

Allergen Information

January 2024 13.2



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	We proudly produce our bakery products free from 10 out of 14 allergens, however those products are produce soya, cereals containing gluten, sulphites and milk.												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				х					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	MAY CONTAIN				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 (175g)	134	565		TRACES	TRACES				TRACES					TRACES			
Multiple (10 portions)	3558	14886		WHEAT	Х				Х					TRACES			
Vegetable Hash (175g)	96	407	VE														
Added Extras																	
Red Cabbage 50g	10	41	VE											х			
Bisto Gravy 50ml	13	55	V	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-c	ontaminat	ion.	
Soup	kcal. (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	MIIK	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	٧	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)	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.sova and sulphites.														
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	(per item)	We ca	nnot guarante								gh risk of o				f our cake	s are
Cakes	kcal. (approx.)	kJ (approx.)	Sultable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Hish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Custard Slice	419	1766	V	WHEAT					х								
Vanilla Slice	280	1173		WHEAT	х				х	х							
Black Forest Muffin	421	1754	٧	WHEAT	х	TRACES			х	х							
Fruit Scone	537	2240	V	WHEAT	х	TRACES			х	х							
Finger Doughnut	471	1966	V	WHEAT		TRACES			х	х							
Egg Custard	233	978	v	WHEAT					х	х							
Queen Vic	521	2179	٧	WHEAT	MAY CONTAIN				х	х				MAY CONTAIN			
Carrot Cake	450	1882	VEGAN	WHEAT	х	х								MAY CONTAIN			
Nutella Muffin	326	1365	٧	WHEAT	х	х	TRACES	TRACES	х	х							
Éclair	376	1564	٧	WHEAT	х	TRACES			х	х							
Lemon Drizzle Slice	456	1910	٧	WHEAT					х	х							
Chocolate Fudge Slice	400	1686	٧	WHEAT	х				х	х							
White Berry Donut	281	1176	٧	WHEAT	х				х								
Spectaculous Donut	253	1055	VEGAN	WHEAT	х												
Billionaires Shortbread	450	1880	v	WHEAT	Х				х								
Chocolate and Nougat Muffin	504	2095	٧	WHEAT	х				х	х							
Sticky Toffee Biscoff	521	2264	VEGAN	WHEAT	Х												
Cookle and Cream Cupcake	598	2508	V	WHEAT	Х				Х	Х							
Carrs Crunch	485	2025	V	WHEAT BARLEY	Х	х			Х								
Ultimate Brownie	351	1465	V	WHEAT	х				Х	х							
Maple	451	1893	V	OATS					Х								
Blg Rock	404	1690		WHEAT BARLEY	х				х								

	ENERGY	(per cookie)	We	cannot g	uarantee	any of ou	r unpacka	ged snac	ks are suit	able for t	hose with	allergies	due to a l	nigh risk o	f cross-co	ntaminati	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 Cookle	261	1096		WHEAT	х				х	х							
Milk Chocolate Cookie	263	1101		WHEAT	х				Х	х							

	ENERGY (p	er portion)		We can	not guara	ntee any o	of our hot	drinks are	e suitable	for those	with aller	gies due	to a high r	isk of cro	ss-contan	ination.	
Drinks	kcal. (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	Milk	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Теа			٧						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 ca	annot gua	rantee an						allergies o		-		ntaminatio	on. Our br	ead is
Sandwiches	kcal. (approx.)	kJ (approx.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	МІІК	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Cheese and Coleslaw (210g)	620	2583	٧	WHEAT	х					х				х	х		
Cheddar Cheese (130g)	442	1851	V	WHEAT	х												
Cheddar Cheese Salad (209g)	450	1908	V	WHEAT	х												
Egg Mayonnalse (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 Mayonnalse (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												
Turkey and Stuffing (193g)	351	1465		WHEAT BARLEY	х												

	ENERGY	(per portion)		We ca	nnot gua	rantee an	y of our sa	alads are s	suitable fo	or those w	ith allerg	ies due to	a high ris	k of cross	-contamir	nation.	
Salad Boxes	kcal. (approx.)	Ы (арргох.)	Suitable for:	Cereals containing gluten	Soya	Nuts	Peanuts	Sesame	MILK	Eggs	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin
Ham (366g)	458	1900								х				х	х		
Turkey (366g)	388	1603								х				х	х		
Cheese (356g)	598	2481	v							х				х	х		
Tuna Mayonnaise (406g)	637	2651								x				х	х		
Egg Mayonnaise (338g)	558	2312								х				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		