



Little Farmers Allergens

Breakfast

Craigies Full Breakfast – Contains **GLUTEN** and **EGGS**

Can be served **GLUTEN FREE** without the haggis and black pudding, with **GF** bread

Pancake Stack – Contains **GLUTEN**, **DAIRY** and **EGGS**

Can be served **GLUTEN FREE** with **GF** flour in the pancake mix

Granola Bowl with Craigies Fruit – Contains **GLUTEN** and **DAIRY**

Can be served **DAIRY FREE** without the yogurt

Stoats Oaty Porridge – Contains **GLUTEN** and **DAIRY**

Can be served **DAIRY FREE** with oat milk instead of semi skimmed milk

Morning Rolls – Contain **GLUTEN**, **EGGS** and **DAIRY** (if a Scrambled/Fried Egg roll)

All rolls can be served **GLUTEN FREE** apart from the Haggis and Black Pudding as both fillings contain **GLUTEN** themselves

Lunch

Tear & Share Bread – Contains **GLUTEN** and **DAIRY**

Cannot be served **GLUTEN FREE**, can be served **DAIRY FREE** with removing the mozzarella

BBQ Pulled Pork Wrap – Contains **GLUTEN**

Cannot be served **GLUTEN FREE** as the brown sauce used to make the BBQ sauce contains rye flour

Roasted Veg & Feta Wrap – Contains **GLUTEN** and **DAIRY**

Can be served **GLUTEN FREE** by using GF wraps, can be served **DAIRY FREE** without the feta cheese

Butternut Quesadillas – Contains **GLUTEN** and **DAIRY**

Can be served **GLUTEN FREE** by using **GF** wraps, can be served **DAIRY FREE** by removing the cheese

Ham & Cheese Quesadillas – Contains **GLUTEN** and **DAIRY**

Can be served **GLUTEN FREE** by using **GF** wraps, can be served **DAIRY FREE** by removing the cheese

Chicken Caesar Cups – Contains **GLUTEN**, **DAIRY** and **MUSTARD**

Can be served **GLUTEN FREE** by removing the croutons, can be served **DAIRY FREE** and **MUSTARD FREE** by removing the Caesar sauce

Buffalo Farm Kofte – Contains **DAIRY**

Cannot be served **DAIRY FREE** as the Koftes contain feta cheese

Sausage Casserole – Contains **DAIRY**

Cannot be served **DAIRY FREE** as there is butter in the casserole

Macaroni Cheese – Contains **GLUTEN**, **DAIRY** and **MUSTARD**

Cannot be served **GLUTEN FREE** as the pasta contains **GLUTEN**, cannot be served **DAIRY FREE** or **MUSTARD FREE** as the cheese sauce contains both

Kids Lunch Box – Contains **GLUTEN** and **DAIRY**

Can be served **GLUTEN FREE** by using **GF** bread for the sandwich, can be served **DAIRY FREE** by making a ham sandwich with no butter and removing the yogurt from the kid's box.

SOUP – All soups use a vegan bouillon which contains **SOYA** and **CELERY**