






Starch Accompaniment

	Sulphites	Mustard	Lupin	Celery and Celeriac	Milk	Sesame Seeds	Soya and Soya Products	Molluscs	Crustaceans	Fish	Eggs	Hazelnuts	Tree Nuts	Almonds	Brazil Nuts	Cashew Nuts	Macadamia Nuts	Pecan Nuts	Pistachio Nuts	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Cereals Containing Gluten	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)	
FFL Original Roast Potatoes * 																												
FFL Original Oven Chips* 																												
FFL Original Warm Baguette* 																												
FFL Original Fluffy Rice* 																												
FFL Original Diced Potatoes with Herbs* 																												

c.

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Jacket Potatoes

	Sulphites	Mustard	Lupin	Celery and Celeriac	Milk	Sesame Seeds	Soya and Soya Products	Molluscs	Crustaceans	Fish	Eggs	Hazelnuts	Tree Nuts	Almonds	Brazil Nuts	Cashew Nuts	Macadamia Nuts	Pecan Nuts	Pistachio Nuts	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Cereals Containing Gluten	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)	
FFL Original Jacket Potato with Tuna Mayonnaise *										>	>																	
FFL Original Jacket Potato with Cheese * 					>																							
FFL Original Jacket Potato with 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	Cashew Nuts	Macadamia Nuts	Pecan Nuts	Pistachio Nuts	Walnuts	Other Nuts	Peanuts	Gluten (Oats)	Cereals Containing Gluten	Gluten (Rye)	Gluten (Wheat)	Gluten (Barley)	
FFL Original Pasta with Tomato and Basil Sauce * 																								>		>		
FFL Original Pesto Pasta 					>																			>		>		

Dessert

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

Bread

Sulphites	
Mustard	
Lupin	
Celery and Celeriac	
Milk	
Sesame Seeds	
Soya and Soya Products	>
Molluscs	
Crustaceans	
Fish	
Eggs	
Hazelnuts	
Tree Nuts	
Almonds	
Brazil Nuts	
Cashew Nuts	
Macadamia Nuts	
Pecan Nuts	
Pistachio Nuts	
Walnuts	
Other Nuts	
Peanuts	
Gluten (Oats)	
Cereals Containing Gluten	>
Gluten (Rye)	
Gluten (Wheat)	>
Gluten (Barley)	

FFL Original Bread * 