

Cardiff University Catering & Bars Allergen Information

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Please contact Catering & Bars for the allergen information

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Cardiff University Catering & Bars Allergen Information

Sandwich Style Buffets

The Workaholic

	Tuna mayonnaise sandwich	Ham salad sandwich	Egg mayonnaise sandwich	Veg tikka sandwich	Coronation chicken sandwich	Crisps	Kit Kat	Apple	Water
Gluten	✓	✓	✓	✓	✓		✓		
Molluscs									
Crustaceans									
Eggs	✓		✓		✓				
Fish	✓								
Peanuts									
Soya bean							✓		
Milk				✓			✓		
Nuts									
Celery									
Mustard	✓		✓		✓				
Sesame									
Sulphites									
Lupin									

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Sandwich Style Buffets

Sandwich Lunch

	Ham salad	Tuna mayonnaise	Houmous and crispy salad	Welsh cheddar and tomato	Chicken coronation	Prawn mayonnaise	Welsh crisps
Gluten	✓	✓	✓	✓	✓	✓	
Molluscs							
Crustaceans							
Eggs		✓			✓	✓	
Fish		✓				✓	
Peanuts							
Soya bean							
Milk				✓			
Nuts							
Celery					✓		
Mustard		✓			✓	✓	
Sesame			✓				
Sulphites							
Lupin							

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Sandwich Style Buffets

Buffet Lunch 1

	Ham salad	Tuna mayonnaise	Houmous and crispy salad	Welsh cheddar and tomato	Chicken coronation
Gluten	✓	✓	✓	✓	✓
Molluscs					
Crustaceans					
Eggs		✓			✓
Fish		✓			
Peanuts					
Soya bean					
Milk				✓	
Nuts					
Celery					✓
Mustard		✓			✓
Sesame			✓		
Sulphites					
Lupin					

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Cardiff University Catering & Bars Allergen Information

Sandwich Style Buffets

Buffet Lunch 1

	Prawn mayonnaise	Oven baked samosas	Yoghurt dip	Crisps	Chocolate brownie	Chocolate tray bakes
Gluten	✓	✓			✓	✓
Molluscs						
Crustaceans	✓					
Eggs	✓				✓	✓
Fish						
Peanuts						
Soya bean		✓			✓	
Milk						✓
Nuts					✓	✓
Celery						
Mustard	✓					
Sesame						
Sulphites						
Lupin						

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Sandwich Style Buffets

Buffet Lunch 2

	Ham salad	Tuna mayonnaise	Houmous and crispy salad	Welsh cheddar and tomato	Chicken coronation
Gluten	✓	✓	✓	✓	✓
Molluscs					
Crustaceans					
Eggs		✓			✓
Fish		✓			
Peanuts					
Soya bean	✓				
Milk	✓			✓	
Nuts		✓			
Celery					✓
Mustard		✓			✓
Sesame			✓		
Sulphites					
Lupin					

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Sandwich Style Buffets

Buffet Lunch 2

	Prawn mayonnaise	Mango dip	Chicken tikka	Yoghurt and mint dressing	Seasonal fruit platter
Gluten	✓				
Molluscs					
Crustaceans	✓				
Eggs	✓				
Fish					
Peanuts					
Soya bean					
Milk			✓	✓	
Nuts					
Celery					
Mustard	✓				
Sesame					
Sulphites		✓			
Lupin					

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Cardiff University Catering & Bars Allergen Information

Sandwich Style Buffets

Buffet Lunch 3

	Ham salad	Tuna mayonnaise	Houmous and crispy salad	Welsh cheddar and tomato	Chicken coronation	Prawn mayonnaise	Handmade cheese and tomato quiche	Pork pie	Apple chutney	Scotch egg	Coleslaw	Crisps
Gluten	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Molluscs												
Crustaceans						✓						
Eggs		✓			✓	✓	✓			✓	✓	
Fish		✓										
Peanuts												
Soya bean												
Milk				✓			✓				✓	
Nuts							✓					
Celery					✓							
Mustard		✓			✓	✓					✓	
Sesame			✓									
Sulphites												
Lupin												

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Sandwich Style Buffets

Healthy Buffet

	Ham salad	Houmous and crispy salad	Tuna with low fat mayonnaise	Pastrami and rocket with mustard	Crudités	Cherry tomatoes	Celery sticks	Radishes
Gluten	✓	✓	✓	✓				
Molluscs								
Crustaceans								
Eggs			✓					
Fish			✓					
Peanuts								
Soya bean								
Milk	✓	✓	✓	✓				
Nuts								
Celery							✓	
Mustard		✓	✓	✓				
Sesame	✓	✓	✓	✓				
Sulphites								
Lupin								

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Sandwich Style Buffets

Healthy Buffet

	Cucumber	Peppers	Yoghurt dip	Sour cream	Sweet chilli	Tortilla	Flapjack tray bake	Llaeth y Llan bio live fruit yoghurt
Gluten							✓	
Molluscs								
Crustaceans								
Eggs						✓	✓	
Fish								
Peanuts								
Soya bean								
Milk			✓	✓		✓	✓	✓
Nuts							✓	
Celery								
Mustard								
Sesame								
Sulphites								
Lupin								

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Cardiff University Catering & Bars Allergen Information

Hot & Cold Fork Buffets

Cold Fork Buffet 1

	Sliced Carmarthen ham and mustard	Chicken Elizabeth with fresh pineapple	Lemon infused courgette with halloumi cheese and olive oil	Deli style coleslaw	Pasta salad with pesto	Artisan bread
Gluten					✓	✓
Molluscs						
Crustaceans						
Eggs		✓		✓		✓
Fish						
Peanuts						
Soya bean						
Milk			✓		✓	✓
Nuts					✓	✓
Celery						
Mustard	✓	✓		✓		
Sesame						
Sulphites						
Lupin						

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Hot & Cold Fork Buffets

Cold Fork Buffet 2

	Sliced beef with horseradish and watercress	Poached salmon with lemon	Roast vegetables with pasta	Deli style coleslaw	Mixed Leaf	Cherry tomato, mozzarella and fresh basil leaves	Rosemary and rock salt focaccia
Gluten			✓				✓
Molluscs							
Crustaceans							
Eggs				✓			
Fish		✓					
Peanuts							
Soya bean							
Milk	✓					✓	
Nuts							
Celery							
Mustard				✓			
Sesame							
Sulphites							
Lupin							

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Hot & Cold Fork Buffets

Healthy Eating Fork Buffet

	Poached chicken flavoured with basil	Mixed leaf salad	Carrot and red cabbage salad dressed with lemon and black pepper	Rice salad flavoured with pimentos, red onion, cucumber and mint	Ciabatta bread
Gluten					✓
Molluscs					
Crustaceans					
Eggs					
Fish					
Peanuts					
Soya bean					
Milk					
Nuts					
Celery					
Mustard					
Sesame					
Sulphites					
Lupin					

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Cardiff University Catering & Bars Allergen Information

Hot & Cold Fork Buffets

Hot Fork Buffet 1

	Beef lasagne	Spinach and ricotta tortellini	Fresh tomato and basil sauce	Potato wedges with olive oil and sea salt	Cherry tomato, mozzarella and fresh basil leaves	Deli style coleslaw	Mixed leaf	White and brown baguettes
Gluten	✓	✓						✓
Molluscs								
Crustaceans								
Eggs		✓				✓		
Fish								
Peanuts								
Soya bean								
Milk	✓	✓			✓			
Nuts								
Celery								
Mustard						✓		
Sesame								
Sulphites	✓	✓						
Lupin								

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Hot & Cold Fork Buffets

Hot Fork Buffet 2

	Chicken with chorizo and red peppers	Oven baked salmon with fresh ginger, chilli and limes	Vegetable tortilla with spring onions	Rosemary sautéed potatoes	Mixed salad – lettuce, tomatoes, red onions and cucumber cress	Couscous with fresh coriander, limes and chillies	Mixed bean salad with mint and yoghurt and fresh coriander	Selection of artisan rustic breads
Gluten						✓		✓
Molluscs								
Crustaceans								
Eggs			✓					
Fish		✓						
Peanuts								
Soya bean		✓						
Milk				✓			✓	
Nuts								
Celery								
Mustard								
Sesame		✓						
Sulphites	✓							
Lupin								

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Hot & Cold Fork Buffets

Add a Desert Course

	Pear and frangipane tart	Banoffee cream pie	Fruit of the forest cheesecake	Chocolate torte	Strawberry gateaux	Platter of seasonal fruits
Gluten	✓	✓	✓	✓	✓	
Molluscs						
Crustaceans						
Eggs	✓			✓	✓	
Fish						
Peanuts					✓	
Soya bean		✓	✓	✓		
Milk	✓	✓	✓	✓	✓	
Nuts					✓	
Celery						
Mustard						
Sesame						
Sulphites						
Lupin						

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Cardiff University Catering & Bars Allergen Information

Beverages, Cakes and Pastries						
Beverages						
	Fairtrade tea/ coffee with traditional biscuits	Fairtrade tea/ coffee with Welsh cake	Fairtrade tea/ coffee with Bara Brith	Fairtrade tea/ coffee with mini muffin	Fairtrade tea/ coffee with mini Danish pastry	Fairtrade tea/ coffee
Gluten	✓	✓	✓	✓	✓	
Molluscs						
Crustaceans						
Eggs	✓	✓	✓	✓	✓	
Fish						
Peanuts						
Soya bean	✓					
Milk	✓	✓	✓	✓	✓	
Nuts						
Celery						
Mustard						
Sesame						
Sulphites						
Lupin						

[Back to Beverages, Cakes and Pastries index](#)

Beverages, Cakes and Pastries						
Soft Drinks						
	Welsh mineral water	Canned soft drinks	Mineral water	Fairtrade fruit juice	Jug of fruit juice	Milk
Gluten						
Molluscs						
Crustaceans						
Eggs						
Fish						
Peanuts						
Soya bean						
Milk						✓
Nuts						
Celery						
Mustard						
Sesame						
Sulphites						
Lupin						

[Back to Beverages, Cakes and Pastries index](#)

Beverages, Cakes and Pastries									
Cakes and Pastries									
	Large muffins	Welsh cake	Danish pastries	Selection of biscuits	Kit Kat	Flapjack	Mini chocolate brownies	Mini doughnut	Naks Bard
Gluten	✓	✓	✓	✓	✓	✓	✓	✓	
Molluscs									
Crustaceans									
Eggs	✓	✓	✓	✓			✓	✓	
Fish									
Peanuts									
Soya bean				✓	✓			✓	
Milk	✓	✓	✓	✓	✓		✓	✓	
Nuts						✓	✓		
Celery									
Mustard									
Sesame									
Sulphites									
Lupin									

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Cardiff University Catering & Bars Allergen Information

Beverages, Cakes and Pastries										
Cakes and Pastries										
	Barons strawberry tart	Barons carrot cake	Barons chocolate brownie	Barons lemon tart	Fresh fruit	Crisps	Nuts	Twiglets	Tortillas	Dips
Gluten	✓	✓	✓	✓						
Molluscs										
Crustaceans										
Eggs	✓	✓	✓	✓						
Fish										
Peanuts		✓								
Soya bean						✓			✓	
Milk	✓	✓	✓	✓		✓			✓	
Nuts							✓			
Celery										
Mustard										
Sesame										
Sulphites										✓
Lupin										

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Salad Bowls									
Salad Bowls									
	Coleslaw	Greek	Green	Pesto pasta	Cous Cous	Ciabatta	Brown baguette	White baguette	Rosemary focaccia
Gluten				✓	✓	✓	✓	✓	✓
Molluscs									
Crustaceans									
Eggs	✓								
Fish									
Peanuts									
Soya bean									
Milk		✓		✓					
Nuts				✓					
Celery									
Mustard									
Sesame									
Sulphites					✓				
Lupin									

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Evening Reception Menu						
Cold Canapés						
	Chicago style canapés	Mini blinis	Mozzarella, cherry tomato and basil sticks	Mini vegetable quiches	Gourmet savoury canapés	Mini smoked salmon & Cream Cheese bagels
Gluten	✓	✓		✓	✓	✓
Molluscs					✓	
Crustaceans	✓				✓	
Eggs	✓	✓		✓	✓	✓
Fish	✓				✓	✓
Peanuts					✓	
Soya bean	✓				✓	✓
Milk	✓	✓	✓	✓	✓	✓
Nuts	✓				✓	
Celery					✓	
Mustard					✓	
Sesame						
Sulphites					✓	
Lupin						

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Cardiff University Catering & Bars Allergen Information

Evening Reception Menus										
Cheese Board Menu 1										
	Welsh cheddar	Stilton	Brie	Cheese biscuits	Grapes	Apple chutney	Plum chutney	Sweet tomato chutney	Onion marmalade	Welsh butter
Gluten				✓						
Molluscs										
Crustaceans										
Eggs										
Fish										
Peanuts										
Soya bean										
Milk	✓	✓	✓							✓
Nuts										
Celery										
Mustard										
Sesame										
Sulphites										
Lupin										

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Evening Reception Menus										
Welsh Cheese Board Menu 2										
	Pantysgawn	Perl Las	Caerphilly	Apple and plum chutney	Sweet tomato chutney	Onion marmalade	Breads	Cheese biscuits	Welsh butter	Grapes
Gluten							✓	✓		
Molluscs										
Crustaceans										
Eggs										
Fish										
Peanuts										
Soya bean										
Milk	✓	✓	✓						✓	
Nuts										
Celery										
Mustard										
Sesame										
Sulphites										
Lupin										

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Evening Reception Menus												
Cheese and Meat Platter												
	Snowdonia Ceddar	Caerphilly	Perl Las	Ham	Salami	Chorizo	Olives	Peppers with feta	Coleslaw	Green salad	Breads	Welsh butter
Gluten											✓	
Molluscs												
Crustaceans												
Eggs									✓			
Fish												
Peanuts												
Soya bean												
Milk	✓	✓	✓					✓				✓
Nuts												
Celery												
Mustard												
Sesame												
Sulphites					✓	✓						
Lupin												

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Cardiff University Catering & Bars Allergen Information

Aberdare Hall Hospitality										
Finger Buffet Menu 1										
	Sandwiches and wraps/open sandwiches	Stuffed eggs	Chicken bites with dip	Carrot and coriander goujons	Party quiche selection	Cod goujons	Mini bhaji	Vegetable platter with dip	Fruit platter	Mini patisserie selection
Gluten	✓		✓	✓	✓	✓	✓			✓
Molluscs	✓									
Crustaceans	✓									
Eggs	✓	✓			✓			✓		✓
Fish	✓					✓				
Peanuts										
Soya bean										
Milk	✓	✓			✓					✓
Nuts										✓
Celery	✓									
Mustard	✓									
Sesame	✓									
Sulphites										
Lupin										

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Aberdare Hall Hospitality										
Finger Buffet Menu 2										
	Sandwiches and wraps/open sandwiches	Vol au vents with soft cheese and chives	Falafel with minted yoghurt	Chicken cocktail bites	Assorted Blinis	Mini Indian selection with dip	Plaice goujons	Vegetable platter with dip	Fruit platter	Mini fruit tarts/mini pavlova
Gluten	✓	✓		✓		✓	✓			✓
Molluscs	✓									
Crustaceans	✓									
Eggs	✓	✓						✓		✓
Fish	✓						✓			
Peanuts					✓					
Soya bean					✓					
Milk	✓	✓	✓							✓
Nuts					✓					
Celery	✓									
Mustard	✓									
Sesame	✓									
Sulphites										
Lupin										

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Aberdare Hall Hospitality									
Finger Buffet Menu 3									
	Selection of sandwiches/open sandwiches	Chicken yakatori	Selection of pastry filled with ham/mushroom/fish	Mini quiche	Selection of breaded prawns	Mini samosa /mini spring rolls with chutney	Potato wedges with sour cream and veg platter with dip	Fruit platter	Mini Danish selection
Gluten	✓	✓	✓	✓	✓	✓			✓
Molluscs	✓								
Crustaceans	✓				✓				
Eggs	✓		✓	✓					✓
Fish	✓		✓						
Peanuts									
Soya bean									
Milk	✓		✓	✓			✓		✓
Nuts									
Celery	✓		✓						
Mustard	✓								
Sesame	✓								
Sulphites									
Lupin									

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Cardiff University Catering & Bars Allergen Information

Aberdare Hall Hospitality										
Cold Fork Buffet Menu 1										
	Spinach roulade	Variety of veg quiche	Chicken Elizabeth	Potato curry bites	Pakora with dip	New potatoes	Variety of four salads	Plain and garlic bread	Choice of two homemade desserts	Choice of one dessert and fruit platter
Gluten	✓	✓		✓	✓			✓		
Molluscs										
Crustaceans										
Eggs	✓	✓								
Fish										
Peanuts										
Soya bean										
Milk	✓	✓	✓	✓		✓				
Nuts			✓							
Celery										
Mustard				✓						
Sesame										
Sulphites			✓							
Lupin										

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Aberdare Hall Hospitality										
Cold Fork Buffet Menu 2										
	Variety of quiche	Coronation chicken	Baked sliced gammon	Red peppers with halloumi cheese and couscous	Quorn dippers with dip	New potatoes	Assortment of four salads	Assortment of bread rolls	Choice of two homemade desserts	Choice of two homemade desserts
Gluten	✓			✓	✓			✓		
Molluscs										
Crustaceans										
Eggs	✓	✓			✓					
Fish										
Peanuts										
Soya bean					✓					
Milk	✓	✓		✓		✓				
Nuts		✓								
Celery										
Mustard										
Sesame										
Sulphites		✓								
Lupin										

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Aberdare Hall Hospitality											
Cold Fork Buffet Menu 3											
	Roast salmon with lemon and dill	Tomato brie and basil quiche	Jalapos (green chilli cream cheese)	Falafel with yoghurt dip	Coronation chicken	Roast beef	New potatoes	Assortment of four salads	Assortment of breads	Choice of two homemade desserts	Choice of one dessert and fruit platter
Gluten		✓	✓								
Molluscs											
Crustaceans											
Eggs		✓			✓						
Fish											
Peanuts				✓							
Soya bean											
Milk	✓	✓	✓	✓	✓		✓				
Nuts				✓	✓						
Celery											
Mustard											
Sesame											
Sulphites					✓						
Lupin											

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Cardiff University Catering & Bars Allergen Information

Aberdare Hall Hospitality										
Hot Fork Buffet Menu 1										
	Supreme of chicken, wild mushroom and tarragon sauce, lemon scented rice	Vegetarian lasagne	Cod with Welsh rarebit	Pan fried mange tout and cut beans	New potatoes with parsley butter	Mixed leaf salad, dressing	Naan bread	Pear and chocolate flan	Raspberry pavlova	Fruit platter
Gluten	✓	✓	✓				✓	✓		
Molluscs										
Crustaceans										
Eggs		✓						✓	✓	
Fish			✓							
Peanuts										
Soya bean		✓								
Milk	✓	✓	✓		✓			✓	✓	
Nuts										
Celery										
Mustard			✓			✓				
Sesame										
Sulphites	✓		✓							
Lupin										

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Aberdare Hall Hospitality										
Hot Fork Buffet Menu 2										
	Roast salmon with lemon dill	Beef lasagne	Potato and spinach Rogan Josh with rice	Carrots, broccoli	Dauphinoise potato	Mixed leaf salad with dressing	Garlic bread or plain bread	Blackcurrant cheesecake	Chocolate roulade	Fruit platter
Gluten		✓					✓	✓		
Molluscs										
Crustaceans										
Eggs									✓	
Fish	✓									
Peanuts										
Soya bean										
Milk	✓	✓			✓		✓	✓	✓	
Nuts										
Celery										
Mustard			✓			✓				
Sesame										
Sulphites	✓									
Lupin										

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Aberdare Hall Hospitality											
Hot Fork Buffet Menu 3											
	Beef bourguignon	Seafood pie	Vegetarian lasagne	Basmati rice	Chilli roasted new potatoes	Sweetcorn and pan fried leeks	Seasonal leaf salad with dressing	Warm bread	Apple and blackberry crumble with whipped cream	Fruit platter	Chocolate and orange torte
Gluten	✓	✓	✓					✓	✓		✓
Molluscs											
Crustaceans		✓									
Eggs		✓	✓								✓
Fish		✓									
Peanuts											
Soya bean			✓								
Milk		✓	✓			✓			✓		✓
Nuts											
Celery	✓										
Mustard		✓					✓				
Sesame											
Sulphites	✓	✓									
Lupin											

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Cardiff University Catering & Bars Allergen Information

Food For Life Charter Mark Gold Award					
Function Menu					
	Organic chicken liver parfait with piquant dressing, salad leaves, served with warm wholemeal rolls	Roast rack of pork with crackling, pureed and roasted cauliflower, crispy kale, roasted shallots with a port sauce	Organic fruit crumble with frozen organic yoghurt	Caws Cenarth organic cheeseboard, served with a selection of biscuits	Fairtrade tea or coffee with organic milk and Welsh luxury chocolates
Gluten	✓	✓	✓	✓	
Molluscs					
Crustaceans					
Eggs					
Fish					
Peanuts					
Soya bean					
Milk	✓	✓	✓	✓	✓
Nuts					
Celery					
Mustard					
Sesame					
Sulphites					
Lupin					

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Function Menu - Vegetarian					
	Carrot and coriander soup served with organic wholemeal loaf	Roasted Ramiro peppers stuffed with couscous, tomato & chilli salsa	Chilled orange segments with lemon and lime sorbet	Caws Cenarth organic cheeseboard served with a selection of biscuits	Fairtrade tea or coffee with organic milk and Welsh luxury chocolates
Gluten	✓	✓		✓	
Molluscs					
Crustaceans					
Eggs					
Fish					
Peanuts					
Soya bean					
Milk				✓	✓
Nuts					
Celery					
Mustard					
Sesame					
Sulphites					
Lupin					

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