

Allergen Matrix

St Marks Summer Menu 2025

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO ₂	 Soya
Pri Apple & Raspberry Cake			✓		✓ <i>Wheat</i>									?
Pri Apple Crumble & Custard					✓ <i>Oats, Wheat (Barley*, Rye*)</i>		✓							?
Pri Banana Cake			✓		✓ <i>Wheat</i>									?
Pri Baton Carrots													✓	
Pri Beef Bolognese					✓ <i>Wheat</i>				✓				✓	?
Pri Breaded Fish 60g				✓					✓					
Pri Brunch													✓	
Pri Carrot & Courgette Chocolate Brownie					✓ <i>Wheat</i>									?
Pri Carrot Cake			✓		✓ <i>Wheat</i>									?

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Cauliflower & Butternut Curry					 <i>(Wheat*)</i>									
Pri Chicken Pasta Bake					 <i>Wheat</i>									
Pri Chipolata Sausages														
Pri Chocolate Cookie					 <i>Oats, Wheat (Barley*, Rye*)</i>									
Pri Chocolate Mousse Whip														
Pri Custard Cookie					 <i>Wheat</i>									
Pri Fish Fingers					 <i>Wheat</i>									
Pri Fishcake					 <i>Wheat</i>									
Pri Homemade Focaccia Bread					 <i>Wheat</i>									
Pri Homity Pie					 <i>Wheat</i>									
Pri Ice Pop														

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
Pri Jacket Potato With Cheese & Salad														
Pri Jacket Potato With Cheese, Beans & Salad														
Pri Jacket Potato with Tuna Mayonnaise & Salad														
Pri Lemon Drizzle Cake					 <i>Wheat</i>									
Pri Macaroni Cheese					 <i>Wheat</i>									
Pri Margherita Pizza					 <i>Wheat</i>									
Pri Mashed Potato														
Pri Mild Chicken Korma					 <i>(Wheat*)</i>									
Pri Mushroom Stroganoff														
Pri Naan Bread					 <i>Wheat</i>									
Pri Noodles					 <i>Wheat</i>									

	 Celery	 Crustaceans	 Eggs	 Fish	 Gluten	 Lupin	 Milk	 Molluscs	 Mustard	 Nuts	 Peanuts	 Sesame	 SO2	 Soya
PRI Pasta With Cheese Sauce					 <i>Wheat</i>									
Pri Pasta With Tomato & Vegetable Sauce					 <i>Wheat</i>									
Pri Penne Pasta					 <i>Wheat</i>									
Pri Raspberry Ripple Shortbread					 <i>Wheat</i>									
Pri Red Pepper Frittata														
Pri Roast Potatoes														
Pri Salmon Fingers					 <i>Wheat</i>									
Pri Shredded Savoy Cabbage														
Pri Spanish Chicken														
Pri Strawberry Mousse Whip														
Pri Sweet & Sour Vegetables														

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Pri Tomato & Basil Pasta Bake					 <i>Wheat</i>									
Pri Vegetable & Cheese Potato Boat														
Pri Vegetable Lasagne					 <i>Wheat</i>									
Pri Vegetable Nuggets					 <i>Wheat</i>									
Pri Vegetable Pitta					 <i>Wheat</i>									
Pri Vegetable Sausage Roll					 <i>Wheat (Barley*, Oats*)</i>									
Pri Vegetarian Brunch					 <i>Wheat</i>									
Pri Vegetarian Sausage					 <i>Wheat</i>									
Pri Yorkshire Pudding Vegetable Cottage Pie					 <i>Wheat</i>									