

## 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 INTOLORENCES THEN PLEASE INFORM A TEAM MEMBER AT THE EARLIES OPPORTUNITY**

Product as they appear on the Tenpin menu			
Salad prep	Contains no allergens	Champion cheese burger	Gluten (wheat) milk sulphites
Adult/Kids fries with mayonnaise	egg	1st Place fish fingers	Gluten (wheat) fish
Kids pizza chicken feast or margherita	Gluten (Wheat) milk	Chicken nuggets	Gluten (wheat) celery
12" pizza chicken feast or margherita	Gluten (Wheat) milk	Veggie hero burger	Gluten (wheat) sulphites
Ultimate Nachos	Gluten (wheat) milk	Top dog hot dog	Gluten (wheat)
Mega sharing Nachos	Gluten (wheat) milk	Vegetable nuggets	Gluten (wheat)
The sharing tray	Gluten (wheat barley) egg milk celery mustard soya	Family feast	Gluten (wheat)egg milk celery
House platter	Gluten (wheat barley) egg soya milk celery	Cheeky champion platters	Gluten (wheat) fish celery sulphites
Plain Tiger fries	Contains no allergens	Vanilla ice cream	Milk
Cheese burger nachos	Gluten (wheat) egg milk sulphites	Burger sauce	Egg
Classic cheese burger	Gluten (wheat) eggs milk sulphites	Guacamole	Contains no allergens
Classic cheese and bacon burger	Gluten (wheat) eggs milk sulphites	Salsa	Contains no allergens

Falafel & spinach burger with or without salad	Gluten (wheat) egg milk	Sour cream	Milk
Ultimate burger	Gluten (wheat) soya egg milk sulphites	Jalapeno peppers	Gluten (wheat) milk soya
Ultimate burger & salad	Gluten (wheat) soya egg milk sulphites	Mayonnaise	Egg
Onion rings	Gluten (wheat)	Tomato ketchup	Contains no additives
The big dog	Gluten (wheat) egg milk mustard	BBQ sauce	Gluten (wheat/Barley) soya celery
Southern fried chicken salad	Gluten (wheat) soya mustard	Slush	Contains no additives
Champion burger	Gluten (wheat) sulphites	Coffee whitener	Milk
Champion cheese burger	Gluten (wheat) milk sulphites	Coffee all types with milk	Milk
1 <sup>st</sup> Place fish fingers	Gluten (wheat) fish	Hot chocolate	Milk
Chicken nuggets	Gluten (wheat) celery	Milk Shakes	Milk
Veggie hero burger	Gluten (wheat) sulphites	Vegetable nuggets	Gluten (wheat)
Top dog hot dog	Gluten (wheat)		

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	

