



# FRESHLY CHOPPED

THE HEALTHY FOOD COMPANY

## ALLERGEN LIST 2023

*Last updated: 07/09/2023*



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	 SULPHITE  MILK  GLUTEN  EGG  FISH	 NUTS  SESAME  SOYA  MUSTARD
MEXICAN STREET	 MILK  EGG	 NUTS  MUSTARD  SESAME
ASIAN CHICKEN	 GLUTEN  EGG  MILK	 MUSTARD  SESAME
ITALIAN CONNECTION	 MILK  SULPHITE  NUTS	-
LEBANESE FALAFEL	 NUTS  MILK  EGG  MUSTARD  CELERY  SULPHITE	 SESAME
PEAR, WALNUT & GOAT CHEESE	 MILK  NUTS  EGG  SULPHITE	 MUSTARD  SESAME
PERFECT PLANT PROTEIN	 SOYA	 SESAME  CELERY  GLUTEN  MUSTARD  EGG
SUPERFOOD SALMON	 FISH  MILK  EGG  MUSTARD	 SESAME

















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# BURRITO BOX


	Allergen	May contain
MEXICANO	 MILK  EGG	 MUSTARD  SESAME  NUTS
CHICKEN & BACON	 MILK  EGG  MUSTARD  SULPHITE	 SESAME
FIT FALAFEL	 MILK  EGG  MUSTARD  CELERY  SULPHITE	 SESAME
EGG & BACON	 EGG  MILK	-
WILD CHIMICHURRI TUNA	 FISH  MILK	 NUTS

# NOODLE SOUPS










	Allergen	May contain
HOT & SPICY CHICKEN	 GLUTEN  EGG  SESAME  SOYA  CELERY	 MILK  MUSTARD
THAI CHICKEN & LIME	 GLUTEN  EGG  SESAME  SOYA  CELERY  FISH	 MILK  MUSTARD

ORIENTAL SALMON	 GLUTEN  EGG  SESAME  SOYA  CELERY  FISH	 MILK  MUSTARD  NUTS
NO CHICKEN SOUP	 GLUTEN  EGG  SESAME  SOYA  CELERY	 MILK  MUSTARD


## WRAPS/BURRITO WRAPS

	Allergen	May contain
PLAIN WRAP	 GLUTEN	-













# SMOOTHIES

	Allergen	May contain
STRAWBERRY COOLER	 MILK	-
MANGO MADNESS	 MILK	-
BLUEBERRY BURST	 MILK	-
GREEN MACHINE	 MILK	-
PEANUT LOVER	   MILK GLUTEN PEANUTS	  NUTS SOYA

# JUICES

	Allergen	May contain
ORANGE BOOST	-	-
VERY BERRY	-	-
TROPICAL POWER	-	-
GREEN GLOW	 CELERY	-










# ACAI BOWLS

	Allergen	May contain
NUTTY HEAVEN	    NUTS SOYA GLUTEN PEANUTS	  MILK SESAME
THE RIO	   NUTS SOYA GLUTEN	   MILK PEANUTS SESAME


## INGREDIENTS – GREENS

	Allergen	May contain
ROMAINE	-	-
ICEBERG	-	-
MIXED HOUSE	-	-
SPINACH	-	-
KALE	-	-

## INGREDIENTS – MEAT/FISH/VEG






	Allergen	May contain
MEXICAN CHICKEN	-	-
ASIAN CHICKEN	-	-
LEMON & GARLIC CHICKEN	 SULPHITE	
BACON	-	-
FALAFEL	-	-
PLANT BASED MEXICAN CHICKEN	 SOYA	 SESAME  CELERY  GLUTEN  MUSTARD  EGG
CHILI & GINGER TUNA	 FISH	-
SMOKED SALMON	 FISH	-

## INGREDIENTS – VEGGIES/FRUIT






	Allergen	May contain
COURGETTE	-	-
RADISH	-	-
SUGAR SNAPS	-	-
BELL PEPPER	-	-
SUNDRIED TOMATO	-	 NUTS

AVOCADO	-	-
PEAR	-	-
SPRING ONION	-	-
JALAPENOS	-	-
CHERRY TOMATOES	-	-
RED ONION	-	-
CUCUMBER	-	-
CARROT	-	-
BEET	-	-
PINEAPPLE	-	-
MINT LEAVES	-	-
LIME	-	-
CORIANDER	-	-

## INGREDIENTS – CHEESE



















	Allergen	May contain
GOAT CHEESE	 MILK	-
MATURED CHEESE (COLD WRAPS/SALADS)	 MILK	-
GROZETTE CHEESE (WARM WRAPS/BOX)	 MILK	-
MOZZARELLA	 MILK	-
FETA CHEESE	 MILK	-

## INGREDIENTS – NUTS/SEEDS




















	Allergen	May contain
CROUTONS	 GLUTEN	 NUTS  MILK  SESAME   SOYA



















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WILD RICE MIX	-	-
CASHEWNUTS	 NUTS	 SESAME
WALNUTS	 NUTS	-
BOILED EGG	 EGG	-
NOODLES	  GLUTEN EGG	-
TEX-MEX SEASONING	-	-
BROTH POWDER	    SESAME SOYA GLUTEN CELERY	   EGG MILK MUSTARD
SEAWEED SEASONING	   SESAME SOYA GLUTEN	-
MIXED SEEDS		  SESAME NUTS










## 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 NUTS	-
HONEY MUSTARD DRESSING	   MILK EGG MUSTARD	 SESAME



CAJUN LEMON DRESSING	 MILK  EGG  MUSTARD  CELERY	 SESAME
BALSAMIC VINAIGRETTE	 MILK  EGG  SULPHITE	 MUSTARD  SESAME
RED CHILI & GINGER DRESSING	-	-
LIGHT MAYONAISE	 MILK  EGG  MUSTARD  SULPHITE	 SESAME
CHIMICHURRI DRESSING	-	-
OLIVE OIL	-	-
SOYA/FISHSAUCE	 FISH  SOYA  GLUTEN	-

## SMOOTHIES/JUICES/ACAI

	Allergen	May contain
PEANUT BUTTER	 PEANUTS	 NUTS
GRANOLA SUGARFREE	 NUTS  SOYA  GLUTEN	 MILK  PEANUTS
FROZEN ACAI	-	-
CHIA SEEDS	-	 NUTS  PEANUTS  SESAME
CACAO NIBS	-	 NUTS  PEANUTS  SESAME
FROZEN PINEAPPLE	-	-
FROZEN STRAWBERRIES	-	-
BANANA	-	-
FRESH STRAWBERRIES	-	-

FROZEN MANGO	-	-
FROZEN BLUEBERRIES	-	-
GINGER	-	-
LEMON JUICE	 SULPHITE	-
TUMERIC	-	-
FROZEN CELERY	 CELERY	-
APPLE JUICE	-	-
OATS	 GLUTEN	 NUTS  PEANUTS  MILK  SOYA
FULL FAT YOGHURT	 MILK	
SEMI-SKIMMED MILK	 MILK	

## COFFEE/TEA

	Allergen	May contain
SOYMILK	 SOYA	-
FULL MILK	 MILK	-