



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.

	ENERGY (per product)		We proudly produce our bakery products free from 10 out of 14 allergens, however those products are produced in a bakery that handles Soya, Cereals containing gluten, Sulphites and Milk .														
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	X				X					TRACES			
Cheese and Potato Pasty	386	1608	V	WHEAT	TRACES				X					TRACES			
Cheese and Jalapeno Pasty	388	1619	V	WHEAT	TRACES				X					TRACES			
Steak Pasty	426	1775		WHEAT BARLEY	TRACES				X					TRACES			
Sausage Roll	372	1550		WHEAT	TRACES				X					TRACES			
Chilli Beef Pasty	353	1476		WHEAT BARLEY	TRACES				X					TRACES			
Classic Vegetable Pasty	323	1357	VE	WHEAT	X				TRACES					TRACES			
Chicken Curry Pasty	387	1613		WHEAT	X				X					TRACES			
Whist Pie	181	757		WHEAT	X				X					TRACES			
Lancashire Potato Hash (350g)	268	1130		TRACES	TRACES				TRACES					TRACES			
Large Meat & Potato Pie (10 portions)	3558	14886		WHEAT	X				X					TRACES			
Vegetable Hash (350g)	192	814	VE	TRACES	TRACES				TRACES					TRACES			
Lamb Hot Pot Pasty	362	1507		WHEAT BARLEY	TRACES				X					TRACES			
Minted Lamb Hot Pot Pasty	362	1507		WHEAT BARLEY	TRACES				X					TRACES			
Added Extras																	
Red Cabbage 50g	10	41	VE											X			
Bisto Gravy 50ml	13	55	V	WHEAT	X												
Mushy Peas (100g)	106	447	V	TRACES	TRACES				TRACES					TRACES			
Black Peas (100g)			V	TRACES	TRACES				TRACES					TRACES			

	ENERGY (per item)		We cannot guarantee any of our cakes are suitable for those with allergies due to a high risk of cross-contamination.														
Cakes	kcal (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Custard Slice (170g)	420	1766		WHEAT		MAY CONTAIN			X								
Vanilla Slice (100g)	341	1430		WHEAT		MAY CONTAIN			X	MAY CONTAIN							
Black Forest Muffin	467	1947	V	WHEAT	X	MAY CONTAIN			X	X							
Egg Custard	233	978	V	WHEAT		MAY CONTAIN			X	X							
Queen Vic	593	2491	V	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	X	X				MAY CONTAIN			
Carrot Cake	501	2097	VEGAN	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE	X	HAZELNUT, WALNUT	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Nutella Muffin	352	1474	V	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE, SEIT	X	HAZELNUT	MAY CONTAIN	MAY CONTAIN	X	X					MAY CONTAIN		
Éclair	315	1307	V	WHEAT	X	MAY CONTAIN			X	X							
Lemon Drizzle Slice	407	1703	V	WHEAT	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		X	X				MAY CONTAIN			
Chocolate Fudge Slice	355	1496	V	WHEAT	X	MAY CONTAIN			X	X				X			
Spectacular Donut	253	1055	VEGAN	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE, SEIT	X	MAY CONTAIN				MAY CONTAIN							
Billionaires Shortbread	450	1880	V	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE	X	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	X	MAY CONTAIN				MAY CONTAIN			
Sir Choc O'Lo Slice	528	2210	VEGAN	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE	X	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Sticky Toffee Biscoff	526	2214	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	635	2656	VEGAN	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE, SEIT	X	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	X	X				MAY CONTAIN	MAY CONTAIN		
Ultimate Brownie	342	1427	V	CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE, SEIT	X	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	X	X				MAY CONTAIN			
Maple Flapjack	438	1888	VEGAN	CONTAINS WHEAT, MAY CONTAIN - WHEAT, BARLEY, RYE, SEIT	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			
Big Rock	357	1691		CONTAINS WHEAT, MAY CONTAIN - BARLEY, OATS, RYE	X	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	X	MAY CONTAIN				MAY CONTAIN			
Apple Pasty	253	1056	V	CONTAINS WHEAT, MAY CONTAIN - BARLEY	MAY CONTAIN	MAY CONTAIN			X	MAY CONTAIN				MAY CONTAIN			
Sweet Mince Pie Pasty	303	1271	V	CONTAINS WHEAT, MAY CONTAIN - BARLEY	MAY CONTAIN	MAY CONTAIN			X	MAY CONTAIN				MAY CONTAIN			
Parkin (120g)	428	1804	V	CONTAINS WHEAT, OATS, BARLEY	MAY CONTAIN				X					MAY CONTAIN			
Neapolitan Gateau (125g)	569	2375	V	CONTAINS GLUTEN, WHEAT		MAY CONTAIN			X	X							
Chocolate Orange Gateau (140g)	515	2164	VEGAN	CONTAINS GLUTEN, WHEAT	X	MAY CONTAIN											
Jaffa Cake Slice (160g)	651	2725	V	CONTAINS GLUTEN, WHEAT	X	MAY CONTAIN			X	X							
Caramel & Nougat Muffin	318 per 100g	1332 per 100g	V	CONTAINS WHEAT, BARLEY, MAY CONTAIN RYE, OATS	X	MAY CONTAIN	MAY CONTAIN		X	X				MAY CONTAIN			
Raspberry & White Choc Pasty	237	988	V	CONTAINS WHEAT, MAY CONTAIN - BARLEY	X	MAY CONTAIN			X	MAY CONTAIN				MAY CONTAIN			
Lemon Muffin	362 per 100g	1519 per 100g	V	CONTAINS WHEAT, MAY CONTAIN OTHER CEREALS CONTAINING GLUTEN	X		MAY CONTAIN		X	X				MAY CONTAIN			
Bakewell Muffin	380 per 100g	1501 per 100g	V	CONTAINS WHEAT, MAY CONTAIN OTHER CEREALS CONTAINING GLUTEN	X		MAY CONTAIN		X	X				MAY CONTAIN			
Strawberry Shortcake Muffin	390 per 100g	1634 per 100g	V	CONTAINS WHEAT, MAY CONTAIN RYE, OATS, BARLEY	MAY CONTAIN		MAY CONTAIN		X	X				MAY CONTAIN			

	ENERGY (per Sandwich)		We cannot guarantee any of our sandwiches are suitable for those with allergies due to a high risk of cross-contamination.														
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	WHEAT	X				X	X				X	X		
Cheddar Cheese (130g)	442	1851	V	WHEAT	X				X								
Cheddar Cheese Salad (209g)	449	1908	V	WHEAT	X				X								
Egg Mayonnaise (150g)	414	1733	V	WHEAT	X					X							
Egg Mayonnaise Salad (237g)	479	1989	V	WHEAT	X					X							
Egg Mayonnaise Bap (200g)	551	2299	V	WHEAT	X					X							
Ham, Cheese and Coleslaw (273g)	700	2915		WHEAT	X				X	X				X	X		
Ham and Cheese (193g)	522	2183		WHEAT	X				X								
Ham and Cheese Salad (272g)	529	2240		WHEAT	X				X	X							
Ham (158g)	376	1579		WHEAT	X												
Ham Salad (237g)	383	1636		WHEAT	X												
Tuna Mayonnaise (158g)	447	1871		WHEAT, BARLEY	X					X	X						
Tuna Sweetcorn (225g)	570	2395		WHEAT	X					X	X						
Tuna Mayonnaise Salad (237g)	454	1928		WHEAT, BARLEY	X					X	X						
Tuna Mayonnaise and Cucumber (178g)	450	1886		WHEAT, BARLEY	X					X	X						
Turkey (158g)	309	1283		WHEAT	X												
Turkey Salad (237g)	316	1340		WHEAT	X												
Turkey and Stuffing (193g)	352	1465		WHEAT, BARLEY	X												
Chicken Caesar (230g)	672	2815		WHEAT, OAT, BARLEY					X	X	X				X		
BBQ Chicken (260g)	543	2293		WHEAT	X				X								
New York Deli (223g)	427	1795		WHEAT	X				X					X	X		
Savoury Cheese (200g)	812	3409	V	WHEAT, OAT, BARLEY					X	X							

Cheese, Ham & Pickle (190g)	494	2060		WHEAT BARLEY	X				X					X			
Pork, Stuffing & Apple Sauce (190g)	355	1476		WHEAT BARLEY	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		WHEAT						X				X	X		
Turkey (366g)	388	1603		WHEAT						X				X	X		
Cheese (356g)	598	2481	V	WHEAT					X	X				X	X		
Tuna Mayonnaise (406g)	637	2651		WHEAT, BARLEY						X	X			X	X		
Egg Mayonnaise (338g)	558	2312	V	WHEAT						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		

	ENERGY (per cookie / biscuit)		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	V	WHEAT	X				X	X							
Double Chocolate Cookie	261	1096	V	WHEAT	X				X	X							
Milk Chocolate Cookie	263	1101	V	WHEAT	X				X	X							
Christmas Tree Gingerbread	170	719	V	WHEAT	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	MAY CONTAIN							

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