

Allergens Information for foods sold in Tenpin 30th July 2020

We prepare our food in kitchens with products containing nuts and gluten as well as other allergens. Allergen details below have been obtained from supplier specifications. We have taken all reasonable steps to ensure that the information is accurate, but we cannot guarantee that any product is 100% free from any allergen because of the risk of cross contamination in our kitchens.

The listed represents foods as they appear on our menu, any variation may alter the allergens contained in the meal

Key to symbols

- ✓. Yes contains Listed on ingredients by supplier
- X. No does not contain Not listed as an ingredient but absence in final product cannot be guaranteed as cross contamination may occur during preparation

Product as they appear on the Tenpin menu	Gluten	Crustaceans	Fish	Molluscs	Peanuts	Sesame seeds	Soya	Nuts	Egg	Milk	Celery	Mustard	Lupin	Sulphites
Salad prep	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Adult/Kids fries	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Ultimate Nachos	✓	No	No	No	No	No	No	No	No	✓	No	No	No	No
Cheeseburger Nachos	✓ Wheat	No	No	No	No	No	No	No	✓	✓	✓	No	No	No
Mega sharing Nachos	✓	No	No	No	No	No	No	No	No	✓	No	No	No	No
The sharing tray	✓ wheat, Barley	No	No	No	No	No	✓	No	✓	✓	✓	✓	No	No
House platter	✓ wheat, Barley	No	No	No	No	No	✓	No	No	✓	✓	No	No	No
Hot n Kickin Chicken wings	✓ wheat, Barley	No	No	No	No	No	✓	No	No	No	✓	No	No	No
Tiger fries	✓ wheat, Barley	No	No	No	No	No	✓	No	No	No	✓	No	No	No
Large fries with mayo/tom ketchup	No	No	No	No	No	No	No	No	✓	No	No	No	No	No
Classic cheese burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	✓	No	No	No
Classic cheese and bacon burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	✓	No	No	No

Product as they appear on the Tenpin menu	Gluten	Crustaceans	Fish	Molluscs	Peanuts	Sesame seeds	Soya	Nuts	Egg	Milk	Celery	Mustard	Lupin	Sulphites
Southern fried chicken burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	No	No	No	No
Falafel & spinach burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	No	No	No	No
Ultimate burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	✓	No	No	No
Double up beef burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	✓	No	No	No
Double up chicken burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	No	No	No	No
Double up vegetarian burger	✓ wheat	No	No	No	No	No	No	No	✓	✓	No	No	No	No
Classic Beef burger & salad	✓ wheat	No	No	No	No	No	No	No	✓	✓	No	✓	No	No
Classic chicken burger & salad	✓ wheat	No	No	No	No	No	No	No	✓	✓	No	✓	No	No
Classic vegetarian burger & salad	✓ wheat	No	No	No	No	No	No	No	No	No	No	✓	No	No
Sweet potato fries	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Onion rings	✓ wheat	No	No	No	No	No	No	No	No	No	No	No	No	No
The big dog	✓ wheat	No	No	No	No	No	No	No	✓	✓	No	✓	No	No
Southern fried chicken salad	✓ wheat	No	No	No	No	No	No	No	No	No	No	✓	No	No
Champion burger	✓ wheat	No	No	No	No	No	✓	No	No	No	✓	No	No	✓
Champion cheese burger	✓ wheat	No	No	No	No	No	✓	No	No	✓	✓	No	No	✓
Place fish fingers	✓ wheat	No	✓	No	No	No	No	No	No	No	No	No	No	No
Chicken nuggets	✓ wheat	No	No	No	No	No	✓	No	✓	✓	✓	✓	No	No
Veggie hero burger	✓ wheat	No	No	No	No	No	No	No	No	No	No	No	No	No
Super veggie strips	✓ wheat	No	No	No	No	No	No	No	No	No	No	No	No	No
Top dog hot dog	✓ wheat	No	No	No	No	No	No	No	No	No	No	No	No	No
Vegetable nuggets	✓ wheat	No	No	No	No	No	No	No	No	No	No	No	No	No

Product as they appear on the Tenpin menu	Gluten	Crustaceans	Fish	Molluscs	Peanuts	Sesame seeds	Soya	Nuts	Egg	Milk	Celery	Mustard	Lupin	Sulphites
Family feast	✓ wheat	No	No	No	No	No	✓	No	✓	✓	✓	No	No	✓
Cheeky champion platters	✓ wheat	No	No	No	No	No	✓	No	No	No	✓	No	No	✓
PIZZA tomato mozzarella with or without pepperoni	✓	No	No	No	No	No	✓	No	No	✓	No	No	No	No
Vanilla ice cream	No	No	No	No	No	No	No	No	No	✓	No	No	No	No
Burger sauce	No	No	No	No	No	No	No	No	✓	No	No	No	No	No
Guacamole	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Salsa	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Sour cream	No	No	No	No	No	No	No	No	No	✓	No	No	No	No
Jalapeno peppers	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Mayonnaise	No	No	No	No	No	No	No	No	✓	No	No	No	No	No
Tomato ketchup	No	No	No	No	No	No	No	No	No	No	No	No	No	No
BBQ sauce	✓ wheat/Barley	No	No	No	No	No	✓	No	No	No	✓	No	No	No
Slush	NO	No	No	No	No	No	No	No	No	No	No	No	No	No
Coffee whitener	NO	No	No	No	No	No	No	No	No	✓	No	No	No	No
Coffee all types with milk	NO	No	No	No	No	No	No	No	No	✓	No	No	No	No
Hot chocolate	NO	No	No	No	No	No	No	No	No	✓	No	No	No	No
Milk Shakes	NO	No	No	No	No	No	No	No	No	✓	No	No	No	No
Please note that adding plain salad, onions, tomatoes, lettuce does not alter the allergens content of a meal														
Ice cream	See individual packaging													
Bottled drinks & wines	Refer to individual bottle label for information wine may contain sulphites													
Squash drinks	May contain Sulphites													
Baileys	Contains milk													
Draught beers and lagers	All draught beer and lager contains barley as an ingredient in addition Tetley bitter (Cask and Golden) and Tetley mild contain Sulphur dioxide													