ALLERGEN INFORMATION

GERARD'S

	WHEAT GLUTEN .WG	OAT GLUTEN .OG	BARLEY GLUTEN .BG	SPELT GLUTEN .SG	RYE GUTEN .RG	EGGS .E	FISH .F	PEANUTS .P	SULPHITES .SP	SOYA BEAN .S	CASHEW NUTS .CS	PISTACHIO NUTS .PN	HAZELNUT .HN	ALMOND NUT .AN	WALNUT .WN	PECAN NUT .PC	PINE NUT .PE	MILK .MK	CELERY .CY	SESSAME SEEDS .SS	MUSTARD .MD	LUPIN .L	MOLLUSCS .M	CRUSTACEAN .C
COLD SANDWICHES																								
Chicken & Avocado	X	X	X	X	X	X				X								X	X	X	X			
The Reuben	X	X	X	X	X	X			X	X								X	X	X	X			
Gerards club sandwich	X	X	X	X	X	X				X								X	X	X	X			
The ultimate turkey club	X	X	X	X	X					X								X	X	X	X			
Baked ham & cheese	X	X	X	X	X	X			X	X								X	X	X	X			
Mozzarella Veggie	X	X	X	X	X	X			X	X								X	X	X	X			
Pulled chicken, bacon & stuffing	X	X	X	X	X	X				X								X	X	X	X			
Chicken Caesar	X	X	X	X	X	X	X			X								X	X	X	X			
Chicken Pesto	X	X	X	X	X	X			X	X								X	X	X	X			
Salami & Brie	X	X	X	X	X	X			X	X								X	X	X	X			
Ultimate cajun chicken melt	X	X	X	X	X				X	X								X	X	X	X			
Falafel wrap	X	X	X	X	X				X	X								X	X	X	X	X		
Chicken & Spanish Chorizo	X	X	X	X	X	X				X								X	X	X	X			
Gerards BLT	X	X	X	X	X	X			X	X								X	X	X	X			
The Ploughman	X	X	X	X	X	X				X								X	X	X	X			
Chicken Schnitzel	X	X	X	X	X	X			X	X								X	X	X	X			
Classic egg mayo	X	X	X	X	X	X			X	X								X	X	X	X			
Roast Vegetables & Goats cheese	X	X	X	X	X	X				X								X	X	X				
Egg Mayo & Pesto	X	X	X	X	X	X			X	X								X	X	X	X			
Classic ham & cheese	X	X	X	X	X	X				X								X		X				
Tuna mix sandwich	X	X	X	X	X	X	X		X	X									X	X	X			
Capresse roll	X	X	X	X	X	X				X								X		X	X			
Picnic Sandwich	X	X	X	X	X	X				X								X		X	X			
Cajun chicken jaffle	X	X	X	X	X	X			X	X								X			X			
Red pesto and mozzarella jaffle	X	X	X	X	X	X			X	X								X			X			
HOT SANDWICHES																								
Peri peri chicken	X	X	X	X	X	X			X	X								X	X	X	X			
Slow cooked Moroccan lamb	X	X	X	X	X	X												X		X	X			
Roast Herbs chicken & stuffing	X	X	X	X	X	X			X	X								X	X	X	X			
Roast turkey	X	X	X	X	X	X			X	X								X	X	X	X			
Slow cooked beef brisket	X	X	X	X	X	X			X	X								X	X	X	X			
Breaded chicken roll	X	X	X	X	X	X			X	X								X	X	X	X			
Chicken Schnitzel	X	X	X	X	X	X			X	X								X	X	X	X			
Slow cooked pork bah mi roll	X	X	X	X	X	X			X	X								X	X	X	X			
Katsu chicken	X	X	X	X	X	X				X								X	X	X	X			
Mexican pulled chicken ciabatta	X	X	X	X	X	X			X	X								X	X	X	X			
SALAD PLATTER																								
Beetroot & Walnut									X	X	X							X			X			
French Beans									X		X										X			
Broccoli & Feta									X		X							X			X			
Pesto Pasta	X					X					X							X			X			
Chuncky Slaw						X			X		X									X	X			
Sweet Potato Wedges											X							X		X				
Sweet Potato hazelnut gremolata											X							X		X				
Corn & Cougette									X									X			X			
Chickpea, Quinoa & Feta									X		X							X			X			
Brown Rice & Kale										X	X									X	X			
Rice & quinoa	X								X		X										X			
Roast Vegetables								X		X	X									X				
3 Cabbage Slaw						X			X									X			X			
Greek Salad									X									X			X			
Baby Potato									X												X			
Asian kale salad								X	X	X	X							X		X	X			
Roast Cauliflower									X												X			
Spinach & Egg						X			X									X			X			
Rosted Aubergin										X									X	X				
Cucuber & Poppy seeds									X												X			
Rosted root veg with brown rice	X								X	X										X	X			
Israeli couscous	X								X									X			X			
Quinoa Herbs									X															
Noddles	X					X				X								X		X				
Creamy Pasta	X					X				X								X	X		X			
Rocket Slaw						X			X		X									X	X			
Heirloom Tomato									X	X								X			X			
Mediterranean Quinoa	X								X	X	X							X		X				
Red pesto & artichoke	X										X							X						
Chicken Caesar	X					X	X		X	X								X			X			
Mint pesto pasta	X					X					X							X			X			
White cabbage & courgette									X	X	X										X			

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Cuscus Mediterranean									X	X											X			
Nut Broccoli & Courgette									X		X									X	X			
Sweetcorn avocado & fetta									X									X			X			
Cucumber fennel & pickle salad									X		X										X			
Cucumber & Dill									X	X										X	X			
Mashed Potato						X												X			X			
Hummus																								
Couscous	X																	X			X			
Tabbouleh Salad									X		X							X			X			
Chickpea & Couscous	X								X									X			X			
Southwest pasta	X								X															
Potato gribiche						X			X										X		X			
Butter bean & tahini									X											X				
Blackrice red quinoa	X								X											X			X	X
Roasted butternut squash	X								X												X			
Lemon green pea feta																		X						
Nutty broccoli									X		X									X	X			
Roasted beetroot & feta cheese									X						X			X			X			
Roasted vegetables & goat`s cheese	X								X									X						
Pesto, chickpea & feta	X																	X	X		X			
Brown rice and brocolli	X									X								X			X			
Farro & roasted red pepper	X			X						X									X		X			
SOUP																								
Mushroom										X								X	X					
Mushroom & Tarragon										X								X	X					
Pumpkin									X	X									X					
Leek & Potato										X								X	X					
Roasted sweet red pepper										X									X					
Parsnip										X								X	X					
Wholesome Veg										X								X	X					
Rosted Carrots with sweet Potato										X								X	X					
Chorizo										X									X					
Potato & Herbs										X								X	X					
Mexican Beans										X									X					
Carrots & Coconut										X									X					
Classic Tomato										X									X					
Butternut Squash										X								X	X					
Carrots & Cumin										X									X					
Thai Green Chicken							X			X									X					
Pumpkin Soup									X	X									X					
Spanish chickpea										X									X					
Spicy Parsnip soup with a twist										X								X	X					
Roasted sweet potato										X									X					
Parsnip & ginger soup										X								X						
Turmeric pumpkin coconut , lime										X									X					
Pearl barley broth										X	X								X					
Parsnip & ginger soup										X								X	X					
Thai curried butternut squash										X									X					
Creamy roasted pumpkin soup										X								X	X					
MORNING OFFERING																								
Plain Sausage Roll	X					X												X		X				
Sweet Mustard Sausage Roll	X					X												X		X	X			
Onion Marmalade Sausage Roll	X					X												X		X				
Sweet Chili sausage Roll	X					X												X		X				
Hot Bacon Croissant	X					X												X			X			
Hot ham & cheese croissant	X					X												X			X			
Bacon, avo, egg toast	X	X	X	X	X	X																		
Breakfast roll	X	X	X	X	X	X			X															
Porridge (oats)	X	X																X		X				
Yogurt																		X						
Chocolate Chips	X					X					X	X	X	X	X	X	X	X						
Mixed seeds																				X				
Banana chips									X															
Homemade Granola						X							X			X								
Strawberry																								
Blueberry																								

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Honey																								
Maple syrup																								
Peanut butter								X																
Gerards overnights porridge		X												X		X		X						
Goats overnights porridge	X	X						X						X		X		X						
CAKES																								
Plain scone (BAKER STREET)	X	X	X			X			X	X				X				X						
Fruit scone(BAKER STREET)	X	X	X			X			X	X				X				X						
Raspberry scone(BAKER STREET)	X	X	X			X			X	X				X				X						
Plain croissant (MEDIALUNA)	X					X								X				X						
Almond croissant (MEDIALUNA)	X					X								X				X						
Pain au chocolate (MEDIALUNA)	X					X								X				X						
Cruffin special (MEDIALUNA)	X					X								X				X						
Danish (MEDIALUNA)	X					X								X				X						
Morning bun (MEDIALUNA)	X					X								X				X						
Passion fruit muffin (MEDIALUNA)	X					X								X				X						
Chocolate and dulce de leche swiss (MEDIALUI	X					X								X				X						
Almond white chococalte blondies	X					X					X	X	X	X	X	X	X	X						
Coffee & wallnut	X					X					X	X	X	X	X	X	X	X						
Anzac cookies	X										X	X	X	X	X	X	X							
Lemon & Riccotta						X					X	X	X	X	X	X	X	X						
Glazed choc chiffon cake	X					X												X				X		
Hazelnut choc meringue kisses						X									X			X						
Lemon & pistachio drizzle	X					X						X				X		X				X		
Carrot Cake	X					X									X			X				X		
Choc chip cookie	X					X				X								X						
Milk/ white chip cookie	X					X				X								X						
Carmel Cookie	X					X				X								X						
Ruby/white chip	X					X				X								X						
S'Mores	X					X				X								X						
Triple Chocolate cookie	X					X				X								X						
Mars bar filled cookie	X					X				X								X						
Chomp bar filled cookie	X					X				X								X						
Fudge bar filled cookie	X					X				X								X						
Crispy roll bar filled cookie	X					X				X								X						
Crunchy bar filled cookie	X					X				X								X						
Kinder bueno bar filled cookie	X					X				X			X					X						
Crushed oreo bicuit filled cookie	X					X				X								X						
Aero bar filled cookie	X					X				X								X						
Smarties filled cookie	X					X				X								X						
Malteesers filled cookie	X					X				X								X						
Brownie	X					X				X								X						
Pecan sandwich	X					X				X						X		X						
Coconut kiss	X					X				X								X						
Almond and Cocoa bliss protein balls									X					X										
Peanut butter and chia energy balls								X																
Coconut & cashew with chocolate chips balls								X			X													
Icecream (Vanilla/chocolate)						X												X						
Granola Muffin	X	X	X	X	X	X				X			X	X	X	X		X						
COFFEE & TEA																								
Black americano																								
White americano																		X						
Latte																		X						
Cappuccino																		X						
Flat white																		X						
Hot chocolate	X									X	X	X	X	X	X	X	X	X		X				
Tea																								
Herbal Tea																								
Iced americano																		X						
Iced coffee																		X						
Oat milk		X																						
Almond milk														X										
Coconut milk										X														
Soya milk										X														
Full fat milk																		X						
Low fat milk																		X						
Iced coffee (condensed milk)																		X						

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