

# Allergen Information sheet Bookcafe To You



DISHES														
Mains	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Slow cooked Lamb & Coriander curry														
Spanish Style Chicken		Yes in chorizo					Yes in chorizo							
Beef Stroganoff							Yes sour cream & butter		Yes Dijon					
Lisa's Meatball Pasta		Yes pasta/ breadcrumb					Yes mozzarella							
Veggie Mac n Cheese		Yes pasta/ flour/ breadcrumb					Yes milk & cheese		Yes whole grain					
Kedgeree				Yes	Yes									
Sides	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Riz Pilaf							Yes butter							
Herby roasted potatoes														
Mediterranean Pasta Salad		Yes in pasta		Yes egg in mayo			Yes feta							
Cakes	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
White Chocolate & Raspberry Flapjack							Yes in chocolate							
Chocolate tiffin		Yes					Yes			Yes almonds				
Millionaire Shortbread		Yes					Yes							