



Allergens Information for foods sold in Tenpin –16th August 2018

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

O may contain Not listed as an ingredient but supplier cannot guarantee absence
 ✓ 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
Beef burger (with or without fries)	✓ Wheat/Barley	X	X	X	X	✓	✓	X	✓	X	✓	✓	X	✓
Burger with cheese (with or without fries)	✓ Wheat/Barley	X	X	X	X	✓	✓	X	✓	✓	✓	✓	X	✓
Kids beef burger (with or without fries)	✓ Wheat	X	X	X	X	✓	✓	X	X	X	✓	X	X	✓
Kids cheese burger (with or without fries)	✓ Wheat	X	X	X	X	✓	✓	X	X	✓	✓	X	X	X
Spicy bean burger (with or without fries)	✓ Wheat	X	X	X	X	✓	X	X	✓	✓	✓	✓	X	X
Southern Fried chicken burger (with or without fries)	✓ Wheat	X	X	X	X	✓	X	X	✓	X	✓	✓	X	X
Chips	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Lattice fries	✓ Wheat	X	X	X	X	X	X	X	X	X	X	X	X	X
Vegetable fingers (with or without fries)	✓ Wheat	X	X	X	X	X	X	X	X	X	✓	X	X	X
Fish fingers bap (with or without fries)	✓ Wheat	X	✓	X	X	✓	X	X	X	X	✓	X	X	X
Fish fingers with or without fries	✓ Wheat	X	✓	X	X	X	X	X	X	X	✓	X	X	X
Chicken bites (with or without fries)	✓ Wheat	X	X	X	X	X	X	O	X	✓	✓	X	X	X

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Hot dog 5 (with or without fries)	✓ Wheat	X	X	X	X	X	X	X	X	✓	O	✓	X	X
Hot dog 9 (with or without fries)	✓ Wheat	X	X	X	X	X	X	X	X	✓	O	O	X	X
Garlic bread	✓ Wheat	X	X	X	X	X	O	X	X	O	X	X	X	X
Cheesy garlic bread	✓ Wheat	X	X	X	X	X	O	X	X	✓	X	X	X	X
Beastie for 4	✓ Wheat	X	X	X	X	✓	✓	O	✓	✓	✓	✓	X	X
Monster for 6	✓ Wheat	X	X	X	X	✓	✓	X	X	✓	✓	X	X	X
Veggie beastie	✓ Wheat	X	X	X	X	✓	✓	X	✓	✓	✓	✓	X	✓
Kids platter for 2	✓ Wheat/Barley	X	✓	X	X	X	✓	X	✓	✓	✓	✓	X	X
Kids platter for 4	✓ Wheat/Barley	X	✓	X	X	X	✓	X	X	✓	✓	X	X	X
Bacon	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Nachos without sauce	X	X	X	X	X	O	O	X	X	O	O	O	X	X
Nachos cheese sauce	X	X	X	X	X	O	O	X	X	✓	O	O	X	X
Mini Pizza	✓ Wheat/Barley	X	X	X	X	X	X	X	X	✓	X	X	X	X
Tomato ketchup	X	X	X	X	X	X	X	X	X	X	✓	X	X	X
Mayonnaise	X	X	X	X	X	X	X	X	✓	X	X	✓	X	X
Burger sauce	✓ Barley	X	X	X	X	X	X	X	✓	X	X	✓	X	X
BBQ sauce	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Mustard	X	X	X	X	X	X	X	X	X	X	X	✓	X	X
Vinegar	✓ Barley	X	X	X	X	X	X	X	X	X	X	X	X	X
Salsa sauce	X	X	X	X	O	O	X	O	X	X	X	X	X	X
Cheese sauce	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
Dill pickle	X	X	X	X	X	X	X	X	X	X	O	X	X	✓
Battered onion rings	✓ Wheat	X	X	X	X	X	X	X	X	X	✓	X	X	X
Breaded Mushrooms	✓ Wheat	X	X	X	X	X	X	X	X	X	X	X	X	✓
Reggae Reggae	✓ Barley	X	X	X	X	X	X	X	X	X	X	X	X	X
Seeded burger buns	✓ Wheat	X	X	X	X	✓	X	X	X	X	X	X	X	X
Baps	✓ Wheat	X	X	X	X	X	X	X	X	X	X	X	X	X
Coffee whitener	X	X	X	X	X	X	X	X	X	✓	X	X	X	X

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Coffee all types with milk	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
Hot chocolate	X	X	X	X	X	X	X	X	X	✓	X	X	X	X
Funky/Punky ice cream	X	X	X	X	0	X	X	0	0	✓	X	X	X	X
Ben and Jerry's ice cream	See individual packaging													
Bottled drinks	Refer to individual bottle label for information													
Squash drinks	May contain Sulphites													
Wines	Refer to individual bottle label or information													
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													