



FRESHLY
CHOPPED

THE HEALTHY FOOD COMPANY

MENU ALLERGEN LISTING

2024

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.

KEY

TRACE: **T**

NUTS: **A**LMONDS, **C**ASHEWS, **WA**LNUTS

CEREALS CONTAINING GLUTEN: **O**ATS, **R**YE, **W**HEAT, **B**ARLEY

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	 PEANTUS	 FISH	 MILK	 CELERY	 MUSTARD	 MOLLUSCS	 CEREALS CONTAINING GLUTEN O,R,W,B	 NUTS A,C,WA	 CRUSTACEANS	 EGGS	 SOYA	 LUPIN	 SESAME	 SULPHUR DIOXIDE & SULPHITES	KCALS
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BAKED BURRITOS

THE MEXICAN	T						 W								721 KCALS
ALL DAY BREAKFAST	T						 W								792 KCALS
PLANT CHICK'N CHEESE	T						 B W								590 KCALS
CHEESY CHICKEN & BACON	T						 W								683 KCALS

BUDDHA BOWLS

MOROCCAN BUDDHA BOWL	T						 W								890 KCALS
CHICKEN SATAY							 W	T							305 KCALS

	 PEANTUS	 FISH	 MILK	 CELERY	 MUSTARD	 MOLLUSCS	 CEREALS CONTAINING GLUTEN O,R,W,B	 NUTS A,C,WA	 CRUSTACEANS	 EGGS	 SOYA	 LUPIN	 SESAME	 SULPHUR DIOXIDE & SULPHITES	KCALS
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SMOOTHIES

GREEN MACHINE	T															418 KCALS
MONKEY NUTTER								T								664 KCALS
GO APE	T															390 KCALS
STRAWBERRY COOLER	T															324 KCALS

ACAI

THE RIO	T						 B R O	T								339 KCALS
NUTTY HEAVEN							 B R O	T								279 KCALS
SUMMER VIBES	T						 B R O	T								421 KCALS
PUMP IS REAL	T						 B R O	T								359 KCALS

	 PEANTUS	 FISH	 MILK	 CELERY	 MUSTARD	 MOLLUSCS	 CEREALS CONTAINING GLUTEN O,R,W,B	 NUTS A,C,WA	 CRUSTACEANS	 EGGS	 SOYA	 LUPIN	 SESAME	 SULPHUR DIOXIDE & SULPHITES	KCALs 50ML SERVING
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DRESSINGS

SATAY SAUCE							 W	T							158 KCALS
OLIVE OIL	T														442 KCALS
LEMON JUICE	T														9 KCALS
BALSAMIC	T														25 KCALS

TORTILLA WRAPS

PLAIN TORTILLA	T						 W								
WHOLE MEAL TORTILLA	T						 W								
SPINACH TORTILLA	T						 W								
TOMATO TORTILLA	T						 W								
SANTA MARIA TORTILLA	T						 W								

														
	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES

CREATE YOUR OWN

COS	T													
ICEBERG	T													
HOUSE MIX	T													
SPINACH	T													
ROCKET	T													
PLAIN CHICKEN	T													
LEMON & GARLIC CHICKEN	T													
MEXICAN CHICKEN	T													
BARBACOA BEEF	T													

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	 PEANTUS	 FISH	 MILK	 CELERY	 MUSTARD	 MOLLUSCS	 CEREALS CONTAINING GLUTEN O,R,W,B	 NUTS A,C,WA	 CRUSTACEANS	 EGGS	 SOYA	 LUPIN	 SESAME	 SULPHUR DIOXIDE & SULPHITES
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CREATE YOUR OWN

ORANGE	T													
BANANA	T													
JALAPENOS	T													
MIXED PEPPERS	T													
CORIANDER	T													
STRAWBERRIES	T													
MINT	T													
SUN DRIED TOMATOES	T													
GUACAMOLE	T													

														
	PEANTUS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN O,R,W,B	NUTS A,C,WA	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES

CREATE YOUR OWN

PICKLED RED ONION	T													
GREEN BEANS	T													
CROUTONS	T						 B W				T		T	
CHOPPED CHEESE	T													
FETA CHEESE	T													
VEGAN CHEESE	T													
RED CHILLIES	T													
SWEET MATURE CHEESE	T													
SALSA	T													

							 CEREALS CONTAINING GLUTEN O,R,W,B	 A,C,WA						 SULPHUR DIOXIDE & SULPHITES
	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS		NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	

CREATE YOUR OWN

WALNUTS	T						T	 WA					T	T
CASHEW NUTS	T						T	 C					T	T
TOASTED ALMONDS	T						T	 A					T	T
CRISPY ONIONS	T						 W							
SPICY PEANUTS								T						
BACON	T													
HUMMUS	T													