








Saphari Allergen content










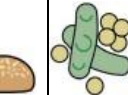

*Please note, if you cannot find the dish you're looking for on this sheet, immediately ask a member of staff and we will be able to assist you.

DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
CHORIZO														
PEPPERONI														
SALAMI														
BRIE							MILK							
BURNER CHEESE							MILK							
CHEDDAR CHEESE							MILK							
HALLOUMI CHEESE							MILK							
RED LEICESTER CHEESE							MILK							
CHILLI NACHOS		WHEAT		EGG										
SALTED NACHOS		WHEAT		EGG										
TACOS		WHEAT		EGG										
JACOBS CRACKERS		WHEAT		EGG										
PRAWN CRACKERS														
BREAD ROLLS					EGG									
CRISPY RICE														
PANCAKES		WHEAT		EGG			MILK							
TORTILLA WRAP		WHEAT		EGG			BUTTER							
EGG NOODLES		WHEAT		EGG										
PLAIN NOODLES		WHEAT		EGG										
RICE NOODLES														




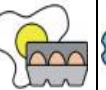








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DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
BOILED PASTA		WHEAT			EGG									
CHEESE NAAN		WHEAT					MILK & CHEESE							
GARLIC NAAN		WHEAT					MILK							
PLAIN NAAN		WHEAT					MILK							
CHEESE PIZZA		WHEAT		EGG			CHEESE							
GARLIC & CHEESE PIZZA		WHEAT		EGG			CHEESE							
PEPPERONI PIZZA		WHEAT		EGG			CHEESE							
VEGETABLE PIZZA		WHEAT		EGG			CHEESE							
CHILLI LIME SHRIMP & AVOCADO SALAD			SHRIMP											
CAPERS														
SUNDRIED TOMATOES														
RAITA							MILK							
YOGURT							MILK							
AVOCADO & TOMATO SALAD														
BABY POTATOES WITH CHEESE & CHIVE DRESSING							CREAM CHEESE	MUSTARD						
BEETROOT & EDAMAME SOY BEAN SALAD							CHEESE							
BEETROOT & ORANGE SALAD														
CHICKEN CAESAR SALAD		WHEAT		EGG	FISH		CREAM CHEESE							
COUSCOUS & COURGETTE SALAD		WHEAT												
FIVE BEAN SALAD														

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DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
GERMAN POTATO SALAD				EGG			CREAM			MUSTARD				
GREEK SALAD							FETA CHEESE							
HAM, EGG & MIXED LEAF SALAD				EGG										
INSALATA CAPRICCIOSA							CHEESE			CASHEW NUTS				
JUILLENS OF GREENS														
LACHHA SALAD														
MEXICAN CORN SALAD														
MIXED LEAVES														
MUSHROOM SALAD									MUSTARD					
PEA, ROCKET, HAM & MINT SALAD														
PESTO PASTA SALAD		WHEAT								CASHEW NUTS				
RED PESTO SALAD										NUT				
ROAST PUMPKIN, FETA & SPINACH SALAD							FETA CHEESE							
ROCKET, CARROT & RADISH WITH POMEGRANATE														
THREE BEAN SALAD														
TUNA SALAD				EGG	FISH		CREAM							
TURKEY COUSCOUS		WHEAT												
WALDORF SALAD	CELERY			EGG			CREAM			WALNUT				

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	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
CHICKEN WRAP		WHEAT		EGG			CHEESE							
HOISIN DUCK WRAP		WHEAT		EGG										
VEGETABLE WRAP		WHEAT		EGG			CHEESE							
ASSORTED SUSHI			SHELL	EGG	SALMON								SOY	
OLIVE TAPENADE ON BRUSCHETTA		WHEAT					CHEESE							
SHRIMP COCKTAIL			SHRIMP	EGG			CREAM							
SMOKED SALMON ON TOAST		WHEAT			SALMON									
CARROT & CORIANDER SOUP	CELERY	WHEAT		EGG					MUSTARD					
CREAM OF CORN SOUP	CELERY	WHEAT		EGG					MUSTARD					
CREAM OF MUSHROOM SOUP	CELERY	WHEAT		EGG			CREAM		MUSTARD					
FRENCH ONION SOUP	CELERY	WHEAT		EGG					MUSTARD					
HERB & CORIANDER SOUP														
LOBSTER BISQUE SOUP	CELERY	WHEAT		EGG			CREAM		MUSTARD					
MINISTRONE SOUP	CELERY	WHEAT		EGG					MUSTARD					
POTATO & LEAK SOUP	CELERY	WHEAT		EGG					MUSTARD					
ROASTED PUMPKIN SOUP	CELERY	WHEAT		EGG					MUSTARD					
ROASTED PEPPER & TOMATO SOUP	CELERY	WHEAT		EGG					MUSTARD					
BEEF STRIPS													SOY	
CHICKEN STRIPS													SOY	
PRAWNS			SHRIMPS										SOY	





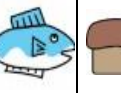





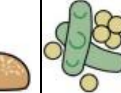


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DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
ACHARI PANEER							COTTAGE CHEESE		MUSTARD					
ACHARI ALOO									MUSTARD					
ALOO TIKKI CHAAT		WHEAT												
BATTERED FISH		WHEAT		EGG	FISH		MILK							
BATTERED SAUSAGE		WHEAT		EGG			MILK							
BREADED GARLIC MUSHROOM	CELERY	GLUTEN		EGG									SOY	
BREADED SCALLOPS		WHEAT		EGG				SCALLOPS						
BBQ CHICKEN WINGS													SOY	
BBQ PORK RIBS													SOY	
CALAMARI	CELERY	WHEAT	SHELL		FISH		MILK	SQUID					SOY	
CHANA CHAAT														
CHICKEN BALLS		WHEAT		EGG			MILK							
CHICKEN NUGGETS	CELERY	WHEAT		EGG			MILK							
CHICKEN PAKORA				EGG										
CHICKEN TIKKA							YOGHURT							
CORN ON THE COB														
CRAB CLAWS		WHEAT	CLAWS	EGG	FISH								SOY	
CREAMY JALAPENO PEPPERS		WHEAT		EGG			CHEESE							
CRISPY DUCK													SOY	
FISH PAKORA				EGG	FISH									





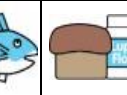




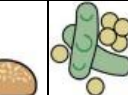

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DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
GOBHI PAKORA														
GOL GAPPA		GLUTEN												
HOT & SPICY BABY CORN		GLUTEN												
LAMB SHEESH KEBAB														
MOZARELLA BITES		GLUTEN		EGG			CHEESE							
ONION RINGS		WHEAT					MILK							
PANEER TIKKA							COTTAGE CHEESE							
POPCORN CHICKEN		WHEAT		EGG			MILK							
PORK YUK SUNG													SOY	
RED HOT JALAPENO PEPPERS		WHEAT					CHEESE							
SALT & PEPPER PRAWNS			PRAWNS										SOY	
SALT & PEPPER WINGS		WHEAT											SOY	
SPICY POTATO WEDGES														
SPINACH & ONION PAKORA														
TANDOORI ALOO							YOGHURT							
TANDOORI CHICKEN WINGS							YOGHURT							
TANDOORI LAMB CHOPS							YOGHURT							
TEMPURA FRIED PRAWNS		WHEAT	PRAWNS	EGG									SOY	
VEGETABLE SAMOSA	CELERY	WHEAT		EGG									SOY	
VEGETABLE SPRING ROLLS	CELERY	WHEAT		EGG									SOY	


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DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
ALOO BAINGAN SABZI														
ALOO GOBHI														
ALOO PALAK														
AUBERGINE PARMIGIANA		WHEAT					CHEESE							
BACON AND BEEF CASSEROLE	CELERY	WHEAT		EGG					MUSTARD					
BAKED FISH LEMON CREAM SAUCE	CELERY	WHEAT		EGG	FISH		CREAM		MUSTARD					
BAKED FISH WITH PESTO		WHEAT					CHEESE			PINE NUTS				
BEEF BOURGUIGNON	CELERY	WHEAT												
BEEF IN BLACK BEAN SAUCE		WHEAT											SOY	
BEEF AND GUINNESS PIE	CELERY	WHEAT		EGG					MUSTARD					
BEEF GOULASH	CELERY			EGG					MUSTARD					
BEEF LASAGNE	CELERY	WHEAT		EGG					MUSTARD					
BHINDI DO PYAZA														
BRAISED CABBAGE													SOY	
BRAISED TOFU IN BROWN SAUCE														
BUTTER CHICKEN							CREAM & BUTTER			CASHEW NUTS				
CHICKEN & MUSHROOM PIE	CELERY	WHEAT		EGG			BUTTER		MUSTARD					
CHICKEN IN BLACK PEPPER SAUCE	CELERY	WHEAT		EGG					MUSTARD				SOY	
CHICKEN COQ AU VIN	CELERY	WHEAT		EGG					MUSTARD				SOY	
CHICKEN BIRYANI							YOGHURT							

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	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
CHICKEN & CHORIZO JAMBALAYA	CELERY	WHEAT												
CHICKEN & LEAK IN BACON SAUCE	CELERY	WHEAT		EGG			MILK		MUSTARD					
CHICKEN CURRY WITH BONE							CREAM							
CHICKEN & GINGER PAD THAI			SHRIMP PASTE											
CHICKEN STROGANOFF	CELERY	WHEAT		EGG			CREAM		MUSTARD					
CHICKEN YUK FUNG				EGG									SOY	
CHICKEN JALFREZI														
CHICKEN KADAI							CREAM							
CHICKEN KORMA							CREAM							
CHICKEN MADRAS							CREAM		MUSTARD					
CHICKEN NEAPOLITAN	CELERY	WHEAT		EGG			MILK		MUSTARD					
CHICKEN PARMEGIANNA	CELERY	WHEAT		EGG			MILK		MUSTARD					
CHICKEN & PEPPER ENCHILADAS	CELERY	WHEAT		EGG			CHEESE		MUSTARD					
CHICKEN ROULADE	CELERY	WHEAT		EGG			MILK		MUSTARD					
CHICKEN TIKKA MASALA							CREAM & YOGHURT							
CHILLI CON CARNE	CELERY												SOY	
CHILLI & LEMON MARINATED FISH	CELERY	WHEAT		EGG					MUSTARD					
COTTAGE PIE WITH CHEDDAR MASH	CELERY	WHEAT		EGG			CHEESE		MUSTARD					
CRAB IN LEMON & GINGER SAUCE			CRAB										SOY	
DAL MAKHANI							CREAM & BUTTER							

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	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
DAL TADKA														
EGG FOO YUNG				EGG									SOY	
EGG FRIED RICE				EGG									SOY	
FAJITAS		WHEAT							MUSTARD					
FISH FILLET WITH THAI LEMON SAUCE					FISH					COCONUT				
FISH MALABARI					FISH					COCONUT				
FRIED AUBERGINE IN SWEET CHILLI SAUCE														
GREEN CURRY FRIED RICE WITH CHICKEN										COCONUT				
GOAN FISH CURRY					FISH									
GOAT CURRY	CELERY													
GOBI MATTAR KEEMA														
HERB CRUSTED FISH		WHEAT			FISH									
JAMAICAN GOAT CURRY	CELERY													
KADAI CHICKEN							CREAM							
KADAI PAKORA							YOGHURT							
KADAI PANEER							COTTAGE CHEESE							
KIDNEY BEAN RICE														
KUNG PAO FISH		WHEAT			FISH								SOY	
LAMB BIRYANI							YOGHURT							
LAMB HOT POT	CELERY													

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LAMB MEATBALLS	CELERY	GLUTEN					CHEESE							
LAMB MOUSSAKA	CELERY						CHEESE							
LAMB RARA GOSHT														
LAMB ROGANJOSH														
LAMB LASAGNE	CELERY	GLUTEN		EGG			CHEESE							
LAUKI MASALA														
MALABARI FISH CURRY					FISH					COCONUT				
MASALA DOSA							BUTTER		MUSTARD					
MATTAR PANEER							COTTAGE CHEESE							
MEDLEY OF VEGETABLES	CELERY													
MEXICAN BEEF	CELERY	GLUTEN		EGG										
MEXICAN CHICKEN	CELERY	GLUTEN		EGG									SOY	
MEXICAN VEGETABLES														
MEXICAN BUTTERNUT SQUASH	CELERY								MUSTARD				SOY	
MIXED SEAFOOD WITH CELERY	CELERY	GLUTEN	PRAWNS		FISH								SOY	
MIXED VEGETABLE SABJI														
MUSSELS IN GARLIC BUTTER SAUCE			MUSSELS				CREAM							
ORIENTAL FISH					FISH								SOY	
OVEN ROASTED POTATOES														
OXTAIL WITH BUTTER BEANS	CELERY	WHEAT											SOY	




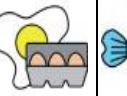
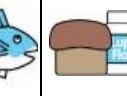



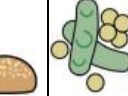

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PALAK PANEER							COTTAGE CHEESE							
PANCHMEL DAAL														
PANEER JALFREZI							COTTAGE CHEESE							
PANSEARED FISH TOMATO AND OLIVES					FISH									
PATATAS BRAVAS														
PESTO BAKED SALMON					FISH		CHEESE			PINE NUTS				
PHAD THAI NOODLE													SOY	
PILAU RICE							BUTTER							
PORK MEATBALLS		WHEAT												
PORK SZECHWAN		WHEAT											SOY	
RAJMA DAAL														
RED WINE BEEF CASSEROLE WITH DUMPLINGS	CELERY	GLUTEN		EGG					MUSTARD					
RICOTTA & SPINACH CANNELLONI	CELERY	GLUTEN		EGG			CHEESE		MUSTARD					
ROAST BEEF IN PEPPERCORN SAUCE	CELERY	WHEAT		EGG			CREAM		MUSTARD				SOY	
ROAST BUTTERNUT SQUASH RISOTTO	CELERY	WHEAT		EGG			CREAM CHEESE		MUSTARD					
ROAST VEGETABLE, HALLOUMI & LENTIL BAKE	CELERY	WHEAT		EGG			CHEESE		MUSTARD					
SAGE & ONION STUFFING BALLS	CELERY	WHEAT												
SALMON EN CROUTE		WHEAT			FISH		CREAM							
SALMON IN HOLLANDAISE SAUCE		WHEAT		EGG	FISH		CREAM							

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SEAFOOD PROVENCAL	CELERY	WHEAT	PRAWNS					MOLLUSC					SOY	
SEAFOOD PAELLA	CELERY	WHEAT	PRAWNS		FISH			MOLLUSC					SOY	
SHAHI PANEER							COTTAGE CHEESE			CASHEW NUTS				
SPAGHETTI BOLOGNESE	CELERY	WHEAT		EGG			CHEESE		MUSTARD					
SPAGHETTI CARBONARA	CELERY	WHEAT		EGG			CHEESE		MUSTARD					
SPINACH & RICOTTA CANNELLONI		WHEAT		EGG			ALL DAIRY							
STEAMED BASMATI RICE														
STIR FRIED GREEN BEANS														
STIR FRIED VEGETABLES		WHEAT		EGG									SOY	
SWEET POTATO & CHICKPEA TAGINE	CELERY	WHEAT		EGG					MUSTARD					
SWEET & SOUR CHICKEN													SOY	
WILD MUSHROOM RISOTTO	CELERY			EGG			CHEESE							
THAI RED CURRY WITH BEEF			SHRIMP PASTE							COCONUT				
THAI GREEN CURRY WITH CHICKEN			SHRIMP PASTE											
TINDE KE SABZI														
TOFU IN BROWN SAUCE		WHEAT											SOY	
TOFU STUR FRY													SOY	
VEGETABLE LASGANE	CELERY	WHEAT		EGG			CHEESE		MUSTARD					
VEGETABLE PASTA	CELERY	WHEAT		EGG			CHEESE							
VEGETARIAN SHEPARDS PIE	CELERY	WHEAT		EGG			CHEESE		MUSTARD					





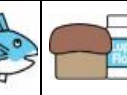




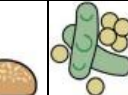

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BEEF PATTIES		BREAD CRUMBS			EGG									
HONEY & MUSTARD GLAZED GAMMON									MUSTARD					
ROAST BEEF TOPSIDE														
ROAST CHICKEN														
ROAST LAMB LEG														
ROAST PORK LOIN														
ROAST PUMPKIN WITH SPINACH & FETA							CHEESE							
ROAST SALMON									MUSTARD					
ROAST TURKEY BREAST														
CHICKEN & VEGETABLE SKEWER														
PANEER & VEGETABLE SKEWER							COTTAGE CHEESE							
HARISSA CHICKEN BREAST														
LAMB & MINT GLAZED LAMB CHOPS							YOGHURT							
LEMON, OLIVE & MUSTARD PANGASIU					FISH				MUSTARD					
PERI PERI CHICKEN	CELERY	WHEAT											SOY	
RED MULLET					FISH									
SALT & PEPPER STEAK					FISH									
SARDINES					FISH									
SPICY HAKE FISH					FISH									
YELLOW THREAD FISH					FISH									




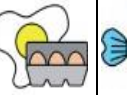




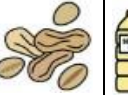


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APPLE & CINNAMON CRUMBLE		WHEAT		EGG			BUTTER							
APPLE PIE		WHEAT		EGG			BUTTER							
ASSORTED CUPCAKES				EGG			BUTTER							
BAILEYS CHEESECAKE		WHEAT		EGG			BUTTER & CREAM							
BAKED YOGHURT							YOGHURT							
BANANA CAKE		WHEAT		EGG			BUTTER & CREAM							
BERRY PUDDING		WHEAT		EGG			BUTTER & CREAM							
BISCOFF CHEESECAKE		WHEAT		EGG			BUTTER & CREAM							
BREAD & BUTTER PUDDING		WHEAT		EGG			BUTTER & CREAM							
CARROT CAKE		WHEAT		EGG			BUTTER & CREAM							
CHOCOLATE CHEESECAKE		WHEAT		EGG			BUTTER & CREAM						SOY	
CHOCOLATE FUDGE CAKE		WHEAT		EGG			BUTTER						SOY	
CHOCOLATE MUD CAKE		WHEAT		EGG			BUTTER & CREAM						SOY	
CHOCOLATE PASTRY		WHEAT		EGG			BUTTER & CREAM							
CHOCOLATE PUDDING		WHEAT		EGG			BUTTER & CREAM						SOY	SULPHUR
CHOCOLATE TART		WHEAT		EGG			BUTTER						SOY	
CHOCOLATE & WALNUT BROWNIE		WHEAT		EGG			BUTTER			WALNUT			SOY	
CHOCOLATE YULE LOG		WHEAT		EGG			BUTTER						SOY	

*Please provide further information on the Nuts(s) and Cereal containing Gluten(s) the dish contains in the corresponding boxes.

DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
CHRISTMAS PUDDING		WHEAT		EGG			BUTTER							
COCONUT & ORANGE CAKE		WHEAT		EGG			BUTTER & CREAM							
COINTREAU TIRAMISU		WHEAT		EGG			CHEESE							
CRÈME BRULEE				EGG			MILK							
CUSTARD		WHEAT		EGG			BUTTER & CREAM							
DECONSTRUCTED TRIFLE														
DOUBLE CHOCOLATE FUDGE CAKE		WHEAT		EGG			CREAM						SOY	
FRUIT JELLY														
FRUIT TRIFLE		WHEAT		EGG										
GAJAR KA HALWA							GHEE			NUTS				
GULAB JAMAAN		WHEAT					MILK & GHEE							
JELLY MOUSSE RING		WHEAT		EGG			BUTTER & CREAM							
KHEER							MILK			NUTS				
LEMON CHEESECAKE		WHEAT		EGG			BUTTER & CREAM							
LEMON PASTRY		WHEAT		EGG			BUTTER & CREAM							
LIVE PANCAKES		WHEAT		EGG			BUTTER & CREAM							
LIVE WAFFLES		WHEAT		EGG			BUTTER & CREAM							
MANGO CHEESECAKE		WHEAT		EGG			BUTTER & CREAM							
MANGO PASTRY		WHEAT		EGG			BUTTER & CREAM							
MARBLE CAKE		WHEAT		EGG			BUTTER & CREAM							

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DISH														
	CELERY	CEREALS CONTAINING GLUTEN*	CRUSTACEAN	EGG	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS*	PEANUT	SESAME SEED	SOYA	SULPHUR DIOXIDE
MARSHMALLOWS														
MELTED CHOCOLATE		WHEAT					BUTTER & CREAM						SOY	
MINI MINCE PIE		WHEAT		EGG			BUTTER & CREAM			NUTS				
MIXED BERRY CHEESECAKE		WHEAT		EGG			BUTTER & CREAM							
OREO CHEESECAKE		WHEAT		EGG			BUTTER & CREAM						SOY	
PEACH MELBA		WHEAT		EGG			BUTTER & CREAM			ALMOND				
PINEAPPLE PASTRY		WHEAT		EGG			BUTTER & CREAM							
PINEAPPLE UPSIDE DOWN CAKE		WHEAT		EGG			BUTTER & CREAM							
PISTACHIO PASTRY		WHEAT		EGG			BUTTER & CREAM			PISTACHIO				
PROFITEROLES		WHEAT		EGG			BUTTER & CREAM						SOY	
RASMALAI		WHEAT		EGG			BUTTER & CREAM			NUTS				
RED VELVET PASTRY		WHEAT		EGG			BUTTER & CREAM							
SEMOLINA CAKE		WHEAT		EGG			BUTTER & CREAM							
STICKY TOFFEE PUDDING		WHEAT		EGG			BUTTER & CREAM						SOY	
STRAWBERRY CHEESECAKE		WHEAT		EGG			BUTTER & CREAM							
STRAWBERRY PASTRY		WHEAT		EGG			BUTTER & CREAM							
TIRAMISU		WHEAT		EGG			BUTTER & CREAM						SOY	
VANILLA CHEESECAKE		WHEAT		EGG			BUTTER & CREAM							

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