## Allergen Information

## pasties

## 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 01204387 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 |  |  |  | $\qquad$ | $\begin{gathered} \stackrel{\pi}{3} \\ \stackrel{0}{0} \\ \hline \end{gathered}$ | $\stackrel{n}{\hat{z}}$ |  | ® $\stackrel{y}{0}$ $\stackrel{0}{0}$ $\sim$ | $\underset{\underline{\Sigma}}{\underline{\Sigma}}$ | $\begin{gathered} \text { 品 } \\ \text { Hipu } \\ \hline \end{gathered}$ | 产 |  | $\begin{array}{r} \text { Z } \\ \text { U } \\ \hline \end{array}$ |  |  | 吕 | $\stackrel{\text { 들 }}{ }$ |
| Meat and Potato Pasty | 369 | 1541 |  | wheat | $\times$ |  |  |  | $\times$ |  |  |  |  | traces |  |  |  |
| Cheese and Potato Pasty | 435 | 1814 | $v$ | wheat | traces |  |  |  | $\times$ |  |  |  |  | traces |  |  |  |
| Cheese and Jalapeno Pasty | 422 | 1760 | $v$ | wheat | traces |  |  |  | x |  |  |  |  | traces |  |  |  |
| Steak Pasty | 470 | 1958 |  | wheat barley | traces |  |  |  | x |  |  |  |  | traces |  |  |  |
| Sausage Roll | 372 | 1550 |  | wheat | traces |  |  |  | x |  |  |  |  | x |  |  |  |
| Rock It Pasty | 353 | 1476 |  | WHEAT barley | $\begin{gathered} \text { MAY } \\ \text { CONTAIN } \end{gathered}$ |  |  |  | x |  |  |  |  | traces |  |  |  |
| More Cheese and Ham Pasty | 312 | 1300 |  | wheat | traces |  |  |  | x |  |  |  |  | traces |  |  |  |
| Chilli Jam Sachet | 230 | 977 |  |  |  |  |  |  |  |  |  |  |  | x |  |  |  |
| Classic Vegetable Pasty | 336 | 1408 | vE | wheat | $x$ |  |  |  | traces |  |  |  |  | traces |  |  |  |
| Whist Pie | 190 | 792 |  | wheat | $\times$ |  |  |  | x |  |  |  |  | TRACES |  |  |  |
| Lancashire Potato Hash（175g） | 77 | 323 | GF | traces | traces |  |  |  | traces |  |  |  |  | traces |  |  |  |
| Multipie（10 portions） | 3558 | 14886 |  | wheat | x |  |  |  | x |  |  |  |  | traces |  |  |  |
| Added Extras |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Red Cabbage 50g | 10 | 41 | ve |  |  |  |  |  |  |  |  |  |  | x |  |  |  |
| Bisto Gravy 50ml | 13 | 55 | v | wheat BARLEY |  |  |  |  |  |  |  |  |  |  |  |  |  |


|  | ENERGY（per 100g） |  | We cannot guarantee any of our soup is suitable for those with allergies due to a high risk of cross－contamination． |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Soup |  |  |  |  | $\begin{gathered} \text { N } \\ \stackrel{3}{i} \\ \hline \end{gathered}$ | $\stackrel{n}{z}$ |  |  | $\stackrel{\text { 兰 }}{\underline{\Sigma}}$ | $\begin{array}{r} \text { 品 } \\ \text { W } \\ \hline \end{array}$ | 奀 |  | $\begin{aligned} & \text { Z̀ } \\ & \text { Ü } \\ & \hline \end{aligned}$ |  | 믄 | 䳐 | 들 |
| Tomato Soup | 45 | 180 | v | wheat |  |  |  |  | $\times$ |  |  |  | $\times$ |  |  |  |  |
| Mushroom Soup | 60 | 251 | v |  |  |  |  |  | $\times$ | $\times$ |  |  | $x$ |  |  |  |  |
| Highland Veg Soup | 30 | 120 | v | BaRLey |  |  |  |  | $\times$ |  |  |  | $\times$ |  |  |  |  |
| Minestrone Soup | 45 | 180 | v | wheat |  |  |  |  | x | x |  |  | $\times$ |  |  |  |  |
| Beef Goulash Soup | 80 | 340 |  | wheat barley |  |  |  |  |  |  |  |  |  |  | $\times$ |  |  |
| Country Chicken and Veg Soup | 47 | 203 |  | WHEAT barley |  |  |  |  | x |  |  |  | x |  |  |  |  |


|  | ENERGY（per 100g） |  | We cannot guarantee any of our sandwiches are sultable for those with allergles due to a high risk of cross－contamination．Uur bread is produced in a factory that handles nuts．sesame．eqgs．sova and sulphites． |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bread |  |  |  |  | $\begin{aligned} & \pi \\ & 0 \\ & 0 \end{aligned}$ | 兹 | $\begin{aligned} & \text { n } \\ & \text { E} \\ & \text { IN } \\ & \hline \end{aligned}$ |  | $\underset{\Sigma}{\stackrel{y}{\Sigma}}$ | $\begin{array}{\|c\|c} \text { 品 } \\ \text { 山i } \\ \hline \end{array}$ | 年 |  | $\begin{aligned} & \text { 궝 } \\ & \stackrel{U}{U} \\ & \hline \end{aligned}$ |  | $$ |  | 厪 |
| White Barm | 252 | 1054 | v | wheat | $\times$ |  |  |  | x |  |  |  |  |  |  |  |  |
| Wholemeal Barm | 244 | 1021 | v | wheat | x |  |  |  | $\times$ |  |  |  |  |  |  |  |  |
| White Buttered Barm | 282 | 1179 | v | wheat | x |  |  |  | $x$ |  |  |  |  |  |  |  |  |
| Wholemeal Buttered Barm | 274 | 1146 | v | wheat | x |  |  |  | x |  |  |  |  |  |  |  |  |


|  | 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. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Cakes |  | $\begin{aligned} & \bar{x} \\ & \frac{0}{0} \\ & \frac{\square}{0} \\ & \underline{x} \end{aligned}$ |  |  | $\begin{array}{r} \text { N } \\ \stackrel{\rightharpoonup}{0} \\ \hline \end{array}$ | $\stackrel{n}{z}$ | n E N0 a |  | $\stackrel{\text { N }}{\bar{\Sigma}}$ |  | 产 |  | $\begin{aligned} & \text { 링 } \\ & \text { ì } \\ & \hline \end{aligned}$ |  | 믂 | 䳐 | 들 |
| Custard Slice | 419 | 1766 | $v$ | Wheat |  |  |  |  | $\times$ |  |  |  |  |  |  |  |  |
| Vanilla slice | 280 | 1173 |  | WHEAT | x |  |  |  | $\times$ | x |  |  |  |  |  |  |  |
| Black Forest Muffin | 421 | 1754 | v | wheat | x | traces |  |  | x | x |  |  |  |  |  |  |  |
| Fruit Scone | 537 | 2240 | $v$ | wheat | x | traces |  |  | x | x |  |  |  |  |  |  |  |
| Finger Doughnut | 471 | 1966 | v | WHEAT |  | traces |  |  | X | x |  |  |  |  |  |  |  |
| Egg Custard | 233 | 978 | $v$ | wheat |  |  |  |  | $\times$ | x |  |  |  |  |  |  |  |
| Queen Vic | 521 | 2179 | v | Wheat | $\begin{aligned} & \text { MAY } \\ & \text { CONTAIN } \end{aligned}$ |  |  |  | x | x |  |  |  | $\begin{aligned} & \text { MAY } \\ & \text { CONTAIN } \end{aligned}$ |  |  |  |
| Carrot Cake | 450 | 1882 | vegan | Wheat | x | x |  |  |  |  |  |  |  | $\begin{aligned} & \text { MAY } \\ & \text { CONTAIN } \end{aligned}$ |  |  |  |
| Nutella Muffin | 326 | 1365 | v | WHEAT | x | x | traces | traces | $x$ | x |  |  |  |  |  |  |  |
| Éclair | 376 | 1564 | v | Wheat | x | traces |  |  | $\times$ | $\times$ |  |  |  |  |  |  |  |
| Lemon Drizzle Slice | 456 | 1910 | v | WHEAT |  |  |  |  | x | x |  |  |  |  |  |  |  |
| Chocolate Fudge Slice | 400 | 1686 | v | WHEAT | x |  |  |  | x | x |  |  |  |  |  |  |  |
| White Berry Donut | 281 | 1176 | v | WHEAT | x |  |  |  | x |  |  |  |  |  |  |  |  |
| Spectaculous Donut | 253 | 1055 | vEGAN | WHEAT | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Billionaires Shortbread | 450 | 1880 | v | wheat | x |  |  |  | x |  |  |  |  |  |  |  |  |
| Chocolate and Nougat Muffin | 504 | 2095 | $v$ | WHEAT | x |  |  |  | x | x |  |  |  |  |  |  |  |
| Sticky Toffee Biscoff | 521 | 2264 | vegan | WHEAT | x |  |  |  |  |  |  |  |  |  |  |  |  |
| Cookie and Cream Cupcake | 598 | 2508 | v | WHEAT | x |  |  |  | x | x |  |  |  |  |  |  |  |
| Carrs Crunch | 485 | 2025 | $v$ | Wheat barley | x | x |  |  | x |  |  |  |  |  |  |  |  |
| Ultimate Brownie | 351 | 1465 | v | Wheat | x |  |  |  | x | x |  |  |  |  |  |  |  |
| Maple | 451 | 1893 | v | OATS |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Big Rock | 404 | 1690 |  | Wheat barley | x |  |  |  | x |  |  |  |  |  |  |  |  |


|  | 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 |  |  |  |  | 菅 | $\frac{n}{z}$ |  | ¢ | 音 | $\begin{gathered} \text { 感 } \\ \hline \end{gathered}$ | 霝 |  |  |  | 芴 | 鲁 | $\stackrel{\text { 들 }}{ }$ |
| White Chocolate and Raspberry Cookie | 257 | 1079 |  | wheat | $\times$ |  |  |  | $\times$ | $\times$ |  |  |  |  |  |  |  |
| White Chocolate Cookie | 266 | 1117 |  | wheat | x |  |  |  | $\times$ | $\times$ |  |  |  |  |  |  |  |
| Double Chocolate Cookie | 261 | 1096 |  | wheat | $\times$ |  |  |  | ${ }^{\times}$ | $\times$ |  |  |  |  |  |  |  |
| Milk Chocolate Cookie | 263 | 1101 |  | wheat | $\times$ |  |  |  | $\times$ | $\times$ |  |  |  |  |  |  |  |


|  | ENERGY (per portion) |  | We cannot guarantee any of our hot drinks are suitable for those with allergies due to a high risk of cross-contamination. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Drinks |  |  |  |  | $\begin{gathered} 0 \\ 0 \\ 0 \end{gathered}$ | $\stackrel{n}{E}$ |  |  | $\underset{\Sigma}{\underline{\Sigma}}$ |  | 長 |  | 交 |  |  |  | 들 |
| Tea |  |  | v |  |  |  |  |  | X |  |  |  |  |  |  |  |  |
| Americano |  |  | v |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Latte |  |  | v |  |  |  |  |  | $\times$ |  |  |  |  |  |  |  |  |
| Cappucino |  |  | v |  |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Espresso |  |  | v |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flat White |  |  | v |  |  |  |  |  | $\times$ |  |  |  |  |  |  |  |  |
| Macchiato |  |  | v |  |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Mocha |  |  | v |  |  |  |  |  | $\times$ |  |  |  |  |  |  |  |  |
| Hot Choclate |  |  | v |  |  |  |  |  | $\times$ |  |  |  |  |  |  |  |  |
| Sweetbird Syrups |  |  | ve |  |  |  |  |  |  |  |  |  |  |  |  |  |  |


|  | ENERGY |  | 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． |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sandwiches |  |  |  |  | $\begin{array}{r} \text { N } \\ \stackrel{3}{3} \\ \hline \end{array}$ | $\begin{aligned} & \text { ñ } \\ & \end{aligned}$ |  |  | $\underset{\underline{\Sigma}}{\underline{\Sigma}}$ | $\begin{gathered} \text { ă } \\ \text { ü口 } \\ \hline \end{gathered}$ | 長 |  | 交 |  | 믂 |  | 들 |
| Cheese and Coleslaw（210g） | 620 | 2583 | v | wheat |  |  |  |  | x | x |  |  |  | x | x |  |  |
| Cheddar Cheese（130g） | 442 | 1851 | v | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Cheddar Cheese Salad（209g） | 450 | 1908 | v | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Egg Mayonnaise（150g） | 414 | 1733 | v | wheat |  |  |  |  | x | x |  |  |  |  |  |  |  |
| Egg Mayonnaise Salad（237g） | 479 | 1988 | v | wheat |  |  |  |  | x | x |  |  |  |  |  |  |  |
| Ham，Cheese and Coleslaw（273g） | 699 | 2916 |  | wheat |  |  |  |  | x | x |  |  |  |  |  |  |  |
| Ham and Cheese（193g） | 521 | 2183 |  | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Ham and Cheese Salad（272g） | 528 | 2241 |  | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Ham（158g） | 376 | 1578 |  | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Ham Salad（237g） | 382 | 1635 |  | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Tuna Mayonnaise（158g） | 447 | 1871 |  | wheat |  |  |  |  | x | x | x |  |  |  |  |  |  |
| Tuna Mayonnaise Salad（237g） | 453 | 1929 |  | wheat |  |  |  |  | x | x | x |  |  |  |  |  |  |
| Tuna Mayonnaise and Cucumber $(178 \mathrm{~g})$ | 450 | 1886 |  | WHEAT |  |  |  |  | x | x | x |  |  |  |  |  |  |
| Turkey（158g） | 310 | 1283 |  | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Turkey Salad（237g） | 315 | 1339 |  | wheat |  |  |  |  | x |  |  |  |  |  |  |  |  |
| Turkey and Stuffing（193g） | 351 | 1465 |  | WHEAT BARLEY |  |  |  |  | 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 |  |  |  |  | $\stackrel{\pi}{0}$ | $\stackrel{\text { n }}{\Sigma}$ |  |  | $\underset{\underline{\Sigma}}{\underline{\Sigma}}$ | $\begin{gathered} \text { ă } \\ \stackrel{0}{0} \\ \hline \end{gathered}$ | 产 | $\begin{aligned} & \text { n } \\ & \stackrel{0}{0} \\ & \text { UN } \\ & \text { 3 } \\ & \hline \end{aligned}$ | 兗 | $\begin{aligned} & \stackrel{y}{y} \\ & \frac{0}{2} \\ & \overrightarrow{ज n} \end{aligned}$ |  | 䳐 | 言 |
| Ham（366g） | 458 | 1900 |  |  |  |  |  |  |  | x |  |  |  | $\times$ | x |  |  |
| Turkey（366g） | 388 | 1603 |  |  |  |  |  |  |  | x |  |  |  | x | x |  |  |
| Cheese（356g） | 598 | 2481 | v |  |  |  |  |  |  | x |  |  |  | x | x |  |  |
| Tuna Mayonnaise（406g） | 637 | 2651 |  |  |  |  |  |  |  | x |  |  |  | $\times$ | X |  |  |
| Egg Mayonnaise（338g） | 558 | 2312 |  |  |  |  |  |  |  | x |  |  |  | $\times$ | $\times$ |  |  |
| Added Extras |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beetroot（3 Slices） | 15 | 62 | VE |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Piccalilit（30g） | 20 | 86 | v |  |  |  |  |  |  |  |  |  |  | x | $\times$ |  |  |
| Branston Pickle（30g） | 47 | 196 | VE | barley |  |  |  |  |  |  |  |  |  | x |  |  |  |
| Mustard（30g） | 57 | 238 | vE | wheat |  |  |  |  |  |  |  |  |  | X | x |  |  |

