

Allergens Information for foods sold in Tenpin

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.

IF YOU HAVE ANY FOOD ALLERGIES OR FOOD INTOLENCES THEN PLEASE INFORM A TEAM MEMBER AT THE EARLIES OPPORTUNITY

Product as they appear on the Tenpin menu			
Plain Salad	Contains no allergens	Southern fried chicken burger	Gluten (wheat egg milk)
Adult/Kids fries no mayonnaise	Contains no allergens	Falafel & spinach burger	Gluten (wheat) egg milk
Kids pizza margherita/pepperoni	Gluten (Wheat) milk	Ultimate burger	Gluten (wheat) egg milk celery
12" pizza pepperoni or margherita	Gluten (Wheat) milk	Plain Beef burger	Gluten (wheat) egg milk celery
Ultimate Nachos	Gluten (wheat) milk	Double up southern fried chicken burger	Gluten (wheat) soya egg milk
Cheeseburger Nachos	Gluten (wheat) egg milk celery	Double up falafel & spinach burger	Gluten (wheat) egg milk
Mega sharing Nachos	Gluten (wheat) milk	Classic Beef burger & salad	Gluten (wheat) egg milk
The sharing tray	Gluten (wheat barley) egg milk celery soya	Classic chicken burger & salad	Gluten (wheat) egg milk
House platter	Gluten (wheat, barley) egg milk celery soya	Classic falafel & spinach burger & salad	Gluten (wheat) egg milk
Chicken wings	Gluten(wheat) egg	Onion rings	Gluten (wheat)
Plain Tiger fries	Contains no allergen	The big dog	Gluten (wheat) egg milk mustard
Large fries with mayo/tom ketchup	Milk	Southern fried chicken salad	Gluten (wheat) soya mustard
Classic cheese burger	Gluten(wheat) egg milk celery	Champion burger	Gluten (wheat) celery

Champion cheese burger	Gluten (wheat) milk celery	Sour cream	Milk
1 st Place fish fingers	Gluten (wheat) fish	Jalapeno peppers	Gluten (Wheat) soya milk
Chicken nuggets	Gluten (wheat)	Mayonnaise	Eggs
Veggie hero burger	Gluten (wheat) sulphites	Tomato ketchup	Contains no allergens
Top dog hot dog	Gluten (wheat) milk	BBQ sauce	Gluten (wheat/Barley) soya
Vegetable nuggets	Gluten (wheat)	Slush	Contains no allergens
Family feast	Gluten (wheat) egg milk celery	Coffee whitener	Milk
Cheeky champion platters	Gluten (wheat) fish celery	Coffee all types with milk	Milk
Burger sauce	Egg	Hot chocolate	Milk
Guacamole	Contains no allergens	Milk Shakes	Milk
Salsa	Contains no allergens	Vanilla ice cream	Milk

Please note that adding plain salad, onions, tomatoes, lettuce does not alter the allergens content of a meal

Coffee syrups do not contain any of the named allergens.

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 contain barley as an ingredient in addition Tetley bitter (Cask and Golden) and Tetley mild contain Sulphur dioxide

