

# Brewers Fayre



## *Allergy Information Guide Information:*

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before as ingredients may be substituted or changed at short notice.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut), Pecan, Pistachio, Walnut) and products thereof.**

Items that are added as a choice, upgrade or addition must be checked and the allergen information considered in addition to the main meal.

**Our vegan dishes are made to a vegan recipe but we cannot guarantee that they are suitable for those with MILK or EGG allergies. Please speak to your server if you any dietary requirements.**

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

## KEY FOR BREWERS FAYRE ALLERGY INFORMATION GUIDE

**Yes** The allergen is present

**Yes** Suitable for ovo-lacto vegetarians/ vegans

**No** Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
KIDS PLAY MENU								
Unpackaged cakes per piece								
TRIPLE CHOCOLATE BROWNIE	2183	521	20.0	11.3	75.5	59.3	6.7	0.2
LEMON DRIZZLE CAKE MINI SQUARE	633	151	6.2	0.7	21.5	12.9	2.0	0.3
BLUEBERRY MUFFIN	984	235	9.3	0.9	34.5	17.0	3.0	0.2
CHOC CHIP MUFFIN	1047	250	10.6	2.4	35.1	18.9	3.1	0.2
All other snacks see nutrition on packaging								

Ingredient Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?	
<b>Sweet Snacks</b>																											
Mini Milk (10003200)							Yes																			No	Yes
Pip Organic Ice Lolly (10003177)																										Yes	Yes
Freddo (53447)							Yes																			No	No
Haribo Tangfastics (10003291)																										No	No
Bear Fruit Strawberry Yoyo (10003065)																										Yes	Yes
<b>Kids Drinks</b>																											
Sunpride Apple Juice (10002729)																										Yes	Yes
Sunpride Orange Juice (10002730)																										Yes	Yes
Semi Skimmed Milk (10001941)							Yes																			No	Yes
Capri Sun Orange NAS (900582)																										Yes	Yes
Fruit Shoot Apple & Blackcurrant (900116)																										Yes	Yes
Fruit Shoot Hydro Blackcurrant (10002040)																										Yes	Yes
Fruit Shoot Orange (900115)																										Yes	Yes
<b>Savoury Snacks</b>																											
Pom Bear Crisps Plain (10003088)																										Yes	Yes
Pom Bear Crisps Cheese & Onion (10003087)							Yes																			No	Yes
Proper Corn Simply Sweet Popcorn (10003079)																										Yes	Yes
<b>Fruit</b>																											
Bananas (10002199)																										Yes	Yes
Clementine (10002588)																										No	Yes
Apples Green (54605)																										Yes	Yes
<b>For adults</b>																											
Mini Lemon Drizzle Cake (10001746)	Yes					Yes	Yes																			No	Yes
Triple Chocolate Brownie (10001489)	Yes				Yes	Yes	Yes																			No	Yes
Chocolate Muffin (10002736)	Yes				Yes	Yes	Yes																			No	Yes
Blueberry Muffin (10002737)	Yes					Yes	Yes																			No	Yes