



CHICKEN KORMA	GLUTEN	WHEAT	EGG	MUSTARD									
CHICKEN KORMA SALAD	GLUTEN	WHEAT	EGG	MUSTARD									
CHICKEN CAESAR	GLUTEN	WHEAT	EGG										
SAUSAGE & KETCHUP	GLUTEN	WHEAT											
BACON & KETCHUP	GLUTEN	WHEAT											
BACON LETTUCE & TOMATO	GLUTEN	WHEAT											
CAJUN CHICKEN	GLUTEN	WHEAT											
PRAWN COCKTAIL	GLUTEN	WHEAT	EGG	MUSTARD								CRUSTACEANS	
HOUMOUS & CARROT	GLUTEN	WHEAT						SESAME					
<b>BAGELS &amp; WRAPS</b>													
CHICKEN CAESAR WRAP	GLUTEN	WHEAT	EGG	MUSTARD	MILK	SOYA							
BLT BAGEL	GLUTEN	WHEAT											
CREAM CHEESE & SALAD BAGEL	GLUTEN	WHEAT			MILK								
CREAM CHEESE & HAM BAGEL	GLUTEN	WHEAT			MILK								
HAM & CHEESE WRAP	GLUTEN	WHEAT			MILK								
HAM & COLESLAW WRAP	GLUTEN	WHEAT			MILK								
CHICKEN KORMA WRAP	GLUTEN	WHEAT	EGG	MUSTARD									
CHICKEN MAYO WRAP	GLUTEN	WHEAT	EGG		MILK								
TUNA MAYO WRAP	GLUTEN	WHEAT	EGG		MILK		FISH						
DUCK & HOISIN WRAP	GLUTEN	WHEAT				SOYA							
CHEESE & COLESLAW WRAP	GLUTEN	WHEAT			MILK								
CAESAR SALAD POT	GLUTEN	WHEAT	EGG	MUSTARD	MILK	SOYA							
PASTA SALAD PESTO & TOMATO	GLUTEN	WHEAT			MILK								
PASTA SALAD CHICKEN & SWEETCO	GLUTEN	WHEAT	EGG	MUSTARD	MILK								
PASTA SALAD TUNA & SWEETCORN	GLUTEN	WHEAT	EGG	MUSTARD	MILK		FISH						
FRUIT SALAD													
GRAPE POTS													
MELON POTS													
STRAWBERRY BLUEBERRY GRAPE POTS													
HOUMOUS & VEG STICKS								SESAME					
BREADSTICKS & HOUMOUS	GLUTEN	WHEAT						SESAME					
HOMEMADE TORTILLAS & DIP	GLUTEN	WHEAT											
RAINBOW SALAD	GLUTEN	WHEAT		MUSTARD	MILK								

CHEESECAKE	GLUTEN	WHEAT			MILK								
PRAWN NOODLE SALAD WITH SWT CHILLI DIP			EGG			SOYA					CRUSTACEAN		
S/FRIED CHICKEN NOODLE SALAD W	GLUTEN	WHEAT	EGG	MUSTARD		SOYA			CELERY				
FOCACCIA	GLUTEN	WHEAT											
SUPERFOOD SALAD					MILK	SOYA							
TUNA POT			EGG	MUSTARD			FISH						
CHEESE POT					MILK								
COLESLAW POT			EGG	MUSTARD									
YOGURT					MILK								
ORGANIC YOGURT -MANGO					MILK								
-STRAWBERRY					MILK								
-VANILLA					MILK								
MILK					MILK								
FLAVOURED MILK DRINKS					MILK								
BUTTERSCOTCH WHIP					MILK								
CHOCOLATE WHIP					MILK								
STRAWBERRY WHIP					MILK								
BANANA CHIPS										SULPHITES			
DRIED APRICOTS										SULPHITES			
SULTANAS										SULPHITES			
FLORA PORTION					MILK								





