

INFORMATION FOR CUSTOMERS

WE CANNOT GUARANTEE THAT OUR PRODUCTS ARE ALLERGEN FREE. DUE TO THE USE OF SHARED EQUIPMENT IN OUR DISPLAYS, CROSS CONTAMINATION MAY BE PRESENT.



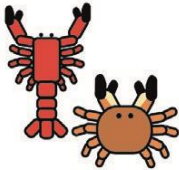

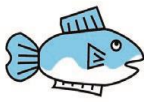
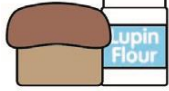








Synge & Byrne® ALLERGEN CONTENT

BREAKFAST	1	2	3	4	5	6	7	8	9	10	11	12	13	14
														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BYRNES BIG BREAKFAST		X Wheat - Oatmeal		X			X						X	X
SYNGE VEGGIE BREAKFAST		X Wheat - Rye - Barley		X									X	X
EGGS ON TOAST		X Wheat		X			X							
BYRNE'S BREAKFAST SODA		X Wheat - Rye		X			X		X				X	X
SYNGE'S AVACADO SMASH		X Wheat - Rye												X
WAFFLE STACK		X Wheat		X			X						X	X
PORRIDGE		X Oats					X							

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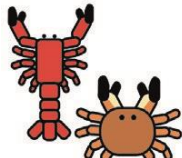

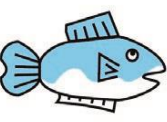
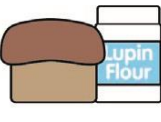








Synge&Byrne® ALLERGEN CONTENT

BREADS	1	2	3	4	5	6	7	8	9	10	11	12	13	14
														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
YD WHITE BREAD		X Wheat												
YD BROWN BREAD		X Wheat - Rye					X					X		
YD SOURDOUGH WHITE		X Wheat - Rye												
S&B DELI BREAD														
WHITE		X WHEAT											X	
BROWN		X WHEAT											X	

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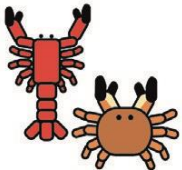

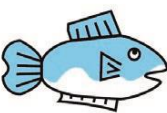
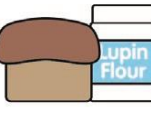








Synge & Byrne® ALLERGEN CONTENT

KIDS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
WEE PORRIDGE		X Oats					X							
WE SCRAMBLED EGGS & TOAST		X Wheat - Rye		X			X							
KIDS WAFFLE STACK		X Wheat		X			X						X	X
KIDS SOUP & BREAD	X	X Wheat - Rye												
SAUSAGE & CHIPS		X Wheat												X
WEE WRAP – NUTELLA		X Wheat					X			X Hazelnuts			X	
WEE WRAP – HAM OR BACON		X Wheat												X
WEE WRAP - CHEESE		X Wheat					X							
WEE WRAP - SAUSAGE		X Wheat					X							X

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Synge & Byrne® ALLERGEN CONTENT

SANDWICHES & WRAPS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CHIPOTLE CHICKEN CIABATTA		X Wheat – Rye - Barley		X			X		X					X
FALAFEL WRAP	X	X Wheat							X					
HALLOUMI ON SOURDOUGH		X Wheat – Rye					X			X Almonds - Walnuts - Cashews	X			
VEGAN WRAP		X Wheat										X		X
CHICKEN & BACON CIABATTA		X Wheat – Rye - Barley												X
HAM & CHEESE ON SOURDOUGH		X Wheat – Rye					X							
BIG CHEESE ON SOURDOUGH		X Wheat – Rye		X			X		X					X
PESTO CHICKEN & MOZZERELLA WRAP		X Wheat					X			X ALMONDS WALNUTS CASHEWS	X			
BAKED SPUD							X							X

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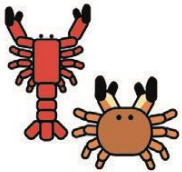
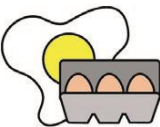
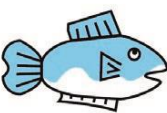
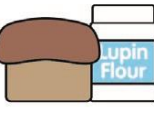








Synge & Byrne® ALLERGEN CONTENT

SAVOURIES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SAUSAGE ROLL		X Wheat		X			X					X	X	X
VEGAN SAUSAGE ROLL		X Wheat								X Tree Nuts - Walnuts		X		
FRIES WITH GARLIC MAYO				X										
SWEET POTATO FRIES WITH CAJUN SPICED MAYO				X										
NATA'S		X Wheat		X			X							
GOATS CHEESE & CARAMELISED ONION TART		X Wheat		X			X		X					X
VEGAN TART (BROCOLI, LEEK & HUMMUS)		X Wheat										X	X	

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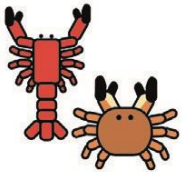
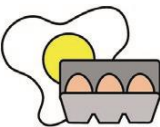
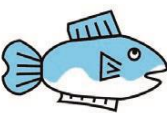
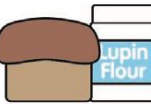








Synge & Byrne® ALLERGEN CONTENT

QUICHES & PIES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
VEGAN TART (BROCOLI, LEEK & HUMMUS)		X Wheat										X	X	
BACON & LEEK QUICHE		X Wheat		X			X							
BACON & CHERRY TOMATO QUICHE		X Wheat		X			X							
CHICKEN & PARMESAN QUICHE		X Wheat		X			X							
HAM & CHEESE QUICHE		X Wheat		X			X							
QUICHE LORRAINE		X Wheat		X			X							
MUSHROOM & LEEK QUICHE		X Wheat		X			X							
SMOKED SALMON QUICHE		X Wheat		X	X		X							
SUNDRIED TOMATO QUICHE		X Wheat		X			X							X

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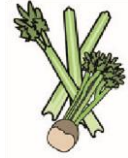

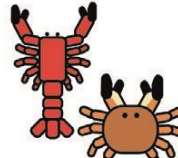
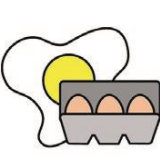
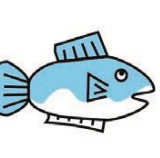
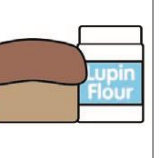

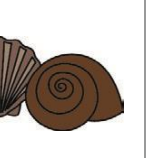

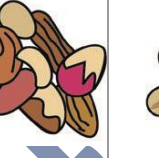
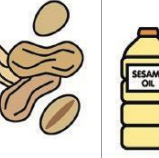
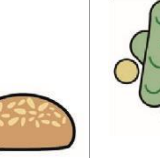


Synge & Byrne® ALLERGEN CONTENT

QUICHES & PIES	 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Mollusc s	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur dioxide
SPINACH & RICOTTA QUICHE		X Wheat		X			X							
SMOKED CHICKEN & MUSHROOM QUICHE		X Wheat		X			X							
BEEF BRISKET & ALE PIE	X	X Wheat		X			X							
CHICKEN & CHORIZO PIE		X Wheat		X			X							
CHICKEN, HAM & DIJON PIE		X Wheat		X			X		X					X
CHICKEN & MUSHROOM PIE		X Wheat		X			X		X					X

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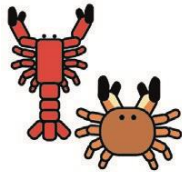
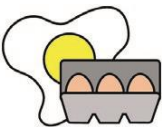
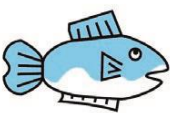
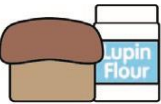








Synge & Byrne® ALLERGEN CONTENT

TRAYBAKES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc s	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
RICE KRISPIE				X			X						X	
ROCKY ROAD		X Wheat					X			X Hazelnuts				
SNICKERS				X			X				X		X	
MALTEASER SQUARE		X Wheat					X						X	
FIFTEEN		X Wheat					X						X	
CARAMEL SQUARE		X Wheat					X							
BROWNIE		X Wheat		X			X			X Walnuts				
VEGAN JAMMY JOE		X Wheat											X	
GERMAN BISCUIT		X Wheat					X							

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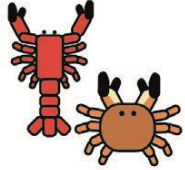
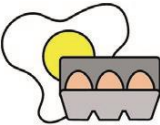
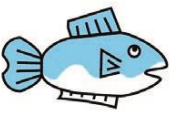
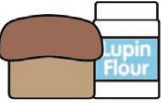








Synge & Byrne® ALLERGEN CONTENT

BAKERY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
WHEATEN		X Wheat - Oats		X			X							
FLAKEMEAL		X Wheat - Oats					X							
CHEESECAKE BEFORE TOPPING (CHECK FILLING INGREDIENTS)		X Wheat					X						X	
COFFEE CAKE		X Wheat		X			X			X Walnuts				
APPLE CINNAMON SQ		X Wheat		X			X							X
APPLE TART		X Wheat		X			X							X
RHUBARB TART		X Wheat		X			X							
BANOFFEE PIE		X Wheat - Barley					X				X		X	
BOUNTY BALLS							X							
PROTEIN BALLS		X Wheat					X			X Almonds - Walnuts	X			
RED VELVET BALLS		X Wheat		X			X						X	
RUFFLE BALLS							X						X	

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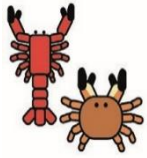
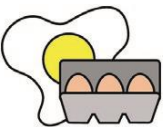
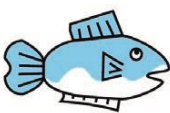
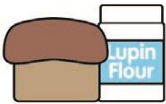








Synge & Byrne® ALLERGEN CONTENT

BAKERY														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc s	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CHOCOLATE CAKE		X Wheat		X			X			X Tree nuts			X	
SPINACH CAKE		X Wheat		X			X			X Tree Nuts			X	
LEMON DRIZZLE CAKE		X Wheat		X			X						X	X
RED VELVET CAKE		X Wheat		X			X						X	
PEANUT BUTTER SQUARE & BALLS										X Almonds	X			
RASPERRY & ALMOND SLICE		X Wheat		X			X			X Almonds				
PEAR & ALMOND SLICE		X Wheat		X			X			X Almonds				
CARROT CAKE		X Wheat		X			X			X Walnuts				
LEMON & PEACH BLONDIE		X Wheat		X			X							
FLAPJACKS		X Oats		X			X						X	
LEMON DRIZZLE		X Wheat		X			X						X	X
LEMON & POPPY SEED		X Wheat		X			X						X	X

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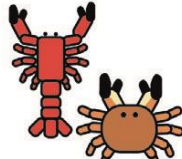
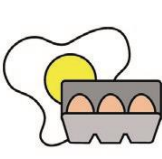
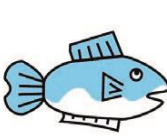
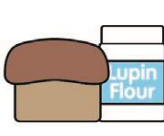








Synge & Byrne® ALLERGEN CONTENT

SALADS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
CAJUN SPUDS														
GARLIC SPUDS														X
NOODLE SALAD		X WHEAT		X								X		
BROCCOLI, FETA & HAZELNUT							X		X	X WALNUT				X
CHICKPEA SALAD														X
CLASSIC CEASAR SALAD		X WHEAT - RYE		X			X						X	X
ROASTED VEG														
BEETROOT & ORANGE SALAD							X			X WALNUTS				X
PLOUGHMANS SALAD	X						X							X
CAJUN COUS COUS		X WHEAT												

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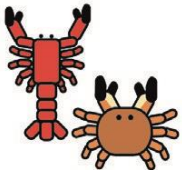

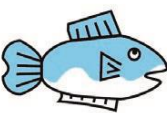
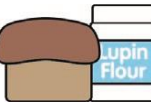








Synge & Byrne® ALLERGEN CONTENT

SALADS & DRESSINGS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
PURPLE SLAW										X Walnut				X
ZINGY SLAW												X		X
COLESLAW				X									X	
PESTO PASTA		X Wheat		X		X	X		X	X Almonds - Walnuts - Cashews	X		X	X
MIXED LEAVES														
<u>DRESSINGS:</u>														
BALSAMIC DRESSING									X					X
CAESAR DRESSING				X			X		X				X	X
FRENCH DRESSING									X					X

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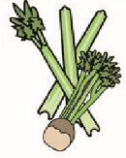

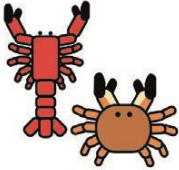
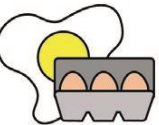
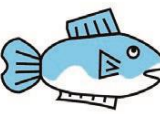
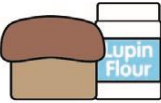








Synge & Byrne® ALLERGEN CONTENT

SOUPS	 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur dioxide
SMOKED BACON & LENTIL	X													X
BUTTERNUT SQUASH & SWEET POTATO	X						X							
SPICY CARROT & LENTIL	X						X							
TOMATO & ROASTED FENNEL *If including stock	X*													
BUTTERNUT SQUASH & CHILLI	X						X							
SWEET POTATO & COCONUT	X													
CARROT, CORRIANDER & GINGER	X													
ROAST RED PEPPER & TOMATO														
VEGETABLE SOUP	X						X							
POTATO & LEEK	X						X							

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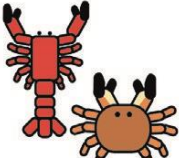
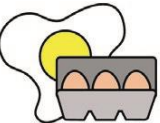
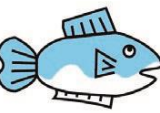
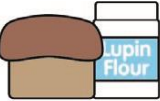






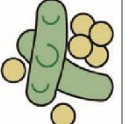

Synge&Byrne® ALLERGEN CONTENT

COFFEE & TEA														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc s	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
AMERICANO / ESPRESSO														
LATTE / CAPPUCINO							X							
FLAT WHITE							X							
MACHIATTO							X							
MOCHA / HOT CHOCOLATE							X							
TEA / FANCY TEA MULLED TEA														
Merry Berry Hot Choc							X							
Gingerbread Latte							X							
FRAPPE SEE INDV PACKAGING														
SMOOTHIE - SEE INDV PACKAGING														
SYRUPS – SEE BOTTLE														

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Synge & Byrne® ALLERGEN CONTENT

HOT FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Mexican burrito bowl (beef)		X Wheat		X			X							
Mexican burrito bowl (pork)		X Wheat		X			X							
Mexican burrito bowl (taco beef)		X Wheat		X			X		X			X		
Chicken & chickpea curry		X Wheat		X			X		X		X	X		
Bombay chicken curry		X Wheat		X			X							
Chipotle sweet potato bowl		X Wheat		X			X		X		X	X		
Hot pot		X Wheat		X			X		X		X	X		
Moroccan curry bowl		X Wheat		X			X							
Chilli beef with rice		X Wheat		X			X			X	X	X		
Cottage pie		X Wheat		X			X		X	X	X	X		
Pulled pork or beef burger		X Wheat		X			X		X		X	X		

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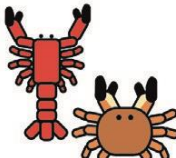

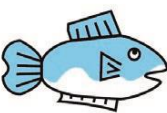
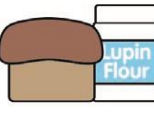








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INGREDIENTS BREAKDOWN

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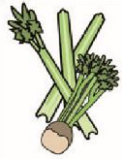

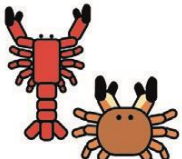
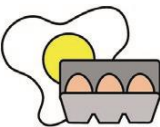
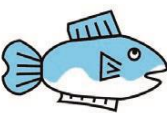
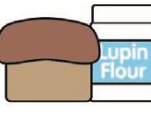








Synge & Byrne® ALLERGEN CONTENT

INGREDIENTS	 Celery	 Cereals containing gluten	 Crustaceans	 Eggs	 Fish	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame seeds	 Soya	 Sulphur dioxide
AVOCADO														
BACON (BACK – RAW)														
BACON (STREAKY – COOKED)														
BALSAMIC VINEGAR														X
BAGEL (POPPY SEED)		X WHEAT											X	
BAKED POTATO														
BAKING POWDER														
BALLYMALOE RELISH									X					
BASIL PESTO (TOM&OLLY)							X			X ALMONDS WALNUTS CASHEWS	X			
BERRY COMPOTE														
BEETROT (HUERCASSA)														
BLACK PITTED OLIVES														
BLACK PUDDING (CLONAKILTY)		X WHEAT - OATMEAL												

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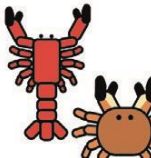
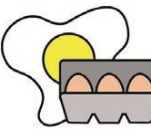
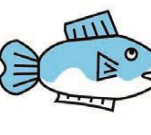
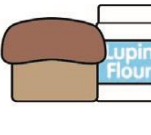








Synge & Byrne® ALLERGEN CONTENT

INGREDIENTS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
BUTTER (BLOCK)							X							
BUTTER (DAIRYGOLD PORTIONS)							X							
BRIE (LAMAUBERT)							X							
CAJUN POWDER (SCHWARTZ)														
CASTER SUGAR (GEM)														
CHEDDAR (BLOCK&BARRELL) BLOCK							X							
CHERRY TOMATOES														
CHILLI FLAKES														
CHILLI JAM (FOLLIN)														
CHERRY (GLACE)														
CHOCOLATE SAUCE (DIVINCI)														
CHIPOTLE DRESSING				X					X					
CIDER VINEGAR														X
CIABATTA (SPECIALITY BREADS)		X WHEAT - RYE - BARLEY		X TRACE			X TRACE						X TRACE	
COLESLAW (MIX)														
COCONUT MILK - ALPRO										X TRACE			X	
COOKED CHICKEN (BLOCK&BARRELL)														
CORNFLOWER														
CRANBERRY (BRAKES)														
CUCUMBER														
DIJON MUSTARD									X					X

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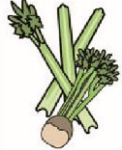


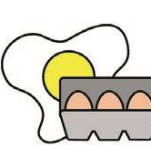
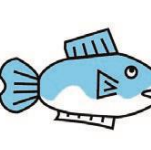
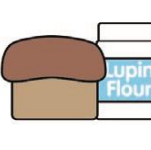








Synge & Byrne® ALLERGEN CONTENT

INGREDIENTS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
DAWN MUFFIN MIX (CHOC ORANGE)		X WHEAT		X			X						X	
DAWN MUFFIN MIX (VANILLA)		X WHEAT		X			X			X TRACE	X TRACE		X TRACE	
DAWN MUFFIN MIX (BLUEBERRY)		X WHEAT		X			X			X TRACE	X TRACE			
DAWN MUFFIN MIX (CARROT CAKE)		X WHEAT		X			X						X TRACE	
DAWN MUFFIN MIX (TOFFEE)		X WHEAT		X			X						X TRACE	
DAWN MUFFIN MIX (CHOC)		X WHEAT		X			X			X TRACE	X TRACE		X	X TRACE
EGGS				X										
FALAFEL BALLS														
FETA							X							
FLAT MUSHROOM														
FLOUR TORTILLA		X WHEAT												
FRIES L&W – MCCAINS & ARLO														
FROZEN BERRIES														
GARLIC PUREE (SKODIALI)														X
GRATED MOZERELLA (DALE FARM)							X							
GREEK YOGHURT							X							
GLUTEN FREE BREAD												X	X	
HALLOUMI CHEESE							X							

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Synge & Byrne® ALLERGEN CONTENT

INGREDIENTS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
HAZELNUTS										X HAZELNUT		X TRACE		
HAM – BLOCK&BARRELL														
HUMMUS (TOM&OLLY) TRADITIONAL												X		
HUMMUS (TOM&OLLY) CHILLI&GARLIC							X			X WALNUTS CASHEWS ALMONDS		X		
ICING SUGAR (GEM)														
LEMON														
LEMON JUICE (BOTTLED)														X
MAPLE SYRUP														
MAYO (KENNYS)				X										
MIXED SEEDS														
MIXED LEAVES														
NATURAL YOGHURT							X							
NOODLES (KNORR DRIED)		X WHEAT		X										
OAT MILK (ALPRO)		X OATS												
PASTA (PENNE DRIED)		X WHEAT		X					X				X	
PANCAKE MIX		X WHEAT		X			X							
PASTRAMI														X
PLAIN FLOUR		X WHEAT												

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Synge&Byrne[®] ALLERGEN CONTENT



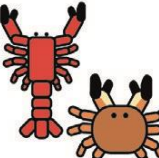
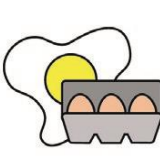
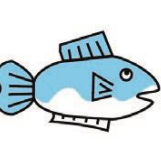
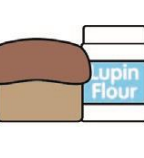


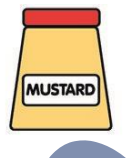

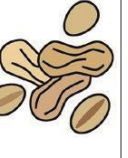

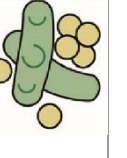

PORK SAUSAGE		X WHEAT											X	X
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ALLERGENS 24/4/24

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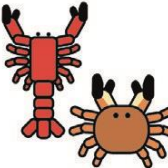
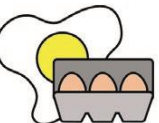
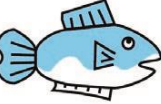
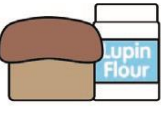








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INGREDIENTS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
PORRIDGE OATS		X												
PURE HONEY														
PUMPKIN SEEDS														
RAISINS														
RASPBERRY JAM														
RED ONION														
RED ONION CHUTNEY (BRAKES)														X
RED PEPPER														
RED WINE VINEGAR														X
RICE WINE VINEGAR														
ROASTED RED PEPPER (TINNED)														
ROASTED VEG														
ROCKET														
SALT														
SALAMI														X
SCONE MIX (DAWN)		X WHEAT		X TRACE			X						X	
SCALLIONS														
SEASAME OIL												X	X	
SEED MIX														
SMOKED CHEDDAR							X							
SODA FARL		X WHEAT					X							
SOFT CHEESE (LUXURY)							X							

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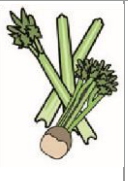

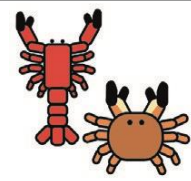
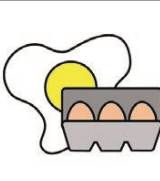
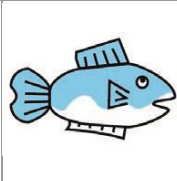
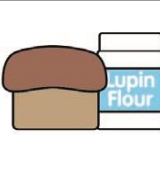


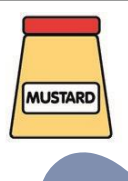

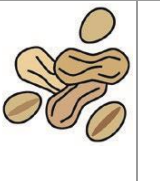

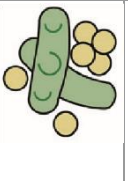

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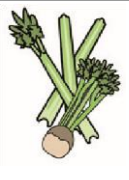

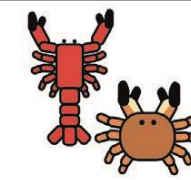
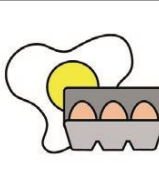
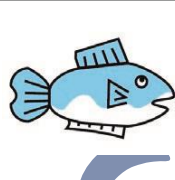
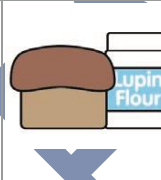


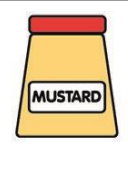



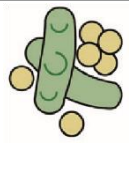

INGREDIENTS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
SOFT CHEESE (FULL FAT)							X							
SOURDOUGH BAGUETTE		X WHEAT - RYE												
SOURDOUGH BREAD		X WHEAT - RYE												
SOY SAUCE		X WHEAT											X	
SOYA MILK - ALPRO													X	
SPICED APPLE COMPOTE														
SPINACH														
SIRACHA SAUCE														
SWEET POTATO FRIED (MCCAINS – ARDO – SYSCO CLASSIC)														
SUGAR														
STEAKY BACON														
SUN DRIED TOMATOES (JAR)														X
SUN DRIED TOMATOES (NILBATU FROZEN)														X
STRAWBERRY JAM (FOLLIN)														
SWEET CHILLI SAUCE (KENNYS)														
TOMATO & CHILLI JAM (FOLLIN)														
TOMATO PUREE														
TOMATOES														
TUNA					X									
TURKEY (BLOCK&BARRELL)														

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Synge & Byrne® ALLERGEN CONTENT

INGREDIENTS														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
VANILLA ESSENCE														
VEGAN SAUSAGE		X WHEAT - BARLEY												X
VEGETABLE BULLION (KNORR)	X													
WHOLE MILK							X							
WHITE WINE VINEGAR														

														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide

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