










Vegetarian Main Course

	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 DK Sausage and Baked Bean Hotpot * 																												
FFL Original Pasta with DK Meatballs and Tomato Sauce * 																									✓	✓		
FFL Original Creamy Vegetable Pie * 					✓						✓															✓		
FFL Original Vegetable Paella* 																												
FFL Original Cheese and Tomato Pizza* 					✓																				✓			

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 Oven Chips* 				
FFL Original Warm Baguette* 			>	
FFL Original Roast Potatoes * 				
FFL Original Diced Potatoes with Herbs* 				

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 Baked Beans * 				
FFL Original Jacket Potato with Cheese * 				











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 				

Sandwiches

	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 Ham Sandwich *							>																	>		>		
FFL Original Tuna Mayonnaise Sandwich *							>			>	>														>		>	
FFL Original Egg Mayonnaise Sandwich* 🌿							>				>														>		>	
FFL Original Cheese Sandwich* 🌿					>		>																		>		>	

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 Fruity Friday* 																												
FFL Original Fresh Orange Slices * 																												
FFL Original Strawberry Jelly * 																												
FFL Original Orange Jelly * 																												
FFL Original Fresh Fruit * 																												
FFL Original Rainbow Jelly Wednesday * 																												
FFL Original Flapjack * 	?	?																					✓	✓				
FFL Original Chocolate Cornflake Cake * 	✓	?	?																				✓	?				
FFL Original Lemon Sponge * 	?	✓									✓												✓					

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 * 