



Allergen Information

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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.

Cakes	ENERGY (per item)		We cannot guarantee any of our cakes are suitable for those with allergies due to a high risk of cross-contamination. Some of our cakes are produced on a site which handles nuts, tree nuts, wheat, soya, eggs, milk and sulphites .														
	kcal (approx.)	kJ (approx.)	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			X								
Vanilla Slice	280	1173		WHEAT					X	MAY CONTAIN							
Black Forest Muffin	421	1754	V	WHEAT	X	MAY CONTAIN			X	X							
Egg Custard	233	978	V	WHEAT		MAY CONTAIN			X	X							
Queen Vic	521	2179	V	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		X	X				MAY CONTAIN			
Carrot Cake	450	1882	VEGAN	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	X	X HAZLENU WALNUT	MAY CONTAIN		MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Nutella Muffin	326	1365	V	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE, EGG T	X	X HAZLENU	MAY CONTAIN	MAY CONTAIN	X	X					MAY CONTAIN		
Éclair	376	1564	V	WHEAT	X	MAY CONTAIN			X	X							
Lemon Drizzle Slice	456	1910	V	WHEAT	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		X	X				MAY CONTAIN			
Chocolate Fudge Slice	400	1686	V	WHEAT	X	MAY CONTAIN	MAY CONTAIN		X	X				MAY CONTAIN			
White Berry Donut	281	1176	V	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE, EGG T	X	MAY CONTAIN			X	MAY CONTAIN							
Spectacular Donut	253	1055	VEGAN	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE, EGG T	X	MAY CONTAIN				MAY CONTAIN							
Berry Donut	293	1229	V	WHEAT	MAY CONTAIN	MAY CONTAIN			X	MAY CONTAIN							
Lemon Dots Donut	301	1256	V	WHEAT	X	MAY CONTAIN			X	MAY CONTAIN					MAY CONTAIN		
Billionaires Shortbread	450	1880	V	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	X	MAY CONTAIN	MAY CONTAIN		X	MAY CONTAIN				MAY CONTAIN			
Sir Choc O Lot Slice	547	2281	VEGAN	CONTAINS WHEAT MAY CONTAIN - BARLEY, OATS, RYE	X	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	X	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	X	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Carrs Crunch	485	2025	V	CONTAINS WHEAT BARLEY MAY CONTAIN - OATS	X	MAY CONTAIN	MAY CONTAIN		X	MAY CONTAIN				MAY CONTAIN			
Ultimate Brownie	351	1465	V	CONTAINS WHEAT, MAY CONTAIN - OATS	X	MAY CONTAIN	MAY CONTAIN		X	X				MAY CONTAIN			
Maple Flapjack	451	1893	V	CONTAINS OATS MAY CONTAIN - WHEAT, BARLEY, RYE	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		X	MAY CONTAIN							
Big Rock	404	1690		CONTAINS WHEAT, BARLEY MAY CONTAIN - OATS	X	MAY CONTAIN	MAY CONTAIN		X	MAY CONTAIN				MAY CONTAIN			

	ENERGY (per cookie)		We cannot guarantee any of our unpackaged snacks are suitable for those with allergies due to a high risk of cross-contamination.														
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	X				X	X							
White Chocolate Cookie	266	1117		WHEAT	X				X	X							
Double Chocolate Cookie	261	1096		WHEAT	X				X	X							
Milk Chocolate Cookie	263	1101		WHEAT	X				X	X							

	ENERGY (per portion)		We cannot guarantee any of our salads are suitable for those with allergies due to a high risk of cross-contamination.														
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				X	X		
Turkey (366g)	388	1603								X				X	X		
Cheese (356g)	598	2481	V							X				X	X		
Tuna Mayonnaise (406g)	637	2651								X				X	X		
Egg Mayonnaise (338g)	558	2312								X				X	X		
Added Extras																	
Beetroot (3 Slices)	15	62	VE														
Piccalilli (30g)	20	86	V											X	X		
Branston Pickle (30g)	47	196	VE	BARLEY										X			
Mustard (30g)	57	238	VE	WHEAT										X	X		