



WOODLANDS
HOTEL

Food Allergies & Intolerances

If you suffer from a food allergy or intolerance please speak to our staff about your requirements. There is information available on all our menus detailing which allergens are present from the 14 major allergens identified by the Food Standards Agency.

Soups

Most of our menus may list **Soup of the Day/Evening** which is made in house and changes on a daily basis so ask your server to check with the kitchen for allergy information. All our soups are made from a bouillon paste which contains **Celery**.

Cooking Oils

Vegetable Oil is used in our deep fat fryers and for general cooking. There are no allergens present in Vegetable Oil

Salad Dressing

Our salad garnishes and main course salads unless otherwise stated on the menu are dressed with a balsamic dressing made using Pomace Olive Oil. There are no allergens in the Pomace Olive Oil but the Balsamic Vinegar contains **Sulphites**

Chips and Cross Contamination

Although there is no allergens in the chips we use, the kitchen have to use the same fryers for other products containing allergens such as **Egg, Fish, Crustaceans and Cereals containing Gluten** therefore there could be a risk of cross contamination which may affect extremely sensitive allergy sufferers.

Chocolate Mints

The chocolate mints served with tea and coffee contain **Soya** and may contain traces of **Milk and Nuts**.

<u>Allergens:</u>	Celery	CE
	Cereals Containing Gluten - Wheat, Oat, Barley, Rye	W,O,B,R
	Crustaceans	CR
	Eggs	E
	Fish	F
	Milk	M
	Mustard	MU
	Nuts	N
	Peanuts	PN
	Sesame	S
	Soya	SO
	Sulphur Dioxide (Sulphites)	SU