

ALLERGENS & INTOLERANCES GUIDANCE

FOOD SERVED IN CAFES IN MERTHYR TYDFIL
OPERATED BY HALO LEISURE



Cyngor Bwrdeistref Sirol
MERTHYR TUDFUL
MERTHYR TYDFIL
County Borough Council

halo

BREAKFASTS

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Big Breakfast		Yes		Yes			Yes					Yes	Yes	
Big Veggie Breakfast		Yes		Yes			Yes					Yes	Yes	
Big Breakfast Bap		Yes		Yes			Yes					Yes	Yes	
Bacon Roll		Yes					Yes					Yes		
Sausage Roll		Yes					Yes					Yes	Yes	
Toast, Jam & Butter		Yes					Yes					Yes		
Cereal		Yes					Yes			Yes				
Egg on Toast		Yes		Yes			Yes					Yes		
Beans on Toast		Yes					Yes					Yes		
Triple Stacked Pancakes		Yes		Yes			Yes							
<i>with golden syrup</i>		Yes					Yes							
<i>with Chocolate Spread</i>		Yes					Yes							Yes
Porridge		Yes					Yes							

MAINS

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Chicken Curry & Rice	Yes	Yes					Yes							
Beef Chilli Con Carne & Rice							Yes							
Tomato & Basil Pasta		Yes												
Stonebaked Pizza		Yes					Yes							
Fish Fingers & Fries		Yes		Yes	Yes		Yes		Yes					
Chicken Caesar Salad		Yes		Yes	Yes		Yes							
Soup Of The Day		Yes					Yes					Yes		

SANDWICHES, TOASTIES AND BAGUETTES

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Ham & Cheese		Yes		Yes			Yes					Yes		
Ham		Yes		Yes			Yes					Yes		
Ham Salad		Yes		Yes			Yes					Yes		
BLT		Yes		Yes			Yes					Yes		
Cheese		Yes		Yes			Yes					Yes		
Cheese & Onion		Yes		Yes			Yes					Yes		
Tomato		Yes		Yes			Yes					Yes		
Tuna Mayonnaise		Yes		Yes	Yes							Yes		
Chicken Salad		Yes		Yes			Yes					Yes		
Egg Mayonnaise		Yes		Yes								Yes		
Tomato & Mozzarella		Yes		Yes			Yes					Yes	Yes	
Fish Finger		Yes		Yes	Yes		Yes		Yes			Yes		
BBQ Chicken & Mature Cheddar		Yes		Yes			Yes					Yes		
Chicken & Bacon		Yes		Yes								Yes		
BBQ Pulled Pork & Mature Cheddar		Yes		Yes			Yes					Yes		
Crispy Chicken Goujons		Yes		Yes			Yes					Yes		

JACKET POTATOES

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Beef Chilli Con Carne							Yes							
Chinese Chicken Curry		Yes					Yes		Yes	Yes				
Cheesy Bean							Yes							
Tuna, Sweetcorn & Mayonnaise				Yes	Yes		Yes							
BBQ Chicken							Yes							

SIDES

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Seasoned Potato Wedges														
Fresh Coleslaw				Yes										
Macaroni Cheese		Yes					Yes		Yes					
French Fries														
House Salad		Yes												
Bread Bowl		Yes					Yes							
Chip Butty		Yes					Yes					Yes		
Beans														
Curry Sauce		Yes							Yes	Yes				
Creamy Mashed Potato							Yes							

KIDS' MEALS

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Chicken Nuggets & Chips	Yes	Yes												
Sausage & Chips		Yes										Yes	Yes	
Tomato Pasta		Yes												
Cheese & Ham Toastie		Yes					Yes					Yes		

CAKES

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Bara Brith with Butter		Yes		Yes			Yes							
Raspberry Ripple Cake		Yes		Yes			Yes							
Chocolate Fudge Cake		Yes		Yes			Yes							
Carrot Cake		Yes		Yes			Yes							
Rainbow Cake		Yes		Yes			Yes							Yes
Scone with Clotted Cream & Jam		Yes					Yes							
Toasted Teacake with Butter & Jam		Yes					Yes							
Cookie		Yes		Yes			Yes					Yes		
Welsh Cake		Yes		Yes			Yes							

HOT DRINKS

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Espresso														
Americano														
Latte							Yes							
Cappuccino							Yes							
Flat White							Yes							
Mocha							Yes							
Iced Americano							Yes							
Iced Latte							Yes							
Hot Chocolate							Yes							
Special Hot Chocolate with Flavoured Syrup							Yes							
English Breakfast Tea														
Earl Grey Tea														
Chamomile Tea														
Mixed Berry Tea														
Peppermint Tea														
Lemon & Ginger Tea														

COLD DRINKS

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Please refer to the packaging for ingredients														

MILKSHAKES

Allergen:	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soybeans	Sulphites	Tree Nuts
Protein Milkshake		Yes					Yes							
Ice Cream Milkshake							Yes							
Biscoff Milkshake		Yes					Yes					Yes		



MENU ALSO AVAILABLE IN WELSH