Fras

raser's_Helston									√ - Allerge	n present in p	roduct specifi	Key: ication MC -	Product MAY	CONTAIN all	lergens									
FRASER'S Menu Item	None	Celery •	c Wheat	ereals cont	Solution	oats •	Crustaceans -	Eggs	Fishe	Lupine	Milko	Molluscs•	Mustard•	Walnuts	Hazlenuts	Almonds	Subsection	Brazi	Macadamia	Cashew	Peanuts •	Sesame	Soya	Sulphites•
Fish	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	GRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
All Battered Fish			✓						✓			MC	МС										✓	
Scampi			✓				✓		мс			МС												
Fishcake			✓						~															
Homemade Fishcake			✓					✓	✓			МС												
Cod Bites			✓						1			МС	МС										✓	
Calamari			~						МС			1	МС										✓	
Chips	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Chips																								✓
Cheesy Chips											✓													✓
Chicken	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
HM Chicken Fillet		√	√	MC							МС		MC										MC	MC
Chicken Nuggets			✓																					
HM Chicken Goujons		✓	✓	MC							МС		МС										МС	МС
Sausages	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	GRUSTAGEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Plain Sausage			✓																					✓
Battered Sausage			✓																					✓
Burgers - Including Bun & sauces	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Beef Burger			✓								✓													✓
Cheese Burger			✓								✓													✓
HM Chicken Fillet Burger		✓	~	MC							✓		МС										МС	МС
Veggie Burger			~																			✓		
Halloumi Burger			~								✓													
Veggie ^(V)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Mozzarella Dippers ^(v)			✓					MC			✓		МС										MC	
Homemade Onion Rings ^(VG)			~										МС										✓	
Plain Veggie sausage ^(VG)			✓																					
Bat. Veggie Sausage ^(VG)			~										МС										v	
Pea Fritters ^(VG)			✓										МС										✓	
Vegan ^(VG)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Quorn Nuggets ^(VG)			\checkmark																					
Bat. Vegan Sausage ^(VG)			✓																					
Plain Vegan Sausage ^(VG)				1	1	1	+		1						+						1			+

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Key: \checkmark - Allergen present in product specification | MC - Product MAY CONTAIN allergens

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Vegan Fish ^(VG)			✓										MC										✓	✓
Hot Sides	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Homemade Mushy Peas ^(v)	1																							
Curry Sauce ^(v)		1																						
Gravy ^(v)		МС																						MC
Beans ^(v)	✓																							
Cold Sides	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
HM Tartare Sauce								\checkmark					✓											
Crucials Ketchup	√																							
Crucials Mayo								\checkmark																
Crucials BBQ	✓																							
Crucials Garlic & Herb								\checkmark			✓		✓											
Crucials Sweet Chilli	✓																							
Pickled Egg								✓																
Pickled Gherkin	✓																							
Pickled Onion	✓																							
Vinegar Bottle	✓																							
Kids Meals ^(K) - Excluding Drink	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Cod Bites ^(K)			✓										MC										✓	✓
Plain Sausage ^(K)			✓																					✓
Battered Sausage ^(K)			✓										MC										✓	✓
Chicken Nuggets ^(K)			✓																					✓
Scampi ^(K)			✓				 ✓ 		МС			MC												✓
Veggie Sausage ^{(K)(V)}			✓																					✓
Quorn Nuggets ^{(K)(VG)}			✓																					✓
Drinks	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Blue-Raspberry Slushy	√																							
Watermelon Slushy	✓																							
Coke	✓																							
Diet Coke	✓																							
Coke Zero	✓																							
Fanta Orange	√																							
Fanta Fruit Twist	√																							
Rio	✓																							
Vimto				✓																				
Dr Pepper	✓																							
Fanta Lemon	✓																							
Still Water	✓																							
Sparkling Water	✓																							
Radnor Orange	✓																							

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Radnor Tropical	✓																							
Radnor Apple	√																							
Radnor Forest Fruits	✓																							
Radnor Rasp + Cherry	✓																							
Gluten Free Fish (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Cod ^(GF)									✓			МС												
Haddock ^(GF)									✓			МС												
Cod Bites ^(GF)	_								✓			МС												
Calamari ^(GF)	_								МС			✓												
Gluten Free Chicken ^(GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Chicken Fillet ^(GF)	√																							
Chicken Goujons ^(GF)	√																							
Gluten Free Chips (GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Chips ^(GF)																								✓
Cheesy Chips ^(GF)	_										✓													✓
GF Veggie/Vegan ^(GF)	NONE	CELERY	WHEAT	BARLEY	RYE	OATS	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	WALNUTS	HAZELNUTS	ALMONDS	PECANS	BRAZIL	MACADAMIA	CASHEW	PEANUTS	SESAME	SOYA	SULPHITES
Homemade Onion Rings ^{(GF)(VG)}	√																							
Vegan Fish ^{(GF)(VG)}	√												МС										✓	✓