

ARE YOU ALLERGEN AWARE?

Do you have a food allergy or intolerance?



Celery



Crustaceans



Eggs



Fish



Gluten



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame



Soya



Sulphur dioxide
and sulphites

We provide allergen information on the 14 major allergens in our Allergen Folder.

On our menus we detail both vegan vegetarian and non gluten containing ingredients. Key is detailed below.

ALLERGEN AND DIETARY KEY

VE – Vegan

Plant-based. Contains no animal products, including meat, dairy, eggs, or honey.

V – Vegetarian

Contains no meat, poultry, or fish. May include dairy products, eggs, or honey.

NGCI – No Gluten Containing Ingredients

Made without ingredients that contain gluten. Suitable for people avoiding gluten but prepared in kitchens where cross-contamination may occur.

Please note, as with every catering establishment, there is always a potential for cross-contact to occur during preparation. Whilst we endeavour to prevent this as far as possible, the nature of an allergen means that we cannot fully guarantee that cross-contact may not have occurred. We encourage our customers with food allergies and intolerances to let our staff know, so we can better cater for them. We are happy to provide further detail on any declarable allergens and /or any other ingredients and how they were handled, to allow you to make an informed decision as to whether or not the food is suitable for you. If you have any questions please speak to a member of staff or contact us at nutrition@compass-group.co.uk