






































# Thinking Food ALLERGEN CHART

MENU ITEM												
Curried Chicken Bites							✓		✓		✓	
Baguette - Ham and Tomato			✓				✓			✓		
Pizza Bar - Piri Piri Chicken							✓	✓			✓	
Bacon Bap with Tomato Ketchup							✓			✓		
Beef Lasagne, Garlic Focaccia, Salad and Sweetcorn			✓				✓	✓	✓		✓	✓
Beef Tikka Masala with Rice							✓				✓	
Beef Tikka Masala with Rice, Naan Bread, Chutney and Salad							✓				✓	
Belgium Waffle			✓			✓	✓	✓				✓
Breaded Chicken Burger with Piri Piri Sauce, Wedges and Salad			✓				✓		✓	✓	✓	
Breaded Fish Chips and Beans 295g				✓			✓					
Breaded Fish Chips and Peas 285g				✓			✓					
Broccoli and Cauliflower Gratin with Roast Potatoes and Seasonal Vegetables							✓	✓			✓	
Brunch Bar 318g											✓	
Chicken Biryani, Mint Yoghurt and Greek Salad			✓				✓	✓	✓		✓	
Chicken Bites Chips and Peas 270g							✓					
Chicken Bites, Chips and Beans 280g							✓					
Dartmoor Beef Lasagne, Root Slaw and Salad			✓				✓	✓	✓		✓	✓
Falafel and Minted Yoghurt Wrap, Potato Wedges and Rootslaw			✓				✓	✓	✓		✓	
Grab and Go Hoi Sin Chicken Stir Fry Noodles 117g							✓			✓	✓	✓
Hoi Sin Vegetable and ChickPea Stir Fry with Peas 265g							✓			✓		✓
Homity Pie with Roast Potatoes and Seasonal Vegetables							✓	✓			✓	
Kung Pao Chicken, Steamed Rice and Peas							✓				✓	✓















# Thinking Food ALLERGEN CHART

MENU ITEM														
Mexican Beef Chilli and Rice with Nachos, Guacamole and Sour Cream								✓	✓	✓			✓	
Pasta Bar - Beef Bolognaise								✓		✓			✓	✓
Pasta Bar - Macaroni Cheese								✓	✓	✓			✓	✓
Pasta Bar - Tomato & Basil								✓		✓				✓
Pasta Bar - Meatballs								✓		✓			✓	✓
Pizza Bar - BBQ Chicken Pizza - 140g	✓		✓					✓	✓	✓			✓	✓
Pizza Bar - Margharita Pizza - 140g								✓	✓					
Pizza Bar - Meat feast Pizza	✓		✓					✓	✓	✓			✓	✓
Pizza Bar - Pepperoni 140g								✓	✓					
Pizza Bar - Spicy Beef Pizza								✓	✓				✓	
Proper Cornish Sausage Roll								✓	✓					
Roast Chicken, Potatoes, Carrots and Cabbage, Gravy 263.5g													✓	
Roast Gammon, Roast Potatoes, Seasonal Vegetables and Gravy													✓	
Roast Pork, Roast Potatoes, Vegetables, Gravy 319g													✓	
Roasted Cauliflower, Chickpea and Butternut Squash Curry with Bombay Potatoes and Onion Bhaji								✓		✓			✓	
Roasted Vegetable Ratatouille, Rice and Sweetcorn													✓	
Salmon Fingers, Chips and Baked Beans 235g				✓				✓						
Salmon Fingers, Chips and Peas 235g				✓				✓						
Spanish Bean Stew with Seasonal Vegetables													✓	
Spanish Omelette, Mixed Salad and Tortilla Chips			✓						✓				✓	
Summer Vegetable Quiche, Roast Potatoes and Seasonal Vegetables			✓					✓	✓				✓	
Summer Vegetable Terrine, Chips and Peas			✓					✓	✓				✓	















# Thinking Food ALLERGEN CHART

MENU ITEM														
-A- Sweet and Sour Pork with Noodles and Sweetcorn							✓						✓	
Thai Green Vegetable Curry, Rice, Naan Bread and Tomato and Onion Salad							✓							
Wedges In Box - Bolognaise														
Baguette - BLT			✓				✓						✓	
Baguette - Cheese			✓				✓	✓					✓	
Baguette - Cheese & Tomato			✓				✓	✓					✓	
Baguette - Cheese And Devon Chutney			✓				✓	✓	✓				✓	✓
Baguette - Cheese and Onion			✓				✓	✓					✓	
Baguette - Cheese Salad			✓				✓	✓					✓	
Baguette - Ham			✓				✓						✓	
Baguette - Ham and Cheese			✓				✓	✓					✓	
Baguette - Ham And Devon Chutney			✓				✓		✓				✓	✓
Baguette - Ham and Mustard			✓			✓	✓						✓	
Baguette - Ham Salad 212g			✓				✓						✓	
Baguette - Hunters Chicken	✓		✓				✓	✓	✓				✓	✓
Baguette - Tuna And Cucumber			✓	✓			✓						✓	
Chicken and Roasted Vegetable Gyros with Tzatziki							✓	✓					✓	
5 Bean Enchilada, Hash Brown and Peas							✓	✓					✓	
Sweet Potato Cake, Chips and Beans														
Fish Fingers with Chips and Beans				✓			✓							
Fish Fingers with Chips and Peas				✓			✓							
Hot Dog with Onions			✓				✓						✓	✓














# Thinking Food ALLERGEN CHART

MENU ITEM														
Loaded Singapore Noodles and Soy Glazed Carrots								✓		✓		✓	✓	
Malayan Chicken Curry with Rice								✓		✓		✓	✓	
Paninis - 3 Cheeses			✓					✓	✓			✓		
Paninis - 3 Cheeses - 170g			✓					✓	✓			✓		
Paninis - Bacon and Cheese			✓					✓	✓			✓		
Paninis - BBQ Chicken and Cheese	✓		✓					✓	✓	✓		✓	✓	✓
Paninis - Brie and Bacon			✓					✓	✓			✓		
Paninis - Brie and bacon - 180g			✓					✓	✓			✓		
Paninis - Cheese and Onion -170g			✓					✓	✓			✓		
Paninis - Cheese and Tomato			✓					✓	✓			✓		
Paninis - Ham and Cheese			✓					✓	✓			✓		
Paninis - Ham and Tomato			✓					✓	✓			✓		
Paninis - Mozzarella and Pepperoni - 160g			✓					✓	✓			✓		
Paninis - Spicy Chicken	✓		✓					✓	✓	✓		✓	✓	✓
Paninis - Tuna Mayo			✓	✓				✓		✓		✓		
Pasta Bar - Quorn Bolognaise								✓		✓		✓	✓	
Pasta Bar - Roasted Veg and Vegan Pesto								✓		✓		✓	✓	✓
Pasta Bar - Smokey Bacon Carbonara								✓	✓	✓				✓
Pasta Bar Chorizo and Basil								✓	✓	✓		✓	✓	✓
Pasta Bar- Creamy Chicken and Pesto Pasta Bake								✓	✓	✓		✓	✓	✓
Pizza Bar - Chicken Tikka Pizza								✓	✓					
Proper Cornish Pastie								✓	✓					













# Thinking Food ALLERGEN CHART

MENU ITEM														
Proper Cornish Traditional Pasty								✓	✓					
Proper Cornish Vegan Pasty					✓			✓	✗					✓
Proper Cornish Vegan Roll								✓	✗				✓	
Roasted Vegetable and Feta Flatbread with Minted Yoghurt and Greek Salad			✓		✓			✓	✓	✗			✓	✓
Roasted Vegetable Tikka Masala with Rice								✓	✓					
Sandwich - Brown - BLT								✓						✓
Sandwich - Brown - Cheese								✓	✓					✓
Sandwich - Brown - Cheese And Devon Chutney								✓	✓	✓			✓	✓
Sandwich - Brown - Cheese and Tomato								✓	✓					✓
Sandwich - Brown - Egg Mayo - 175g			✓					✓		✓				✓
Sandwich - Brown - Ham								✓						✓
Sandwich - Brown - Ham and Cheese								✓	✓					✓
Sandwich - Brown - Ham And Devon Chutney								✓		✓			✓	✓
Sandwich - Brown - Ham and Tomato								✓						✓
Sandwich - Brown - Tuna Mayonnaise and Cucumber			✓	✓				✓		✓				✓
Sandwich - Brown Tuna Mayonnaise			✓	✓				✓		✓				✓
Sandwich - White - Bacon and Brie			✓					✓		✓			✓	✓
Sandwich - White - BLT			✓					✓		✓			✓	✓
Sandwich - White - Cheese								✓	✓					✓
Sandwich - White - Cheese And Devon Chutney								✓	✓	✓				✓
Sandwich - White - Cheese and Tomato								✓	✓					✓
Sandwich - White - Cheese Mayo And Red Onion - 170g			✓					✓	✓	✓				✓

# Thinking Food ALLERGEN CHART

MENU ITEM														
Sandwich - White - Cheese Salad								✓	✓				✓	
Sandwich - White - Ham And Devon Chutney								✓		✓		✓	✓	✓
Sandwich - White - Ham and Mustard			✓		✓			✓		✓			✓	✓
Sandwich - White - Ham Salad								✓					✓	✓
Sandwich - White - Ham, Devon Chutney And Salad								✓		✓		✓	✓	✓
Sandwich - White - Hunters Chicken - 217g	✓		✓					✓	✓	✓		✓	✓	✓
Sandwich - White - Smokey BBQ Chicken	✓		✓					✓	✓	✓		✓	✓	✓
Sandwich - White - Tuna Mayonnaise and Cucumber			✓	✓				✓		✓			✓	✓
Sandwich - White - Tuna Melt			✓	✓				✓		✓			✓	✓
Sweet Potato, Chickpea and Butternut Squash Curry								✓		✓			✓	✓
Thai Green Chicken Curry and Rice														
Thai Green Vegetable Curry and Rice														
Vegetable Fajita, chips and Peas								✓	✓	✓				
Vegetable Katsu Curry, Rice								✓		✓		✓	✓	✓
Wedges In Box - Cheese								✓						
Wedges In Box - Chilli Beef												✓		
Wrap - BLT								✓		✓				
Wrap - Cheese								✓	✓	✓				
Wrap - Cheese And Devon Chutney								✓	✓	✓		✓		
Wrap - Cheese Salad								✓	✓	✓				
Wrap - Cheese, Devon Chutney And Salad								✓	✓	✓		✓		
Wrap - Chicken and Bacon	✓		✓					✓	✓	✓		✓	✓	✓

# Thinking Food ALLERGEN CHART

MENU ITEM													
Wrap - Chicken Salad	✓		✓					✓	✓	✓		✓	✓
Wrap - Ham								✓		✓			
Wrap - Ham and Cheese								✓	✓	✓			
Wrap - Ham And Devon Chutney								✓		✓		✓	