ProcureWizard

SAMS BREAKFAST MENU

Allergens Report

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
vegan Full Breakfast**	Y Whe Rye							Y						Y	
banana, strawberry yogurt and granola smoothie	Y Whe Bar Oat									Y				Y	
Greek Style Yogurt and Granola Bowl	Y Whe Rye Bar Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Bacon Bap	Y Whe Rye Bar									Y			M		
Sausage Bap	Y Whe Rye Bar							M	M	Y	M	M	M	Y	
Toast, Butter & Preserves	Y Whe Rye Bar							Y		Y					

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Crushed Avocado, Poached Eggs, chilli & Pomegranate	Y Whe Rye Bar Oat							M	Y	M	M	M		M	
Sam's clubhouse full breakfast	Y Whe Rye							Y	Y	Y	M	M		Y	
on the green smootie										Y					
Porridge with fresh blueberries and hazelnuts	Y Whe Rye Bar Oat				M		Y Alm Brz Cas Haz Mac Pec Pis Wal	M		Y	M	M	M	Y	
Egg Bap	Y Whe Rye Bar								Y	Y			M		
muffin-bacon	Y Whe							Y		Y					
muffin-sausage	Y Whe							Y	M	Y	M	M		Y	
Breakfast eggs Roll	Y Whe Rye Bar								Y	Y			M		
extra -blackpudding	Y Whe Bar Oat														
extra-avocado															
extra-hash browns															
extra-mushroom															
vegetarian Full Breakfast	Y Whe Rye							Y	Y	Y				Y	

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loaded english muffin	Y Whe							Y	Y	M	M	M		Y	
sweet American Style Pancake-blue berry and syrup	Y Whe								Y	Y					
super berry smoothie										Y				Y	
Pancake streaky and maple	Y Whe								Y	Y					

* Allergens marked with 'M' may contain that allergen.

Yes May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts
Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan

Pis	Pistachio
Wal	Walnuts