

Barton Turf Adventure Centre

Sailing Base, Staithe Road, Barton Turf, Norfolk NR12

Tel: 01692 536411; Email: admin@btac-services.co.uk



Allergens

	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree Nuts	Peanuts	Sesame	Soya beans	Sulphites	May Contain:
Knorr Tomato soup		√					√								
Heinz Tomato soup							√								
Sheila's Onion soup	√														
Thick chicken soup		√					√								
Thick vegetable soup		√					√								
Rolls		√					√								
Baguette		√											√		Poppy, sesame.
Sandwich Bread		√											√		
Gluten-free bread				√											
Bacon pieces															Sulphites
Broadland® Ham															
Cheddar cheese							√								
Brie cheese							√								
Stilton cheese							√								
Pate															Milk, nuts, sulphites
Tuna/mayo/sweetcorn				√	√		√		√						
Branston® Pickle		√												√	
Wholegrain mustard									√						
Pickled onions														√	Malt gluten
Salad															
Coleslaw	√			√					√					√	
Cakes															
Apple fruitcake (GF)															Sulphites
Chocolate cake (GF)				√									√		
Tiffin		√											√	√	Milk, nuts
Ginger cake		√		√			√							√	Nuts
Victoria sponge		√		√			√								Sulphites
Shortbread		√													
Treacle Tart		√											√		
GF Carrot Cake				√			√							√	
Cornflake Squares		√													Sulphites
Banana Cake (GF)				√											

All of our cakes are made on the premises, and we cannot guarantee there is no cross-contamination.

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Ingredients

Tomato soup

Knorr Classic Cream of Tomato contains: Tomato puree powder, potato starch, vegetable oil, sugar, salt, **wheat** flour (contains **gluten**), maltodextrin, **lactose**, yeast extract, **milk** proteins, onion powder, beetroot powder, citric acid, pepper, marjoram, spice extract.

Heinz Cream of Tomato contains: Tomatoes, water, vegetable oil, sugar, modified cornflour, salt, dried skimmed **milk**, milk proteins, **cream**, spice extracts, herb extracts, citric acid.

Sheila's Onion soup

Onions, Rapeseed oil, Vegetable bouillon powder

Vegetable bouillon powder contains: salt, vegetable fats (palm, shea butter, sal butter), potato starch, yeast extract, sugar, onion powder, carrots, herbs (parsley, tarragon) spices (**celery** seeds, garlic, turmeric, pepper, parsley roots) tomato puree powder, red bell pepper, caramel syrup, flavourings (contain **celery**) leek, maltodextrin.

Thick chicken soup

Water, whey (from milk), **wheat** flour (contains **gluten**) chicken, salt, maize starch, vegetable oil (with antioxidant E304(a)), maltodextrin, lactose (from **milk**) flavour enhancers (E621, E635), sugar, parsley, flavouring, emulsifier E472(e), anti-caking agent E551, stabiliser E340(a), colours (E171, E100), spices, herbs.

Thick vegetable soup

Water, whey (from **milk**), vegetables (carrot, onion, potato, cabbage, leek, peas) **wheat** flour (contains **gluten**), potato starch, salt, vegetable oil, maltodextrin, sugar, flavour enhancers (E621, E635), parsley, emulsifier E472(e), stabiliser E340(a), colours (E150(c), E160(a), E100), spices.

Rolls

Wheat flour (contains **gluten**), water, malted **wheat** flour (contains **gluten**), may contain **bran**, yeast, salt, emulsifier (E472e) flour treatment agent (E300)

Baguette

Wheat Flour (contains **gluten**), **Malt** Flour (contains **gluten**), **Soya** Flour, Yeast, Water, Salt, Emulsifier (E481), Dextrose Vegetable Oil, Flour Treatment Agent (E300), Food Enzymes.

May contain **poppy** seed, **sesame** seed, **sesame** oil.

Sandwich Bread

Water, **wheat** flour (contains **gluten**), added calcium, iron, niacin, thiamine), **wholemeal wheat** flour (contains **gluten**), **wheatgerm** (contains **gluten**), yeast, calcium sulphate, **wheat** protein (**gluten**), salt, fermented **wheat** flour (contains **gluten**), **soya** flour, vegetable fibre, emulsifier (E472e), vegetable fats (rapeseed & palm), flour treatment agent (ascorbic acid)

Gluten-free bread

Genius® gluten-free bread contains: Water, potato starch, cornflour, tapioca starch, **egg** white, rice bran, treacle, xanthan gum, yeast, cellulose, salt, sugar beet flakes, millet flakes.

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Fillings:

Bacon pieces

95% Pork, salt, water, dextrose, stabilisers (E451, E450), acidity regulators (E500, E331), flavour enhancer (E621), preservative (E250), antioxidant (E301).

Broadland Ham

100% Pork, water, salt, dextrose, stabilisers (E451, E450), acidity regulators (E500, E331), flavourings (E621), preservatives (E250, E252), antioxidant E301

Cheddar cheese

Milk (suitable for vegetarians)

Brie cheese

Milk

Stilton cheese

Milk

Pate

Ingredients in variable proportions including: Pork liver, chicken liver, duck liver, pork, tapioca starch, salt, onion, potato starch, pepper, herbs, spices, preservatives (sodium nitrite)

May contain **nuts, sulphites, milk**

Tuna/mayo/sweetcorn

Tuna **fish** (tuna with water, salt), mayonnaise, sweetcorn kernels

Mayonnaise contains: Rapeseed oil, water, pasteurised **egg** yolk, spirit vinegar, sugar, salt, modified maize starch, preservative (potassium sorbate), **mustard** flour, stabiliser (xanthan gum), garlic powder.

Salad

Lettuce, tomato, cucumber in varying proportions

Branston® Pickle

Vegetables in varying proportions (carrot, rutabaga, onion, cauliflower, marrow, gherkin) sugar, water, **barley** malt vinegar (contains **gluten**), spirit vinegar, chopped dates (dates, rice flour), salt, apple (contains **sulphites**) maize starch, tomato paste, Colour (ammonia caramel), spices, lemon juice concentrate, onion powder, flavourings.

Wholegrain mustard

Water, **mustard** seed, spirit vinegar, crushed **mustard** seed, sugar, **mustard** flour, natural flavourings, rapeseed oil, stabiliser (xanthan gum) preservative (potassium sorbate).

Pickled onions

Onions, spirit vinegar, salt, sugar, spices, preservatives (sodium metabisulphite), colour (caramel)

May contain **malt** vinegar (contains **gluten**)

Coleslaw

Cabbage, carrot, **celery**, apple, raisins (may contain **sulphites**), lemon juice, mayonnaise

Mayonnaise contains: Rapeseed oil, water, pasteurised **egg** yolk, spirit vinegar, sugar, salt, modified maize starch, preservative (potassium sorbate), **mustard** flour, stabiliser (xanthan gum), garlic powder.

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Apple fruitcake (GF)

Bramley apples, apple juice, raisins, sultanas, dates, gluten-free flour, ground rice, citrus zest, nutmeg, sodium bicarbonate, dairy-free spread

Gluten-free flour may contain: rice, potato, tapioca, maize & buckwheat flours, thickener (xanthan gum).

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, annatto, curcumin.

May contain **sulphites**.

No nuts, cannot guarantee nut-free.

Chocolate cake (GF)

Eggs, sugar, dairy-free spread, gluten-free flours, rice flour, disodium diphosphate, sodium bicarbonate, vanilla essence, cocoa.

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, annatto, curcumin.

Gluten-free flour contains: rice & potato flours, raising agents (acid sodium pyrophosphate, sodium bicarbonate), stabiliser (xanthan gum).

Tiffin

Cocoa, dark chocolate, mixed dried fruit (raisins sultanas, candid citrus peel (may contain **sulphite**), glace cherries (cherries, glucose-fructose syrup, sugar, acidity regulator (citric acid), preservatives (potassium sorbate, **sulphur dioxide (sulphites)**), colour (erythrosine))currants, vegetable oil), digestive biscuit, golden syrup, sugar, sodium bicarbonate, dairy-free spread

Dark chocolate (Green & Blacks, 70%) contains: organic cocoa mass, organic raw cane sugar, organic cocoa butter, emulsifier (**soya lecithin**), organic vanilla extract. May contain traces of **milk, nuts**

Dark chocolate (Bournville, 36%) contains: sugar, cocoa butter, cocoa mass, vegetable fats (palm, shea), emulsifier (**soya lecithin**). May contain **nuts, wheat**.

Digestive biscuit contains: **wheat flour** (contains **gluten**, calcium carbonate, iron, niacin, thiamin), vegetable oil, **wholemeal wheat flour** (contains **gluten**), sugar, **oatmeal**, invert glucose syrup, raising agents (sodium bicarbonate, ammonium bicarbonate), salt.

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, annatto, curcumin.

Ginger cake

Eggs, sugar, golden syrup, **wheat flour** (contains **gluten**), dairy-free spread, **milk**, ginger, rice flour, disodium diphosphate, sodium bicarbonate

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, annatto, curcumin.

May contain **sulphites**

Shortbread

Wheat flour (contains **gluten**), dairy-free spread, sugar, raising agents (calcium phosphate, sodium bicarbonate);

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, colours(annatto, curcumin)

Victoria sponge

Eggs, sugar, dairy-free spread, **wheat flour** (contains **gluten**), **milk**, jam filling.

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, annatto, curcumin.

Jam filling contains: fruit (of varying sorts), sugar, pectin, lemon juice, water. May contain **sulphites**.

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Treacle tart

Wheat flour (contains **gluten**), dairy-free spread, water, golden syrup, lemon juice & zest, **breadcrumbs** (contains **gluten, soya**), raising agents (calcium phosphate, sodium bicarbonate)

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, annatto, curcumin.

Breadcrumbs contain: Water, **wheat** flour (contains **gluten**) (with added calcium, iron, niacin, thiamine), **wholemeal wheat** flour (contains **gluten**), **wheatgerm** (contains **gluten**), yeast, calcium sulphate, **wheat** protein (**gluten**), salt, fermented **wheat** flour (contains **gluten**), **soya** flour, vegetable fibre, emulsifier (E472e), vegetable fats (rapeseed & palm), flour treatment agent (ascorbic acid).

GF Carrot Cake

Carrots, **eggs**, sugar, rapeseed oil, gluten-free flour, coconut (contains **sulphites**), raisins, icing, cinnamon, nutmeg

Gluten-free flour contains: rice & potato flours, raising agents (acid sodium pyrophosphate, sodium bicarbonate), stabiliser (xanthan gum).

Icing contains

Cornflake Squares

Wheat flour (contains **gluten**), dairy-free spread, jam, **cereal flakes** (contain **gluten**), golden syrup.

Dairy-free spread contains: vegetable oils, water, salt, E471, sunflower lecithin, potassium sorbate, lactic acid, B vitamins, flavourings, annatto, curcumin.

Jam contains fruit (of varying sorts including **strawberries**), sugar, brown cane sugar, lemon juice, gelling agent (fruit pectin). May contain **sulphites**.

Cereal flakes contain maize, sugar, **wholewheat, barley, barley malt** flavouring, rice, **barley flour**, salt

Banana Cake (GF)

Bananas, **eggs**, sugar, rapeseed oil, gluten-free plain flour, **milk**, disodium diphosphate, sodium bicarbonate, xanthan gum, glycerine.

Gluten-free plain flour may contain: rice, potato, tapioca, maize & buckwheat flours, thickener (xanthan gum).