

## Goodwins Lunch 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

<b>YES Vegan / Vegetarian</b>	YES in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian
<b>NO Vegan / Vegetarian</b>	NO in the column indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/Vegetarian
<b>NO</b>	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
<b>NO*</b>	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
<b>YES</b>	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 Lunch Menu	Starters Homemade Soup Of The Day - Please speak to a member of the team for today's flavour choices and select your bread choice below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Goodwins - SS18 Lunch Menu	Starters Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins - SS18 Lunch Menu	Starters No Gluten Brown Seeded Loaf		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Starters Bread - White Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins - SS18 Lunch Menu	Starters Breaded Garlic Mushrooms (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Starters Chicken Goujons	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Mains Cod And Chips † - Please select your side choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	Yes	No
Goodwins - SS18 Lunch Menu	Mains Crushed Peas		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No

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Goodwins - SS18 Lunch Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Mains	5oz Gammon Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Mains	Pork Sausage And Mash	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	Yes	Yes
Goodwins - SS18 Lunch Menu	Mains	Chicken Breast With Peppercorn Sauce	Total Allergen Outcome	No	No	No	No	No	Yes	No	No	No	No	Yes	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Mains	Farm-Assured Beef Lasagne	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Mains	Chicken Caesar Salad †	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Mains	Scampi †- Please select your side choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Mains	Crushed Peas		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Mains	Garden Peas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch 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 Lunch Menu	Mains	7oz Flattened Rump Steak	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	Yes	No	No	No	Yes	No	Yes	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Club Sandwich	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Cod Goujon Sandwich †	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	Yes	Yes	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Rump Steak Sandwich - Please select your side choice listed below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Goodwins Spiralsed House Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No

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Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Falafel Wrap (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	Yes	No	Yes
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	BBQ Pulled Pork Wrap	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Pulled Chicken Wrap	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Ultimate Gammon Sandwich - Please select your side choice listed below	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	No	No	No	Yes	No	Yes	No	Yes	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Goodwins Spiralsed House Salad		Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Goodwins - SS18 Lunch Menu	Sandwiches & Wraps	Goodwins Triple Cooked Chips		Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Side's	Extra Scampi	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Side's	Add Italian Hard Cheese	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Side's	Triple-Cooked Chips (v)	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Side's	Sea Salt & Rosemary Fries (v)	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Desserts	Syrup Sponge Pudding (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Desserts	Clotted Cream Ice Cream (v) - Please select your sauce choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Desserts	Chocolate Sauce		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Desserts	Strawberry Sauce		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins - SS18 Lunch Menu	Desserts	Chocolate Fudge Cake (v) - Please select your side choice listed below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins - SS18 Lunch Menu	Desserts	Cream Double Fresh		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No

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Goodwins - SS18 Lunch Menu	Desserts	Ice Cream - Clotted Cream		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No