

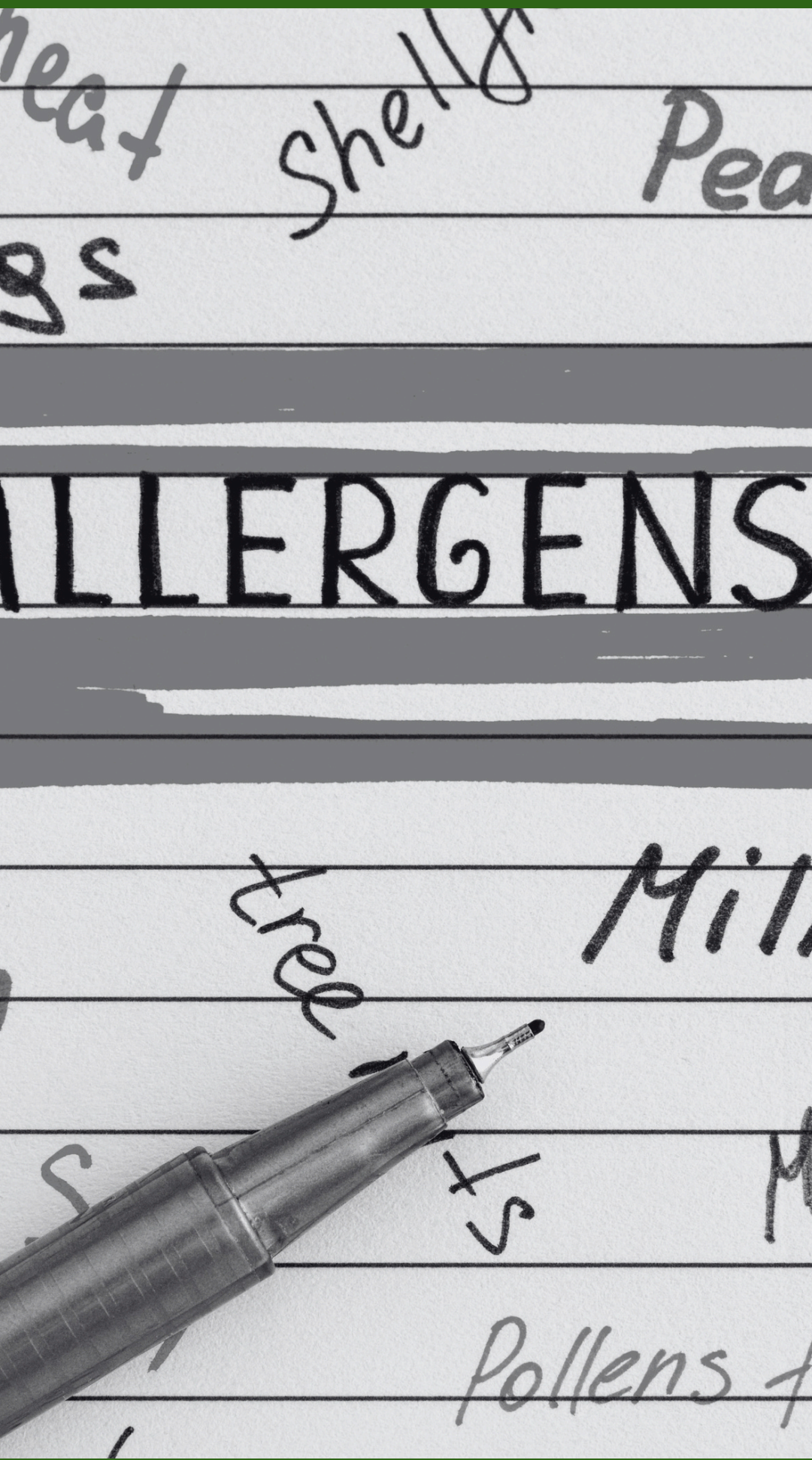


# Our Food Allergy Guide



Version 1 updated July 2026

# Safety First



We have established this guide to ensure our customers and their guests are as safe as possible. This guide can help you make an informed decision about what to order and how to communicate with your guests



# Our Kitchens















We prepare all foods in our commercial kitchens and deliver in our fleet of vans and cars. This means that allergens are used in the same kitchen and delivery vehicle, this is important to note as it means we cannot label our foods gluten free for example, because allergens may find their way into other foods via the air, surfaces or via human contact. We do also use NUTS.



# What are allergens

## Dishes and their allergen content

(Note – Please state the name of the cereal(s) containing gluten\* and/or the name of the nut(s)†)

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
	✓			✓	✓		✓		✓					

Review date:

Reviewed by:



– Shown above are the recognised list of allergens. These are the only allergens we recognise and can consider.

# HOW TO CHOOSE



/or the name of the nut(s)†

							
k		✓					

 Food Standards Agency  
food.gov.uk



– Consider that only the recognised allergens are shown on our labels .

– All of our foods may contain allergens because of our food prep space we use.

# What if

**– My guest is allergic to strawberries, coconut or pineapple, or maybe something else?**



**– We only list the formally recognised allergens on our food labels, and in this case those with allergies to non-standard allergens may not eat our food.**

# What next

**If your guest is allergic or intollerant to any of the main allergens you can consider speaking to them about what is best.**

**– They may choose to bring their own foods to enjoy at your event, this is a perfectly acceptable option and ensures everyone is safe and happy.**

**– You could ask us to prepare a special menu for your guests to enjoy. Remember we cannot gurantee the absence of any allergens due to our kitchen space and transport, however we can prepare the food without certain ingredients, i.e dairy, milk or gluten.**

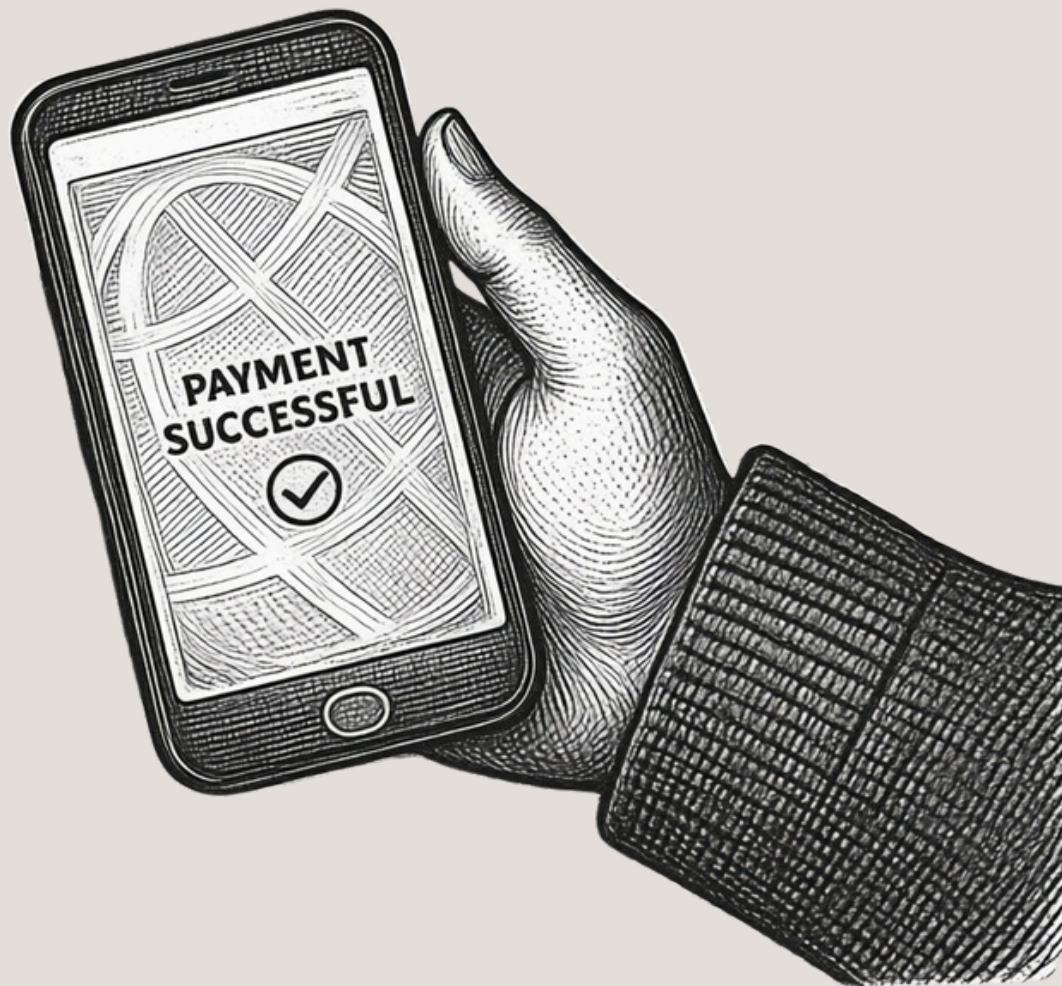
# Vegan, Vege etc

- Most of our menus have a vege option. This is suitable for those that choose to eat a vegetarian diet.
- Vegan diets are very specific and require a special order option



# Ordering & Prices

- Anything we prepare bespoke for you takes a lot of time, money and caution.**
- We have to consider special requests and the time and cost involved.**
- Our price list on the next page provides a range of options for you to consider.**



# Order Options



**– Vegan (dairy free) box suitable for one person, includes vegan sandwich, vegan savouries and vegan cakes.**

**£20 per box.**



**Without Gluten box suitable for one prson, including sandwich, savouries and cakes.**

**£20 per box**