| Frasers_Helston                   |          |          |          |             |                 | ✓ - Allergen present in product specification   MC - Product MAY CONTAIN allergens |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
|-----------------------------------|----------|----------|----------|-------------|-----------------|--|-------------|-------------|------------|--------|------------|-----------|----------|------------|-------------|---------|------------------|----------|--------------|---------|-----------|----------|------------|------------|
| Menu Item                         | None●    | Celery•  | Wheat    | ereals cont | A Kataning Glut | oats.  | Crustaceans | Eggs        | Fish•      | Lupin  | Milk•      | Molluscs• | Mustard  | Walnuts    | Hazlenuts•  | Almonds | Pecans<br>Pecans | Brazil   | Macadamia    | Cashew  | Peanuts • | Sesame   | Soya•      | Sulphites• |
| Fish                              | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MILK       | MOLLUSCS  | MUSTARD  | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| All Battered Fish                 |          |          | <b>✓</b> |             |                 |  |             |             | 1          |        |            | МС        | MC       |            |             |         |                  |          |              |         |           |          | <b>√</b>   |            |
| Scampi                            |          |          | ✓        |             |                 |  | ✓           |             | MC         |        |            | MC        |          |            |             |         |                  |          |              |         |           |          |            |            |
| Fishcake                          |          |          | ✓        |             |                 |  |             |             | <b>√</b>   |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Homemade Fishcake                 |          |          | <b>√</b> |             |                 |  |             | <b>✓</b>    | <b>/</b>   |        |            | MC        |          |            |             |         |                  |          |              |         |           |          |            |            |
| Cod Bites                         |          |          | <b>√</b> |             |                 |  |             |             | √<br>MC    |        |            | MC        | MC       |            |             |         |                  |          |              |         |           |          | <b>-</b>   |            |
| Calamari                          | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | MC<br>FISH | LUPIN  | MILK       | MOLLUSCS  | MC       | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| Chips<br>Chips                    | HONE     | GELERI   | WITEAT   | DARLET      | RIE             | JAIS   | CRUSTACEANS | LGGS        | rion       | LOPIN  | mILN       | moltusus  | MOSTARU  | TIALNUIS   | IIALLINUI 3 | ALMONDS | FEGANS           | DINAZIL  | MACADAMIA    | CAGREM  | FEMUIS    | SESAME   | SUTA       | SULPHITES  |
| Cheesy Chips                      |          |          |          |             |                 |  |             |             |            |        | 1          |           |          | +          |             |         |                  |          |              |         |           |          |            | <b>-</b>   |
| Chicken                           | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MILK       | MOLLUSCS  | MUSTARD  | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| HM Chicken Fillet                 |          | <b>√</b> | <b>√</b> | MC          |                 |  |             |             |            |        | МС         |           | МС       |            |             |         |                  |          |              |         |           |          | MC         | МС         |
| Chicken Nuggets                   |          |          | ✓        |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| HM Chicken Goujons                |          | ✓        | ✓        | MC          |                 |  |             |             |            |        | MC         |           | MC       |            |             |         |                  |          |              |         |           |          | MC         | MC         |
| Sausages                          | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MILK       | MOLLUSCS  | MUSTARD  | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| Plain Sausage                     |          |          | ✓        |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            | ✓          |
| Battered Sausage                  |          |          | ✓        |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            | <b>√</b>   |
| Burgers – Including Bun & sauces  | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MILK       | MOLLUSCS  | MUSTARD  | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| Beef Burger                       |          |          | <b>√</b> |             |                 |  |             | <b>→</b>    |            |        | <b>V</b>   |           |          |            |             |         |                  |          |              |         |           |          |            | <b>√</b>   |
| Cheese Burger                     |          |          | <u> </u> |             |                 |  |             | <b>✓</b>    |            |        | <b>-</b>   |           |          |            |             |         |                  |          |              |         |           |          |            | <b>√</b>   |
| HM Chicken Fillet Burger          |          | ✓        | <b>√</b> | MC          |                 |  |             | ✓           |            |        | <b>✓</b>   |           | МС       |            |             |         |                  |          |              |         |           | ,        | MC         | МС         |
| Veggie Burger                     |          |          | <b>√</b> |             |                 |  |             | <b>√</b>    |            |        | 1          |           |          |            |             |         |                  |          |              |         |           | <b>✓</b> |            |            |
| Halloumi Burger Veggie (V)        | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MILK       | MOLLUSCS  | MUSTARD  | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| Mozzarella Dippers (v)            | HOILE    | OLLLINI  | √<br>-   | Dritte!     |                 | - CATO   | GROCIAGEAGO | MC          | 11011      | 201111 | <b>√</b>   | MOLLOGO   | MC       | TIALITO 10 | IIILLINOTO  | ALMONDO | 1 207410         | DIOLE    | III/O/D/III/ | OADILLI | 1 LAGOTO  | OCONTRE  | MC         | OULT TITLE |
| Homemade Onion Rings (VG)         |          |          | 7        |             |                 |  |             | 1110        |            |        | •          |           | MC       |            |             |         |                  |          |              |         |           |          | <b>√</b>   |            |
| Plain Veggie sausage (VG)         |          |          | <i>-</i> |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          | •          |            |
| Bat. Veggie Sausage (VG)          |          |          | <b>√</b> |             |                 |  |             |             |            |        |            |           | MC       |            |             |         |                  |          |              |         |           |          | <b>√</b>   |            |
| Pea Fritters (VG)                 |          |          | ✓        |             |                 |  |             |             |            |        |            |           | MC       |            |             |         |                  |          |              |         |           |          | ✓          |            |
| Buffalo Cauliflower Bites (v)     |          | ✓        | ✓        | ✓           |                 |  |             |             |            |        | ✓          |           | MC       |            |             |         |                  |          |              |         |           |          | ✓          | MC         |
| Vegan (VG)                        | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MILK       | MOLLUSCS  | MUSTARD  | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| Quorn Nuggets                     |          |          | ✓        |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Vegan Fish                        |          |          | ✓        |             |                 |  |             |             |            |        |            |           | MC       |            |             |         |                  |          |              |         |           |          | ✓          | <b>✓</b>   |
| Curried Cauliflower Bites         |          | <b>√</b> | <b>√</b> | MC          |                 | -  |             |             |            |        | MC         |           | MC       | -          |             |         |                  |          |              |         |           |          | MC         | MC         |
| Crispy Cauliflower Bites          | NONE     | CELERY   | WHEAT    | MC          | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MC<br>MILK | MOLLUSCS  | MC       | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | MC<br>SOYA | MC         |
| Hot Sides Homemade Mushy Peas (v) | NONE     | CELERY   | WHEAI    | DAKLEY      | KTE             | UAIS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | mILK       | MOLLUSUS  | MUSTARD  | WALNUIS    | MAZELNUIS   | ALMONDS | PEGANS           | DRAZIL   | MACADAMIA    | CASHEW  | PEANUIS   | SESAME   | SUTA       | SULPHITES  |
| Curry Sauce (v)                   |          | <b>√</b> |          |             |                 | <del> </del>   |             |             |            |        |            |           | <u> </u> | +          |             |         |                  | <u> </u> |              |         |           |          |            | -          |
| Gravy (v)                         |          | MC       |          |             |                 |  |             |             |            |        |            |           |          | +          |             |         |                  |          |              |         |           |          |            | MC         |
| Beans (v)                         | <b>1</b> |          |          |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Cold Sides                        | NONE     | CELERY   | WHEAT    | BARLEY      | RYE             | OATS   | CRUSTACEANS | EGGS        | FISH       | LUPIN  | MILK       | MOLLUSCS  | MUSTARD  | WALNUTS    | HAZELNUTS   | ALMONDS | PECANS           | BRAZIL   | MACADAMIA    | CASHEW  | PEANUTS   | SESAME   | SOYA       | SULPHITES  |
| HM Tartare Sauce                  |          |          |          |             |                 |  |             | <b>√</b>    |            |        |            |           | ✓        |            |             |         |                  |          |              |         |           |          |            |            |
| Crucials Ketchup                  | ✓        |          |          |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Crucials Mayo                     |          |          |          |             |                 |  |             | <b>&gt;</b> |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Crucials BBQ                      | ✓        |          |          |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Crucials Garlic & Herb            |          |          |          |             |                 |  |             | ✓           |            |        | ✓          |           | ✓        |            |             |         |                  |          |              |         |           |          |            |            |
| Crucials Sweet Chilli             | ✓        |          |          |             |                 |  |             |             |            |        |            |           |          | 1          |             |         |                  |          |              |         |           |          |            |            |
| Lions Buffalo Sauce               |          |          |          | <b>√</b>    |                 |  |             | -           |            |        | <b>√</b>   |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Pickled Egg                       |          |          |          |             |                 | -  |             | <b>√</b>    |            |        |            |           |          | -          |             |         |                  |          |              |         |           |          |            |            |
| Pickled Gherkin                   | <b>√</b> |          |          |             |                 |  |             |             |            |        |            |           | -        | -          |             |         |                  |          |              |         |           |          |            |            |
| Pickled Onion                     | <b>1</b> |          |          |             |                 |  |             |             |            |        |            |           |          |            |             |         |                  |          |              |         |           |          |            |            |
| Vinegar Bottle                    | ✓        | l        |          | 1           |                 |  |             |             |            |        |            | 1         |          |            | 1           |         |                  |          |              |         |           |          |            | - Jan - Ap |

| Frasers_Helston                  | 1        | OF FRV |          | DADI EV  | D)/E |      |             |      | esent in p |       |      |          |         |         |           | _       |        | 20170  |           | 0.000  | DE ANUES |        | 2011     | 0.00 0.00 |
|----------------------------------|----------|--------|----------|----------|------|------|-------------|------|------------|-------|------|----------|---------|---------|-----------|---------|--------|--------|-----------|--------|----------|--------|----------|-----------|
| Kids Meals (K) - Excluding Drink | NONE     | CELERY | WHEAT    | BARLEY   | RYE  | OATS | CRUSTACEANS | EGGS | FISH       | LUPIN | MILK | MOLLUSCS | MUSTARD | WALNUTS | HAZELNUTS | ALMONDS | PECANS | BRAZIL | MACADAMIA | CASHEW | PEANUTS  | SESAME | SOYA     | SULPHITES |
| Cod Bites (K)                    |          |        | <b>√</b> |          |      |      |             |      |            |       |      |          | MC      |         |           |         |        |        |           |        |          |        | <b>√</b> | <b>1</b>  |
| Plain Sausage (K)                |          |        | <b>√</b> |          |      |      |             |      |            |       |      |          | MC      |         |           |         |        |        |           |        |          |        | ,        | <b>1</b>  |
| Battered Sausage (K)             |          |        | <b>√</b> |          |      |      |             |      |            |       |      |          | MC      |         |           |         |        |        |           |        |          |        | ✓        | <b>\</b>  |
| Chicken Nuggets (K)              |          |        | <b>√</b> |          |      |      | ,           |      |            |       |      | 110      |         |         |           |         |        |        |           |        |          |        |          | <b>1</b>  |
| Scampi (K)                       |          |        | <b>√</b> |          |      |      | <b>✓</b>    |      | MC         |       |      | MC       |         |         |           |         |        |        |           |        |          |        |          | <b>1</b>  |
| Veggie Sausage (K)(V)            |          |        | <b>√</b> |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          | <b>√</b>  |
| Quorn Nuggets (K)(VG)            | NONE     | CELERY | WHEAT    | BARLEY   | RYE  | OATS | CRUSTACEANS | EGGS | FISH       | LUPIN | MILK | MOLLUSCS | MUSTARD | WALNUTS | HAZELNUTS | ALMONDS | PECANS | BRAZIL | MACADAMIA | CASHEW | PEANUTS  | SESAME | SOYA     | SULPHITES |
| Drinks                           |          | CELERI | WHEAT    | DARLET   | RIE  | UAIS | CRUSTACEANS | EGGS | rion       | LUPIN | MILK | MOLLUSUS | MUSTARD | WALNUTS | HAZELNUIS | ALMONDS | PECANS | DRAZIL | MACADAMIA | CASHEW | PEANUIS  | SESAME | SUTA     | SULPHILES |
| Strawberry Slushy                | /        |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Blue-Raspberry Slushy            | <b>/</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        | <u> </u>  |        |          |        |          |           |
| Tropical Slushy                  | <b>/</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          | -         |
| Watermelon Slushy                | <b>\</b> | -      |          | -        |      |      |             |      |            |       |      | -        |         |         |           |         |        |        |           |        |          |        |          | +         |
| Coke                             | <b>\</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Diet Coke                        | <b>\</b> | -      |          | -        |      |      |             |      |            |       |      |          |         |         |           |         |        |        | -         |        |          |        |          | +         |
| Coke Zero                        | <b>\</b> | -      |          | -        |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Fanta Orange                     | <b>1</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Fanta Fruit Twist                | <b>✓</b> |        |          | ,        |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Vimto                            |          |        |          | <b>√</b> |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Fanta Lemon                      | <b>_</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| 7UP                              | <b>/</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Still Water                      | <b>_</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          | -         |
| Sparkling Water                  | <b>-</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Radnor Orange                    | <b>_</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Radnor Tropical                  | <b>/</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Radnor Apple                     | <b>/</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Radnor Forest Fruits             | <b>\</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Radnor Rasp + Cherry             | <b>/</b> |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Gluten Free Fish (GF)            | NONE     | CELERY | WHEAT    | BARLEY   | RYE  | OATS | CRUSTACEANS | EGGS | FISH       | LUPIN | MILK | MOLLUSCS | MUSTARD | WALNUTS | HAZELNUTS | ALMONDS | PECANS | BRAZIL | MACADAMIA | CASHEW | PEANUTS  | SESAME | SOYA     | SULPHITES |
| Cod (GF)                         |          |        |          |          |      |      |             |      | <b>✓</b>   |       |      | MC       |         |         |           |         |        |        |           |        |          |        |          |           |
| Haddock (GF)                     |          |        |          |          |      |      |             |      | ✓          |       |      | MC       |         |         |           |         |        |        |           |        |          |        |          |           |
| Cornish Hake (GF)                |          |        |          |          |      |      |             |      | ✓          |       |      | MC       |         |         |           |         |        |        |           |        |          |        |          |           |
| Cod Bites (GF)                   |          |        |          |          |      |      |             |      | <b>V</b>   |       |      | МС       |         |         |           |         |        |        |           |        |          |        |          |           |
| Calamari (GF)                    |          |        |          |          |      |      |             |      | МС         |       |      | 1        |         |         |           |         |        |        |           |        |          |        |          | 1         |
| Gluten Free Chicken (GF)         | NONE     | CELERY | WHEAT    | BARLEY   | RYE  | OATS | CRUSTACEANS | EGGS | FISH       | LUPIN | MILK | MOLLUSCS | MUSTARD | WALNUTS | HAZELNUTS | ALMONDS | PECANS | BRAZIL | MACADAMIA | CASHEW | PEANUTS  | SESAME | SOYA     | SULPHITES |
| Chicken Fillet (GF)              | 1        |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Chicken Goujons (GF)             | 1        |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Gluten Free Chips (GF)           | NONE     | CELERY | WHEAT    | BARLEY   | RYE  | OATS | CRUSTACEANS | EGGS | FISH       | LUPIN | MILK | MOLLUSCS | MUSTARD | WALNUTS | HAZELNUTS | ALMONDS | PECANS | BRAZIL | MACADAMIA | CASHEW | PEANUTS  | SESAME | SOYA     | SULPHITES |
| Chips (GF)                       | 1        |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          | <b>/</b>  |
| Cheesy Chips (GF)                |          |        |          |          |      |      |             |      |            |       | ✓    |          |         |         |           |         |        |        |           |        |          |        |          | 1         |
| Gluten Free Veggie/Vegan (GF)    | NONE     | CELERY | WHEAT    | BARLEY   | RYE  | OATS | CRUSTACEANS | EGGS | FISH       | LUPIN | MILK | MOLLUSCS | MUSTARD | WALNUTS | HAZELNUTS | ALMONDS | PECANS | BRAZIL | MACADAMIA | CASHEW | PEANUTS  | SESAME | SOYA     | SULPHITES |
| Homemade Onion Rings (GF)(VG)    | 1        |        |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          |           |
| Vegan Fish (GF)(VG)              |          |        | <b>√</b> |          |      |      |             |      |            |       |      |          | МС      |         |           |         |        |        |           |        |          |        | <b>√</b> | <b>✓</b>  |
| Pea Fritters (GF)(VG)            | /        | -      |          |          |      |      |             |      |            |       |      |          |         |         |           |         |        |        |           |        |          |        |          | +         |
| carritters (GF)(VG)              |          | 1      |          | 1        |      | I    |             | 1    |            | 1     | I    | 1        | I       | 1       |           |         |        |        |           |        | 1        | 1      |          |           |

Gluten Free Sides/Extras (GF)

Vinegar Bottle (GF)

Crucials Ketchup (GF)

Homemade Tartare sauce (GF)

NONE

**√** 

**√** 

✓

CELERY

WHEAT

BARLEY

RYE

OATS CRUSTACEANS

EGGS

FISH

LUPIN

MILK

MOLLUSCS

2

MUSTARD

WALNUTS HAZELNUTS ALMONDS PECANS

RP1 - Jan - April

BRAZIL

MACADAMIA CASHEW

PEANUTS

SESAME

SOYA

SULPHITES