

Customer Information

We cannot guarantee that our products are free from allergens, as we use shared equipment in our café and kitchen site operations. Some of our products may have been produced in areas where allergens are present.

The following pages contain essential information to help you make an informed decision about purchasing items from our establishment.

All **unwrapped** food products and drinks prepared in our café or kitchen are included in this information pack.

Pre-packaged products will show allergen information on their packaging.

Please be aware that all opened food and drink items may have been exposed to allergens present in our store.

Unless otherwise specified, all items are prepared according to standard recipes. If you wish to add extra items, such as toppings or syrups, please refer to the specific product for additional details.

Calorie information is based on an average adult serving size for each dish or drink unless stated otherwise. While this information is accurate at the time of publication, variations in product preparation may affect calorie counts.

Places Leisure Allergens and Calorie Chart - Coffee Shop

✓ = Contains / ✓* = May Contain

Coffee Shop

Coffee Shop	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Teacake																
Teacake (2 x Jam and 2 x Butter)	Brakes 30006 x 1 Brakes 34024 x 2 Brakes 78252 x 2	439		✓ Wheat					✓					✓*		

Coffee Shop	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Bacon Bap																
Bacon Bap (2 x rashers - no butter)	Brakes 4581 x 1 Brakes 70296 x 2	313		✓ Wheat										✓*		

Coffee Shop	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Love Struck Milkshake (All prepared with 150ml Semi Skimmed Milk)																
Love Taste Top Banana Shake 160g	Bakes 131181 & 70218	264							✓							
Love Taste Strawberry Glory Shake 155g	Brakes 131182 & 70218	229							✓							
Love Taste Livin La Cocoa Shake 155g	Brakes 131183 & 70218	305							✓						✓	
Love Taste Va Va Vanilla Shake 155g	Brakes 131188 & 70218	274							✓							

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Love Struck Smoothies (All prepared with 200ml Apple Juice)																
Love Taste Strawberry Split 140g	Bakes 56244 & 100244	176														
Love Taste Pash N Shot 140g	Brakes 56364 & 100244	162														
Love Taste Big 5 140g	Brakes 103254 & 100244	159														
Love Taste Detox Zing 140g	Brakes 113536 & 100244	168														
Love Taste Kale Kick 140g	Brakes 113537 & 100244	147														
Love Taste Avo Go Go 140g	Brakes 125375 & 100244	196														

Coffee Shop	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Polar Krush Slushy* Drinks - served in 330ml cup																
Strawberry / Blue Raspberry	Polar Krush - Business World	46														

*Slushy product contains glycerol. Slushy products containing glycerol are not suitable for children under **seven** years old.

Further information can be found on the FSA website: <https://www.food.gov.uk/news-alerts/news/fsa-updates-advice-on-risk-to-children-of-glycerol-in-slush-ice-drinks>

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Extra Items																
Scone (Clotted Cream x1 and Jam x2)	Brakes 146212 x 1, 55516 x 1, 34024 x 2	701		✓ Wheat May Contain Barley and Oats		✓			✓							

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Extra Items																
Butter Portion (each)	Brakes 78252	46							✓							
Strawberry Jam Portion (each)	Brakes 34024	49														
Clotted Cream (Each)	Brakes 55516	234							✓							

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Places Leisure Allergens and Calorie Chart - Mr Whippy

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Charlton Lakeside Only

Charlton Lakeside	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Mr Whippy Soft Ice Cream																
Ice Cream in tub (excludes flake)	Brakes 2219	155							✓							
Ice cream in Sugar Cones Medium (excludes flake)	Brakes 2219 Brakes 5004297	258		✓ Wheat					✓						✓	
Cadbury Flake 99	Brakes 100110	43 each							✓							
Strawberry Desert Sauce	Brakes 100534	23														
Belgium Chocolate Drizzle	Brakes 100530	28													✓	
Sugar Strands	Brakes 121589	20														

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Places Leisure Allergens and Calorie Chart - Chips
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Charlton Lakeside Only

Charlton Lakeside	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Chips																
Thick Cut Chips 250g Portion (Charlton Lakeside Only)	Brakes 3897 or 51782	512														

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Prudhoe Waterworld Only

Prudhoe Waterworld	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Scooped Ice Cream																
Nic Ice Waffle Cone Medium	Brakes 5004297	103 each		✓ Wheat					✓						✓	
Cadbury Flake 99	Brakes 100110	43 each							✓							
Kelly's Corn. Banana Split I/C 4.5ltr	127245	204 per 85g scoop							✓			✓Pecan ✓*			✓	
Kelly's Corn. Blueberry I/C 4.5ltr	135108	202 per 85g scoop							✓			✓*			✓	
Kelly's Corn. Dairy Vanilla I/C 4.5ltr	Brake 114639	182 per 85g scoop							✓			✓*				
Kelly's Chocolate Ice Cream 4.5ltr	Brakes 114640	203 per 85g scoop							✓			✓*			✓	
Kelly's Strawberry Ice Cream 4.5ltr	Brakes 114641	164 per 85g scoop							✓			✓*				
Kelly's Mint ChocChip Ice Cream 4.5ltr	Brakes 114644	190 per 85g scoop							✓			✓*			✓	
Kelly's Cookies & Cream Ice Cream 4.5ltr	Brakes 114645	189 per 85g scoop		✓ Wheat					✓			✓*			✓	
Kelly's Honeycomb Ice Cream 4.5ltr	Brakes 114852	201 per 85g scoop							✓			✓*				
Kellys Salted Caramel Ice Cream 1x4.5ltr	Brakes 120155	202 per 85g scoop							✓			✓*			✓	
Kellys Eaton Mess Ice Cream 1x4.5ltr	Brakes 591139	197 per 85g scoop		✓ Wheat		✓			✓			✓*				
Kellys Bubblegum Ice Cream 1x4.5ltr	Brakes 120220	188 per 85g scoop							✓			✓*				
Kelly's Rocky Road Ice Cream 1x4.5ltr	Brakes 123520	231 per 85g scoop		✓ Wheat					✓			✓*			✓	

Possible Nuts ✓* Present:

Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Pecan Nut, Pistachio and Walnut

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Prudhoe Waterworld Only

Prudhoe Waterworld	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Scooped Ice Cream Continued																
Kellys Millionaires Short Bread 1x4.5ltr	Brakes 131083	224 per 85g scoop		✓ Wheat					✓			✓*			✓	
Kellys Dairy Rum and Raisin 1x4.5l	Brakes 114646	173 per 85g scoop							✓			✓*				
Kellys Clotted Cream Rasp Ripple 1x4.5l	Brakes 133546	197 per 85g scoop							✓			✓*				
Kellys Vegan Vanilla Ice Cream 1x4.5ltr	Brakes 135645	155 per 85g scoop							✓*			✓*			✓	
Kellys Lemon Crunch 1x4.5ltr	Brakes 136756	197 per 85g scoop							✓			✓*				
Kellys Mango Ice Cream 1x4.5ltr	Brakes 136846	185 per 85g scoop							✓			✓*			✓	
Kellys Toffee Fudge Ice Cream 1x4.5ltr	Brakes 123521	182 per 85g scoop							✓			✓*			✓	
Kellys Candy Floss Ice Cream 1x4.5ltr	Brakes 127241	186 per 85g scoop							✓			✓*				

Possible Nuts ✓* Present:

Almond, Hazlenut, Walnut, Cashew Nut,
Pecan Nut, Brazil Nut, Pistachio Nut,
Macadamia/Queensland Nut

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Places Leisure Allergens and Calorie Chart - Chips
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Concordia, Wentworth, and Ponteland ONLY

Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Nachos																
Nachos smothered in a spicy cheese sauce, guacamole, salsa, and jalapenos (For One)	Brakes 10163, 135337, 135335, 89029, 9698, 35379	845				✓			✓							✓ Sulphites >10ppm
Nachos smothered in a spicy cheese sauce, guacamole, salsa, and jalapenos (To Share)	Brakes 10163, 135337, 135335, 89029, 9698, 35380	1355				✓			✓							✓ Sulphites >10ppm
Extra Grated Cheese	Brakes 10163	131							✓							

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Wings																
Chicken Wings and Fries	Brakes 136302, 30122, 103550, 10230, 10364, 24859	799	✓*													✓* Sulphites >10ppm
Quorn ChiQin Crispy Wings and Fries	Brakes 135724, 30122, 103550, 10230, 10364, 24859	749		✓ Wheat												

Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Wings																
Chicken Wings and Curly Fries	Brakes 136302, 127450, 103550, 10230, 10364, 24859	811	✓*	✓ Wheat												✓* Sulphites >10ppm
Quorn ChiQin Crispy Wings and Curly Fries	Brakes 135724, 127450, 103550, 10230, 10364, 24859	761		✓ Wheat												

Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Wings																
Chicken Wings and Sweet Potato Fries	Brakes 136302, 121752, 103550, 10230, 10364, 24859	769	✓*													✓* Sulphites >10ppm
Quorn ChiQin Crispy Wings and Sweet Potato Fries	Brakes 135724, 121752, 103550, 10230, 10364, 24859	719		✓ Wheat												

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Sides																
Mac and Cheese Bites	Brakes 133530	315		✓ Wheat					✓							
Onion Rings	Brakes 30926, 24859	649		✓ Wheat												
Premium Thin Cut Fries 250g Portion	Brakes 30122	623														
Curly Fries 250g Portion	Brakes 127450	638		✓ Wheat												
Sweet Potato Fries 250g Portion	Brakes 121752	586														
Premium Thin Cut Fries 250g Portion AND Gravy	Brakes 30122 and 5895	713		✓ Wheat											✓	
Premium Thin Cut Fries 250g Portion AND Curry Sauce	Brakes 30122 and 119318	699	✓	✓ Wheat							✓				✓	
Curry Sauce (25)	Brakes 119318	84	✓	✓ Wheat							✓				✓	
Gravy (25)	Brakes 5895	98		✓ Wheat											✓	

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Burgers																
Beef Burger and Fries	Brakes 113146, 131390, 30122, 103550, 10364, 10230, 24859	985		✓ Wheat		✓			✓						✓	✓ Sulphites >10ppm
Chicken Goujon Burger and Fries	Brakes 150451, 30122, 103550, 10364, 113146, 24859, 10230	1001	✓	✓ Wheat		✓			✓		✓				✓	
Plant Based Burger and Fries	Brakes 149969, 30122, 125668, 103550, 10364, 24859, 10230	989		✓ Wheat		✓*			✓*						✓*	
Cheese Slice	Brakes 15775	74							✓							
Extra Pattie	Brakes 131390	214							✓							✓ Sulphites >10ppm

Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Burgers																
Beef Burger and Curly Fries	Brakes 113146, 131390, 127450, 103550, 10364, 10230, 24859	997		✓ Wheat		✓			✓						✓	✓ Sulphites >10ppm
Chicken Goujon Burger and Curly Fries	Brakes 150451, 127450, 103550, 10364, 113146, 24859, 10230	1013	✓	✓ Wheat		✓			✓		✓				✓	

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Places Leisure Allergens and Calorie Chart - Chips
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Plant Based Burger and Curly Fries	Brakes 149969, 127450, 125668, 103550, 10364, 24859, 10230	101		✓ Wheat		✓*			✓*						✓*	
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Burgers																
Beef Burger and Sweet Potato Fries	Brakes 113146, 131390, 121752, 103550, 10364, 10230, 24859	955		✓ Wheat		✓			✓						✓	✓ Sulphites >10ppm
Chicken Goujon Burger and Sweet Potato Fries	Brakes 150451, 121752, 103550, 10364, 113146, 24859, 10230	971	✓	✓ Wheat		✓			✓		✓				✓	
Plant Based Burger and Sweet Potato Fries	Brakes 149969, 121752, 125668, 103550, 10364, 24859, 10230	959		✓ Wheat		✓*			✓*						✓*	

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Pizzas																
Margarita Pizza	Brakes	905		✓ Wheat					✓		✓*				✓*	
BBQ Chicken Pizza	Brakes	934		✓ Wheat					✓		✓*				✓*	
Saucy Stuffed Crust Pepper-no-ni Pizza	Brakes	1130		✓ Wheat					✓*		✓*				✓*	
Add-on Fries	Brakes 30122, 24859	492														
Add-on Curly Fries	Brakes 127450, 24859	504		✓ Wheat												
Add-on Sweet Potato Fries	Brakes 121752, 24859	462														

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Northumberland ONLY

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Jacket Potato - all served with mixed leaf salad																
Baked Jacket Potatoes - Served on its own with a small seasonal salad mix and two butter portions	Brakes 3939, 103550, 78252, 450672, 10230	252							✓							
Jacket Potato with Grated Cheese	Brakes 3939, 10230, 450672, 103550, 78252, 10163	472							✓							
Jacket Potato with Beans	Brakes 3939, 10230, 450672, 103550, 78252, 15136	480							✓							
Jacket Potato with Tuna Mayonnaise	Brakes 3939, 10230, 450672, 103550, 78252, 14401	505					✓		✓							
Jacket Potato served with Beans and Cheese	Brakes 3939, 10230, 450672, 103550, 78252, 10163, 15136	610							✓							
Extra Toppings																
Cheese Grated x 40grms	Brakes 10163	131							✓							

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Street Fries																
Nacho Style Fries	Brakes 30122, 135337, 135335, 89029, 9698, 24859	704				✓			✓							✓ Sulphites >10ppm
Nacho Style Curly Fries	Brakes 127450, 135337, 135335, 89029, 9698, 24860	718		✓ Wheat		✓			✓							✓ Sulphites >10ppm
Nacho Style Sweet Potato Fries	Brakes 121752, 135337, 135335, 89029, 9698, 24861	666				✓			✓							✓ Sulphites >10ppm
Pulled Pork Fries	Brakes 30122, 135161, 24859	770														
Pulled Pork Curly Fries	Brakes 127450, 135161, 24860	785		✓ Wheat												
Pulled Pork Sweet Potato Fries	Brakes 121752, 135161, 24861	733														
Chilli Fries	Brakes 30122, 130089, 24859	749														
Chilli Curly Fries	Brakes 127450, 130089, 24859	764		✓ Wheat												
Chilli Sweet Potato Fries	Brakes 121752, 130089, 24859	712														
Chilli Non Carne Fries	Brakes 30122, 147993, 24859	714													✓	
Chilli Non Carne Curly Fries	Brakes 127450, 147993, 24859	729		✓ Wheat											✓	

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Concordia, Wentworth, and Ponteland ONLY

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Street Fries																
Chilli Non Carne Sweet Potato Fries	Brakes 121752, 147993, 24859	677													✓	
Extra Cheese	Brakes 10163	131							✓							

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Wentworth, Concordia, and Ponteland ONLY

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Kids Meals																
Hot Dog and Fries	Brakes 134867, 113008, 30122, 24859	591		✓ Wheat ✓* Rye		✓			✓					✓*		
Childrens Chicken Nuggets and Fries	Brakes 30011, 30122, 24859	445		✓ Wheat												
Childrens Cheese and Tomato Pizza and Fries	Brakes 136161, 30122, 24859	538		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Pepperoni Pizza and Fries	Brakes 136162, 30122, 24859	538		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Quorn Southern Fried Nuggets and Fries	Brakes 131645, 30122, 24859	425		✓ Wheat												

Important Note

For Children's party food, check the Party Food - Northumberland allergen Matrix. This page refers only to Kids Meals on the Hot Food menu at Concordia, Wentworth, and Ponteland.



Ashington and Morpeth ONLY

Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Kids Meals																
Hot Dog and Fries	Brakes 134867, 113008, 30122	488		✓ Wheat ✓* Rye		✓			✓					✓*		
Childrens Chicken Nuggets and Fries	Brakes 30011, 30122	432		✓ Wheat												
Childrens Cheese and Tomato Pizza and Fries	Brakes 136161, 30122	435		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Pepperoni Pizza and Fries	Brakes 136162, 30122	435		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Quorn Southern Fried Nuggets and Fries	Brakes 131645, 30122	322		✓ Wheat												

Important Note

For Children's party food, check the Party Food - Northumberland allergen Matrix. This page refers only to Kids Meals on the Hot Food menu at Concordia, Wentworth, and Ponteland.

Adults need around 2000 kcal a day
Vegan products may not be suitable for persons with allergies.

Places Leisure Allergens and Calorie Chart - Kids Meals
✓ = Contains / ✓* = May Contain



Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Party Food - Ashington and Morpeth ONLY																
Hot Dog and Fries + Drink	Brakes 134867, 113008, 30122, 127960	523		✓ Wheat ✓* Rye		✓			✓					✓*		
Childrens Chicken Nuggets and Fries + Drink	Brakes 30011, 30122, 127960	377		✓ Wheat												
Childrens Cheese and Tomato Pizza and Fries + Drink	Brakes 136161, 30122, 127960	470		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Pepperoni Pizza and Fries + Drink	Brakes 136162, 30122, 127960	470		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Quorn Southern Fried Nuggets and Fries + Drink	Brakes 131645, 30122, 127960	357		✓ Wheat												

Important Note
For Kids Meals relating to the Hot Food Menu at Ponteland, Concordia, and Wentworth, please see the Kids Meal - Northumberland Allergen Matrix. This only relates to party food.

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Places Leisure Allergens and Calorie Chart - Kids Meals
✓ = Contains / ✓* = May Contain



Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Party Food - Northumberland EXCLUDING Ashington and Morpeth																
Hot Dog and Fries + Drink	Brakes 134867, 113008, 30122, 24859, 127960	626		✓ Wheat ✓* Rye		✓			✓					✓*		
Childrens Chicken Nuggets and Fries + Drink	Brakes 30011, 30122, 24859, 127960	480		✓ Wheat												
Childrens Cheese and Tomato Pizza and Fries + Drink	Brakes 136161, 30122, 24859, 127960	573		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Pepperoni Pizza and Fries + Drink	Brakes 136162, 30122, 24859, 127960	573		✓ Wheat			✓*		✓		✓*				✓*	
Childrens Quorn Southern Fried Nuggets and Fries + Drink	Brakes 131645, 30122, 24859, 127960	460		✓ Wheat												
Important Note																
For Kids Meals relating to the Hot Food Menu at Ponteland, Concordia, and Wentworth, please see the Kids Meal - Northumberland Allergen Matrix. This only relates to party food.																

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✓ = Contains / ✓* = May Contain



Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Post Mix / Drinks																
Orange Tango Sugar Free	Brakes 591161	300ml = 1 454ml = 2														
Pepsi Max	Brakes 109337	300ml = 1 454ml = 2														
R Whites Lemonade	Brakes 109339	300ml = 6 454ml = 9														✓ >10ppm
7up Free	Brakes 109341	300ml = 6 454ml = 9														
Pepsi Diet	Brakes 109343	300ml = 1 454ml = 2														
Schweppes Orange Cordial	Brakes 127961	300ml = 36														
Schweppes Blackcurrant Flavour Cordial	Brakes 127960	300ml = 42														
Sysco Classic Double Strength Orange Squash	Brakes 33701	300ml = 10														✓ >10ppm Metabisulphite
Sysco Classic Double Strength Blackcurrant Squash	Brakes 87047	300ml = 7														✓ >10ppm Metabisulphite

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