NATIONAL ALLERGY STRATEGY - FOOD ALLERGEN MENU (CHAMPION TUCKSHOPS & LUNCH ORDERS)

Updated: Jan 2023 (Menu Development Team)

Completed By	Libelle Employee
Date	DD / MM / 2023
Signature	

Legend:

MC	May Contain
√	Tick Mark - allergen is present in the menu item

														Tree Nuts										Gluten Containing Cereals				
Champion Tuckshop Category	**Item Description**	**Milk (Dairy)**	**Egg**	**Fish**	**Crustacean**	**Mollusc**	**Sesame**	**Lupin**	**Peanut**	**Soy / Soybean products**	**Monosodium Glutamate**	**Artificial Flavours**	**Sulphites**	**Bee Pollen**	**Tree Nuts (Not Specified)**	**Almond**	**Brazil Nut**	**Cashew**	**Hazelnut**	**Macadamia**	**Pecan**	**Pine Nut**	**Pistachio**	**Walnut**	**Wheat**	**Gluten**	**Barley**	**Oats**	**Rye**
Sandwiches (Classic)	Egg		√							√																√			
	Ham		√							√	√															√			
	Ham and Egg		√							√	√															√			
Sandwiches (Premium)	Chicken Mayo		√							√			√													√			
	Chicken Avocado		√							√			√													√			
	Vege Sandwich	√	√							√																√			
Sandwiches (Gourmet)	Chicken Salad	√	√							√			√													√			
	Sushi Sandwich (Crumbed Chicken)		√							√																√			
	Croissant (Bacon & Egg)	√	√								√			√												√			
	2x Mini Bao Buns (Chicken)	√	√				√			√		√			**MC**											√			
Wraps	1/2 Ham & Salad Wrap	√	√				**MC**			√	√															√			
	1/2 Chicken & Salad Wrap	√	√				**MC**			√																√			
	1/2 Veggie Wrap	√	√				**MC**			√																√			
	Whole Wraps	**Dependent on ingredients used. Please see CTS Ingredient & Allergen List.**																								√			
	Butter Chicken Wrap	√					**MC**			√																√			
	Chicken, Bacon & Aioli Wrap small	√	√							√				√												√			
	Chicken, bacon & Aioli Wrap large	√	√							√				√												√			
	Nacho Wrap (Chicken)	√								√		√	√													√			
	Nacho Wrap (Beef)	√								√		√														√			
	Nacho Wrap (Bean)	√								√		√														√			
	Vege Korma Wrap	√								**MC**		√														√			
Cold Roll (Classic)	Crispy Chicken Roll	√	√							√		√														√			
	Crispy Vegetarian/Plant-Based Roll	√	√							√		√														√			
Cold Roll (Premium)	Fresh Made Rolls (Ham)	√	√							√	√														√	√			
	Fresh Made Rolls (Chicken)	√	√							√															√	√			
	Fresh Made Rolls (Vege)									√																√			
Hot Rolls	Hot Dog	√																								√			
	Pork Rib Roll (1/2 rib)									√																√			
	Garlic Bread Plain									√																√			
	Garlic Bread Cheesy	√								√																√			
	Meatball Sub	√					√		√	√																√			
	Bacon and Egg Roll		√							√	√															√			

Burgers	Cheese Burger	√								√															√	√			
	Chicken Burger	√	√							√															√	√			
	Vegetarian/Plant-Based Burger	√	√							√															√	√			
Pizza	Margherita Pizza Slice	√	**MC**				**MC**			**MC**					**MC**										√	√			
	Ham Pizza Slice (optional BBQ sauce)	√	**MC**	**MC**			**MC**			**MC**					**MC**										√	√			
	Hawaiian Pizza Slice	√	**MC**				**MC**			**MC**					**MC**										√	√			
Rice Dishes	Teriyaki Chicken on Rice	**MC**	√	√	√		√		**MC**	√					**MC**														
	Butter Chicken On Rice Small	√								√																√			
	Butter Chicken On Rice large	√								√																√			
	Katsu Chicken small(cold)	√	√				√			√																√			
	Katsu Chicken Large(cold)	√	√				√			√																√			
	Vegetarian/Plant-Based Katsu on Rice SML (cold)		√							√																√			
	Vegetarian/Plant-Based Katsu on Rice LRG (cold)		√							√																√			
Pasta Dishes	Tuna Pasta Salad	√	√	√						√																√			
	Mac and Cheese (Vege)	√					**MC**			√																√			
	Mac & Cheese (Ham)	√					**MC**			√	√															√			
	Spaghetti Bolognese	√					**MC**		√	√					**MC**														
	Spaghetti & Meatballs	√					√		√	√					**MC**											√			
Salads	Fruit Salad	**No Allergens**																											
Other	Chicken & Veg Dumplings 6pc						√			√																√			
	Whole Fruit	**No Allergens**																											
	Chilli Bean Nachos (Vege)	√																											
	Chilli Bean Nachos (Meat)	√								√																			
Hot Drinks	Soup Range	√																								√			
	Hot Chocolate	√																											
Loose Change	Hash Brown	√					√			√																√			
	Chicken Tender revisit price $2.00	√								√		√														√			
	Plant Based Tender 100g																								√	√			
	Plant Based Nuggets 100g	√																							√	√			
	Fish Bites 100g			√						√															√	√			
	Baked Wedges 180g									√		√														√			
	Baked Sweet Potato Chips 180g	**No Allergens**																											
	Loaded Wedges	√								√	√	√		√												√			
	Popcorn (GF)	**No Allergens**																											
	Mini Bao Bun (Chicken)	√	√				√			√		√			**MC**											√			
	Proper Crisps (Marlborough Sea Salt)	**No Allergens**																											
	Proper Crisps (Kumara Crisps)	**No Allergens**																											
	Proper Crisps (Chezapeno Tortilla Chips)	**No Allergens**																											
Treats	Justines Cookies (Raspberry & White Choc)	√	√						**MC**	√					**MC**	√			**MC**						**MC**	**MC**			
	Justines Cookies (Vegan Double Choc Dream)	**MC**							**MC**	√																**MC**			
	Caramel Sice	√	√						**MC**	√					**MC**											√			
	GF Choc Brownie	√	√						**MC**	√					**MC**														
	Mrs Higgins Cookies (1/2 dough)	√	√						**MC**	√					**MC**										√	√			
	Mrs Higgins Cookies	√	√						**MC**	√					**MC**										√	√			
	Jelly Cup	**No Allergens. Gelatine present**																											
	Jelly & Fruit Cup	**No Allergens. Gelatine present**																											
	Choc Brownie Bites	√	√							√															√	√	√	√	
	Assorted Muffins 80g	√	√									√														√	√	√	
	Moosies	√																											

	Juicies Blocks	No Allergens																										
	Juicie Tubes	No Allergens																										
Icecreams	Weiss Mango	√													MC													
	Calippo	No Allergens																										
	Cyclone	No Allergens																										
	Icy Twist	No Allergens																										
	Paddle Pop Rainbow	√																								√		
Drinks	Anchor Blue Top 300ml or 250ml UHT	√																										
	Up & Go Vanilla (No Added Sugar)	√																										
	Up & Go Chocolate (No Added Sugar)	√								√															√			
	CalciYum 250ml	√								√															√			
	Keri Juice Range	No Allergens																										
	Keri Kids Black Currant	No Allergens																										
	Pump Water 400ml	No Allergens																										
	Pump Water 750ml	No Allergens																										
	Pump Flavoured 750ml	No Allergens																										
	Pump Sparkling 650ml	No Allergens																										
	Fuze Iced Tea	No Allergens																										
	Lipton Lite	No Allergens. Not GF Free Certified																										
	Yoghurt Tub	√																										
Others (Site Specific)																												

CTS General Combos	**Item Description**	**Milk (Dairy)**	**Egg**	**Fish**	**Crustacean**	**Mollusc**	**Sesame**	**Lupin**	**Peanut**	**Soy**	**Monosodium Glutamate**	**Artificial Flavours**	**Sulphites**	**Bee Pollen**	**Tree Nuts (Not Specified)**	**Almond**	**Brazil Nut**	**Cashew**	**Hazelnut**	**Macadamia**	**Pecan**	**Pine Nut**	**Pistachio**	**Walnut**	**Wheat**	**Gluten**	**Barley**	**Oats**	**Rye**
Cheesebuger Combo	Cheeseburger & Up & Go or milk	√								√															√	√			
Classic Sandwich Combo	3.00 sandwich & Up & go or Milk	Dependent on ingredients used. Please see CTS Ingredient & Allergen List.																								√			
1/2 Wrap Combo	1/2 wrap & Juicie Tube Pop	Dependent on ingredients used. Please see CTS Ingredient & Allergen List.																								√			
Summer Pizza Combo	Medium Pizza, Drink & Wedges	Dependent on ingredients used. Please see CTS Ingredient & Allergen List.																								√			
	Medium Pizza, Drink & Juicie	Dependent on ingredients used. Please see CTS Ingredient & Allergen List.																								√			
		Dependent on ingredients used. Please see CTS Ingredient & Allergen List.																								√			