



Allergen Information

January 2024
13.2



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, molluscs, lupin.

Where a product 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 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	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
				gluten													
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							

Salad Boxes	ENERGY (per portion)		We cannot guarantee any of our salads are suitable for those with allergies due to a high risk of cross-contamination.														
	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		