ELITE SKILLS & FITNESS | ELITE SF

ALLERGY GUIDE FOR OUR MENU

Menu items and options are listed below. Check current product labels.

ALLERGENS TO CHECK IN OUR MENU

Possible sources below are prompts only, not a confirmed allergen declaration.

BREAKFAST	Coco Pops, Frosties, Bran flakes, dairy milk and oat milk. Check cereal and milk labels, including allergen and “may contain” statements.
SNACK BREAKS	Grapes, cucumber, Rich Tea and Chocolate Digestives. Check biscuit labels for cereals containing gluten, milk, soya and other allergens.
LUNCH	Ham, cheese, jam, cucumber, butter and vegan butter. Grapes and cucumber. Mini Rolls and Chocolate Digestives. Check bread, fillings, spreads and sweet treat labels for their listed allergens.
HOT FOOD	Fish fingers, chicken nuggets and pizza. Served with grapes or cucumber. Ketchup or mayonnaise. Check each product and sauce label. Mayonnaise often contains egg.
VEGAN HOT FOOD	Vegan fish fingers, vegan veg burgers, vegan burgers, pasta with tomato sauce and vegan pizza. Check every label. Vegan does not mean allergen free.

BEFORE SERVING

Read the ingredients and “may contain” statement on the current pack.

Recipes and brands can change. Never rely on an old label or guess.

If information is missing, do not describe the food as allergen free.

THE 14 REGULATED ALLERGENS

Celery • Cereals containing gluten • Crustaceans • Eggs • Fish • Lupin • Milk

Molluscs • Mustard • Tree nuts • Peanuts • Sesame • Soya • Sulphites

KEEP THIS GUIDE WITH CURRENT PRODUCT LABELS

This guide does not replace a checked, up to date allergen record for each item.

Guidance: Food Standards Agency • allergen guidance for food businesses

Check each product, batch, substitution and preparation area before serving.