

# Blackwell Adventure Residentials

## Menu Allergy Matrix



|   | Cereals Containing Gluten | Peanuts | Nuts | Milk | Soya | Mustard | Lupin | Eggs | Fish | Crustaceans | Molluscs | Sesame Seeds | Celery | Sulphur Dioxide |
|---|---------------------------|---------|------|------|------|---------|-------|------|------|-------------|----------|--------------|--------|-----------------|
| Pizza & Pasta (V)                         | Yes                       | No      | No   | Yes  | No   | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| GF Pizza & Pasta (V)                      | No                        | No      | No   | Yes  | No   | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| Lactose Free Pizza & Pasta (V)            | Yes                       | No      | No   | No   | No   | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| Gluten and Lactose Free Pizza & Pasta (V) | No                        | No      | No   | No   | No   | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| Chicken Burgers & Pot Wedges (H)          | Yes                       | No      | No   | Yes  | No   | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| Veg Burger & Wedges (V)                   | Yes                       | No      | No   | Yes  | No   | Yes     | No    | No   | No   | No          | No       | No           | No     | No              |

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| Sliced Chicken Breast & Wedges (GF& H)  | No                        | No      | No   | No (If no sliced Cheese) | No   | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| Homemade Lasagne & Garlic Bread         | Yes                       | No      | No   | Yes                      | No   | Yes     | No    | Yes  | No   | No          | No       | No           | No     | No              |
| Homemade Lasagne & Garlic Bread (H)     | Yes                       | No      | No   | Yes                      | No   | Yes     | No    | Yes  | No   | No          | No       | No           | No     | No              |
| Homemade GF Lasagne (H)                 | No                        | No      | No   | Yes                      | No   | Yes     | No    | Yes  | No   | No          | No       | No           | No     | No              |
| Homemade Veg Lasagne & Garlic Bread (V) | Yes                       | No      | No   | Yes                      | No   | Yes     | No    | Yes  | No   | No          | No       | No           | No     | No              |
| Chicken Curry, Rice & Flat Bread (H)    | Only with Bread           | May     | May  | No                       | No   | May     | No    | No   | No   | No          | No       | No           | No     | No              |

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| Vegetable Curry, Rice & Flat Bread (V)           | Only with Bread           | May     | May  | No   | No   | May     | No    | No   | No   | No          | No       | No           | No     | No              |
| Battered Fish, Wedges & Peas (H)                 | Yes                       | No      | No   | No   | No   | No      | No    | No   | Yes  | No          | No       | No           | No     | No              |
| Veg Burger, Wedges & Peas (V)                    | Yes                       | No      | No   | No   | No   | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| Fish Fillet, Wedges & Peas (GF)                  | No                        | No      | No   | No   | No   | No      | No    | No   | Yes  | No          | No       | No           | No     | No              |
| Syrup Sponge with Cream or Custard (V)           | Yes                       | No      | No   | Yes  | No   | No      | No    | Yes  | No   | No          | No       | No           | No     | No              |
| Homemade Choc Brownies with Cream or Custard (V) | Yes                       | No      | No   | Yes  | No   | No      | No    | Yes  | No   | No          | No       | No           | No     | No              |

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|--|---------------------------|---------------------|--------------------|------|------|---------|-------|------|------|-------------|----------|--------------|--------|-----------------|
| Alpro Lactose free Yogurts/Desserts (V)      | No                        | No<br><i>See 3</i>  | No<br><i>See 3</i> | No   | Yes  | No      | No    | No   | No   | No          | No       | No           | No     | No              |
| Sainsbury "Free From" Rocky Road (GF +V)     | No                        | No<br><i>See 1</i>  | No<br><i>See 1</i> | No   | Yes  | No      | No    | Yes  | No   | No          | No       | No           | No     | No              |
| "Genious" Gluten and Egg Free Muffins (GF)   | No                        | No<br><i>See 2.</i> | No<br><i>See 2</i> | No   | Yes  | No      | No    | Yes  | No   | No          | No       | No           | No     | No              |
| Waffles, Ice Cream and Sauces (V)            | Yes                       | No                  | No                 | Yes  | Yes  | No      | No    | Yes  | No   | No          | No       | No           | No     | No              |
| Rainbow Cookies, Ice Dream and sprinkles (V) | Yes                       | May                 | May                | Yes  | May  | No      | No    | May  | No   | No          | No       | No           | No     | May             |

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|---|---------------------------------|--------------|--------------|------|------|---------|-------|------|------|-------------|----------|-----------------|--------|--------------------|
| “Swedish<br>Glacé”<br>Lactose and<br>GF (V) | No                              | <i>See44</i> | <i>See 4</i> | No   | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
|   |                                 |              |              |      |      |         |       |      |      |             |          |                 |        |                    |
| Bacon                                       | No                              | No           | No           | No   | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Pork Sausage                                | Yes                             | No           | No           | No   | No   | No      | No    | No   | No   | No          | No       | No              | No     | Yes                |
| GF Pork<br>Sausage                          | No                              | No           | No           | No   | No   | No      | No    | No   | No   | No          | No       | No              | No     | Yes                |
| Veg Sausage<br>(V)                          | Yes                             | No           | No           | No   | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | Yes                |
| Hash Browns<br>(V)                          | No                              | No           | No           | No   | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Baked Beans<br>(V)                          | No                              | No           | No           | No   | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |

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|---------------------|---------------------------------|---------|------|---------------------|------|---------|-------|------|------|-------------|----------|-----------------|--------|--------------------|
| Corn Flakes         | <i>See 5</i>                    | No      | No   | Yes<br><i>See 6</i> | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Rice<br>Krispies    | <i>See 5</i>                    | No      | No   | Yes<br><i>See 6</i> | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Weetabix            | Yes                             | No      | No   | Yes<br><i>See 6</i> | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Toast               | Yes                             | No      | No   | No                  | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Butter/Flora        | No                              | No      | No   | Yes                 | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Jam or<br>Marmalade | No                              | No      | No   | No                  | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Tomato<br>Ketchup   | No                              | No      | No   | No                  | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |

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|--------------------|---------------------------------|---------|------|------|------|---------|-------|------|------|-------------|----------|-----------------|--------|--------------------|
| Brown Sauce        | No<br><i>See 7</i>              | No      | No   | No   | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Mayo               | No                              | No      | No   | No   | No   | Yes     | No    | Yes  | No   | No          | No       | No              | No     | No                 |
| Burger<br>Sauce    | No                              | No      | No   | No   | No   | Yes     | No    | Yes  | No   | No          | No       | No              | No     | No                 |
| Burger Relish      | No                              | No      | No   | No   | No   | Yes     | No    | No   | No   | No          | No       | No              | No     | No                 |
| French<br>Dressing | Yes                             | No      | No   | No   | No   | Yes     | No    | No   | No   | No          | No       | No              | Yes    | No                 |
| Tartar Sauce       | No                              | No      | No   | No   | No   | Yes     | No    | Yes  | No   | No          | No       | No              | No     | No                 |
| Mint Yogurt        | No                              | No      | No   | Yes  | No   | No      | No    | Egg  | No   | No          | No       | No              | No     | No                 |
| BBQ Sauce          | Yes                             | no      | No   | No   | Yes  | No      | No    | No   | No   | No          | No       | No              | Yes    | No                 |

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|--|---------------------------------|---------|------|------|------|---------|-------|------|------|-------------|----------|-----------------|--------|--------------------|
| Bread                                  | Yes                             | No      | No   | No   | No   | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| “Genious”<br>GF Bread                  | No                              | No      | No   | No   | No   | No      | No    | Yes  | No   | No          | No       | No              | No     | No                 |
| Vegetable<br>Oil spread                | No                              | No      | No   | No   | Yes  | No      | No    | Yes  | No   | No          | No       | No              | No     | No                 |
| Cheese<br>Sandwich<br>(V)              | Yes                             | No      | No   | No   | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Tuna<br>Sandwich<br><i>See 7</i>       | Yes                             | No      | No   | No   | Yes  | No      | No    | No   | Yes  | No          | No       | No              | No     | No                 |
| Ham<br><i>See 7</i>                    | Yes                             | No      | No   | No   | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Turkey<br><i>See 7</i>                 | Yes                             | No      | No   | No   | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | No                 |
| Jam<br>Sandwich<br>(V)<br><i>See 7</i> | Yes                             | No      | No   | No   | Yes  | No      | No    | No   | No   | No          | No       | No              | No     | No                 |





## Notes

1. Sainsbury Product guidance lists for people avoiding allergens

Sainsbury's product guidance lists are updated regularly. However, they should be used as a guide only, as while every care has been taken in their compilation the products listed may be subject to subsequent changes in supplier, recipe or allergen information. Sainsbury's cannot accept liability for the consequences of such change and advise you to always check the ingredients list of all foods and drink at the time of purchase to ensure that the product is suitable for you.

1. All Genius foods – apart from our Breakfast Bakes – are made on sites that do not contain any nuts. However, we are unable to guarantee that they are nut free, as not all of our suppliers can guarantee that the ingredients they supply to us are produced on sites that are nut free.
2. Alpro. All plant-based alternatives to yoghurt as well as the coconut drink could contain traces of almonds and hazelnuts.
3. Swedish Glace – Although not a main allergen, the ice cream contains **coconut oil**.
4. Contains - **Barley**
5. Unless used with Alpro Milk
6. Contains – **Rye**
7. Approx half these sandwiches are made without any spread.