



FRESHLY  
**CHOPPED**

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THE HEALTHY FOOD COMPANY

# **Menu Allergen Listings Table 2022**



## Introduction

At Chopped we aim to cater for the nutritional needs of all of our valued customers, including those who have specific food allergies or intolerances.

Please note however that the following ingredients and allergens listings are given in good faith and are intended for informational purposes only. They have been formulated through careful consultation and through the provision of product specifications from raw material manufacturers and suppliers. Please be aware that all our food at Chopped is freshly prepared in a common working environment, meaning that there is a possibility of allergen cross-contamination to menu items otherwise free-from such allergens.

To minimize this risk, please inform your 'Chopper' of your specific allergen requirements and we will ensure your order is prepared with the utmost care.



Create Your Own	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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### CHOOSE YOUR GREENS

Cos	T														
Iceberg	T														
House Mix	T														
Spinach	T														
Rocket	T														

### PROTEIN

Plain Chargrilled Chicken	T														
Lemon & Garlic Chicken	T														
Asian Chicken	T														Contains Mustard Seeds
Mexican Chicken	T														
Pulled Pork	T														
Duck Confit	T														
Smoked Salmon Trimmings	T	X													
Chilli & Ginger Tuna	T	X													Contains Mustard Seeds
Falafel	T						X								Gluten Wheat present
Plant It Protein	T														



Deli Ingredients	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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**VEG & MORE**

White Onion	T														
Spring Onion	T														
Red Onion	T														
Shredded Carrot	T														
Roast Beetroot	T														
Roast Sweet Potato	T														
Wild Rice	T														
Fine Noodles	T						X								Gluten – Wheat flour.
Guindilla Peppers	T												X		May Contain Sulphites
Cucumber	T														
Red Cabbage	T													X	May Contain Sulphites - Pickled
Pickled Cucumber	T														
Black Olives	T													X	May Contain Sulphites
Cherry Plum Tomato	T														
Boiled Egg	T									X					
Avocado	T														
Mange Tout	T														
Lime	T														
Edamame	T														



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Pineapple	T														
Apple	T														
Orange	T														
Banana	T														
Jalapenos	T													X	May Contain Sulphites
Mixed Peppers	T														
Coriander	T														
Strawberries	T														
Mint	T														
Asian Tapenade	T														
Sun Dried Tomato	T													X	May Contain Sulphites
Celery	T														
Pickled Red Onion	T													X	May Contain Sulphites
Green Beans	T														
Croutons	T		X				X			X	X				Gluten - Wheat
Orange	T														
Coriander	T														
Bocconcini (Mini Mozzarella Balls)	T		X												
Chopped Cheese	T		X												
Feta Cheese	T		X												
Vegan Cheese	T													X	May Contain Sulphites
Red Chillies	T														



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Walnuts	T						T	X					T	T	May contain traces of all nuts.
Cashew Nuts	T						T	X					T	T	May contain traces of all nuts.
Toasted Almonds	T						T	X					T	T	May contain traces of all nuts.
Assorted Seeds	T							X					X		May contain traces of all nuts.
Crispy Onions	T						X							X	Gluten – Wheat flour. May Contain Sulphites
Spicy Peanut Mix	T							X					X		May contain traces of other nuts and/or seeds.
Sesame Seeds	T												X		
Bacon	T														Pork
Hummus	T												X		



Dressings	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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Chopped House Vinaigrette	T				X					X				X	Contains mustard seeds.
Rebel Chilli	T										X				
Caesar	T	X	X				X			X				X	Gluten – Wheat. May contain Soybeans, Mustard
Mexican	T									X					
Chimichurri	T														
Korean BBQ	T						X				X		X		Gluten – Wheat Flour
Sweet Siracha	T						X				X				Gluten – Wheat. Soybean, Soy.
Oriental	T						X				X			X	Gluten – Wheat. Soybean, Soy.
Light Mayo	T									X					May contain Fish, Soybeans, Milk, Mustard, Sesame, Sulphites
Satay Sauce	X						X	X			X				Gluten – Wheat. Peanuts. May contain Soybeans, Mustard
Spanish Sauce	T									X				X	
Olive Oil	T														
Apple Cider Vinegar	T														
Lemon Juice	T													X	
Balsamic Vinegar	T													X	
Moroccan	T														Contains Mustard Seeds
Balsamic Vinaigrette	T													X	
Kewpie Sesame Mayo	T	X								X			X		Sesame Seeds. May contain peanut & nuts
Mango Lime & Chilli	T														



Tortilla Wraps	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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Plain Tortilla	T						X								Gluten: Wheat
Wholemeal Tortilla	T						X								Gluten: Wheat
Spinach Tortilla	T						X								Gluten: Wheat
Tomato Tortilla	T						X								Gluten: Wheat





House Salads	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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The Chopped Caesar	T	X	X				X			X	X				Gluten
Fiery Mexican Street	T									X				X	
The Smokey Pig	T						X				X		X		Gluten – Wheat Flour
Teriyaki Salmon Noodle	T	X					X				X			X	Gluten – Wheat, Wheat flour. Soybean, Soy
Moroccan Falafel	T						X	X							
Plant Mexicano (Vegan)	T													X	
The Sticky Duck	T						X				X		X	X	Gluten – Wheat, Wheat Flour
Tangy Thai Tuna	T	X					X				X				Gluten – Wheat, Wheat flour. Soybean, Soy
Italian Connection	T		X											X	

House Salads in a Wrap	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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The Chopped Caesar	T	X	X				X			X	X				Gluten – Wheat, Pork
Fiery Mexican Street	T						X			X				X	Gluten - Wheat
The Smokey Pig	T						X				X		X		Gluten – Wheat, Wheat Flour
Teriyaki Salmon Noodle	T	X					X				X			X	Gluten – Wheat, Wheat flour. Soybean, Soy
Moroccan Falafel	T						X	X							Gluten - Wheat
Plant Mexicano (Vegan)	T						X							X	
The Sticky Duck	T						X				X		X	X	Gluten – Wheat, Wheat Flour
Tangy Thai Tuna	T	X					X				X				Gluten - Wheat, Wheat flour. Soybean, Soy



Italian Connection			X				X						X	Gluten - Wheat
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Baked Burritos	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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The Mexican	T		X				X							X	Gluten - Wheat
Korean Chicken	T		X				X				X		X		Gluten – Wheat, Wheat Flour
All Day Breakfast	T		X				X			X					Gluten – Wheat, Pork
Plant it Chick*n and Cheese	T						X								Gluten - Wheat
Wild Chimichurri Tuna	T	X	X				X							X	Gluten - Wheat
Smokin' Hot Pig	T		X				X				X		X		Gluten – Wheat, Wheat Flour
Cheesy Chicken and Bacon	T		X				X			X					Gluten – Wheat, Pork

Buddha Bowls	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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Moroccan Buddha Bowl	T		X				X	X					X	X	Gluten – Wheat Sesame Seeds & Derivatives. May contain traces of all nuts.
Smoked Salmon Poke Noodle	T	X					X			X			X		Gluten – Wheat, Sesame Seeds. May contain peanut & nuts
Chicken Satay	X						X	X			X		X	X	Gluten - Wheat, Wheat flour. Soybean, Soy. May contain traces of other Nuts and/or seeds.
Vegan Chicken Satay	T							X			X		X	X	



<b>Fusion Soups</b>	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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Thai Chicken & Lime	T	X		X			X				X			X	Gluten – Cereals, Wheat, Wheat flour. Soybean, Soy. Yeast, Maize, Coriander. Glutamate, Guanylate, Inosinate
Hunters Harvest	T			X			X							X	Gluten – Cereals, Wheat, Wheat flour. Soybean, Soy. Yeast, Maize, Coriander, Pork, Glutamate, Guanylate Inosinate.
Oriental Salmon Seaweed	T	X		X			X	X			X		X	X	Gluten – Cereals, Wheat, Wheat flour. Soybean, Soy. Sesame Seeds & Derivatives. May contain traces of all nuts. Yeast, Maize, Coriander. Glutamate, Guanylate Inosinate.
Hot & Spicy Chicken Noodle	T			X			X				X			X	Gluten – Cereals, Wheat, Wheat flour. Maize, Carrot, Coriander. Glutamate, Guanylate Inosinate.

<b>Smoothies</b>	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Great care will be applied to ensure cross contamination doesn't occur, however please be aware all our smoothies made to order in the same area and same blenders that handle gluten, peanuts and milk															
Green Machine	T		X												
Monkey Nutter	T		X					X							
Go Ape	T		X												



Cranberry Crush	T		X												
Strawberry Cooler	T		X												
Blueberry Burst	T		X												
Breakfast	T		X			X									Gluten - Oats

ACAI Bowls	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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The RIO	T						X	X							May contain traces of Almonds, Gluten, Nuts, Oats
Nutty Heaven	T						X	X							Almonds, Gluten, May contain traces of Almonds, Gluten, Nuts, Oats
Summer Vibes	T						X	X							May contain traces of Almonds, Gluten, Nuts, Oats
Pump is Real	T		X				X	X							May contain traces of Almonds, Gluten, Nuts, Oats

= Trace



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