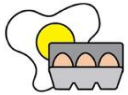
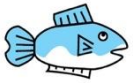
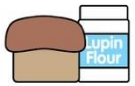
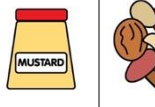
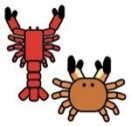
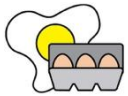
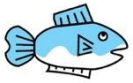
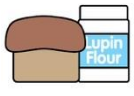
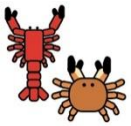
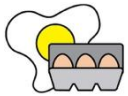
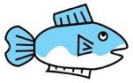
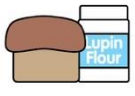
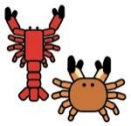
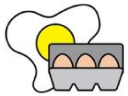
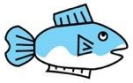
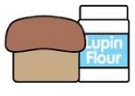
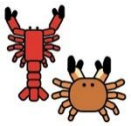
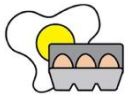
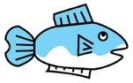
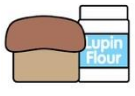
DISHES AND THEIR ALLERGEN CONTENT – The Cookery Cabin (Classes - Savoury)

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Bagels		✓		✓			✓					✓		
Bean & Spinach Patties		✓					✓							
Broccoli & Cauliflower Patties		✓		✓			✓							
Broccoli & Potato Bites		✓		✓			✓							
Broccoli Splats				✓			✓							
Broccoli & Sweet Potato Biscuits		✓					✓							
Mini Calzone		✓					✓							
Carrot Flapjacks		✓					✓							
Carrot & Parsnip Muffins		✓		✓			✓							
Cheese & Broccoli Bagels		✓					✓							
Cheese & Broccoli Muffins		✓		✓			✓							

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Cheese & Broccoli Pies		✓		✓			✓							
Cheese & Chive Puffs		✓					✓							
Cheese & Onion Muffins		✓		✓			✓							
Cheese & Onion Rolls		✓					✓							
Cheese & Red Onion Scones		✓		✓			✓							
Cheese & Tomato Frittata		✓		✓			✓							
Cheesy Chia Crackers		✓		✓			✓							
Cheesy Vegetable Scones		✓					✓							
Cottage Cheese Rolls		✓		✓			✓							
Cream Cheese Biscuits		✓					✓							
Focaccia Bites		✓					✓							

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Ham & Cheese Potato Balls		✓		✓			✓							
Hawaiian Muffins		✓		✓			✓							
Mini Quiches		✓		✓			✓							
Mini Nacho Bowls		✓												
Parsnip Bites		✓		✓			✓							
Pear & Cheese Muffins		✓		✓			✓							
Pizza		✓					✓							
Pizza Balls		✓					✓							
Pizza Crackers		✓					✓							
Pizza Muffins		✓		✓			✓							
Pizza Parcels		✓					✓							

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Pizza Scrumpets		✓		✓			✓							
Pizza Twists		✓					✓							
Potato Faces		✓												
Pumpkin Snakes		✓					✓							
Savoury Scones		✓					✓							
Soda Bread Animals		✓					✓							
Sweet Potato & Courgette Fritters		✓		✓			✓							
Tomato & Basil Mini Loaves		✓		✓			✓							
Tomato Bites		✓												
Tomato & Feta Scones		✓		✓			✓							
Traffic Light Vegetable Tarts		✓		✓			✓							

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vegetable Patties		✓		✓			✓							
Vegetable Pinwheels		✓		✓			✓							
Vegetable Samosas		✓					✓							
Vegetable Tortilla Pies		✓					✓							

Last Update: 31/08/26

Reviewed by: Triona Chapman

Food Standards Agency
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