

ALLERGENICS INGREDIENT MATRIX

THE SANDWICHMAN

ASSESSOR: MOHAMMAD ALAM 07/05/2019



DISH / PRODUCT		PEANUTS	TREENUTS	FISH	CRUSTACEANS	MOLLUSCS	MILK	CEREALS (GLUTEN)	SOYABEANS	EGGS	SESAME SEEDS	MUSTARD	CELERY	SULPHITES	LUPIN	
100 BAGEL																
1108510F	SMOKED SALMON, CREAM CHEESE, LEMON JUICE & BLACK PEPPER			✓			✓	WHEAT BARLEY	✓		✓					
2100190F	BACON, AVOCADO, CREAM CHEESE, TOMATO & RED ONION						✓	WHEAT	✓							
120 BAGUETTE																
1120165H	SPICY TUNA MEXICAN			✓				WHEAT								
2120012H	HAM & CHEDDAR CHEESE WITH BUTTER						✓	WHEAT								
2120110H	BLT BACON, LETTUCE & TOMATO						✓	WHEAT		✓						
2120160H	BACON & BRIE						✓	WHEAT								
2120515H	CLASSIC CHICKEN MAYONNAISE & SALAD							WHEAT		✓						
2120520H	CHICKEN & BACON BAGUETTE							WHEAT		✓						
2120591H	CHICKEN ESCALOPE, CHIVE AIOLI & BABYLEAF							WHEAT		✓						
3120120H	CHEDDAR CHEESE & PICKLE IN A FRENCH BAGUETTE						✓	WHEAT BARLEY						✓		
3120120H	CLASSIC CHEDDAR CHEESE & SALAD						✓	WHEAT								
125 BAGUETTE GRANARY MULTI-CEREAL																
1125110F	TUNA MAYO & CUCUMBER			✓				WHEAT		✓	✓					
1125180H	TUNA, BLK OLIVES,SLICED EGG & LEAVES			✓				WHEAT		✓	✓					
2125310H	ROAST BEEF, HORSERADISH MAYO,RED ONION AND ROCKET							WHEAT		✓	✓	✓				
3125216H	BRIE,CRANBERRY,PINENUTS & ROCKET						✓	WHEAT			✓					
3125266H	MOZZARELLA, PESTO, TOMATO & BASIL		CASHEW				✓	WHEAT			✓					
3125333F	GOAT'S CH.,FRT CHUT,CHILLI & BABY LEAF						✓	WHEAT			✓		✓			
3125615H	HOUMUS, FALAFEL, GRATED CARROT & BABY SPINACH							WHEAT			✓					
128 HERITAGE StoneBaked BAGUETTE																
2128092F	ROASTED HAM, EGG MAYO & SPINACH							WHEAT	✓	✓	✓					
3128136H	4 C'S - CHEDDAR,CHIPOTLE CHILLI JAM & CORIANDER						✓	WHEAT	✓		✓					
129 BAGUETTE LEVAIN - RUSTIC BAGUETTE																
2129020F	HOME COOKED HAM & SALAD							WHEAT, RYE, BARLEY, OATS								
130 BAGUETTE WHOLEMEAL																

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2130550F	CHAR GRILLED CHICKEN, LOW FAT MAYO & SALAD							WHEAT		✓					
31300645F	HUMMUS, AVOCADO, TOMATO & BABY LEAF							WHEAT			✓				
159	WHITE LARGE FLAGUETTE BAP														
3159525F	CHUNKY EGG MAYO, TOMATO & ROCKET						✓	WHEAT RYE BARLEY		✓		✓			
153	MILLER FLAGUETTE BROWN BAP														
2153185F	BIG BREAKFAST BAP (SAUSAGE, BACON, EGG & CHEESE)						✓	WHEAT RYE BARLEY		✓				✓	
178	BAP MALTED GRAIN														
3178660F	SPINACH & KALE FALAFEL, HARISSA HUMMUS						✓	WHEAT, RYE, BARLEY, OATS			✓				
205	BLOOMER GRANARY EXTRA THICK														
2205525F	CHICKEN ROYALE & COS LETTUCE							WHEAT, BARLEY	✓	✓					
2205593F	CHICKEN ESCALOPE, ITALIAN C/SLAW, ROASTED TOMATO & HERBS, MAYO							WHEAT, BARLEY	✓	✓					
2205440F	PEPPERED PASTRAMI, EMMENTAL, CORNICHON PASTE, PICCALILLI GRAIN MUSTARD						✓	WHEAT, BARLEY	✓	✓		✓			
240	BLOOMER WHITE EXTRA THICK														
2240045F	HAM, SLICED EGG, TOMATO, LETTUCE & MUSTARD MAYO							WHEAT	✓	✓		✓			
302	CIABATTA BAP														
2302210F	PULLED PORK, BBQ SAUCE, CHILLI-SLAW & BABY LEAF							WHEAT, BARLEY	✓	✓					
308	SQURE CIABATTA														
3308365F	PAN FRIED HALLOUMI, HUMMUS & ROCKET						✓	WHEAT			✓				
320	SUNDRIED TOMATO CIABATTA														
2320550F	CHICKEN MAYONNAISE, TOASTED ALMONDS & ROCKET		ALMONDS					WHEAT		✓					
3320672F	HUMMUS, CRUMBLLED FETA & JALAPENO PEPPERS						✓	WHEAT			✓				
328	FILONCINO														
2328096F	SERRANO HAM, ITALIAN MOZZARELLA & TOMATO						✓	WHEAT							
330	ITALIAN BAGUETTE														
2330120F	EGG MAYO & BACON							WHEAT		✓					
2330415F	CHORIZO & CHEDDAR						✓	WHEAT							
2330455F	SALAMI & SMOKED CHEESE						✓	WHEAT							

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2330509F	CHICKEN MAYO & AVOCADO							WHEAT		✓						
2330514F	CHICKEN MAYO, SWEETCORN & BABY LEAF							WHEAT		✓						
2330630F	CHICKEN PIRI PIRI & CORIANDER							WHEAT		✓						
332	SEEDED ITALIAN BAGUETTE															
2332614F	CORONATION CHICKEN WITH MIXED LEAF LETTUCE							WHEAT		✓	✓	✓				
350	ALL BUTTER CROISSANT															
2350031F	HAM & EMMENTAL CROISSANT						✓	WHEAT		✓						
3350000F	PLAIN CROISSANT						✓	WHEAT		✓						
3350110F	CHEDDAR CHEESE & TOMATO CROISSANT						✓	WHEAT		✓						
370	PLAIN SQUARE FOCCACIA															
2370515F	ROAST CHICKEN, MAYO, TOMATO & BABY LEAF							WHEAT		✓						
395	FOCCACIA OLIVE															
1395120F	TUNA, PESTO, MAYO, SUN DRIED TOM, PARMESAN CHEESE & ROCKET		CASHEW	✓			✓	WHEAT		✓		✓				
500/510	SMALL ROLL															
1504110F	TUNA MAYONNAISE & CUCUMBER IN A WHOLEMEAL SOFT ROLL			✓				WHEAT	✓	✓						
2501030F	HAM & CHEDDAR CHEESE IN A POPPY SEED CRUSTY						✓	WHEAT	✓							
2506032F	HAM & TOMATO IN A SMALL GRANARY BAP							WHEAT	✓							
2502520F	CHICKEN MAYONNAISE & SWEETCORN IN A WHITE SOFT SMALL ROLL							WHEAT	✓	✓						
2508015F	HAM & ENGLISH MUSTARD IN A SESAME SMALL BROWN ROLL							WHEAT	✓		✓	✓				
3501110F	CHEDDAR CHEESE & TOMATO IN A POPPY SEED CRUSTY						✓	WHEAT	✓							
3502111F	CHEDDAR CHEESE & BRANSTON PICKLE						✓	WHEAT/BARLEY	✓					✓		
3501112F	CHEDDAR CHEESE & ONION						✓	WHEAT	✓							
3501510F	EGG MAYO & CRESS							WHEAT	✓	✓						
515/420	HEAT-ME ROLLS															
1515810T	FISH FINGERS, CHEESE AND TARTAR SAUCE IN A SESAME BUN			✓			✓	WHEAT		✓	✓	✓				
2420100T	BACON IN A MILK ROLL						✓	WHEAT								
2420150T	BACON & EGG IN A MILK ROLL						✓	WHEAT		✓						
2420200T	SAUSAGE IN A MILK ROLL						✓	WHEAT								

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2420250T	SAUSAGE & EGG IN A MILK ROLL						✓	WHEAT		✓						
3420310T	DOUBLE EGG IN A MILK						✓	WHEAT		✓						
610	THICK GRANARY SANDWICH BREAD															
26100506B	SENSATIONAL CLUB SANDWICH							WHEAT	✓	✓						
700	THICK WHOLEMEAL SANDWICH BREAD															
370081BR	AVOCADO, OLIVES & ROCKET							WHEAT	✓							
720	GLUTEN FREE ROLL															
1720112F	GF TUNA MAYO, SWEETCORN & CUCUMBER			✓						✓						
2720581F	GF ROAST CHICKEN, TARRAGON MAYO, TOMATO & BABY LEAF						✓			✓						
3720642F	GF HUMMUS, ROASTED PEPPERS & BABY SPINACH									✓	✓					
847	MULTI SEED TORTILLA WRAP															
2847370F	BEEF MEATBALLS, SPICY SLAW & HOMEMADE TOMATO SAUCE							WHEAT								
850	TORTILLA WRAP															
2850513P	CHICKEN, SPINACH, SWEET CHILLI WITH A HONEY & LIME MAYO							WHEAT		✓						
2850601B	CAJUN CHICKEN, YOG & MINT DRESSING & CORIANDER						✓	WHEAT	✓	✓						
2850912B	HOI-SIN DUCK, RED ONION, CUCUMBER & ICEBERG							WHEAT	✓	✓	✓					
3850615B	HUMMUS, FALAFEL, GRATED CARROT & BABY SPINACH							WHEAT			✓					
3850642P	HUMMUS, ROASTED VEGETABLES & BABY LEAF							WHEAT			✓					
3850710B	FALAFEL, TABOULEH, MINTED YOGHURT & BABY LEAF						✓	WHEAT		✓						
855	PANINETTE ORIGINAL WRAP															
2855605B	CHICKEN FAJITA WRAP						✓	WHEAT								
861	PANINETTE WHOLEMEAL WRAP															
3861646F	HUMMUS, AUBO, RSTED TOM, CORIANDER & BABY LEAF							WHEAT			✓					
4	FRESH SALADS															
4100112P	PASTA NICOISE TUNA BOWL		CASHEW	✓			✓	WHEAT		✓						
4100458P	ROASTED SALMON, MIXED WILD RICE, EDAMAME & CRANBERRY SALAD-(GLUTEN FREE)			✓					✓					✓		
4200210P	MANGO CHICKEN SALAD BOWL - (GLUTEN FREE)															
4200531P	HAIL CHICKEN & EGG CAESAR SALAD BOWL						✓	WHEAT/BARLEY		✓						

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4200572P	CAJUN CHICKEN & RAW SLAW SALAD - (GLUTEN FREE)						✓							✓	
4200588P	TANDOORI CHICKEN SALAD - (GLUTEN FREE)						✓			✓					
4200238P	IRON MAN PROTEIN SALAD (VEGAN)							WHEAT			✓			✓	
4300256R	FETA, COUSCOUS & CHICKPEAS SALSA SALAD						✓	WHEAT							
4300275P	KALE & CO SALAD - (VEGAN & GLUTEN FREE)		ALMOND								✓				
4300315R	LITTLE VEGGIE COWBOY							WHEAT		✓					
4	PROTEIN POTS														
4300780D	EGG & SPINACH PROTEIN POT (GLUTEN FREE)									✓					
7	FRUIT, FRUIT SALADS & YOGHURTS														
7100100N	FRUIT - APPLES														
7100110N	FRUIT - BANANAS														
4800200J	FRESH FRUIT SALAD ROUND BOWL														
4800300Y	FRESH PINEAPPLE SMALL POT														
4800320Y	FRESH ORANGE POT														
4850600Y	GREEK YOGHURT	ALMOND					✓	OATS							
5	HOT FOODS														
5100600W	MALAYSIAN FISH CURRY (GLUTEN FREE)			✓	✓				✓						
5200510W	CHICKEN ESCALOPE WITH POTATOES						✓	WHEAT							
5200803W	SHEPHERD'S PIE (GLUTEN FREE)						✓						✓		
5300220W	RICOTTA & SPINACH CANNELLONI						✓	WHEAT							
5100220W	SALMON & WATERCRESS SAUCE, PEAS & POTATOES (GF)			✓			✓						✓	✓	
5200110W	BEEF LASAGNE						✓	WHEAT							
5200560W	MOROCCAN CHICKEN COUSCOUS						✓	WHEAT				✓	✓		
5300365W	THAI RED VEGETABLE CURRY & RICE (GLUTEN FREE)						✓		✓				✓		
5100100W	TUNA PASTA, OLIVES & CAPERS			✓			✓	WHEAT							
5200101W	CREAMY CHICKEN & MUSHROOM PASTA						✓	WHEAT							
5200200W	THAI GREEN CHICKEN CURRY & RICE (GLUTEN FREE)								✓					✓	
5300430W	MIXED BEANS CHILLI WITH RICE						✓						✓		

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5 VEGAN HOT FOOD																
5300200W	VEGETABLE & BEAN CHILLI WITH RICE - (VEGAN & GLUTEN FREE)												✓			
5300318W	LENTIL BOLOGNESE WITH WHOLE WHEAT PASTA - (VEGAN)							WHEAT					✓	✓		
5300800W	AUBERGINE & CHICK PEA CURRY WITH STEAMED QUINO -(VEGAN & GLUTEN FREE)												✓			
5300370W	CAULIFLOWER SWEET POTATO WITH BROWN RICE - (VEGAN & GLUTEN FREE)												✓			
5300339W	VEGETABLE SWEET POTATO SHEPHERD'S PIE - (VEGAN & GLUTEN FREE)												✓			
5 JACKET POTATOES IN MICRO WAVEABLE BOWLS																
5500100W	BAKED POTATO WITH TUNA MAYO SWEETCORN MELT (GLUTEN FREE)			✓			✓			✓						
5500300W	BAKED POTATO WITH CHEDDAR, BAKED BEANS AND CHIVES(GLUTEN FREE)						✓									
5500302W	BAKED POTATO WITH GRATED CHEDDAR (GLUTEN FREE)						✓									
5500320W	BAKED POTATO WITH VEGETABLE CURRY (GLUTEN FREE)						✓					✓				
8 SOUP																
8900021N	INDONESIAN CHICKEN NOODLE							WHEAT		✓			✓			
8900022N	RED THAI CHIKEN			✓	✓		✓			✓						
8900023N	CHICKEN SAMBAL DAHL													✓		
8900025N	CHICKEN & VEGETABLE BROTH						✓	WHEAT		✓			✓			
8900028N	CARIBBEAN CHICKEN									✓			✓			
8900041N	TUSCAN MEATBALLS												✓			
8900042N	CHORIZO & CANNELLINI BEANS						✓						✓	✓		
8900061N	MEDITERRANEAN ROASTED TOMATO & PEPPERS												✓			
8900063N	THAI GREEN LENTIL												✓			
8900064N	MOROCCAN SWEET POTATO												✓			
8900065N	ITALIAN MINESTRONE							WHEAT		✓			✓			
8900066N	SWEET POTATO & COCONUT							WHEAT	✓				✓	✓		

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8900067N	WILD MUSHROOMS						✓						✓		
8900070N	CHUNKY SPICED TOMATO												✓		
8900071N	HUNGARIAN GOULASH														
8900074N	THAI GREEN CHICKEN												✓		
8900076N	BUTTERNUT SQUASH & LENTIL						✓					✓	✓	✓	
6	PASTRIES														
6700200F	PASTRY ROLL SAUSAGE / SPINACH						✓	WHEAT		✓					
6700202F	CHICKEN MUSHROOM SLICE						✓	WHEAT		✓					
6700230F	VEGAN SAUSAGE ROLL							WHEAT	✓					✓	
6700300F	SPINACH RICOTTA LATTICE						✓	WHEAT		✓					
6800200F	SAMOSA LAMB							WHEAT							
6800250F	SAMOSA CHICKEN							WHEAT	✓				✓		
6800300F	SAMOSA VEGETABLE							WHEAT							
6	CAKES FROM FAMILY CAKE COMPANY														
6100100F	FAMILY CAKE - HOME MADE CAKES VARIOUS		WALNUTS				✓	WHEAT		✓					
6300300F	LUXURY MUFFIN - VARIOUS						✓	WHEAT		✓					
6400400F	PASTRY - DANISH						✓	WHEAT		✓					
6500500F	FLAPJACKS - LUXURY VARIOUS						✓	WHEAT							
6600100R	RICH CHOCOLATE BROWNIE						✓	WHEAT	✓	✓					