

		Cereals Containing Gluten	Crustacean	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide & Sulphites	Lupin	Molluscs	
<b>Salads, Fillers &amp; Cheese</b>																
Lettuce	Curleys															
Rocket Leaves	Curleys															
Sweetcorn	Newforge															
Pineapple	Newforge															
Gherkins	Key															
Slow Roasted Tomatoes	Santarella															
Jalapenos	(PJs Mikado)															
Mozzarella Slices	Bandon Vale							Y								
Red Cheddar Slices	Bandon Vale							Y								
Mexicana Cheese Slices	Bandon Vale							Y								
Parmesan	Grana Padano			Y				Y								
Fried Crispy Onions	Top Taste	Y(W)														
<b>Sauces &amp; Dips</b>																
Mayo Light	Presto			Y							Y					
Chipotle Mayo	Santa Maria			Y							Y					
BBQ Bourbon Sauce	Santa Maria										Y					
Jalapeno Pepper Relish	The Scullery												Y			
Sticky Onion Jam	The Scullery	Y(B)											Y			
Sweet Chilli	Hammonds															
Caesar Dressing	Curleys			Y	Y			Y			Y					
Pesto Basil Pesto (Almonds, Walnuts, Cashews)	Tom & Ollie / LaGallinara			Y		Y		Y	Y							
Ranch Buttermilk Dressing	Kennys			Y				Y								
Honey & Mustard	Kennys										Y					
Croutons	Pasquier	Y(W)														
Cajun Chicken Seasoning	Newforge															
Heinz Real Mayo	Heinz			Y							MCT					
Garlic Bread Spread	Spice'O Life							Y								
Garlic Mayo	Blenders			Y							Y					
<b>Soups</b>																
Butternut Squash	Curleys						Y			Y						
Carrot and Coriander	Curleys						Y			Y						
Hearty Vegetable	Curleys						Y			Y						
Cream of Tomato	Curleys						Y	Y		Y						
Roast Tomato&Red Pepper	Curleys						Y			Y						
Sweet Potato & Coconut	Curleys						Y			Y						
Mexican chilli & bean soup	Curleys						Y	Y		Y						
<b>Meats</b>																
Ham	Divillys	MCT					MCT	MCT								
Chicken Breast	PJ or Pan Euro										Y					
Turkey Slices	Mc Caugheys							Y								
Roast Beef Slices	Mc Caugheys															
Cajun Chicken	Newforge										Y					
Bacon Strip	Dew Valley Farm Range Malone Foods															
Tuna & Light Mayo	Mediterrani			Y	Y						Y					
Pepperoni	PJs															
Chorizo	NOEL															
Vegan Sausage	Rudds	Y(WB)					Y						Y			
<b>Breads / Muffins / Donuts</b>																
White Italian Chiabatta	Staffords	Y (W/R)														
Wholemeal Brown Sub	Staffords	Y (W/R)										Y				
White Wrap	Santa Maria	Y (W)														
Wholemeal Wrap	Simpli Baked	Y(W)														
Gluten Free Bap	Goodness grain						Y					Y				
Light Wholemeal Multiseed	Coughlans	Y(W/R)					Y					Y				
Chia Seed Subs	Staffords	Y(B/O)														
Rustic Sour Dough	Jinnys	Y(W)														

“W” in the above chart indicates that the **allergen is present** in the particular food product. **MCT = May contain Traces** as outlined by the manufacturer. Products containing Gluten are identified with the following letters to indicate which cereal the gluten comes from; **W=Wheat / B=Barley / O=Oats / R=Rye**. Any product containing nuts identifies the type of nut that is present. Information regarding allergens is correct at time of print (Sept 2022) but is subject to change without notice, depending on supplier and product availability. This list is compiled based on information provided by Suppliers, Supermacs / Supersub’s disclaims responsibility for any decisions made by its customers regarding consumption of its food. If you have any specific requests or uncertainty, please contact 091 – 774100 or visit our website at [www.supermacs.ie](http://www.supermacs.ie)