











# Vegetarian Main Course

	Ref	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Glutens	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio	Pecan Nuts	Macadamia	Cashews	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Sesame Seeds	Soya and Soya Products	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
FFL Original Cheese and Baked Bean Puff 		>	>	>	>																		>	>				
FFL Original Vegetarian Mince Lasagne 		>	>	>	>																		>	>				
FFL Original Roast Vegan Quorn Fillet 		>	>	>	>																							
FFL Original Roast Vegetable Frittata 																			>					>				
FFL Original Vegetable Nuggets 		>	>	>	>																							
FFL Original Cheese and Tomato Pizza 		>	>		>																			>				












## Vegetable

	Sulphites	Mustard	Lupin	Celery and Celeriac	Milk	Sesame Seeds	Soya and Soya Products	Molluscs	Crustaceans	Fish	Eggs	HazelNuts	Tree Nuts	Almonds	Brazil Nuts	Cashews	Macadamia	Pecan Nuts	Pistachio	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)	Ref
FFL Original Carrots 																											
FFL Original Broccoli 																											
FFL Original Cabbage 																											
FFL Original Sweetcorn 																											
FFL Original Green Beans 																											
FFL Original Swede 																											
FFL Original Garden Peas 																											
FFL Original Baked Beans 																											

## Jacket/Pasta

	Sulphites	Mustard	Lupin	Celery and Celeriac	Milk	Sesame Seeds	Soya and Soya Products	Molluscs	Crustaceans	Fish	Eggs	HazelNuts	Tree Nuts	Almonds	Brazil Nuts	Cashews	Macadamia	Pecan Nuts	Pistachio	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)	Ref
FFL Original Pasta with Tomato and Basil Sauce 																									>	>	

Dessert

	Ref	Gluten (Barley)	Gluten (Wheat)	Gluten (Rye)	Cereals Containing Glutens	Gluten (Oats)	Peanuts	Other Nuts	Walnuts	Pistachio	Pecan Nuts	Macadamia	Cashews	Brazil Nuts	Almonds	Tree Nuts	Hazelnuts	Eggs	Fish	Crustaceans	Molluscs	Soya and Soya Products	Sesame Seeds	Milk	Celery and Celeriac	Lupin	Mustard	Sulphites
FFL Original Chocolate Sponge 			>		>													>										
FFL Original Custard 			?		?													?				?		>				
FFL Original Oaty Cinnamon Cookie 		?	>		>	>												>						?				
FFL Original Banana Muffin 		?	>		>	?												>						>				
FFL Original Chocolate and Orange Shortbread Biscuit 			>		>																							
FFL Original Fresh Apple Slices 																												
FFL Original Fruity Friday 																												
FFL Original Orange Jelly 																												
FFL Original Strawberry Yoghurt 																								>				