

# Peggy's Snack Bar ALLERGEN GUIDE



## Peggy's Snack Bar ALLERGEN GUIDE

April 1st 2022 Menu

Valid from April 2022

**PLEASE RETURN THIS GUIDE TO A STAFF MEMBER**

We cannot guarantee that any foods will be completely free from any of the allergens stated in this guide



## OUR ALLERGEN GUIDE

Peggy's Snack Bar attempts to provide as-complete-as-possible allergen information about its food products, customers with specific food allergens needs to use this guide to assist them with choosing items in our cafe.

We cannot fully guarantee that any foods will be completely free from any allergens stated in this guide. Ingredients vary and may have changed since your last visit. Please check the relevant section in this allergen guide

If you have any questions or specific requirements please notify a member of staff when placing your food order.

### Please Note:

Our Chips, fish, hashbrowns, fried bread, sausages, chicken nuggets and fish fingers can be **cooked in the same oil.**

for all these products – allergens can be found in the relevant section of this booklet.

We cannot guarantee that any foods will be completely free from any of the allergens stated in this guide

# Breakfast

## Full & Big Breakfast Items:

Toast – cereals incl gluten, wheat, soya  
soft roll/barm – cereals incl gluten, wheat, soya  
butter portions - milk  
baked beans – no intentional allergens  
bacon – no intentional allergens  
sausages – cereals incl gluten, wheat, soya, sulphites  
hash browns – cereals incl gluten, wheat, eggs, milk  
fried bread – cereals incl gluten, wheat, soya  
mushrooms – milk (from butter used in cooking)  
Grilled tomato – no intentional allergens

## Vegetarian breakfast option

Mushrooms, 2 hash brown, tomato, baked beans and 1 slice of toast with butter – fried egg if required  
(Allergens as stated above)

## Kids Breakfast option

Sausage or egg, hash brown and baked beans  
(Allergens as stated above)

# Salads

All our salads are prepared fresh on site daily – we cannot completely guarantee that our ingredients are completely free from any allergens., when prepared together some foods may come into contact with other foods containing allergens.

## salads:

All salads may contain the following  
iceberg lettuce – no intentional allergens  
allergens  
radicchio – no intentional allergens  
cherry tomatoes – no intentional allergens  
mustard  
cucumber – no intentional allergens  
mustard  
red onion – no intentional allergens  
allergens  
sweetcorn – may contain milk  
grated carrot – no intentional allergens  
coleslaw (pot) – eggs, mustard  
1/2 boiled egg - egg

## with a salad filling choice of:

\*turkey – no intentional  
\*cheese - milk  
\*chicken mayo – eggs,  
\*tuna mayo – fish, eggs,  
\*ham – no intentional

# Sandwiches

## Sandwich and wrap Selection:

All our sandwiches and wraps are made and delivered fresh - daily:  
sandwich selection - please check packaging for allergen details in BOLD  
our new wrap range - please see packaging for allergen details in BOLD

# Main Meals

our main meals are served with chips, peas or beans and gravy unless stated otherwise

## Main Meals Options:

with Chips – no intentional allergens  
with peas – may contain milk  
with beans – no intentional allergens  
with mash – cereals incl gluten, milk, egg, wheat  
with rice – no intentional allergens  
add gravy – gluten free – made with meat juices  
add jacket potato – no intentional allergens  
New potatoes - contains milk (from butter used)

## Jacket Potato Options:

Plain jacket potato – no intentional allergens  
butter portions - milk  
tuna mayonnaise – fish, eggs, mustard  
grated cheese - milk  
coleslaw – eggs, mustard  
Beef Chilli – barley, fish  
baked beans – no intentional allergens

## Sausage meal

three sausages – cereals incl gluten, wheat, soya, sulphites

## Fish and chips

Battered fish fillet – fish, cereals incl gluten, eggs, soya beans, milk, mustard  
Mushy peas – no intentional allergens

## Chilli con carne meal

chilli con carne recipe – barley, fish

## Chicken & leek Pie

Homemade Recipe – cereals incl gluten, eggs, soybeans, milk, mustard, celery, mustard, wheat

## Beef & Vegetable Pie

Homemade Recipe – cereals incl gluten, wheat, egg

## Turkey & Ham Pie

Homemade Recipe – cereals incl gluten, eggs, soybeans, milk, mustard, soya, wheat

## Minced Beef & Onion Pie

Homemade Recipe – cereals incl gluten, wheat, eggs

# Daily Specials

our Daily Specials come with a choice of either chips, mash or rice and peas or beans and a choice to add jacket or upgrade to new potatoes

## Daily Specials Options:

Chips – no intentional allergens

Peas – [may contain milk](#)

Beans – no intentional allergens

Mash – [cereals incl gluten, milk, eggs, wheat](#)

Rice – no intentional allergens

Gravy – gluten free, made with meat juices

New potatoes – [milk \(from butter used\)](#)

## Slow Cooked Sausages

sausages – [cereals incl gluten, wheat, soya, sulphites](#)

onion gravy – no intentional allergens – gluten free, made with meat juices

## Cottage Pie or Hot Pot

Cottage Pie Recipe – [cereals incl gluten, wheat, eggs](#)

Hotpot Recipe – [Celery, Barley, Fish](#)

## Mid-Week Roast

Beef – no intentional allergens

Or Turkey – no intentional allergens

Or Gammon – no intentional allergens

Roast potatoes – no intentional allergens

Chicken bistro gravy – [cereals incl gluten, milk, soya, wheat](#) (used for turkey and chicken)  
gravy – gluten free, made with meat juices – used for beef and gammon

yorkshire pudding – [cereals incl gluten, eggs, milk, wheat](#)

stuffing – [cereals incl gluten, wheat, barley, egg, soya, celery, milk, mustard, sulphites](#)

## Braised Mince & Dumplings

braised mince recipe – no intentional allergens

dumplings - [cereals incl gluten, eggs, soyabeans, milk, wheat, mustard](#)

## Sunday Roast

Beef – no intentional allergens

Or Turkey – no intentional allergens

Or Gammon – no intentional allergens

Roast potatoes – no intentional allergens

Chicken bistro gravy – [cereals incl gluten, milk, soya, wheat](#) (used for turkey and chicken)  
gravy – gluten free, made with meat juices – used for beef and gammon

Yorkshire pudding – [cereals incl gluten, eggs, milk, wheat](#)

stuffing – [cereals incl gluten, wheat, barley, egg, soya, celery, milk, mustard, sulphites](#)

# Premium Meals

All served with chips or new potatoes, peas or beans and gravy unless otherwise stated

## Premium Meal Options:

Chips – no intentional allergens

Peas – [may contain milk](#)

Beans – no intentional allergens

Mash – [cereals incl gluten, milk, eggs, wheat](#)

Rice – no intentional allergens

Gravy – gluten free, made with meat juices

New potatoes – [milk \(from butter used\)](#)

## slow cooked pork chop

pork chop – no intentional allergens

gravy – gluten free, made with meat juices

apple sauce – [sulphur dioxide/sulphites](#)

## Beef Lasagne

Beef lasagne recipe – [cereals incl gluten, wheat, barley, fish, sulphur dioxide/sulphites, celery, egg, soyabeans, mustard, milk](#)

garlic bread slice – [cereals incl gluten, wheat, milk, soya](#)

## Braised Beef & Mushrooms

Braised steak in gravy – no intentional allergens

mushrooms – [milk \(from butter used\)](#)

onions – no intentional allergens

## Prime Beef Cheeseburger meal

100% beef burger – [no intentional allergens](#)

Brioche bun – [Cereals incl gluten, egg, milk, wheat](#)

cheese - [milk](#)

onions – no intentional allergens

## Curry Of the Day

Chicken Madras Recipe – [cereals incl gluten, wheat, mustard](#)

Beef Curry Recipe – [cereals incl gluten, wheat, mustard](#)

Chicken Tikka Recipe – [milk, mustard, sulphur dioxide/sulphites, celery](#)

Chicken Korma Recipe – [cereals incl gluten, mustard, eggs, milk](#)

Rogan Josh recipe – [cereals incl gluten, wheat, mustard, celery](#)

## Served with:

Rice – no intentional allergen

Poppadom – no intentional allergens

# Rotisserie Spit Roast Chicken

our main meals are served with chips, peas or beans and gravy unless stated otherwise

## Rotisserie Chicken Options:

Chips – no intentional allergens

Peas – may contain milk

Beans – no intentional allergens

Mash – cereals incl gluten, milk, eggs, wheat

Rice – no intentional allergens

Gravy – gluten free, made with meat juices

New potatoes – milk (from butter used)

## Rotisserie chickens

All our chickens are rubbed with a flavour glaze before cooking which contain the following allergens

half chicken – cereals incl gluten, soya, milk, celery, mustard, sulphur dioxide/sulphites

whole chicken - cereals incl gluten, soya, milk, celery, mustard, sulphur dioxide/sulphites

## Extras/other Menu options

### cheesy chips and gravy

grated cheese - milk

chips – no intentional allergens

gravy – gluten free, made with meat juices

# Childrens Meals

our childrens Meals come with chips and peas or beans

## Childrens Meals Options:

Chips – no intentional allergens

Peas – [may contain milk](#)

Beans – no intentional allergens

Gravy – gluten free, made with meat juices

## Childrens Burger Meal

2oz burger – [cereals incl gluten, wheat, soya, sulphites](#)

seeded burger bun – [cereals incl gluten, wheat, sesame](#)

add cheese - [milk](#)

## childrens chicken nugget meal

chicken nuggets – [cereals incl gluten, wheat, milk, celery, soya, egg, mustard](#)

## childrens fish finger meal

fish fingers – [cereals incl gluten, wheat, fish](#)

## childrens sausage meal

sausages – [cereals incl gluten, wheat, soya, sulphites](#)

## children's pasta

kids tomato pasta with slice of garlic bread

tomato pasta recipe – [cereals incl gluten, wheat](#)

garlic slice – [cereals incl gluten, wheat, milk, soya](#)

## Hot dog in a bun:

Hot Dog – [soya protein, celery](#) – may contain mustard

Hot Dog bun – [cereals incl gluten, wheat](#) – may contain sesame

Chips – No intentional allergens

Baked beans – No intentional allergens

## Childrens Roast dinner

Beef – no intentional allergens

Or Turkey – no intentional allergens

Or Gammon – no intentional allergens

Roast potatoes – no intentional allergens

Chicken bistro gravy – [cereals incl gluten, milk, soya, wheat](#) (used for turkey and chicken)

gravy – gluten free, made with meat juices – used for beef and gammon

Yorkshire pudding – [cereals incl gluten, eggs, milk, wheat](#)

stuffing – [cereals incl gluten, wheat, barley, egg, soya, celery, milk, mustard, sulphites](#)



# Confectionary/cakes

## Confectionary: please view packaging for individual allergens

Mixed muffins – cereals incl gluten, eggs, milk, soya, sulphur dioxide/sulphites, wheat, may contain nuts and oats

biscuit selection – cereals incl gluten, wheat, milk, oatmeal, soya, almonds, hazelnuts, nuts, peanuts, oats, barley

Twix – cereals incl gluten, milk, soya, wheat, almonds, hazelnuts, oats

kit Kats – cereals incl gluten, wheat, soya, milk

## Cake selection: please view packaging for individual allergens

Classic loaf cakes – cereals incl gluten, eggs, milk, wheat, sulphur dioxide/sulphites, may contain nuts

luxury loaf cakes – cereals incl gluten, eggs, milk, soya, walnuts, wheat and may contain nuts

Assorted tart selection – cereals incl gluten, almonds, eggs, milk, soya, wheat, may contain nuts

bakewell tarts – cereals incl gluten, almonds, eggs, milk, soya, wheat, may contain nuts