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# ALLERGEN GUIDE

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PLEASE NOTE: WE HAVE TAKEN ALL REASONABLE STEPS TO ENSURE THAT THIS BOOKLET IS ACCURATE AT THE TIME OF PUBLICATION. HOWEVER, DUE TO SUPPLY ISSUES, WE MAY FROM TIME TO TIME, SUBSTITUTE PRODUCTS. PLEASE ASK YOUR SERVER FOR MORE DETAILS.

ALLERGY INFORMATION DETAILED IN THE TABLE HAS BEEN DERIVED FROM THE SPECIFICATIONS OBTAINED FROM THE SUPPLIERS' PRODUCTS.

PLEASE NOTE: WE REQUEST THAT YOU DISCUSS ANY ALLERGIES WITH A MEMBER OF OUR MANAGEMENT TEAM WHEN VISITING OUR RESTAURANT OR TAKEAWAY – EVEN IF YOU HAVE EATEN THE DISH BEFORE – SO THAT EVERY PRECAUTION CAN BE TAKEN IN OUR KITCHEN TO PREVENT CROSS CONTAMINATION.

[WWW.PAPASFISHANDCHIPS.COM/ALLERGENS](http://WWW.PAPASFISHANDCHIPS.COM/ALLERGENS)

# GLUTEN FREE

AT PAPA'S WE TAKE PRIDE IN PREPARING GLUTEN FREE MEALS RESPONSIBLY AND SAFELY FOR OUR CUSTOMERS.

WE ARE PROUD TO SERVE GLUTEN FREE FISH AND CHIPS ALL DAY EVERY DAY. ALL MEALS ARE PREPARED USING A COMPLETELY SEPARATE FRYER, CHEF, COOKING MEDIUM AND UTENSILS. THIS ENSURES THAT THERE IS VERY LITTLE CHANCE OF CROSS CONTAMINATION.

OUR GLUTEN FREE MEALS ARE FRIED IN 100% VEGETABLE (PALM) OIL – WHICH MAKES THEM SUITABLE FOR SOME VEGETARIAN'S AND PESCATARIANS.

OUR GUIDELINES ON PREPARING GLUTEN FREE FOOD HAVE BEEN DERIVED FROM THE SUPPORT OF THE NFFF AND COELIAC UK.

AS WELL AS FISH AND CHIPS, WE ARE ALSO HAPPY TO OFFER A LARGE VARIETY OF ALTERNATIVES, INCLUDING STARTERS AND DESSERTS.

FOR FURTHER INFORMATION PLEASE VISIT: [WWW.PAPASFISHANDCHIPS.COM/ALLERGENS](http://WWW.PAPASFISHANDCHIPS.COM/ALLERGENS)

*PLEASE NOTE:*

*ANIMAL BASED PRODUCTS (LIKE FISH & CHEESE) ARE PREPARED IN OUR VEGETABLE OIL PANS.*

*PLEASE DISCUSS ANY DIETARY REQUIREMENT WITH A MEMBER OF OUR MANAGEMENT TEAM.*

*MEALS PREPARED IN VEGETABLE OIL / GLUTEN FREE ARE COOKED TO ORDER AND CAN INCUR A SLIGHTLY LONGER THAN NORMAL WAIT.*

# CROSS CONTAMINATION

OUR GLUTEN FREE MEALS ARE PREPARED IN A COMPLETELY SEPARATE FRIER, BY A SEPARATE CHEF USING SEPARATE FRYING UTENSILS TO PREVENT THE CHANCE OF ANY CROSS CONTAMINATION. NO PRODUCT CONTAINING GLUTEN IS EVER FRIED IN THIS PAN.

OUR VEGETABLE OIL PANS ARE ALSO NEVER USED TO FRY ANY PRODUCT CONTAINING MEAT. MEALS FRIED IN VEGETABLE OIL ARE SUITABLE FOR SOME VEGETARIANS AND PESCATORIANS.

PRODUCTS CONTAINING OTHER ALLERGENS (INCLUDING SOYA AND MILK) MAY BE FRIED IN OUR VEGETABLE OIL PANS. THIS MEANS THAT MEALS FRIED IN THE VEGETABLE OIL PANS MAY POSE A RISK OF CROSS-CONTAMINATION TO ALLERGENS OTHER THAN GLUTEN.

PLEASE SPEAK TO THE ON-SITE MANAGER TO FIND OUT WHICH OTHER PRODUCTS ARE FRIED IN OUR VEGETABLE OIL PANS.

*PLEASE NOTE:*

*ANIMAL BASED PRODUCTS (LIKE FISH & CHEESE) ARE PREPARED IN OUR VEGETABLE OIL PANS.*

*PLEASE DISCUSS ANY DIETARY REQUIREMENT WITH A MEMBER OF OUR MANAGEMENT TEAM.*

*MEALS PREPARED IN VEGETABLE OIL / GLUTEN FREE ARE COOKED TO ORDER AND CAN INCUR A SLIGHTLY LONGER THAN NORMAL WAIT.*

# MEAT FREE ALTERNATIVES

WE ARE COMMITTED TO OFFERING OUR GUESTS A SELECTION OF MEAT FREE ALTERNATIVES. THESE CAN BE FOUND ON OUR RESTAURANT AND TAKEAWAY MENUS.

UNLESS REQUESTED OTHERWISE, OUR MEALS ARE FRIED IN THE HIGHEST QUALITY REFINED AND DEODORISED BEEF DRIPPING.

HOWEVER, THE MAJORITY OF OUR RESTAURANTS AND TAKEAWAYS WILL ALSO BE ABLE TO PREPARE MEALS IN A 100% VEGETABLE (PALM) OIL. OUR VEGETABLE OIL PANS ARE USED TO PREPARE GLUTEN FREE MEALS AS WELL AS MEALS SUITABLE FOR GUESTS WHO DO NOT EAT BEEF DRIPPING DUE TO A RELIGIOUS OR DIETARY CHOICE. AS SUCH, WE WILL ONLY PREPARE MEAL IN VEGETABLE OIL WHICH ARE MEAT FREE AND GLUTEN FREE.

PLEASE CHECK IN ADVANCE WHETHER THE RESTAURANT OR TAKEAWAY IS ABLE TO OFFER MEALS PREPARED IN VEGETABLE OIL.




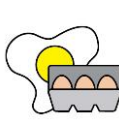
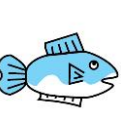
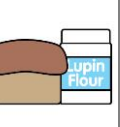

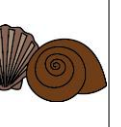
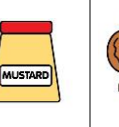
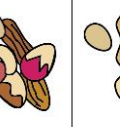

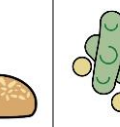
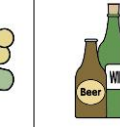

*PLEASE NOTE:*



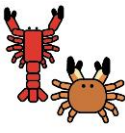
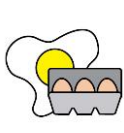








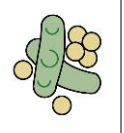
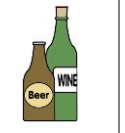
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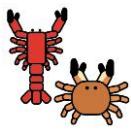

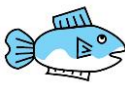
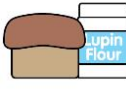






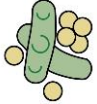

*MEALS PREPARED IN VEGETABLE OIL / GLUTEN FREE ARE COOKED TO ORDER AND CAN INCUR A SLIGHTLY LONGER THAN NORMAL WAIT.*




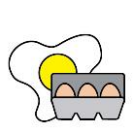
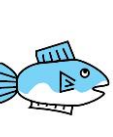
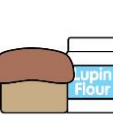



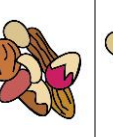


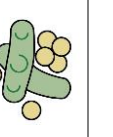

## DISHES AND THEIR ALLERGEN CONTENT - TAKEAWAY

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
HADDOCK	✓	✓		✓	✓		✓		✓				✓	
COD	✓	✓		✓	✓		✓		✓				✓	
PLAICE	✓	✓		✓	✓		✓		✓				✓	
SCAMPI		✓	✓											
FISH FRITTER	✓	✓		✓	✓		✓		✓				✓	
LUXURY FISHCAKE	✓	✓			✓		✓		✓			✓		
PATTIE		✓					✓							
CHIPS														
SAUSAGE		✓											✓	✓
BATTERED SAUSAGE	✓	✓		✓		✓	✓		✓				✓	✓




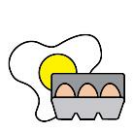
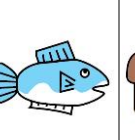
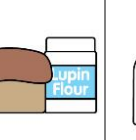
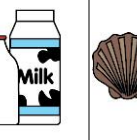
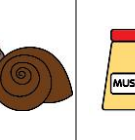
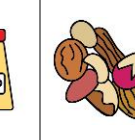
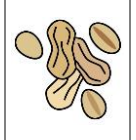

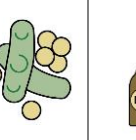

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
SPAM FRITTER	✓	✓							✓				✓	
ROAST CHICKEN														
CHCKEN NUGGETS	✓	✓		✓			✓						✓	
PEAS														
BEANS														
CURRY	✓								✓				✓	✓
GRAVY														
BREADCAKE		✓				✓	✓						✓	




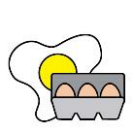
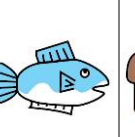
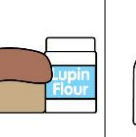
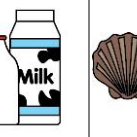
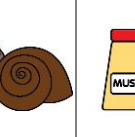
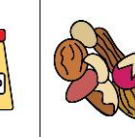
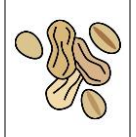

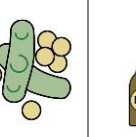

## DISHES AND THEIR ALLERGEN CONTENT - RESTAURANT




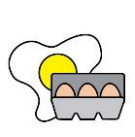
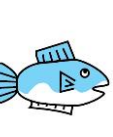



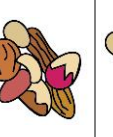

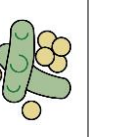
DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
STARTERS														
PRAWN COCKTAIL	✓	✓	✓	✓			✓							
BUTTERFLY PRAWNS		✓	✓	✓									✓	
SCAMPI		✓	✓											
CALAMARI		✓												
SHARING PLATTER	✓	✓			✓		✓		✓			✓		
SIDES														
CHIPS														
PATTIE		✓					✓							
SLICED BREAD		✓				✓	✓						✓	



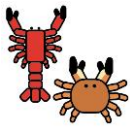
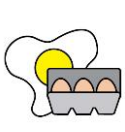










DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
BATTERED HALLOUMI	✓	✓		✓			✓		✓				✓	
COLESLAW	✓			✓			✓		✓					
SIDE SALAD														
PEAS														
BEANS														
CURRY	✓								✓				✓	✓
GRAVY														
MAINS														
HADDOCK & CHIPS	✓	✓		✓	✓		✓		✓				✓	
COD & CHIPS	✓	✓		✓	✓		✓		✓				✓	



DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
PLAICE & CHIPS	✓	✓		✓	✓		✓		✓				✓	
SKATE & CHIPS	✓	✓		✓	✓		✓		✓				✓	
CHIP SHOP PLATTER	✓	✓		✓	✓		✓		✓				✓	
SCAMPI & CHIPS		✓	✓											
LUXURY FISH SANDWICH	✓	✓		✓	✓	✓	✓		✓				✓	
PATTIE & CHIPS		✓					✓							
FISHCAKE & CHIPS	✓	✓			✓		✓		✓			✓		
BATTERED SAUSAGE	✓	✓		✓			✓		✓				✓	✓
ROAST CHICKEN & CHIPS														
BATTERED HALLOUMI & CHIPS	✓	✓		✓			✓		✓				✓	

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
FISHERMANS PIE & CHIPS			✓		✓		✓							
STEAK PIE & CHIPS		✓					✓							
CHICKEN PIE & CHIPS		✓					✓							
SEAFOOD PLATTER	✓	✓	✓	✓	✓		✓		✓				✓	
SEAFOOD PAN	✓	✓		✓	✓		✓		✓				✓	
SIZZLING SALMON					✓									
GRILLED FISH					✓									
HOLLANDAISE SAUCE				✓			✓							
PARSLEY SAUCE	✓	✓		✓			✓		✓				✓	
SALSA SAUCE														

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
PRAWN SKEWERS			✓											
SALMON SKEWERS					✓									
HALLOUMI SKEWERS							✓							
BEEF BURGER	✓	✓		✓		✓	✓		✓			✓	✓	✓
HOT DOG		✓							✓				✓	✓
CHCKEN NUGGETS	✓	✓		✓			✓						✓	
DESSERTS														
CHOCOLATE CAKE		✓		✓			✓						✓	
BROWNIE		✓		✓			✓						✓	
SYRUP SPONGE		✓		✓			✓						✓	

DISHES														
JAM SPONGE		✓		✓			✓						✓	
LEMON SPONGE		✓		✓			✓						✓	✓
CHEESECAKE				✓			✓							
CHOCOLATE SUNDAE		✓		✓			✓						✓	
STRAWBERRY SUNDAE							✓						✓	
DONUT		✓											✓	