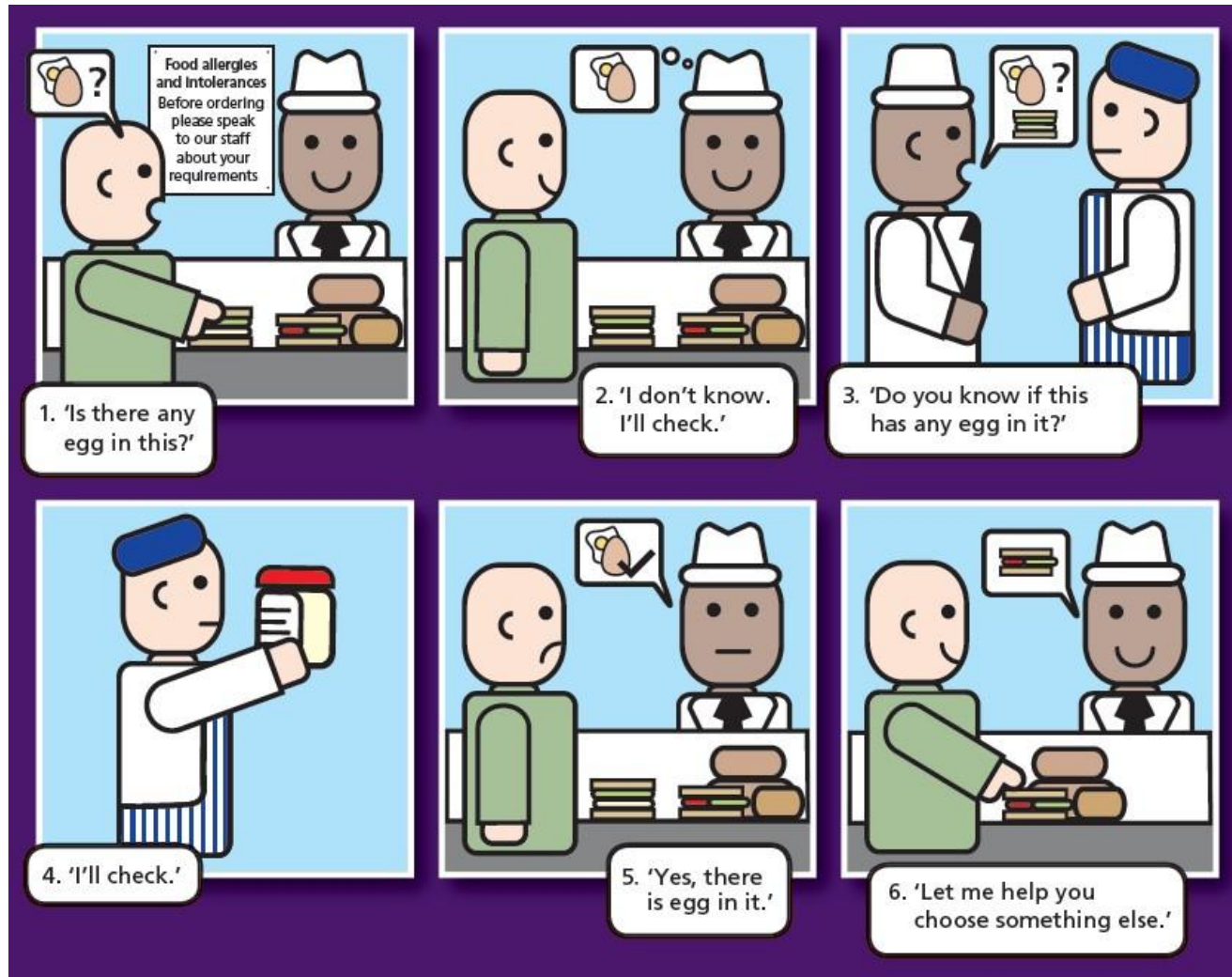




ALLERGEN INFORMATION

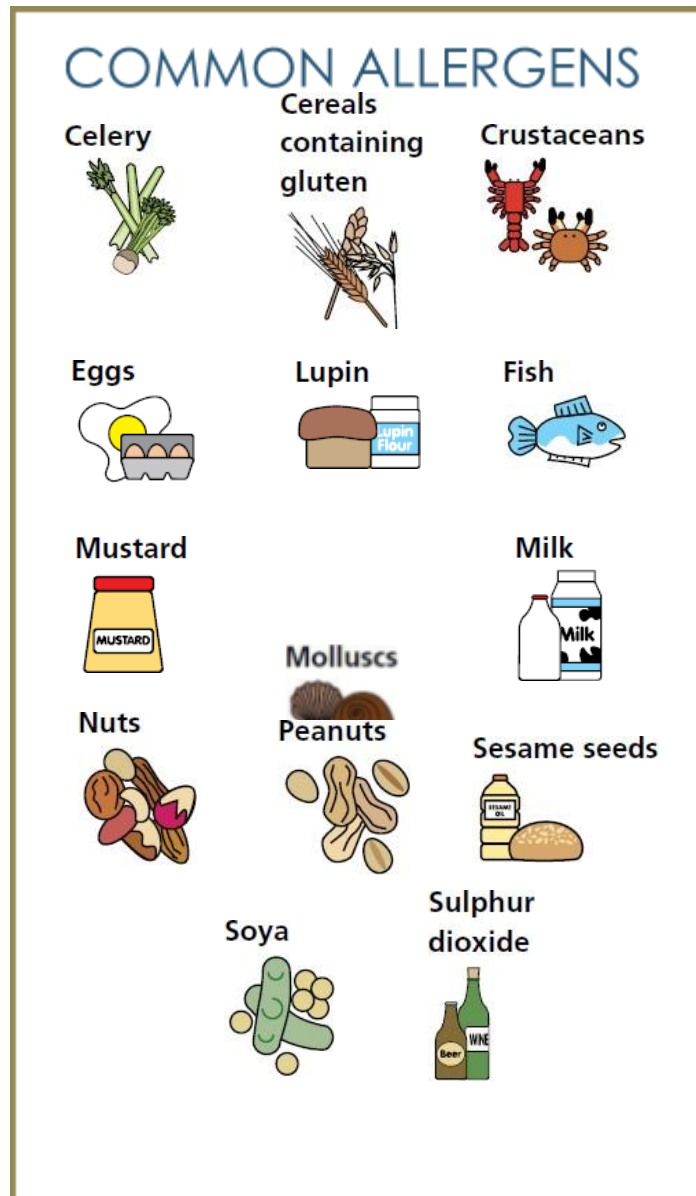
List of menu items and allergens which may be found in each ingredient

What to do if a customer asks questions about allergens?



1. When someone asks you if a food contains a particular ingredient, always check every time – never guess.
2. When you are making food, keep a record of all the ingredients (and what they contain), including cooking oils, dressings, toppings, sauces and garnishes.
3. If you change the ingredients of a food, make sure you inform the Operations team who will update your ingredients information and make any changes necessary.
4. If someone asks you to make food that does not contain a particular ingredient, don't say yes unless you can be absolutely sure that none of that ingredient will be in the food.
5. If you're making food for someone with an allergy, make sure work surfaces and equipment have been thoroughly cleaned. And wash your hands thoroughly before preparing that food. Control the risks

What to do if a customer has an allergic reaction?



WARNING SIGNS

It is not always clear if someone is having an allergic reaction because other serious conditions can have similar symptoms. However, warning signs to look out for is if they are finding it hard to breathe, if their lips or mouth are swollen, or if they collapse.

1. Do not move the customer, because this could make them worse.
2. Call 999 immediately and describe what is happening; explain that you think the customer may be having a serious allergic reaction or anaphylaxis (pronounced anna-fill-axis). It is important to mention the word anaphylaxis to ensure that the urgency of the situation is communicated and that appropriate medication will be available.
3. Ask the customer if they carry an adrenaline pen and, if necessary help them retrieve it. If a staff member or first aider is trained in administering adrenaline and the customer is struggling to self-administer, then offer to assist them.
4. Send someone outside to wait for the ambulance while you stay with your customer until help arrives.

Gluten Free Sundays

Date Created 120319

Gluten Free options are available EVERY SUNDAY at ANY TIME!!!

During this time, the following gluten free products are available:

- Small/large cod or haddock served with chips and mushy peas/beans (Meal Deal 1 and 2)
- Finest Large Scottish Haddock served with chips and mushy peas/beans
- Large special hake served with chips and mushy peas/beans
- Fish goujons served with chips and mushy peas/beans (Meal Deal 7)
- Pineapple fritter
- Potato fritter
- Vinegar

To ensure there is no cross contamination in our kitchen for these gluten free items, we always use separate batter containers, grabbers, sieves and we always use an empty pan of oil for your Gluten Free options!

For more information, do not hesitate to speak to our friendly staff who will be able to answer any of your queries!

Individual

Date Created 120319

	Celery	Cereals containin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Soya	Sesame seeds	Sulphur dioxide
Ocean Wild Cod	□	•	□	⊕	•		⊕	□	⊕			•		
Finest Scottish Haddock	□	•	□	⊕	•		⊕	□	⊕			•		
Large Special Hake														
Wholetail Scampi		•	•											□
Fish Goujons	□	•	□	⊕	•		⊕	□	⊕			•		
Yellowfin Tuna Fish Grill *available at West Bridgford ONLY														
Tuna					•									
Cajun spices														
Lemon & oregano														
Garlic butter							•							
Chips		□	□											•
Basmati rice														
Salad														
Farmed Salmon Fish Grill *available at West Bridgford ONLY														
Salmon					•									
Cajun spices														
Lemon & oregano														
Garlic butter							•							
Chips		□	□											•
Basmati rice														
Salad														
Homemade Fishcake	⊕	•	□	⊕	•		•	□	⊕			•		
Breaded Fishcake	□	•	□	□	•		•	□	•			□		

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Soya	Sesame seeds	Sulphur dioxide
Chips		<input type="checkbox"/>	<input type="checkbox"/>											•
Mushy Peas														
Curry Sauce	⊕	⊕		⊕	⊕		⊕		•			•		
Baked Beans														
Gravy	⊕	•		⊕	⊕		⊕		⊕			•		•
Buttered Roll		•		•			•			•		•	•	
Sausage		•	<input type="checkbox"/>											•
Battered Sausage	<input type="checkbox"/>	•	<input type="checkbox"/>	⊕	<input type="checkbox"/>		⊕	<input type="checkbox"/>	⊕			•		
Saveloy		•												
Potato Fritter	<input type="checkbox"/>	•	<input type="checkbox"/>	⊕	<input type="checkbox"/>		⊕	<input type="checkbox"/>	⊕			•		
Cheesy Vegcake	<input type="checkbox"/>	•	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		•	<input type="checkbox"/>	•			<input type="checkbox"/>		<input type="checkbox"/>
Pineapple Fritter	<input type="checkbox"/>	•	<input type="checkbox"/>	⊕	<input type="checkbox"/>		⊕	<input type="checkbox"/>	⊕			•		
Salt & Pepper Squid	<input type="checkbox"/>	•	<input type="checkbox"/>	•	<input type="checkbox"/>		<input type="checkbox"/>	•	<input type="checkbox"/>			<input type="checkbox"/>		
Breaded Prawns	<input type="checkbox"/>	•	•	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>		
Chicken Nuggets		•	<input type="checkbox"/>											<input type="checkbox"/>
Hot Blazin		•	<input type="checkbox"/>											<input type="checkbox"/>

