

Allergen Information

Document Reference: 12.5 April 2024 24-02



Pastres Introduction

Here is a list of products that are sold in our shops, with allergens along the top page for easy reference.

If the product contains one of the allergens there will be an X in the box.

As per the **Food Standards Agency**, the following ingredients are regarded as allergens. **The 14 allergens include:**cereals containing gluten, soya, nuts, peanuts, sesame, milk, eggs, fish, crustaceans, celery, sulphite, mustard, moluscs, lupin.

Where a products contains 'Cereals Containing Gluten' and 'Nuts' you will find the specific ingredient listed rather than an X in the box.

For any information regarding ingredients outside of the 14 listed above please see our website or individual packaging ingredient list. From time to time our recipes and ingredients may change so please remember to check our guide and the ingredient label regularly.

Vegetarian, vegan and gluten free products will be stipulated in the Suitable For column in the guide.

V - Vegetarian friendly VE - Vegan friendly GF - Gluten free

Our vegan friendly products are made using a vegan recipe but we cannot guarantee they are made on dedicated vegan sites.

Our pastry products are proudly free from 10 out of the 14 allergens, however these products are produced in a bakery that handles cereals containing gluten, milk, soya, sulphites

We proudly prepare products fresh daily in our shops. However although we prevent cross-contamination as much as possible, we use many ingredients across shared equipment.

Therefore, we cannot guarantee that this food is suitable to those with allergies due to a high risk of cross-contamination.

We understand that although our guide is detailed, there may be times where information you are looking for cannot be found.

If this is the case, please contact us on **01204 387 117**, visit our website **www.carrspasties.co.uk**, or ask a member of staff for advice and guidance, we will be more than happy to help.

	ENERGY (p	er product)	We pr	oudly pro	duce our l	bakery pro				allergens, ning glute				produced	in a bake	ry that ha	ndles.
Fresh from the oven	kcal. (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Meat and Potato Pasty	349	1458		WHEAT	х				x					TRACES			
Cheese and Potato Pasty	386	1608	٧	WHEAT	TRACES				х					TRACES			
Cheese and Jalapeno Pasty	388	1619	٧	WHEAT	TRACES				х					TRACES			
Steak Pasty	426	1775		WHEAT BARLEY	TRACES				х					TRACES			
Sausage Roll	372	1550		WHEAT	TRACES				х					х			
Rock It Pasty	353	1476		WHEAT BARLEY	TRACES				х					TRACES			
More Cheese and Ham Pasty	421	1755		WHEAT	TRACES				х					TRACES			
Chilli Jam Sachet	69	293												х			
Classic Vegetable Pasty	323	1357	VE	WHEAT	х				TRACES					TRACES			
Whist Pie	181	757		WHEAT	х				х					TRACES			
Lancashire Potato Hash (350g)	268	1130		TRACES	TRACES				TRACES					TRACES			
Multipie (10 portions)	3558	14886		WHEAT	Х				Х					TRACES			
Vegetable Hash (350g)	192	814	VE	TRACES	TRACES				TRACES					TRACES			
Added Extras																	
Red Cabbage 50g	10	41	VE											х			
Bisto Gravy 50ml	13	55	٧	WHEAT BARLEY													

	ENERGY ((per 100g)		We	cannot gu	uarantee a	any of our	soup is su	itable for	those wit	h allergie:	s due to a	high risk	of cross-co	ontaminat	ion.	
Soup	kcaL (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Tomato Soup	45	180	٧	WHEAT					х				х				
Mushroom Soup	60	251	٧						х	х			х				
Highland Veg Soup	30	120	V	BARLEY					х				х				
Minestrone Soup	45	180	V	WHEAT					х	х			х				
Beef Goulash Soup	80	340		WHEAT BARLEY											х		
Country Chicken and Veg Soup	47	203		WHEAT BARLEY					х				х				

	ENERGY ((per 100g)	Wed	cannot gua	arantee ar					iose with a les nuts	-		-		tamınatıo	n. Our bre	ad is
Bread	kcal. (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
White Barm	252	1054	٧	WHEAT	х												
Wholemeal Barm	244	1021	V	WHEAT	х												
White Buttered Barm	282	1179	٧	WHEAT	Х												
Wholemeal Buttered Barm	274	1146	V	WHEAT	х												

	ENERGY	Y (per item)	We ca	annot guaranto						llergies di tree nuts,	-				n. Some of	our cake	s are
Cakes	kcal. (approx.)	Ы (арргох.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Custard Slice	419	1766	v	WHEAT		MAY CONTAIN			х								
/anilla Slice	280	1173		WHEAT					х	MAY CONTAIN							
Black Forest Muffin	421	1754	٧	WHEAT	х	MAY CONTAIN			х	х							
Egg Custard	233	978	٧	WHEAT		MAY CONTAIN			х	х							
Queen Vic	521	2179	٧	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		х	х				MAY CONTAIN			
Carrot Cake	450	1882	VEGAN	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	x	X HAZLENUT WALNUT	MAY CONTAIN		MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Nutella Muffin	326	1365	v	MAY CONTAIN - BARLEY, OATS, RYE,	х	X HAZLENUT	MAY CONTAIN	MAY CONTAIN	х	х					MAY CONTAIN		
Éclair	376	1564	٧	WHEAT	х	MAY CONTAIN			x	×							
Lemon Drizzle Slice	456	1910	V	WHEAT	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		х	х				MAY CONTAIN			
Chocolate Fudge Slice	400	1686	٧	WHEAT	х	MAY CONTAIN	MAY CONTAIN		х	х				MAY CONTAIN			
White Berry Donut	281	1176	٧	MAY CONTAIN - BARLEY, OATS, RYE,	х	MAY CONTAIN			х	MAY CONTAIN							
Spectaculous Donut	253	1055	VEGAN	MAY CONTAIN - BARLEY, OATS, RYE, SPELT	х	MAY CONTAIN				MAY CONTAIN							
Berry Donut	293	1229	٧	WHEAT	MAY CONTAIN	MAY CONTAIN			х	MAY CONTAIN							
Lemon Dots Donut	301	1256	٧	WHEAT	х	MAY CONTAIN			х	MAY CONTAIN					MAY CONTAIN		
Billionaires Shortbread	450	1880	٧	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	х	MAY CONTAIN	MAY CONTAIN		х	MAY CONTAIN				MAY CONTAIN			
Sir Choc O Lot Slice	547	2281	VEGAN	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	х	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Sticky Toffee Biscoff	521	2264	VEGAN	CONTAINS WHEAT MAY CONTAIN - BARLEY. OATS, RYE	х	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Cookies and Cream Slice	369	1545	VEGAN	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	х	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Carrs Crunch	485	2025	v	BARLEY MAY CONTAIN -	х	MAY CONTAIN	MAY CONTAIN		х	MAY CONTAIN				MAY CONTAIN			
Ultimate Brownie	351	1465	V	MAY CONTAIN - OATS	х	MAY CONTAIN	MAY CONTAIN		х	х				MAY CONTAIN			
Maple Flapjack	451	1893	٧	CONTAINS OATS MAY CONTAIN - WHEAT, BARLEY, RYE	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		х	MAY CONTAIN							
Big Rock	404	1690		BARLEY MAY CONTAIN -	х	MAY CONTAIN	MAY CONTAIN		×	MAY CONTAIN				MAY CONTAIN			

	ENERG	Y (per cookie)															on.
Snacks	kcal (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
White Chocolate and Raspberry Cookie	257	1079		WHEAT	х				х	х							
White Chocolate Cookie	266	1117		WHEAT	х				х	х							
Double Chocolate Cookie	261	1096		WHEAT	х				х	х							
Milk Chocolate Cookie	263	1101		WHEAT	Х				Х	Х							

	ENERGY (p	per portion)		We can	not guara	ntee any o	of our hot	drinks ar	e suitable	for those	with aller	rgies due	to a high i	isk of cro	ss-contan	nination.	
Drinks	kcal. (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Tea			V						х								
Americano			٧														
Latte			٧						х								
Cappuccino			٧						х								
Espresso			٧														
Flat White			٧						х								
Macchiato			٧						х								
Mocha			٧						х								
Hot Choclate			٧						х								
Sweetbird Syrups			VE														

	E	NERGY	We cannot guarantee any of our sandwiches are suitable for those with allergies due to a high risk of cross-contamination. Our bread is produced in a factory that handles nuts, sesame, eggs, soya and sulphites. Comparison of the contamination of the contamin														
Sandwiches	kcal. (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Cheese and Coleslaw (210g)	620	2583	v		х					х				х	х		
Cheddar Cheese (130g)	442	1851	v	WHEAT	х												
Cheddar Cheese Salad (209g)	450	1908	v	WHEAT	х												
Egg Mayonnaise (150g)	414	1733	v	WHEAT	х					х							
Egg Mayonnaise Salad (237g)	479	1988	v	WHEAT	х					х							
Ham, Cheese and Coleslaw (273g)	699	2916		WHEAT	х					х				х	х		
Ham and Cheese (193g)	521	2183		WHEAT	х												
Ham and Cheese Salad (272g)	528	2241		WHEAT	х												
Ham (158g)	376	1578		WHEAT	х												
Ham Salad (237g)	382	1635		WHEAT	х												
Tuna Mayonnaise (158g)	447	1871		WHEAT	х					х	х						
Tuna Mayonnaise Salad (237g)	453	1929		WHEAT	х					х	х						
Tuna Mayonnaise and Cucumber (178g)	450	1886		WHEAT	х					х	х						
Turkey (158g)	310	1283		WHEAT	х												
Turkey Salad (237g)	315	1339		WHEAT	х												
Furkey and Stuffing (193g)	351	1465		WHEAT BARLEY	х												

	ENERGY	(per portion)		We ca	ınnot guai	rantee an	y of our sa	alads are	suitable fo	or those w	ith allerg	ies due to	a high ris	k of cross	-contamii	nation.	
Salad Boxes	kcaL (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Ham (366g)	458	1900								x				х	x		
Turkey (366g)	388	1603								×				х	x		
Cheese (356g)	598	2481	v							x				х	х		
Tuna Mayonnaise (406g)	637	2651								x				х	x		
Egg Mayonnaise (338g)	558	2312								x				х	х		
Added Extras																	
Beetroot (3 Slices)	15	62	VE														
Piccalilli (30g)	20	86	v											Х	х		
Branston Pickle (30g)	47	196	VE	BARLEY										Х			
Mustard (30g)	57	238	VE	WHEAT										х	х		