

Allergen Sheet

Ingredient/Allergen	Dishes in which ingredient is present
Beans	cous cous, chickpea & bean
Bell Peppers/Capsicum (please see chilli peppers below as they belong to the same family)	green chilli sauce; Roasted red peppers
Celery (including celeriac)	Moroccan Soup
Cereals containing gluten such as wheat, rye, barley, oats, spelt or khorasan	tabbouleh (wheat); hot chilli sauce (wheat in soy sauce); green chilli sauce (wheat in soy sauce), cous cous, chickpea & bean; Pitta bread (wheat); Pitta chips (Wheat); zatar flatbread (wheat); Halloumi (cooked with wheat product); Moroccan Soup (Contains giant cous cous); Pitta chips (lentil soup accompaniment)
Chilli peppers	tabbouleh; hot chilli, sauce; pickled chillies; lemon & garlic tahini sauce; green chilli sauce; cous cous, chickpea & bean
Coriander	Falafel; carrot salad; red cabbage salad; green chilli dressing; cous cous, chickpea & bean; Lentil Dahl soup
Crustaceans for example prawns, crabs, lobster, crayfish	No
Eggs	No
Fish	No
Garlic (Raw)	Falafel; hummus; hot chilli sauce; lemon & garlic tahini sauce; green chilli sauce; Lentil Dahl soup; Moroccan Soup; Tzatziki
Lemon/Lime	Hummus; lemon & garlic tahini sauce; tomato & cucumber salad; tabbouleh; carrot salad; green chilli sauce; cous cous, chickpea & bean; tomato, coriander & lime sauce
Lupin	
Milk	halloumi; feta; Soured cream; Tzatziki
Mollusc for example clams, mussels, whelks, oysters, snails and squid	No
Mustard	hot chilli sauce; tomato, coriander & lime sauce; tomato & cucumber salad; Moroccan carrot salad
Tree nuts such as almonds, hazelnuts, walnuts, cashews etc	No
Onion (cooked)	Hot chilli sauce; falafel (after cooking); Lentil Dahl soup; Moroccan Soup
Onion family	Falafel; hummus; hot chilli sauce; tomato & cucumber salad; tabbouleh; green chilli sauce; tomato, coriander & lime sauce; cous, chickpea & bean
Peanuts	No
Sesame	hummus; tahini sauce; thyme & sesame flatbread; green chilli sauce (as sesame oil)
Soya	hot chilli sauce; green chilli sauce; brown pitta (in the form of soy oil), flatbread (soy oil), cous cous & chickpea (soy oil), Hummus (soy oil), Carrot salad (soy oil), red cabbage (soy oil), tabbouleh (soy oil), tomato, coriander & lime sauce (soy oil), tahini sauce (soy oil), falafel (soy oil), aubergine (soy oil)
Sugar (please be aware that we add just a little sugar to some of our products to balance the sour elements but it is a minimal amount)	Lemon dressing; hot chilli sauce; carrot salad; red cabbage salad; tomato & cucumber salad; roasted red peppers; gherkins; green chilli sauce; tomato, coriander & lime sauce;
Sulphur dioxide (>10mg/kg or 10mg/L)	No
Tomato	Tomato & cucumber salad; tabbouleh; cous cous, chickpea & bean; tomato, coriander & lime sauce
Vinegar	hot chilli sauce; red cabbage salad; gherkins; pickled chillies; green chilli sauce; roasted red peppers; tomato, coriander & lime sauce