



Allergen Matrix

Lifton, Gulworthy & Lamerton

Summer Menu 2025

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
Pri Apple & Raspberry Cake			✓		✓ <i>Wheat</i>									?
Pri Apple Crumble & Custard					✓ <i>Oats, Wheat (Barley*, Rye*)</i>		✓							?
Pri Banana Marble Cake			✓		✓ <i>Wheat</i>									?
Pri Baton Carrots													✓	
Pri BBQ Chicken Wrap					✓ <i>Wheat</i>		✓		?					
Pri Beef Bolognaise					✓ <i>Wheat</i>				✓				✓	?
Pri Breaded Fish 60g				✓					✓					
Pri Brunch													✓	

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Cajun Butternut & Bean Burger					 Wheat									
Pri Carrot & Courgette Chocolate Brownie					 Wheat									
Pri Carrot Cake					 Wheat									
Pri Cauliflower & Butternut Curry					 (Wheat*)									
Pri Cheese & Bean Pasty					 Wheat									
Pri Cheese & Onion Quiche					 Wheat									
Pri Chicken Bites					 Wheat									
Pri Chicken Pasta Bake					 Wheat									
Pri Chipolata Sausages														
Pri Chocolate Cookie					 Oats, Wheat (Barley*, Rye*)									
Pri Coleslaw (Raw)														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Fish Fingers					 <i>Wheat</i>									
Pri Fruit Salad & Ice Cream														
Pri Fruity Flapjack					 <i>Oats (Barley*, Rye*, Wheat*)</i>									
Pri Homemade Focaccia Bread					 <i>Wheat</i>									
Pri Hot Dog					 <i>Wheat</i>									
Pri Jacket Potato With Cheese & Salad														
Pri Jacket Potato With Cheese, Beans & Salad														
Pri Jacket Potato with Tuna Mayonnaise & Salad														
Pri Jam Sponge					 <i>Wheat</i>									
Pri Lemon Drizzle Cake					 <i>Wheat</i>									
Pri Macaroni Cheese					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Margherita Pizza					 Wheat									
Pri Noodles					 Wheat									
Pri Oaty Cookie					 Oats, Wheat (Barley*, Rye*)									
PRI Pasta With Cheese Sauce					 Wheat									
Pri Pasta With Tomato & Vegetable Sauce					 Wheat									
PRI Rainbow Noodles					 Wheat									
Pri Raspberry Ripple Shortbread					 Wheat									
Pri Red Pepper Frittata														
Pri Roast Potatoes														
Pri Salmon Fingers					 Wheat									
Pri Shredded Savoy Cabbage														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Strawberry Mousse Whip														
Pri Sweet & Sour Vegetables														
Pri Tomato & Basil Pasta Bake					 <i>Wheat</i>									
Pri Vegetable & Cheese Potato Boat														
Pri Vegetable Chilli														
Pri Vegetable Lasagne					 <i>Wheat</i>									
Pri Vegetable Nuggets					 <i>Wheat</i>									
Pri Vegetarian Brunch					 <i>Wheat</i>									
Pri Vegetarian Sausage					 <i>Wheat</i>									
Pri Vegetarian Toad In The Hole					 <i>Wheat</i>									
Pri Yorkshire Pudding Vegetable Cottage Pie					 <i>Wheat</i>									

*Allergens in brackets are a May Contain.