
	Allergens - September 2022														GLUTEN Name of cereal
	Cereals**	Crustaceans	Nuts*	Celery	Mustard	Sesame	SO2/ Sulphites	Lupin	Molluscs	Soybeans	Peanuts	Fish	Eggs	Milk	
<b>Menu Items</b>															
<b>Bagels</b>															
Plain Bagel	Y					M									BARLEY/WHEAT
Smoked Salmon												Y			
Avocado															
Spinach															
Tomato															
Mozzarella														Y	
Cream Cheese														Y	
Chicken Strips															
Bacon															
Bacon, Brie, Cranberry Bagel.	Y					M								Y	BARLEY/WHEAT
Brie, Cranberry bagel	Y					M								Y	
<b>Loaded Fries</b>															
Double Cheese & Bacon Bits	Y									Y				Y	WHEAT
Vegan Cheese Loaded Fries	Y														WHEAT
BBQ Pulled Pork Loaded					Y										
Sweet chilli Chicken Loaded Fries	Y			Y						Y				Y	WHEAT
Hot Chicken Cheese Loaded Fries										Y				Y	
<b>Plug Burgers</b>															
Plug Chicken Burger	Y			Y									Y		WHEAT
Sweet Chilli Slaw Burger	Y			Y									Y		WHEAT
Nacho Chicken Burger	Y			Y						M			Y	Y	WHEAT
Pulled Pork Burger	Y												Y		WHEAT
Plug Vegan Burger	Y														WHEAT
Vegetable Burger	Y														WHEAT
<b>Plug Classics</b>															
Classic Chicken Wrap	Y			Y									Y		WHEAT
Classic Vegan Wrap	Y									Y					WHEAT
Cheesy Pasta	Y									Y				Y	WHEAT
Chicken & Chips	Y			Y											WHEAT
Dorito cheese dip													Y	Y	
Dorito Nachos	M									M				M	M
Dorito salsa															
<b>Sides /Extras</b>															
Chips	Y														WHEAT
Garlic Bread	Y									M				M	WHEAT
Cheese														Y	
Bacon															
Avocado															
House Slaw															
Crispy Onion	Y														WHEAT
Bacon Bits	Y														WHEAT
Bigs in blanket	Y						Y								WHEAT

Whilst every effort is made to avoid cross contamination of allergens in out preparation areas, whilst a dish may not identify a specific allergen as an actual ingredient, due to the wide range used in our kitchen then there may be a small risk of cross contamination, Please ask a staff member for further information

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	Cereals**	Crustaceans	Nuts*	Celery	Mustard	Sesame	SO2/ Sulphites	Lupin	Molluscs	Soybeans	Peanuts	Fish	Eggs	Milk	
<b>Ingredients</b>															
Plain Bagels	Y					M									BARLEY/WHEAT
Smoked Salmon												Y			
Avocado															
Chicken Strips															
Streaky Bacon															
Bacon															
Mozzarella														Y	
Cream Cheese														Y	
Tomato															
Spinach															
Chips															
Cheese Sauce										Y				Y	
Bacon Bits	Y														WHEAT
Pulled Pork															
House Slaw															
Crispy Onions	Y														WHEAT
Vegetable Burger															
Onion															
Wraps	Y														WHEAT
Lettuce															
Pasta	Y														WHEAT
Cheese Slices											Y				
Garlic Bread	Y									M				M	WHEAT
Vegetarian strips	Y									Y					WHEAT
Burger bun	Y					M									WHEAT
Burger bun (NGCI)						M									
Dorito	M									M				M	
Dorito Salsa															
Dorito Cheese Dip													Y	Y	
Jalapeno															
Vegan cheese															
Ketchup															
Mayo													Y		
BBQ Sauce					Y										
Sweet Chilli															
Vegan Mayo															
Firecracker Sauce															
<b>Cakes</b>															
Rocky Road	Y									Y				Y	WHEAT
Honeycomb Slice	Y		M(Tree nuts)							Y	M			Y	WHEAT/BARLEY
Tiramisu Slice	Y									Y				Y	WHEAT

M = May Contain Y = Contains

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