



FRESHLY CHOPPED

THE HEALTHY FOOD COMPANY

ALLERGEN LIST 2022



SULPHITE



SOYA



SESAME



PEANUTS



NUTS



MUSTARD



MILK



LUPIN



GLUTEN



FISH



EGG



CRUSTACEANS



CELERY

























































MOLLUSCS

INTRODUCTION

At Freshly Chopped we aim to cater for the nutritional needs of all our valued customers, including those who have specific food allergies or intolerances.


















Please note however, that the following ingredient and allergens listings are given in good faith and are intended for informational purposes only. They have been formulated through careful consultation and through the provision of product specifications from raw material manufacturers and suppliers. Please be aware that all our food at Freshly Chopped is prepared in a common working environment, meaning that there is possibility of allergen cross- contamination to menu items otherwise free-from such allergens. To minimize the risk, please inform your “Chopper” of your specific allergen requirements and we will ensure your order is prepared with the utmost care (clean cutting board and utensils).

SALAD BOWLS


















	Allergen	May contain
THE CHOPPED CAESAR	 GLUTEN  MILK  EGG  FISH	 MUSTARD  SESAME  SOYA
MEXICAN STREET	 MILK  EGG	 MUSTARD  SESAME  NUTS
ASIAN CHICKEN	 GLUTEN  MILK  EGG	 CELERY  SESAME  MUSTARD
ITALIAN CONNECTION	 GLUTEN  MILK  EGG	 NUTS  SESAME  SOYA
NEW AMSTERDAM PASTRAMI	 MILK  MUSTARD  EGG	 SESAME
LEBANESE FALAFEL	 MILK  NUTS  CELERY  EGG  MUSTARD	 SESAME
PEAR, WALNUT & GOAT CHEESE	 MILK  NUTS  EGG	 SESAME  MUSTARD
PERFECT PLANT PROTEIN	 GLUTEN	 SOYA
TERRIFIC TUNA	 EGG  FISH  MILK	 NUTS  MUSTARD  SESAME
THAI TIGER PRAWN	 GLUTEN  CRUSTACEANS  SOYA  SULPHITE	-
SUPERFOOD SALMON	 FISH  MILK  EGG  MUSTARD	 SESAME

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CHOPPITO BOWLS

	Allergen	May contain
MEXICANO	 MILK  EGG	 MUSTARD  SESAME  NUTS
CHICKEN & BACON	 MILK  EGG  MUSTARD	 SESAME
FIT FALAFEL	 MILK  EGG  MUSTARD  CELERY	 SESAME
PERFECT PLANT PUNCH	 GLUTEN  EGG	 - SOYA

HOT POTS

	Allergen	May contain
REBEL CHICKEN	 EGG  NUTS	 MUSTARD  SESAME  CELERY
UP BEET	 MILK	-
HONEY BACON	 MILK  EGG  MUSTARD	 SESAME
LEAN BEAN	 MILK  EGG	 MUSTARD  SESAME
PROTEIN PUNCH	 GLUTEN  EGG	 - SOYA





































WRAPS (SALADS/CHOPPITO's)

	Allergen	May contain
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PLAIN WRAP	 GLUTEN	-
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SMOOTHIES











	Allergen	May contain
GO GREEN	 MILK	 NUTS  LUPIN  EGG  SOYA  SESAME  GLUTEN
PEANUT BUTTER	 MILK  PEANUTS	 NUTS  LUPIN  EGG  SOYA  SESAME  GLUTEN
STRAWBERRY SUPREME	 MILK	 NUTS  LUPIN  EGG  SOYA  SESAME  GLUTEN
MANGO STRAWBERRY SWIRL	 MILK	 NUTS  LUPIN  EGG  SOYA  SESAME  GLUTEN
OATS SO GOOD	 MILK  GLUTEN	 NUTS  LUPIN  EGG  SOYA  SESAME

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JUICES

	Allergen	May contain
SKINNY GREEN	 CELERY	-
BEAUTY & THE BEET	-	-
SQUEEZE THE DAY	-	-
LEMON AID	-	-
THE WARRIOR	-	-
ORANGE YOU GLAD	-	-

ACAI BOWLS








	Allergen	May contain
NUTTY HEAVEN	 PEANUTS  GLUTEN  NUTS	-
PUMP IS REAL	 GLUTEN  NUTS  MILK	-
SUMMER VIBES	 GLUTEN  NUTS	-
THE RIO	 GLUTEN  NUTS	-

GRAB & GO

	Allergen	May contain
CARROT WITH HUMMUS	 SESAME	  NUTS PEANUTS
MIXED FRUIT	-	-
GRANOLA	  GLUTEN NUTS	
GREEK SALAD WITH GREEK PASSION DRESSING	  MILK EGG	  SESAME MUSTARD
FALAFEL WITH HUMMUS	 SESAME	  NUTS PEANUTS

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INGREDIENTS – MEAT/FISH/VEG

	Allergen	May contain
LEMON & GARLIC CHICKEN	-	-
MEXICAN CHICKEN	-	-
ASIAN CHICKEN	-	   MUSTARD SESAME CELERY
PASTRAMI	-	-
BACON	-	-
FALAFEL	-	-
PULLED OATS	 GLUTEN	-
TUNA	 FISH	-
PRAWNS	 CRUSTACEANS	-
SALMON	 FISH	-










INGREDIENTS – VEGGIES/FRUIT

	Allergen	May contain
Courgette	-	-
White Radish	-	-
Sugar snaps	-	-
Cauliflower	-	-
Broccoli	-	-
Bell Pepper	-	-
Sundried tomato	-	 NUTS
Avocado	-	-
Corn	-	-
Bean mix	-	-
Pear	-	-
Apple	-	-
Asian tapenade	-	-
Spring Onion	-	-
Jalapenos	-	-
Cherry tomato	-	-
Red Onion	-	-
Cucumber	-	-
Olives	-	-
Sweet potato	-	-
Carrot	-	-
Dill Picke	 MUSTARD	-
Beetroot	-	-
French beans	-	-
Pineapple	-	-
Iceberg	-	-
Romaine	-	-
Rucola mix	-	-
Mixed house	-	-
Spinach	-	-
Kale	-	-
Mint	-	-











































INGREDIENTS – DAIRY

	Allergen	May contain
House Cheese Mix	 MILK	-
Feta Cheese	 MILK	-
Goat cheese	 MILK	-
Mozzarella	 MILK	-
Vegan Cheese	-	-

INGREDIENTS – OTHERS

	Allergen	May contain
Croutons	 GLUTEN	   NUTS MILK SESAME  SOYA
Wild rice mix	-	-
Cashewnuts	 NUTS	 SESAME
Walnuts	 NUTS	
Boiled egg	 EGG	



















DRESSINGS

	Allergen	May contain
CAESAR DRESSING	 MILK  EGG  FISH	 MUSTARD  SESAME
MEXICAN DRESSING	 MILK  EGG	 MUSTARD  SESAME
THAI ADVENTURE DRESSING	 MILK  EGG	 MUSTARD  SESAME
PESTO DRESSING	 MILK	-
HONEY MUSTARD DRESSING	 MILK  EGG  MUSTARD	 SESAME
CAJUN LEMON DRESSING	 MILK  EGG  MUSTARD  CELERY	 SESAME
BALSAMIC VINAIGRETTE	 MILK  EGG	 MUSTARD  SESAME
RED PEPPER & GINGER DRESSING	-	-
GREEK PASSION DRESSING	 MILK  EGG	 MUSTARD  SESAME
ORIENTAL DRESSING	 GLUTEN  SOYA  SULPHITE	-
LIGHT MAYONAISE	 MILK  EGG  MUSTARD	 SESAME
SWEET CHILI DRESSING	-	-
CHOPPED HOUSE DRESSING	 MILK  EGG	 MUSTARD  SESAME
BALSAMIC VINEGAR	-	-
OLIVE OIL	-	-
CHIMICHURRI DRESSING	-	-

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VEGAN HOUSE DRESSING	 MUSTARD  CELERY	
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SMOOTHIES/JUICES/ACAI

























	Allergen	May contain
PEANUT BUTTER	 PEANUTS	 NUTS
WHEY POWDER	 MILK	
OATS	 GLUTEN	
GRANOLA	 GLUTEN  NUTS	
FROZEN ACAI	-	-
CHIA SEEDS	-	 NUTS  PEANUTS  SESAME
YOGHURT ICECREAM	 MILK	 NUTS  LUPIN  EGG  SOYA  SESAME  GLUTEN
FROZEN PINEAPPLE	-	-
FROZEN STRAWBERRIES	-	-
FROZEN MANGO	-	-
SKIMMED MILK	 MILK	-
GINGER	-	-
ORANGE	-	-
LEMON JUICE	-	-
TUMERIC	-	-
CELERY	 CELERY	
MINT	-	-

















APPLE JUICE	-	-
HONEY	-	-

COFFEE/TEA

	Allergen	May contain
OATMILK	OAT (GLUTENFREE)	-
SOYMILK	 SOYA	-
ALMOND MILK	 NUTS	-
FULL MILK	 MILK	-
VANILLE SIRUP	-	-
HAZELNUT SIRUP	 NUTS	-
CARAMEL SIRUP	-	-

PASTRIES

	Allergen	May contain
CARROT MUFFIN	 GLUTEN  NUTS  SOYA	 PEANUTS  MILK  EGG
LEMON MUFFIN	 GLUTEN  SOYA	 NUTS  PEANUTS  MILK  EGG
RUBY BROWNIE	 GLUTEN  SOYA	 NUTS  PEANUTS  MILK  EGG
HAZELNUT BROWNIE	 GLUTEN  NUTS  SOYA	 PEANUTS  MILK  EGG

CHOCOLATE BROWNIE	 SOYA	 NUTS  PEANUTS  GLUTEN  MILK  EGG
PISTACHE MATCHA BROWNIE	 GLUTEN  NUTS  SOYA	 PEANUTS  MILK  EGG
DOUBLE CHOCOLATE COOKIE	 GLUTEN  SOYA	 NUTS  PEANUTS  MILK  EGG
WHITE CHOCOLATE COOKIE	 GLUTEN  SOYA	 NUTS  PEANUTS  MILK  EGG
HAZELNUT CHOCOLATE COOKIE	 GLUTEN  NUTS  SOYA	 PEANUTS  MILK  EGG
BANANA BREAD DELUXE	 GLUTEN  NUTS  SOYA	 PEANUTS  MILK  EGG

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