



Fish, Chips and Peas, built from verified Harlech-sourced components and prepared for signage or prep sheets.

Allergen Matrix — Fish, Chips and Peas

Component	GLUTEN	FISH	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	SULPHITES	NUTS	PEANUTS	LUPIN	CRUSTACEA	MOLLUSCS
Breaded Alaskan Pollock Fillet	☑	☑	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Country Range 7mm Fries	✗	✗	✗	✗	✗	✗	✗	✗	⚡ <10mg	✗	✗	✗	✗	✗
Country Range Garden Peas	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
☑ = Present ✗ = Not Present ⚡ = Trace (below 10mg)														
Summary of Allergens Present:														
GLUTEN → from breadcrumb coating on fish														
FISH → Alaskan Pollock fillet														
SULPHITES → trace level in fries seasoning (<10mg)														
No declared presence of milk, egg, soya, celery, mustard, nuts, sesame, peanuts, lupin, crustaceans, or molluscs.														
Dish Composition:														
Main: Breaded Alaskan Pollock Fillet (Harlech 79646)														
Side: Country Range 7mm Fries (Harlech 21398)														
Veg: Country Range Garden Peas (Harlech 81491)														
Vegetarian: ✗ Gluten-Free: ✗ Dairy-Free: ☑ Egg-Free: ☑														
Chips and Curry, using:														
Country Range 7mm Fries (Code: 21398) — Harlech														
Middleton Curry Sauce Mix Bucket (Code: 58850) — Bidfood														
Allergen Matrix — Chips and Curry														
Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEA	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
Country Range Fries (21398)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	⚡ <10mg	✗	✗	✗
Middleton Curry Sauce (58850)	☑	✗	✗	✗	✗	☑	✗	✗	✗	✗	☑	✗	✗	✗
☑ = Present ✗ = Not Present ⚡ = Trace (below 10mg)														
Confirmed Allergens:														
SULPHITES → declared in Middleton Curry Sauce														
SULPHITES (trace) → <10mg in Country Range Fries														
Not Present:														
Milk, Egg, Soya, Celery, Sesame, Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin														
Dish Composition:														
Fries: Potatoes, sunflower oil, seasoning blend (gluten-free, vegan)														
Curry Sauce: Sugar, palm oil, modified maize starch, rice flour, tomato powder, spices, flavour enhancers, sulphites														
Vegetarian: ☑ Vegan: ☑ (if prepared without dairy sides)														
Gluten-Free: ☑ Dairy-Free: ☑														
Not suitable for sulphite-sensitive diets														
Chicken Inn a Bun, Chips and Curry, using:														
Global Farms Southern Fried Chicken Fillets Halal (Bidfood Code: 72092)														
Americana Mk4.5 Unseeded Burger Buns (Bidfood Code: 23791)														
Country Range 7mm Fries (Code: 21398)														
Middleton Curry Sauce Mix Bucket (Bidfood Code: 58850)														
Allergen Matrix — Chicken Inn a Bun, Chips and Curry														
Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEA	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
Global Farms Chicken Fillet (72092)	☑	✗	✗	✗	☑	✗	✗	✗	✗	✗	☑	✗	✗	✗
Americana Mk4.5 Burger Bun (23791)	☑	☑	☑	✗	✗	✗	⚡ May Co	✗	✗	✗	✗	✗	✗	✗
Country Range Fries (21398)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	⚡ <10mg	✗	✗	✗
Middleton Curry Sauce Mix (58850)	☑	✗	✗	✗	✗	☑	✗	✗	✗	✗	☑	✗	✗	✗
☑ = Present ✗ = Not Present ⚡ = Trace / May Contain														
Confirmed Allergens:														
GLUTEN → in chicken coating and burger bun														
MILK → from butter and skimmed milk powder in bun														
EGG → from whole egg and egg white in bun														
CELERY → declared in chicken fillet coating														
SULPHITES → declared in chicken fillet and curry sauce; trace in fries														
SESAME → May contain in bun (cross-contamination risk)														
Not Present:														
Soya, Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin														
Dish Composition:														
Main: Southern Fried Chicken Fillet (72092) in Americana Mk4.5 Bun (23791)														
Side: Country Range Fries (21398)														
Sauce: Middleton Curry Sauce Mix (58850)														
Vegetarian: ✗ Vegan: ✗														
Gluten-Free: ✗ Dairy-Free: ✗														
Not suitable for sulphite-sensitive or sesame-allergic diets														
Southern Fried Chicken Fillet (72092) in Americana Mk4.5 Unseeded Burger Bun (23791)														
Allergen Matrix — Chicken Fillet in Bun														
Component	GLUTEN	MILK	EGG	SOYA	CELERY	MUSTARD	SESAME	FISH	CRUSTACEA	MOLLUSCS	SULPHITES	NUTS	PEANUTS	LUPIN
Global Farms Chicken Fillet (72092)	☑	✗	✗	✗	☑	✗	✗	✗	✗	✗	☑	✗	✗	✗
Americana Mk4.5 Burger Bun (23791)	☑	☑	☑	✗	✗	✗	⚡ May Co	✗	✗	✗	✗	✗	✗	✗
☑ = Present ✗ = Not Present ⚡ = Trace / May Contain														
Confirmed Allergens:														
GLUTEN → present in both chicken coating and bun														
MILK → from skimmed milk powder and butter in bun														
EGG → from whole egg and egg white in bun														
CELERY → declared in chicken fillet coating														
SULPHITES → declared in chicken fillet														
SESAME → May contain in bun (cross-contamination risk)														
Not Present:														
Soya, Mustard, Fish, Crustaceans, Molluscs, Nuts, Peanuts, Lupin														
Loaded Beef Chilli Wedges — Allergen Matrix (with Harlech 8183)														

[illegible]

Gluten-Free: ☒															
Coeliac-Safe: ☒															
Nut-Free: ☒															
Vegetarian/Vegan: ☒ (contains chicken)															
Let me know if you want this formatted for signage tiles, batch prep sheets, or slotted into your hot deli cycle. I can also prep a vegetarian fajita variant if needed. Ready for the next dish when you are.															
 Smoky Bean Rice Bowl — Allergen Matrix															
Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACE	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME	
Easy Cook Long Grain Rice (53324)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
GF Vegetable Bouillon (04192 Bidfood)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Red Kidney Beans (62598 Harlech)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Chickpeas (83141 Harlech)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Frozen Sliced Peppers (5604 Harlech)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Diced Onion	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Garlic (minced)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Tomato Purée (60107 Harlech)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Ground Paprika	✗	✗	✗	✗	✗	⚠ May co	✗	✗	✗	⚠ May co	✗	✗	✗	✗	
Ground Cumin	✗	✗	✗	✗	✗	⚠ May co	✗	✗	✗	⚠ May co	✗	✗	✗	✗	
Chilli Powder	✗	✗	✗	✗	✗	⚠ May co	✗	✗	✗	⚠ May co	✗	✗	✗	✗	
☒ = Present ✗ = Not Present ⚠ = May Contain (trace risk from spice handling)															
 Dietary Suitability															
Vegan: ☒															
Gluten-Free: ☒															
Allergens Present: None															
Allergens May Contain: Sulphites, Mustard (trace from spice blends)															
 Roast Turkey Dinner — Allergen Matrix															
Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACE	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME	
Turkey Breast (Harlech 23191)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Roast Potatoes (Harlech 81491)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Garden Peas (Harlech 47266)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Baby Carrots (Harlech 11146)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
GF Vegan Gravy Granules (Bisto 86045)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
☒ = Present ✗ = Not Present															
 Dietary Suitability															
Gluten-Free: ☒															
Halal: ☒ (Turkey confirmed halal)															
Vegan: ☒ (Contains turkey) — gravy is vegan															
Allergens Present: None															
Allergens May Contain: None															
 Vegan Roast Dinner — Allergen Matrix															
Component	GLUTEN	MILK	EGG	SOYA	CELERY	SULPHITES	FISH	CRUSTACE	MOLLUSCS	MUSTARD	LUPIN	NUTS	PEANUTS	SESAME	
Quorn Vegan Sausage (72187)	☒	✗	✗	✗	✗	⚠ May co	✗	✗	✗	✗	✗	✗	✗	✗	
Roast Potatoes (Harlech 81491)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Garden Peas (Harlech 47266)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
Baby Carrots (Harlech 11146)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
GF Vegan Gravy Granules (Bisto 86045)	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	
☒ = Present ✗ = Not Present ⚠ = May Contain															
 Dietary Suitability															
Vegan: ☒															
Gluten-Free: ☒ (Quorn sausages contain wheat)															
Allergens Present: Gluten															
Allergens May Contain: Sulphites (trace from seasoning)															