

Goodwins Kids Menu Spring Summer 2018 Allergen Report

We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. The allergy data detailed in the table below has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen due to the risk of cross contamination risk in production, supply and preparation. If you suffer from sensitive trace reactions for stated allergens, please be aware that we are unable to guarantee suitability for you. Please make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware of these.

Please be aware that the information below is provided to us by our suppliers, however due to preparation methods within our kitchens, we are unable to guarantee Vegan suitability of our deep fried products. Please speak to the team for further information.

** Tree Nuts indicates the presence of the following:- almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

* Gluten is a protein component of wheat, rye, barley, kamut, spelt & oats

YES Vegan / Vegetarian	YES in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian
NO Vegan / Vegetarian	NO in the column indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/Vegetarian
NO	Is not listed as an ingredient, but please note that absence in the final product cannot be guaranteed, due to cross contamination risks in production, supply and preparation
NO*	Indicates that whilst gluten is not a listed ingredient, due to the fryers being used for breaded products there is an increased cross contamination risk
YES	Indicates that the product CONTAINS that allergen and is a listed ingredient by the supplier
Some dishes have multiple options available when ordering. The allergen outcomes for each option is listed below the dish. Please bear this in mind when ordering and add the allergen outcome for each choice to your overall meal.	

Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins SS18 Kids Menu	Starters Homemade Soup Of The Day - Please speak to a member of the team for today's flavour choices	Total Allergen Outcome	No	Yes	Yes (Wheat Barley)	No	No	Yes	No	No	No	No	Yes	No	No	No	Yes	Yes
Goodwins SS18 Kids Menu	Starters Garlic Ciabatta (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Starters Vegetable Sticks (v)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Starters Chicken Goujons	Total Allergen Outcome	No	No	Yes (Wheat Barley)	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains Mac & Cheese (v)	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Mains Char-Grilled Chicken † - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains Goodwins Garnish		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Mains Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins SS18 Kids Menu	Mains	Goodwins Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Rice Sunshine Veg		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Corn Cobs Mini		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Homestyle Mash		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Mini Cod † - Please select your side choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	Yes	No	No	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Mains	Goodwins Garnish		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Rice Sunshine Veg		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Corn Cobs Mini		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Homestyle Mash		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Chicken Nuggets † - Please select your side choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins SS18 Kids Menu	Mains	Goodwins Garnish		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Rice Sunshine Veg		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Corn Cobs Mini		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Homestyle Mash		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	BBQ Ribs - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Garnish		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Rice Sunshine Veg		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Corn Cobs Mini		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins SS18 Kids Menu	Mains	Homestyle Mash		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Grilled Salmon † - Please select your side choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Garnish		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Rice Sunshine Veg		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Corn Cobs Mini		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Homestyle Mash		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Sausages & Gravy - Please select your side choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins SS18 Kids Menu	Mains	Goodwins Garnish		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Goodwins Fries		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Rice Sunshine Veg		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins SS18 Kids Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Corn Cobs Mini		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Mains	Homestyle Mash		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Sandwiches	Cheddar Cheese (v) - Please select your bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Sandwiches	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Sandwiches	Bread - White Bloomer		Yes	Yes	Yes (Wheat Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Sandwiches	Chicken † - Please select your bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Sandwiches	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Sandwiches	Bread - White Bloomer		Yes	Yes	Yes (Wheat Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Sandwiches	Tuna † - Please select how you would like your tuna served, and your bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Sandwiches	Tuna Mayonnaise		No	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No
Goodwins SS18 Kids Menu	Sandwiches	Tuna In Brine		No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Sandwiches	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Sandwiches	Bread - White Bloomer		Yes	Yes	Yes (Wheat Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Extra's	Extra Beans	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Extra's	Extra Peas	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins SS18 Kids Menu	Desserts	Strawberry Split Lolly (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Goodwins SS18 Kids Menu	Desserts	Warm Chocolate & Caramel Fudge Cake (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins SS18 Kids Menu	Desserts	Clotted Cream Ice Cream (v) - Please sodd your sauce chice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Desserts	Chocolate Sauce		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Desserts	Strawberry Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Desserts	Fresh Fruit (v)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins SS18 Kids Menu	Desserts	Frozen Strawberry Yoghurt (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins SS18 Kids Menu	Desserts	Super Sundae (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No