## **DISHES AND THEIR ALLERGEN CONTENT**

(Note – Please state the name of the cereal(s) containing gluten\*\* in that column AND/OR the name of the nut(s)\* in that column)

DISHES						Lupin	Milk		MUSTARD			Same Control of the C		Beer
RICHIES CARIBBEAN SPICES MENU	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide
JERK CHICKEN	$\checkmark$													
JERK FISH	$\checkmark$				<b>√</b>									
ACKEE & SALT FISH	$\checkmark$				<b>√</b>									
CURRY GOAT	$\checkmark$													
VEG CURRY	$\checkmark$													
FRIED DUMPLING		<b>√</b>				<b>√</b>								
BOILED CORN	$\checkmark$													
PLANTAIN														
RICE & PEAS	$\checkmark$													
SALAD	$\checkmark$													
COLESLAW				<b>√</b>					<b>√</b>					
STEAM VEGETABLES	$\checkmark$													
OXTAIL	$\checkmark$													
SOFT DRINKS/WATER														

Review date: 24/10/2023 Reviewed by: Richard Dench

