



Food Allergies and Intolerances – Food Information Regulations 2014

This Folder last Updated 18th January 2019 and is an ongoing project under constant review.

EU Legislation has listed 14 allergens that Manjaros need to provide information about regarding allergenic ingredients used in our foods.

We will endeavour to ensure that all foods sold at Manjaros have been checked to see if any of the 14 allergens named are contained within our foods or if any of our foods “may contain” any allergens.

An allergy can cause a reaction to a particular substance or substances which can be mild but can also be so severe as to cause anaphylactic shock resulting in hospitalisation.

The 14 allergens covered by this legislation known to cause allergic reactions or to which consumers have an intolerance are:

- **Cereals containing gluten, namely: wheat (such as spelt and khorasan wheat), rye, barley, oats**
- **Crustaceans for example prawns, crabs, lobster, crayfish**
- **Eggs**
- **Fish**
- **Peanuts**
- **Soybeans**
- **Milk (including lactose)**
- **Nuts; namely almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia (or Queensland) nuts**
- **Celery (including celeriac)**
- **Mustard**
- **Sesame**
- **Sulphur dioxide/sulphites, where added and at a level above 10mg/kg or 10mg/L in the finished product. This can be used as a preservative in dried fruit**
- **Lupin, which includes lupin seeds and flour and can be found in types of bread, pastries and pasta**
- **Molluscs like, mussels, whelks, oysters, snails and squid**

We at Manjaros are committed to ensure that all our staff receive appropriate food allergen training in order to prepare your food safely.

We will ensure that during storage and preparation of these foods, they are separated and handled in accordance with the regulations and we will provide accurate information to our customers. Analysis of all our menus, and in particular when menus, ingredients or suppliers are changed will be undertaken to highlight any of the 14 allergens referred to and these will be recorded in our allergen folder. The allergen folder will be reviewed as an ongoing project in order to maintain the information contained, up to date.

Thorough cleaning and disinfection to all equipment and work surfaces will be carried out following preparation of any of the 14 allergens named above. Time and separation of equipment will help control the risk of cross-contamination.

The in-house ordering pads are linked to the kitchens menu slips. If a customer informs us that they have any allergies, this will be highlighted in the `Allergens` drop down menu on the customer order pad. This will then send the order through to the kitchen. The member of staff taking any orders containing allergens will also inform Senior Front of House Management who will confirm that the kitchen has acknowledged the allergen shown, to prevent any risk of the allergen being missed. The Senior Management will follow the order back from the kitchen to confirm with the diner that the highlighted allergy has been tracked through the whole process.



Derek McGurl

MCIEH. BSc. (Hons) Environmental Health.

Food Safety Consultant

Restaurant Allergens List

✓ = This food contains this Allergen. MC = This food MAY CONTAIN this Allergen. **Yellow Boxes = NO ALLERGENS**

Type of Food	Celery	Crustacean	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Starters														
Garlic Bread					✓		mc						mc	
Cheese, Onion, Bolognese, Nachos	mc				✓		✓							
Toasted Nachos							✓							
Hummus					✓		✓					✓		
Chicken Goujons					✓								✓	
Chicken Wings	mc		mc		✓				mc				✓	mc
Sweet Potato Skins							✓							
Mushroom Saute a la creme					✓		✓							
Lamb Flambe Chops	mc		mc		✓				mc				✓	✓
Caribbean King Prawns	✓	✓	✓	✓	✓		✓		✓	✓			✓	
Sides														
Steak Chips													✓	
Coleslaw			✓				✓		✓					

Type of Food	Celery	Crustacean	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Pilau & Jollof Rice	✓	✓	✓	✓	✓		✓						✓	
Sweet Potato Mash							✓							
Corn on the Cob														
Onion Rings					✓								✓	
Sweet Potato Fritters							✓						✓	
Salads														
Mediterranean/Greek	mc													
Waka-Waka	mc				✓				✓				✓	
Couscous with Chicken	mc				✓									
Side Salad	mc													
Grilled														
Steak					✓								✓	
Curried – Lamb Chicken - Prawn	✓	✓	✓	✓	✓		✓		✓				✓	
Lamb Flambe Chops	mc		mc		✓				mc				✓	✓
Lamb Charcoal Skewers	mc		mc		✓		✓		mc				✓	mc

Type of Food	Celery	Crustacean	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Waka Waka														
Waka Waka Chicken	mc		mc		✓				mc	✓			✓	✓
BBQ Waka Waka Chicken	mc		mc		✓				mc	✓			✓	mc
Mushroom Waka Waka	mc		mc		✓				mc	✓			✓	mc
Chicken														
Supreme Chicken					✓		✓			✓			✓	
Charcoaled Skewers	mc		mc		✓		✓		mc	✓			✓	mc
Parmesans														
Chicken			✓		✓		✓						✓	
Mushroom Topped			✓		✓		✓						✓	
Hot Shot			✓		✓		✓						✓	
Pepperoni Topped			✓		✓		✓		✓				✓	
Sweet Chilli			✓		✓		✓					mc	✓	
Spicy Bolognese	mc		✓		✓		✓						✓	

Type of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-uscs	Must-Ard	Nuts	Peanuts	Sesame Seed	Soya	Sulphur Dioxide
Rice														
Creamy Caribbean Chicken or Lamb	✓	✓	✓	✓	✓		✓		✓	✓			✓	
Chicken Rasta	✓	✓	✓	✓	✓		✓			✓			✓	
Prawn Rasta	✓	✓	✓	✓	✓		✓			✓			✓	
Vegetarian Rasta	✓	✓	✓	✓	✓		✓			✓			✓	
Burgers														
Chicken Breast					✓					✓				
Gourmet Beef Burger					✓									
Crispy Chicken Burger	✓				✓				✓					
Spicy Bean Burger					✓		✓							
Brioche Burger Buns			✓		✓		✓					✓		
Wraps														
Chicken / Lamb Cajun			✓		✓		✓			✓			✓	
Crispy Chicken			✓		✓		✓						✓	
Vegetarian Cajun					✓		mc			✓			mc	
Chicken Pitta			✓		✓		✓			✓			✓	

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Pasta														
Chicken Rasta					✓		mc						✓	
Creamy Caribbean	✓				✓		mc		✓	✓			✓	
Garlic Chicken Mushroom					✓		mc						✓	
Vegetarian Rasta					✓		mc						✓	
Vegetarian Garlic Mushroom					✓		mc						✓	
Kids Meals														
Fish Fingers & Chips				✓	✓								✓	
Chicken Nugget & Chips					✓		mc		✓				✓	
Chicken Burger & Chips					✓		mc		✓			mc	✓	
Pizza														
Margherita					✓		✓							
Chicken Supreme					✓		✓			✓				
Spicy Bolognese					✓		✓							
Pepperoni					✓		✓							
Vegetarian Supreme					✓		✓							

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-Ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Create Your Own	mc	mc	mc	mc	✓	mc	✓	mc	mc	mc	mc	mc	mc	mc
Platters														
Chicken Wings	mc		mc		✓				mc	✓			✓	mc
Full Platter	mc	mc	mc	mc	✓	mc	mc	mc	mc	✓	mc	mc	✓	mc
Mixed Grill					✓		✓			✓			✓	✓
Jumbo Platter	mc	mc	mc	mc	✓	mc	mc	mc	mc	✓	mc	mc	✓	mc
Cold Drinks														
Pepsi														
Diet Pepsi														
Fanta														
7up														
Rubicon Mango														
Rubicon Guava														
Rubicon Passion														
J20														
Fresh Orange Juice														

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Appletiser														
Mineral Water														
Mango Lassi														
Orange Cordial														
Blackcurrant Cordial														
Babican (all flavours)														
Sparkling Water														
Smoothies														
Mango & Passionfruit										mc				
Strawberry & Banana										mc				
Milk-shakes														
Strawberry							✓							
Vanilla							✓							
Chocolate							✓							
Ferrero Rocher			mc		✓		✓			✓			✓	
Oreo					✓		✓						✓	

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-Ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Miscell-aneous														
Pitta Bread					✓									
Vegetable Oil													✓	
Malt Vinegar					✓									
Encoma Hot Pepper Sauce									✓					
Balsamic Vinegar														✓
Sweet Chilli Sauce												✓		
Manjaros Special Sauces					✓								✓	
Manjaros Garlic Sauce			✓						✓					
Mayonnaise			✓						✓					
Bechemal Sauce					✓		✓							
French Dressing	✓				✓				✓					

Due to the nature of our processes, we cannot guarantee that products sold on our premises are free from the following ingredients and their derivatives: eggs, peanuts, milk/lactose, nuts, soya, sesame seeds, lupin, sulphur dioxide, celery, mustard, fish, crustaceans, molluscs, cereals containing gluten and sulphites. If the product is not listed here please ask a member of staff.

Desserts Allergens List

✓ = This food contains this Allergen.
 MC = This food MAY CONTAIN this Allergen.
Yellow Boxes = NO ALLERGENS

Type Of Food	Celery	Crust- acean	Eggs	Fish	Gluten	Lupin	Milk	Moll- uscs	Must- ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Cakes														
Rainbow Cake			✓		✓		✓							
Rainbow Cake			✓		✓		✓							
Luxury Choc. Fudge Cake			✓		✓		✓							
Rolo Cake			✓		✓		✓							
Red Velvet Cake			✓		✓		✓							
Cheese- Cakes														
Oreo Extreme					✓		✓						✓	
Ferrero Extreme					✓		✓			✓			✓	
Strawberry					✓									
Raspberry Mousse			✓		✓		✓							
School Puddings														
Sticky Toffee			✓		✓		✓							

Type Of Food	Celery	Crustacean	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Chocolate Sponge			✓		✓		✓						✓	
Jam Coconut Sponge			✓		✓		✓							
Cornflake Tart					✓		✓						✓	
Apple Crumble					✓					mc				✓
Extra Gelato							✓							
Extras														
Marshallow			mc		mc									
Cones			✓		✓		✓						✓	
Strawberries														
Bananas														
Sundaes														
Oreo			✓		✓		✓						✓	
Ferrero Rocher			mc		✓		✓			✓			✓	
Strawberry			mc				✓							
Banana Split							✓			✓				
After Eight Mint Choc.			mc				✓			mc	mc			

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Brownie & Hot Fudge			✓		✓		✓			mc	mc		mc	
Bubble-licious			mc				✓							
Mango			mc				✓							
Knickerbocker Glory			mc				✓							
Hot Cookie Dough														
Choc Chip			✓		✓		✓			✓				
White Choc Chip			✓		✓		✓			✓				
Banoffee			✓		✓		✓			✓				
White Choc Chip & Strawb			✓		✓		✓			✓				
Bubble			✓		✓		✓			✓				
Waffles														
Banoffee			✓		✓		✓						✓	
Canadian Winter			✓		✓		✓						✓	
Nutella Spread			✓		✓		✓			✓			✓	
Strawberry Delight			✓		✓		✓						✓	
Cookie Dough			✓		✓		✓						✓	

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Chocolate Fudge			✓		✓		✓						✓	
Banoffee & Nutella			✓		✓		✓						✓	
Manjaros Special			✓		✓		✓						✓	
White Choc. Delight			✓		✓		✓						✓	
Crepes														
French Fizzle			✓		✓		✓							
Cookie Dough			✓		✓		✓			✓				
Peanut butter & Chocolate			✓		✓		✓				✓			
Canadian Delight			✓		✓		✓							
Banoffee			✓		✓		✓							
Nutella Spread			✓		✓		✓			✓			✓	
Bubble			✓		✓		✓							
Strawberry Delight			✓		✓		✓							
Chocolate Indulgence			✓		✓		✓			✓			✓	
Manjaros Special			✓		✓		✓			✓			✓	
White Choc. Delight			✓		✓		✓							

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Extra Toppings														
Grated Coconut			✓				✓			✓				
Milk Choc. Flakes							✓							
White Choc. Flakes							✓							
Nuts										✓	mc			
Sliced Banana														
Sliced Strawberry														
Crushed Oreo					✓					mc			✓	
Smarties					✓		✓							
M & M Chocolate					✓		✓							
M & M Peanut					✓		✓				✓		✓	
Ferrero Rocher					✓		✓			✓			✓	
Peanut Butter										mc	✓			
Syrups														
Maple														
Butterscotch					mc		✓			mc				

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
White Chocolate							✓							
Milk Chocolate							✓							
Toffee							✓							
Strawberry							✓							
Nutella							✓			✓			✓	
Honey							✓							
Milk-shakes														
Oreo					✓		✓						✓	
Snickers			✓				✓				✓		✓	
Maltesers					✓		✓							
Kit-Kat					✓		✓						✓	
Wispa							✓				mc			
Kinder Bueno					✓		✓			✓	✓			
Cookie Crumble					✓		✓						✓	
Aero Mint							✓							
Daim Bar							✓			✓			✓	

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Mars			✓		✓		✓				mc		✓	
Flake							✓							
Bounty					✓		✓				✓		✓	
Toffee Crisp					✓		✓							
White Bueno					✓		✓			✓				
Terry's Choc. Orange					mc		✓			mc			✓	
Galaxy Caramel					mc		✓			mc	mc			
Crème Egg							✓							
Twix					✓		✓						✓	
Smarties					✓		✓							
Dairy Milk							✓							
Vanilla Milky Bar							✓							
Crunchie							✓							
Skittles					✓		✓						✓	
Smoothie														

Type of Food	Celery	Crustacean	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Strawberry & Banana										mc				
Mango & Passion										mc				
Platinum Shakes														
Ferrero Rocher			mc		✓		✓			✓			✓	
Lindt Truffles					✓		✓						✓	
Hershey's Cookie n Creme					✓		✓							
Any other Gelato			mc		✓		✓			mc	mc		mc	
Hot Drinks														
Cappuccino							✓							
Latte							✓							
Espresso							mc							
White Coffee							✓							
Americano							✓							
Tea							mc							
Hot Chocolate							✓							
Soft Drinks														

Type of Food	Celery	Crustacean	Eggs	Fish	Gluten	Lupin	Milk	Molluscs	Mustard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Coke														
Diet Coke														
Sprite														
Rubicon														
Mango							mc							
Guava & Passion Fruit							mc							
J20														
Apple & Mango														
Apple & Raspberry														
Orange & Passion														
Mineral Water														
Cold Drinks														
Pepsi														
Diet Pepsi														
Fanta														
7up														

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Rubicon Guava														
Rubicon Passion														
Fresh Orange Juice														
Appletiser														
Mineral Water														
Mango Lassi														
Orange Cordial														
Blackcurrant Cordial														
Babican (all flavours)														
Sparkling Water														
Kit-Kat					✓		✓						✓	
Kinder Bueno					✓		✓			✓	✓			
Chocolate Chip Cookie							✓							

Ice Cream Scoop Allergens List

✓ = This food contains this Allergen. MC = This food MAY CONTAIN this Allergen. **Yellow Boxes = NO ALLERGENS**

Our Ice Creams are made in factory containing nuts, eggs, gluten, soya and dairy products.

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Ice Cream Soft Scoop														
Mint Chocolate							✓							
Azzerro Bubble Gum							✓							
Oreo Black & White			✓				✓						✓	
Chocolate							✓							
Mango														
Salt Caramel							✓							
White Chocolate							✓						✓	
White Chocolat Strawberry							✓						✓	
Lemon														
Yoghurt Orange							✓							
Coconut							✓							

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-uscs	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Bambini Chocolate					✓		✓			✓				
Bee-do Bee-do							✓			✓				
Brownies					✓		✓			✓				
Cheesecake Raspberry			✓		✓		✓							
Cherry Mania							✓							
Cookies			✓											
Crunchy Donuts			✓				✓							
Strawberry							✓							
Ferrero Roche			✓		✓		✓			✓			✓	
Cinnamon							✓							
Fruits of the Forest														
Lemon and Vodka														
Lime														
Mandarin														
Mulberry														
Pasion Fruit														

Type Of Food	Celery	Crust-acean	Eggs	Fish	Gluten	Lupin	Milk	Moll-usc	Must-ard	Nuts	Peanut	Sesame Seed	Soya	Sulphur Dioxide
Raspberry														
Vanilla							✓							
Malaga Rum & Raisin							✓							
Tiramisu					✓		✓							

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