



Allergen Chart



| FitFood Items | Allergens |
|---|------------------------|
| <i>Deluxe Turkey Burger</i> | Wheat / Celery |
| <i>Cajun Chicken Burger</i> | Wheat / Soya |
| <i>Salt & Chilli Burger</i> | Wheat |
| <i>Gourmet Turkey Burger</i> | Sulphites |
| <i>Steak Burger</i> | Sulphites |
| <i>Turkey Sausages</i> | Sulphites |
| <i>Turkey Rashers</i> | None Present |
| <i>Lemon & Pepper Turkey Burger (Steak)</i> | Sulphites |
| <i>Medium Chicken Fillet (140/170g)</i> | None Present |
| <i>Large Chicken Fillet (190/210g)</i> | None Present |
| <i>X-Large Chicken Fillet (220g)</i> | None Present |
| <i>Sirloin Steak</i> | None Present |
| <i>Medium Fillet Steak</i> | None Present |
| <i>Steak Mince (per 100g)</i> | None Present |
| <i>Turkey Mince (per 100g)</i> | None Present |
| <i>Diced Steak (per 100g)</i> | None Present |
| <i>Bacon Medallion / Chops (fat off)</i> | None Present |
| <i>Pork Medallion / Chops (fat off)</i> | None Present |
| <i>Full Egg</i> | Egg |
| <i>Egg White</i> | Egg |
| <i>Steak Sliders</i> | Sulphites |
| <i>Chorizo Sliders</i> | Sulphites |
| <i>Protein Balls</i> | Sulphites |
| <i>Meatballs</i> | Sulphites |
| <i>Goujons (per100g)</i> | Wheat / Celery |
| <i>Pork Sausages</i> | Wheat / Sulphites |
| <i>Bacon Rashers (Untrimmed)</i> | None Present |
| <i>Sweet Potato Chips (per 100g)</i> | None Present |
| <i>Clean Cut Chips (per 100g)</i> | None Present |
| <i>Pudding Mix 5Pack (per slice)</i> | Wheat / Soya / Mustard |
| <i>Butterflied Fillets (All marinated)</i> | None Present |
| <i>Turkey Steak</i> | None Present |
| <i>Salt & Chilli Chicken Wings (per 100g)</i> | Wheat |
| <i>Chicken Skewers</i> | None Present |
| <i>Chinese Ribs (per 100g)</i> | None Present |

