Chopped Salad SEC - Aspens Services	M Whe Rye Bar Oat														
Sweet Chilli Aubergine, Mushroom & Edamame Stir Fry Stir Fried Noodles, Asian Greens SEC - Aspens Services	Y Whe							Y	Y						
Cajun Chicken Loaded Mac Cheese with Spicy BBQ Drizzle & Pepper Lime Slaw SEC - Aspens Services	Y Whe									Y					
Classic Baked Mac with Garlic Crispy Crumb & Pepper Lime Slaw SEC - Aspens Services	Y Whe									Y					
Greek Pork Souvlaki Flatbread with Tzatziki , Lemon & Oregano Wedges, Med Salad SEC - Aspens Services	Y Whe							M		Y				Y	
Harissa Lemon Chicken Tagine, Tomato Rice, Chakalaka Salad SEC - Aspens Services	M Whe Rye Bar Oat													Y	
Masala Spiced Veggie Sausage, Cumin Yorkies, Spiced Gravy, Masala Roasties, Steamed Greens SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
Misir Wot, Tomato Rice, Chakalaka Salad SEC - Aspens Services	M Whe Rye Bar Oat														
Tikka Roast Chicken, Cumin Yorkies, Spiced Gravy, Masala Roasties, Steamed Greens SEC - Aspens Services	Y Whe Rye Bar Oat								Y	Y					
TIROPITA Greek Cheese Pie, Lemon & Oregano Wedges, Med Salad SEC - Aspens Services	Y Whe Bar Oat								Y	Y	M	M	Y	Y	

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Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts