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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 PESCATARIANS.

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:*

*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.*

# USING OUR ALLERGEN MATRIX

MEALS LISTED WITH A RED TICK CONTAIN THE ALLERGEN. MEALS LISTED WITH AN AMBER TICK ARE SUPPLIED WITH A NOTICE FROM THE SUPPLIER THAT THE PRODUCT 'MAY CONTAIN' TRACES OF THIS ALLERGEN.

✓ - Allergen Present

✓ - May Contain Allergen









PATTIE		✓		✓			✓		✓				✓	
SLICED BREAD		✓					✓						✓	
BATTERED HALLOUMI		✓		✓			✓		✓				✓	
COLESLAW				✓					✓					
SIDE SALAD				✓					✓					
PEAS														
BEANS														
CURRY	✓													✓
GRAVY	✓													
MAINS														
HADDOCK & CHIPS		✓		✓	✓		✓		✓				✓	
COD & CHIPS		✓		✓	✓		✓		✓				✓	

PLAICE & CHIPS		✓		✓	✓		✓		✓				✓	
SKATE & CHIPS		✓		✓	✓		✓		✓				✓	
CHIP SHOP PLATTER		✓		✓	✓		✓		✓				✓	✓
SCAMPI & CHIPS		✓	✓		✓			✓						
PATTIE & CHIPS		✓		✓			✓		✓				✓	
FISHCAKE & CHIPS		✓			✓		✓							
BATTERED SAUSAGE		✓		✓			✓		✓				✓	✓
ROAST CHICKEN & CHIPS														
BATTERED HALLOUMI & CHIPS		✓		✓			✓		✓				✓	
TOFISH & CHIPS													✓	
FISHERMANS PIE & CHIPS			✓		✓		✓							
STEAK PIE & CHIPS		✓					✓		✓					

CHICKEN PIE & CHIPS		✓					✓							
VEGAN PIE & CHIPS		✓							✓					
FRIED SEAFOOD PLATTER		✓	✓	✓	✓		✓	✓	✓				✓	
MARINATED SEAFOOD PLATTER	✓	✓	✓	✓	✓		✓		✓				✓	
MERINATED PRAWNS & CHIPS	✓	✓	✓	✓	✓		✓	✓	✓				✓	
SALMON SKEWERS					✓									
HALLOUMI SKEWERS							✓							
SIZZLING SALMON					✓									
SALMON SKEWERS					✓									
PRAWN PLATTER		✓	✓	✓	✓		✓	✓					✓	✓
FRIED FISH SALAD		✓		✓	✓		✓		✓				✓	
CHICKEN SALAD				✓					✓					

PRAWN SALAD		✓	✓	✓			✓		✓					
SCAMPI SALAD		✓	✓	✓					✓					
HALLOUMI SALAD		✓		✓			✓		✓				✓	
SALMON SALAD		✓			✓								✓	
TARTARE SAUCE	✓	✓		✓			✓		✓				✓	✓
SLOW ROASTED BEEF	✓						✓							
PORK BELLY	✓						✓							
KATSU CURRY	✓	✓					✓							✓
CHICKEN BURGER		✓					✓				✓			
FISH BURGER	✓	✓		✓	✓		✓		✓				✓	✓
DESSERTS														

GLUTEN FREE BROWNIE			✓			✓			✓				
BROWNIE		✓		✓			✓						✓
BATTERED MARS BAR		✓		✓			✓			✓			✓
SYRUP SPONGE		✓		✓			✓						✓
JAM SPONGE		✓		✓			✓						✓
ICE CREAM							✓						
DONUT		✓		✓			✓						✓
WAFFLE		✓		✓			✓						✓