SOUTH WEST norse

Allergen Menu

Menu Item	1x Portion (g)	Carbohydrate (g)	Sugar (g)	Energy (kcal)	Fat (g)	Saturated Fat (g)	Fibre (g)	Protein (g)	Salt (g)	 Allergens	May contain
Allergen Aware Margherita Pizza	100	21.57	0.97	180.1	8.95	7.39	2.99	1.08	0.87		
Allergen Free - Vegetable Crumble	340.7	67.38	5.16	550.5	23.63	11.83	11.94	12.06	0.68		
Allergen Free - Roast Chicken	60	0	0	87.39	3.62	0.37	0	10.94	0.09		
Allergen - Westcountry Pork Sausage, Mash & Gravy	272.8	43.47	3.06	382.5	19.09	6.91	4.22	10.91	0.86		
Allergen Aware Fish Fingers	60	12.06	0.18	94.2	1.8	0.18	0.48	7.26	0.54	Fish	
Allergen hunters chicken	157.5	7.06	2.78	167.6	5.27	3.95	1.03	18.43	0.57		
Allergen Pasta with a Mushroom Ragu	360.8	31.65	4.72	204.8	6.51	4.54	3.73	4.47	0.52		
Allergen Plant Based Sausage	50	2.1	0.3	105.5	7.25	0.65	2.35	6.85	0.65		
Allergen Vegetable Chilli	228.9	37.4	14.96	242	3.83	0.31	10.21	10.74	0.22		
Allergen Potato Topped Pie	288.3	43.64	6.82	273.3	4.96	1.83	9.2	10.79	0.09		
Allergen Chickpea and Lentil Curry	172.5	33.55	9.63	236.7	2.52	0.31	10.75	13.83	0.06		

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Allergen Free Pasta Bake	225.3	29.4	1.77	240.8	11.7	5.9	3.22	3.55	0.65		
Allergen Tuna Pasta Bake	330.8	33.59	3.7	251.9	4	2.88	5.57	19.85	0.34	Fish	
Allergen Loaded Potato Skins	319.2	53.89	2.67	304.5	6.63	5.58	7.33	7.23	0.78		
Roast Gammon	83	3.64	3.12	119.6	6.95	1.43	0.16	10.19	1.25		
Allergen Cauliflower & Tomato Bake	222.7	10.94	4.18	137.9	8.86	5.85	3.42	2.54	0.66		
Allergen Moroccan Vegan Balls & G/F Pasta	394.5	53.1	5.73	349.9	7.04	0.5	6.29	16.36	0.57		
Vegetable Chilli	228.9	37.4	14.96	242	3.83	0.31	10.21	10.74	0.22		
Allergen spiced Vegan Balls	57	7.98	3.13	123.1	5.36	0.38	1.31	10.26	0.57		
Allergen - Plant Power Slider	64	7.47	4.53	127.6	5.71	1.08	1.59	10.34	0.57		
Allergen Free - Roast Pork & Gravy	50.23	0	0	55.6	1.33	0.37	0	8.25	0.07		
Allergen Free Tomato Tumble	271.2	23.81	6.5	235.3	11.8	6.82	8.47	5.77	0.53		
Bolognese Gluten Free Pasta	221.3	35.48	2.47	361.4	16.46	9.26	5.05	15.43	0.94		
Allergen Roasted Vegetable Lasagne	187.6	25.08	4.44	195.4	9.12	3.57	2.01	2.93	0.26		