

Name of Dish	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin (including Flour and Seeds)	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide (Sulphites)
Haddock		X			X		X							X
Pie		X		X			X							
Lamb & vegetable	X						X							
Green Chicken Tikka							X		X	X				
Mussel & Fries								X		X				
Hake Fillet	X	X		X						X				
Roast Risotto							X			X				
Mushroom Bourginion	X						X							
Rump Steak		X												
Ribeye Steak		X												
FAS Burger	X	X		X			X							
Panko Chicken		X		X										X
Pork T Bone							X			X	X			
Fishcake		X		X	X									
Sausage & Mash	X	X												
Cottage Pie	X						X							
Steak Frites		X					X							
Stir Fry												X	X	
Baked Ham		X		X										
Cottage pie	X						X							

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Ham & Piccalilli	X	X		X					X					X
Roast Chicken Mayo		X		X			X		X					
Mature Cheddar & Marm		X		X			X							X
Tuna & Spring Onion		X		X	X				X					
Egg Mayonnaise		X		X	X				X					
Fish Finger Ciabatta		X		X					X					
Roast Beef Wrap		X		X					X					
FAS Club		X		X					X					
Bacon & Cheddar		X		X			X							
Chicken Ciabatta		X		X					X					X
Caesar		X		X	X		X		X					
With Chicken		X		X	X		X		X					
With Smoked Salmon		X		X	X		X		X					
Superfood		X		X						X		X		
With Chicken		X		X						X		X		
With Smoked Salmon		X		X						X		X		