

## Flaming Grill Main Menu SS17 Allergen Report

We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. The allergy data detailed in the table below has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen due to the risk of cross contamination risk in production, supply and preparation. If you suffer from sensitive trace reactions for stated allergens, please be aware that we are unable to guarantee suitability for you.

Please make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware of these.

\*\* Tree Nuts indicates the presence of the following:- almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

\* Gluten is a protein component of wheat, rye, barley, kamut, spelt & oats

### Interpreting the Data

YES Vegan / Vegetarian	YES in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian
NO Vegan / Vegetarian	NO in the column indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/Vegetarian
NO	Is not listed as an ingredient, but please note that absence in the final product cannot be guaranteed, due to cross contamination risks in production, supply and preparation
NO*	Indicates that whilst gluten is not a listed ingredient, due to the fryers being used for breaded products there is an increased cross contamination risk
YES	Indicates that the product CONTAINS that allergen and is a listed ingredient by the supplier
Modifier Allergen Outcome	Some dishes have multiple options available when ordering. The allergen outcomes for each option is listed below the dish. Please bear this in mind when ordering and add the allergen outcome for each choice to your overall meal.

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Crispy Chicken Strips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Garlic Ciabatta v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Garlic Ciabatta with Melted Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Nachos v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Garlic Breaded Mushrooms v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Nachos Topped with BBQ Pulled Pork	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Flamegrilled Chicken Wings	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Garlic & Coriander Glaze	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Piri Piri Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Hot Hot Hot Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Jerk BBQ Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Texan BBQ Sauce	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Breaded Calamari	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Ultimate Sharer	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Onion Ring Stacker v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	Yes	No	No	Yes

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - Spring/ Summer 2017 Main Menu	Starters	Lord of the Wings	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Super Salad v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Super Salad Chicken	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Super Salad Halloumi v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Super Salad Steak	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Garden Salad Chicken	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Garden Salad Halloumi v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Garden Salad Steak	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	New York Deli - Sub / Wrap	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	FG Tortilla Thinner 12Inch	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	NG Sub roll (Maison du pain)	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	New York Chicken - Sub / Wrap	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	FG Tortilla Thinner 12Inch	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	NG Sub roll (Maison du pain)	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	BBQ Jerk Halloumi v - Sub / Wrap	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	FG Tortilla Thinner 12Inch	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	NG Sub roll (Maison du pain)	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	BBQ Pulled Pork - Sub / Wrap	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	FG Tortilla Thinner 12Inch	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	NG Sub roll (Maison du pain)	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Fish Finger - Sub / Wrap	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	FG Tortilla Thinner 12Inch	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	NG Sub roll (Maison du pain)	Modifier Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Subs & Salads	Garden Salad v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Chicken - Lunch Club	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites	
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Sausage & Mash - Lunch Club	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Scampi - Lunch Club	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Mushy Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Garden Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Ice Cream v - Lunch Club	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Strawberry	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Chocolate	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Vanilla	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Mac Cheese v - Lunch Club	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Profiteroles v - Lunch Club	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Lunch Club	Treacle Sponge v - Lunch Club	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Scampi & Chips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Mushy Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Garden Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Scampi & Chips Jumbo	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Mushy Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Garden Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	The Codfather	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Mushy Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Garden Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Lasagne	Total Allergen Outcome	No	No	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Chicken Tikka Masala	Total Allergen Outcome	No	No	No	Yes (Almonds)	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Fish & Chips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Mushy Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Garden Peas	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Steak & Ale Pie	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Chicken New Yorker	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Chicken New Yorker Jumbo	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Grilled 8oz Gammon	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Fried Egg	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Pineapple Slice	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Grilled Gammon - XL	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Fried Egg	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Pineapple Slice	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Mac 'n' Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	The Big Breakfast	Total Allergen Outcome	No	No	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Southern Fried Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Flame Grilled Beef Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Flame Grilled Beef Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Flame Grilled Cheese & Bacon Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Flame Grilled Cheese & Bacon Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Flame Grilled Cheese Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Flame Grilled Cheese Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	New York Deli Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	New York Deli Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Southern Fried Chicken Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Pit Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Pit Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Hot Hot Hot	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	The Flaming Challenge Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Mixed Grill	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	King Size Mixed Grill	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	10oz Rib Eye Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	8oz Rump Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	8oz Sirloin Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Signature Doubled Dipped Rib Eye	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	Yes	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	5oz Rump Steak	Total Allergen Outcome	No	No	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Surf & Turf Combo	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Surf & Turf Combo King	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	Yes	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Loaded Chicken & Chips	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	20oz Tomahawk Pork	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	BBQ Jerk Halloumi Burger	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Half Roast Chicken	Total Allergen Outcome	No	No	No*	No	No	No	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Garlic & Coriander Glaze	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Piri Piri Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Hot Hot Hot Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Jerk BBQ Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Texan BBQ Sauce	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Mother Clucker	Total Allergen Outcome	No	No	Yes (Wheat, Rye)	No	No	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Defeat The Meat	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Dip n Flip Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Sausage & Mash	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Dip n Flip Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	BBQ Jerk Halloumi Burger - Large	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Char Grilled Chicken Skewers	Total Allergen Outcome	No	No	No*	No	No	No	No	Yes	No	No	Yes	No	No	Yes	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Garlic & Coriander Glaze	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Piri Piri Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Hot Hot Hot Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Jerk BBQ Sauce	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Texan BBQ Sauce	Modifier Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	All American Chicken Burger	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	All American Chicken Burger - Large	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Creamy Cajun Pasta Chicken	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Mains	Creamy Cajun Pasta v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sunday Roasts	Tender Roast Beef Topside	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sunday Roasts	Tender Roast Beef Topside Jumbo	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sunday Roasts	Half Roast Chicken	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sunday Roasts	Half Roast Chicken Jumbo	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	Yes	No	No	Yes	No	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Corn Dogs	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Chips v	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Skinny Fries v	Total Allergen Outcome	Yes	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Criss-Cross Chips v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Cheesy Chips v	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Mac Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Mash v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Frickles v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Onion Rings v	Total Allergen Outcome	Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Mushrooms v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Garlic Ciabatta v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Naan Bread v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Side Salad v	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Coleslaw v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Corn on the Cob v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Texan BBQ Wings - Steak Topper	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	New York - Steak Topper	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	BBQ Pulled Pork - Steak Topper	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Pepper Mushrooms - Steak Topper	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Chilli Bourbon - Steak Sauce	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Hot Hot Hot Chilli - Steak Sauce	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Creamy Peppercorn - Steak Sauce	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Sweet Curry Sauce	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Sour Cream	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Sweet Chilli	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Garlic & Herb Glaze (Hot)	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Garlic Ciabatta with Melted Cheese v	Total Allergen Outcome	No	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Piri Piri Sauce (Hot)	Total Allergen Outcome	No	Yes	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Jerk BBQ Sauce	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	No	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Dirty Fries	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Extra Halloumi v	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Extra Chicken Fillet x1	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Sides	Extra 5oz Rump	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Desserts	Apple Crumble v	Total Allergen Outcome	No	Yes	Yes (No-gluten Oats)	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Flaming Grill - Spring/ Summer 2017 Main Menu	Desserts	Chocolate Fudge Cake v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Desserts	Vanilla Ice Cream	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/ Summer 2017 Main Menu	Desserts	Chocolate Ice Cream	Modifier Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Flaming Grill - Spring/Summer 2017 Main Menu	Desserts	The Epic Choctastic Sundae v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/Summer 2017 Main Menu	Desserts	The Mountain of Sweet v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/Summer 2017 Main Menu	Desserts	Profiteroles v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/Summer 2017 Main Menu	Desserts	Black Cherry Eton Mess Sundae v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Flaming Grill - Spring/Summer 2017 Main Menu	Desserts	Toffee Donut Sundae v	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	Yes	No	No	No
Flaming Grill - Spring/Summer 2017 Main Menu	Desserts	Cookie Dough Cheesecake v	Total Allergen Outcome	No	Yes	Yes (Wheat, Barley, Oat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Flaming Grill - Spring/Summer 2017 Main Menu	Desserts	Strawberry Meringue Pie v	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No