

HOT HUB	ALLERGENS	MAY CONTAIN
MONDAY		
JUMBO HOT DOG (PORK)	GLUTEN, WHEAT, MILK, EGG, SOYA	
SMALL HOT DOG (PORK)	GLUTEN, WHEAT, SPELT, KAMUT	RYE, BARLEY, OATS, MILK, EGG, SOYA
VEGGIE DOG	GLUTEN, WHEAT, SPELT, KAMUT	RYE, BARLEY, OATS, MILK, EGG SOYA
TUESDAY		
PEPPERONI TWIST (PORK)	WHEAT, GLUTEN, MILK, SOYA	MUSTARD
MARGHARITA TWIST (V)	WHEAT, GLUTEN, MILK, SOYA	MUSTARD
PEPPERONI PIZZA (PORK)	WHEAT, GLUTEN, MILK	
MEATBALL PIZZA (PORK)	WHEAT, GLUTEN, MILK, SPELT, KAMUT	
MARGHERITA PIZZA	WHEAT, GLUTEN, MILK	
WEDNESDAY		
SAUSAGES (PORK CHICKEN, BEEF)	WHEAT, SULPHUR DIOXIDE	
CHICKEN PIE	CELERY, GLUTEN, WHEAT, SPELT, KAMUT, MILK, SOYA	
MASH	NONE	
GRAVY	NONE	
YORKSHIRE PUDDING	GLUTEN, WHEAT, MILK, EGG	
VEG	NONE	
SAUSAGES (V)	GLUTEN, WHEAT, SPELT, KAMUT	
CHEESE LATTICE (V)	GLUTEN, WHEAT, MILK, MUSTARD, SOYA	

THURSDAY		
MACARONI CHEESE	GLUTEN, WHEAT, MILK, MUSTARD	SOYBEAN, LUPIN
GARLIC DOUGHBALL	GLUTEN, WHEAT, SPELT, KAMUT	
CHICKEN BURGER	GLUTEN, WHEAT, SPELT, KAMUT, EGG, SOYA	SESAME, RYE, BARLEY, OATS, SOYBEAN
FRIDAY		
CHICKEN NUGGETS	GLUTEN, WHEAT, CELERY	
SAUSAGES (PORK, BEEF, CHICKEN)	GLUTEN, WHEAT, SULPHUR DIOXIDE	
FISH	GLUTEN, WHEAT, SPELT, KAMUT, FISH	
CHIPS	SOYA	
CURRY SAUCE	GLUTEN, WHEAT, SPELT, KAMUT, MUSTARD, SOYA,	CELERY, BARLEY, MILK
BEANS	NONE	
PIZZA (V)	GLUTEN, WHEAT, MILK	

PASTA, MASH & RICE BOWLS

ITEM	ALLERGENS	MAY CONTAIN
Pasta	Gluten, wheat	Soy beans, mustard, lupin
Rice	none	
Mash	Milk	
Pepperoni (pork)	Milk	Celery, celeriac, gluten, crustaceans, egg, fish, mustard, soya
Margherita	Milk	Celery, celeriac, gluten, crustaceans, egg, fish, mustard, soya
Little meatballs (pork)	Gluten, wheat	Celery, celeriac, crustaceans, egg, fish, mustard, soya, milk
Big meatballs (pork)	Gluten, wheat, spelt, kamut, milk	
Chicken tikka	Milk	
Chicken korma	Milk	
Baked beans	None	
Sausages & beans (Pork, beef, chicken)	Gluten, wheat, sulphur dioxide	
Cheese	Milk	
Garlic bread, naan bread & pizza	Gluten, wheat, spelt, kamut, milk	Soya

SALAD BAR

ITEM	ALLERGENS	MAY CONTAIN
BBQ PULLED PORK	CELERY, MUSTARD	
BBQ CHICKEN	NONE	
CHEESE	MILK	
SWEET CHILLI CHICKEN	GLUTEN, WHEAT, SPELT, KAMUT, SOYA	
TUNA	FISH	
EGG	EGG	
HAM (PORK)	NONE	
SOUTHERN FRIED CHICKEN	GLUTEN, WHEAT, CELERY, SPELT, KAMUT	
SALAMI (PORK)	NONE	MILK
PESTO PASTA	GLUTEN, WHEAT, MILK	SOYA BEANS, MUSTARD, LUPIN
PASTA SALAD	GLUTEN, WHEAT, EGG	SOYA BEANS, MUSTARD, LUPIN
HAM PASTA SALAD (PORK)	GLUTEN, WHEAT, EGG	SOYA BEANS, MUSTARD, LUPIN
COUS COUS	GLUTEN, WHEAT	SOYA, MUSTARD
OLIVES	NONE	
COLESLAW	EGG	
BACON BITS (PORK)	NONE	
WRAPS	GLUTEN, WHEAT	
NACHOS	NONE	
JACKET POTATO	NONE	
GARLIC MAYO	EGG	
SQUEEZY CHILLI SAUCE	NONE	PEANUTS, NUTS, SESAME, ALMOND, HAZELNUT, WALNUT, CASHEW, PECAN, BRAZIL, PISTACHIO, MACADAMIA, QUEENSLAND
SQUEEZY CAESER DRESSING	MILK, EGG, FISH	SESAME, MUSTARD
MAYO	EGG	

DESSERTS

ITEM	ALLERGENS	MAY CONTAIN
SHORTBREAD	GLUTEN, WHEAT	
COOKIES	GLUTEN, WHEAT, MILK, SOYA, EGG	
ICED SPONGE	GLUTEN, WHEAT, EGG, MILK	
CHOC CHIP SPONGE	GLUTEN, WHEAT, EGG, MILK, SOYA	
ANGEL DELIGHT	MILK	
DOUGHNUTS	GLUTEN, WHEAT, OATS, MILK, EGG, SOYA, SESAME	
WAFFLES	GLUTEN, WHEAT, EGG, SOYA, KAMUT, SPELT	MILK
OUR JELLY	GELATIN (NOT FOR VEGETARIANS)	
OUR FLAPJACKS	GLUTEN, WHEAT, BARLEY, OATFLAKES	SPELT, KAMUT
CHOC CRACKNELL	MILK, WHEAT, GLUTEN, BARLEY	
YUM YUMS	GLUTEN, WHEAT, SPELT, KAMUT, MILK, EGGS	SOYA, NUTS, PECAN
CHOC CHIP CHEESECAKE	WHEAT, GLUTEN, MILK, SOYA	
ICED BUNS	WHEAT, GLUTEN, SOYA	EGG
CHOC CHIP BROWNIES	WHEAT, GLUTEN, EGG, SOYA, MILK	
LEMON ICED SPONGE	WHEAT, GLUTEN, MILK, EGG	
JAM SCONES	WHEAT, MILK	
CHOC CHIP SHORTBREAD	GLUTEN, WHEAT, SOYA	
LEMON MUFFINS	GLUTEN, WHEAT, EGG, MILK	
WHITE CHOC CHIP MUFFINS	SOYA, MILK, WHEAT, GLUTEN	

APPLE CRUMBLE CAKE	GLUTEN, WHEAT, EGG, MILK	
CINNAMON & RAISIN BUNS	GLUTEN, WHEAT, SOYA	
VANILLA ICED SPONGE	GLUTEN, WHEAT, EGG, MILK	
STRAWBERRY SHORTBREAD	GLUTEN, WHEAT	
LEMON SHORTBREAD	GLUTEN, WHEAT, EGG	
JAM & COCONUT SPONGE	WHEAT, GLUTEN, EGG, MILK	
ICED SPONGE & CHOC SAUCE	WHEAT, GLUTEN, SOYA, EGG, MILK	
CHEESECAKE WITH CHOC SAUCE	MILK, GLUTEN, WHEAT, SOYA	

MID MORNING BREAK

ITEM	ALLERGENS	MAY CONTAIN
CINNAMON SWIRL	GLUTEN, WHEAT, EGG, MILK	BARLEY, OATS, SPELT, SOYA, NUTS, ALMOND, HAZELNUT, CASHEW
PAIN AU CHOCOLATE	GLUTEN, WHEAT, MILK, EGG, SOYA	RYE, BARLEY, OATS, SPELT, SESAME, NUTS, ALMOND, HAZELNUT, WALNUT, PECAN
POTATO PUFFS (LAMB WESTON)	NONE (GLUTEN FREE)	
GARLIC CIABATTA	GLUTEN, WHEAT, RYE, BARLEY	SESAME SEEDS, MILK, NUTS, ALMOND, HAZELNUT, CASHEW
PRETZELS	GLUTEN, WHEAT, BARLEY	
WAFFLES	GLUTEN, WHEAT, EGG, SOYA	