

Allergens & Calories Report

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
6246	Traditional Breakfast KJT	Breakfast	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean, Sulphur Dioxide & Sulph	Barley, Oats, Rye	989	-	-
6256	Large Breakfast KJT	Breakfast	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean, Sulphur Dioxide & Sulph	Barley, Oats, Rye	1,569	-	-
6257	Veggie Breakfast KJT	Breakfast	Cereals cont. Gluten, Wheat, Eggs	Barley, Oats, Rye	658	Vegetarian	-
6258	Large Veggie Breakfast KJT	Breakfast	Cereals cont. Gluten, Wheat, Milk, Eggs	Barley, Oats, Rye	1,320	Vegetarian	-
6259	Bacon Roll KJT	Breakfast	Cereals cont. Gluten, Wheat	Sesame	566	-	-
6260	Sausage Roll KJT	Breakfast	Cereals cont. Gluten, Wheat, Soya Bean, Sulphur Dioxide & Sulph	Sesame	602	-	-
6263	Scrambled Egg on Toast KJT	Breakfast	Cereals cont. Gluten, Barley, Wheat, Milk, Eggs	Oats, Rye	549	Vegetarian	-
6264	Toast KJT	Breakfast	Cereals cont. Gluten, Barley, Wheat, Milk	Oats, Rye	440	Vegetarian	-
8180	Fried Egg Roll KJT	Breakfast	Cereals cont. Gluten, Wheat,	Sesame	284	-	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
			Eggs				
8181	Fried Egg on Toast KJT	Breakfast	Cereals cont. Gluten, Barley, Wheat, Milk, Eggs	Oats, Rye	500	Vegetarian	-
1411	King John Burger	Burgers	Cereals cont. Gluten, Wheat, Milk, Eggs, Sulphur Dioxide & Sulph	Sesame	2,162	-	-
6248	Classic Beef Burger KJT	Burgers	Cereals cont. Gluten, Wheat, Eggs, Sulphur Dioxide & Sulph	Sesame	1,873	-	-
6299	Meadow Burger KJT	Burgers	Cereals cont. Gluten, Wheat	Sesame	1,437	Vegetarian	-
6300	American Burger KJT	Burgers	Cereals cont. Gluten, Barley, Wheat, Milk, Eggs, Mustard, Sulphur Dioxide & Sulph	Sesame	2,305	-	-
6303	Pulled Pork Burger KJT	Burgers	Cereals cont. Gluten, Wheat, Milk, Eggs, Sulphur Dioxide & Sulph	Sesame	2,098	-	-
6304	Moving Mountain Burger New KJT	Burgers	Cereals cont. Gluten, Barley, Oats, Wheat, Soya Bean	Sesame, Peanuts, Tree Nuts	1,085	Vegan	-
6310	SF Chicken Burger KJT	Burgers	Celery/Celery, Celeriac, Cereals cont. Gluten, Wheat, Milk, Eggs	Mustard, Sesame, Soya Bean	1,385	-	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
6339	Brunch Burger	Burgers	Cereals cont. Gluten, Wheat, Milk, Eggs, Sulphur Dioxide & Sulph	Sesame	1,980	-	-
8184	Colonel Burger KJT	Burgers	Celery/Celeriac, Cereals cont. Gluten, Wheat, Milk, Eggs	Mustard, Sesame, Soya Bean	1,472	-	-
8185	Crispy Chicken Strips KJT	Burgers	Celery/Celeriac, Cereals cont. Gluten, Wheat, Eggs	Milk, Mustard, Soya Bean	1,080	-	-
8186	SF Chicken Breast KJT	Burgers	Celery/Celeriac, Cereals cont. Gluten, Wheat, Eggs	Milk, Mustard, Soya Bean	1,080	-	-
8187	Cajun Chicken Burger KJT	Burgers	Cereals cont. Gluten, Wheat, Milk, Eggs, Mustard	Sesame	1,515	-	-
6267	Chicken Bites KJT	Child	Cereals cont. Gluten, Wheat	None	491	-	-
6268	Child Sausage & Mash KJT	Child	Cereals cont. Gluten, Barley, Wheat, Milk, Soya Bean, Sulphur Dioxide & Sulph	Celery/Celeriac, Eggs, Mustard	409	-	-
6269	Childs Pizza KJT	Child	Cereals cont. Gluten, Wheat, Milk	None	778	-	-
8182	Fish Fingers KJT	Child	Cereals cont. Gluten, Wheat, Fish	None	519	-	-
6330	Choc Fudge Cake KJT	Dessert	Cereals cont. Gluten, Wheat,	Peanuts, Tree Nuts,	568	Vegetarian	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
			Milk, Eggs, Soya Bean	Almonds, Hazelnuts, Pecan Nuts, Pistachio, Walnuts			
6331	Salted Caramel Choc Brownie KJT	Dessert	Oats, Milk	Peanuts, Tree Nuts, Almonds, Hazelnuts, Pecan Nuts, Walnuts	468	Vegetarian	-
6332	Sticky Toffee Pudding KJT	Dessert	Cereals cont. Gluten, Barley, Wheat, Milk, Eggs	Peanuts, Tree Nuts, Almonds, Hazelnuts, Pecan Nuts, Pistachio, Walnuts	700	Vegetarian	-
6333	Apple Crumble KJT	Dessert	Cereals cont. Gluten, Wheat, Milk	Peanuts, Tree Nuts, Almonds, Hazelnuts, Pecan Nuts, Pistachio, Walnuts	560	Vegetarian	-
6334	Strawberry Shortcake Sundae KJT	Dessert	Cereals cont. Gluten, Wheat, Milk	Peanuts, Tree Nuts, Almonds, Brazil Nuts, Cashews, Hazelnuts, Macadamia/Queen, Pecan Nuts, Pistachio, Walnuts	850	Vegetarian	-
8190	Eton Mess KJT	Dessert	Milk, Eggs	None	607	-	NG
6311	Tuna Mayo Jacket Potato KJT	Jacket	Milk, Eggs,	None	1,164	Vegetarian	NG

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
			Fish				
6315	Beans Jacket Potato KJT	Jacket	None	None	554	Vegetarian	NG
6316	3 Bean Chilli Jacket Potato KJKT	Jacket	None	None	577	Vegan	NG
6317	Cheese Beans Jacket Potato KJT	Jacket	Milk	None	845	Vegetarian	NG
2089	Fish Combo	Main	Cereals cont. Gluten, Wheat, Milk, Eggs, Fish, Crustacea, Mustard, Soya Bean, Sulphur Dioxide & Sulph	Barley, Oats, Rye, Molluscs	2,183	-	-
2119	Hot Shot Parmo	Main	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	2,512	-	-
6250	Chicken Parmo KJT	Main	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	2,239	-	-
6251	Hunters Chicken KJT	Main	Milk	None	1,256	-	NG
6255	All Day Breakfast KJT	Main	Cereals cont. Gluten, Wheat, Eggs, Soya Bean, Sulphur Dioxide & Sulph	None	1,198	-	-
6270	Fish & Chips KJT	Main	Cereals cont. Gluten, Wheat, Eggs, Fish, Mustard	Milk, Soya Bean	1,113	-	-
6271	Scampi KJT	Main	Cereals cont. Gluten, Wheat, Eggs, Crustacea,	Fish, Molluscs	931	-	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
			Mustard				
6272	Corned Beef Pie KJT	Main	Cereals cont. Gluten, Barley, Wheat, Milk	Celery/Celeriac, Eggs, Mustard, Soya Bean	566	-	-
6274	Ham Egg & Chips KJT	Main	Eggs	None	765	-	NG
6275	Sausage & Mash KJT	Main	Cereals cont. Gluten, Barley, Wheat, Milk, Soya Bean, Sulphur Dioxide & Sulph	Celery/Celeriac, Eggs, Mustard	553	-	-
6280	10oz Gammon Steak KJT	Main	Eggs	None	1,047	-	NG
6281	Cajun Chicken KJT	Main	Milk, Mustard	None	801	-	NG
6282	Chicken Shawarma KJT	Main	Cereals cont. Gluten, Wheat, Eggs, Soya Bean	None	1,169	-	-
6297	Pepperoni Parmo KJT	Main	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	2,687	-	-
6298	Hot Shot Parmo KJT	Main	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	2,717	-	-
6682	Chicken Combo	Main	Cereals cont. Gluten, Wheat, Eggs, Mustard	None	1,668	-	-
2105	Chicken Pizza KJT	Pizzas	Cereals cont. Gluten, Wheat, Milk	Eggs, Soya Bean	955	-	-
6283	Margherita Pizza KJT	Pizzas	Cereals cont. Gluten, Wheat,	Eggs, Soya Bean	897	Vegetarian	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
			Milk				
6284	Pepperoni Pizza KJT	Pizzas	Cereals cont. Gluten, Wheat, Milk	Eggs, Soya Bean	1,262	-	-
6305	Tuna Mayo Melt KJT	Sandwiches	Cereals cont. Gluten, Wheat, Milk, Fish	Soya Bean	1,314	-	-
6306	BBQ Chicken Bacon Melt KJT	Sandwiches	Cereals cont. Gluten, Wheat, Milk	Soya Bean	1,041	-	-
6307	Cajun Chicken Wrap KJT	Sandwiches	Cereals cont. Gluten, Oats, Wheat, Mustard	None	444	-	-
6308	Sweet Chilli Chicken Wrap KJT	Sandwiches	Cereals cont. Gluten, Oats, Wheat	None	460	-	-
6309	Sweet Chilli Halloumi Wrap KJT	Sandwiches	Cereals cont. Gluten, Oats, Wheat, Milk	None	553	-	-
6340	Tuna Mayo Baguette KJT	Sandwiches	Cereals cont. Gluten, Wheat, Eggs, Fish, Mustard	Soya Bean	566	-	-
6474	Yorkshire Pud Wrap KJT	Sandwiches	Cereals cont. Gluten, Barley, Wheat, Milk, Eggs	Celery/Celeriac, Mustard, Soya Bean	616	-	-
8183	Club Sandwich KJT	Sandwiches	Cereals cont. Gluten, Wheat, Eggs, Soya Bean	None	1,217	-	-
6288	Onion Rings x6 KJT	Sides	Cereals cont. Gluten, Wheat	None	336	Vegetarian	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
6289	Onion Rings x12 KJT	Sides	Cereals cont. Gluten, Wheat	None	672	Vegetarian	-
6290	Garlic Bread KJT	Sides	Cereals cont. Gluten, Wheat	Milk, Soya Bean	296	Vegetarian	-
6291	Cheesy Garlic Bread KJT	Sides	Cereals cont. Gluten, Wheat, Milk	Soya Bean	471	Vegetarian	-
6292	Coleslaw KJT	Sides	Eggs	None	168	Vegetarian	NG
6293	Garlic Sauce KJT	Sides	Eggs, Soya Bean	None	213	Vegetarian	NG
6294	BBQ Sauce KJT	Sides	None	None	94	Vegan	NG
2156	Nachos KJT	Starter	Milk	None	1,123	Vegetarian	NG
2166	Hot Shot Parmo Dirty Fries	Starter	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	1,295	-	-
6111	Pizza Dirty Fries KJT	Starter	Milk	None	1,181	-	NG
6247	Salt & Pepper Dirty Fries KJT	Starter	Cereals cont. Gluten, Wheat, Eggs	None	998	-	-
6252	Topped Chips Curry KJT	Starter	Cereals cont. Gluten, Wheat, Mustard	None	1,072	-	-
6253	Topped Chips Gravy KJT	Starter	Cereals cont. Gluten, Wheat, Soya Bean	None	858	-	-
6254	Topped Chips Cheese KJT	Starter	Milk	None	1,052	-	NG
6320	3 Bean Chilli Nachos KJT	Starter	Milk	None	1,221	Vegetarian	NG
6323	Crispy Chicken Bites KJT	Starter	Cereals cont. Gluten, Wheat	None	334	-	-
6328	Hot Shot Parmo Dirty Fries KJT	Starter	Cereals cont. Gluten, Wheat, Milk, Eggs, Soya Bean	None	1,295	-	-

ID	RECIPE NAME	CATEGORY	CONTAINS	MAY CONTAIN	CALORIES	DIET	NON GLUTEN
6329	3 Bean Chilli Dirty Fries KJT	Starter	Milk	None	940	Vegetarian	NG
8189	Burger Dirty Fries KJT	Starter	Cereals cont. Gluten, Barley, Milk, Eggs, Mustard, Soya Bean, Sulphur Dioxide & Sulph	None	994	-	-