

Fish & Chips lunch – Ingredients and allergens

Fish fingers: Alaska Pollock (**Fish**) (64%), **Wheat** Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Rapeseed Oil, Potato Starch, Salt, **Wheat** Starch, Yeast, Colours (Capsanthin, Curcumin), Turmeric.

Gluten free fish fingers: Alaska Pollock (**Fish**) (65%), Breadcrumb Coating*, Rapeseed Oil,
*Breadcrumb Coating (Flour (Rice, Chickpea) Starch (Potato, Maize, Pea), Water, Rice Semolina, Salt, Potato, Pea Fibre, Dextrose)

Vegetable fingers: Vegetables (50%) [Carrot, Sweetcorn, Peas, Onion, Potato], **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Rapeseed Oil, Dried Potato, Salt, Dextrose, Yeast Extract, Sugar, Paprika, Turmeric, Garlic Powder, Onion Powder, Tomato Powder, Red Pepper, Parsley, Sage, Sage Extract, Flavouring, White Pepper, Black Pepper Extract, Yeast.

Chips: Potato (96%), Sunflower Oil, Dextrose.

Peas: Peas

Sweetcorn: Sweetcorn

Ketchup: Tomato Purée, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Spices, Flavouring, Onion Powder, Garlic Powder.