

✓ = Contains / ✓\* = May Contain



Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Teacake</b>															
Teacake (2 x Jam and 2 x Butter)	439		✓ Wheat					✓					✓*		

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Bacon Bap</b>															
Bacon Bap (2 x rashers)	307		✓ Wheat										✓*		

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Love Struck Milkshake (All prepared with 150ml Semi Skimmed Milk)</b>															
Love Taste Top Banana Shake 160g	266							✓							
Love Taste Strawberry Glory Shake 155g	231							✓							
Love Taste Livin La Cocoa Shake 155g	307							✓						✓	

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Love Taste Va Va Vanilla Shake 155g	276								✓							
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<b>Love Struck Smoothies (All prepared with 200ml Apple Juice)</b>															
Love Taste Strawberry Split 140g	172														
Love Taste Pash N Shot 140g	162														
Love Taste Big 5 140g	159														
Love Taste Detox Zing 140g	168														
Love Taste Kale Kick 140g	147														
Love Taste Avo Go Go 140g	196														

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Polar Krush Slushy* Drinks - served in 330ml cup</b>															
Strawberry / Blue Raspberry	46														

\*Slushy product contains glycerol. Not recommended for children 4 years of age and under

Further information can be found on the FSA website: [https://www.food.gov.uk/news\\_alerts/news/not-suitable-for-under-4s-new-industry-guidance-issued-on-glycerol-in-slush-ice-drink](https://www.food.gov.uk/news_alerts/news/not-suitable-for-under-4s-new-industry-guidance-issued-on-glycerol-in-slush-ice-drink)

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Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Slushy Jacks* - Served in 341ml cup															
Strawberry / Blue Raspberry	68														

\*Slushy product contains glycerol. Not recommended for children 4 years of age and under

Further information can be found on the FSA website: [https://www.food.gov.uk/news\\_alerts/news/not-suitable-for-under-4s-new-industry-guidance-issued-on-glycerol-in-slush-ice-drink](https://www.food.gov.uk/news_alerts/news/not-suitable-for-under-4s-new-industry-guidance-issued-on-glycerol-in-slush-ice-drink)

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Extra Items															
Scone (Clotted Cream x1 and Jam x2)	700		✓ Wheat May Contain Barley and Oats		✓			✓							

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Extra Items															
Butter Portion (each)	46							✓							

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Adults need around 2000 kcal a day

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### Places Leisure Allergens and Calorie Chart - Coffee Shop

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Strawberry Jam Portion (each)	48														
Clotted Cream (Each)	234							✓							

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**Prudhoe Waterworld Only**

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Scooped Ice Cream</b>															
Marcantonio Sugar Cones Medium	53 each		✓ Wheat					✓*						✓	
Cadbury Flake 99	43 each							✓							
Kelly's Corn. Dairy Vanilla I/C 4.5ltr	182 per 85g scoop							✓			✓*				
Kelly's Chocolate Ice Cream 4.5ltr	203 per 85g scoop							✓			✓*			✓	
Kelly's Strawberry Ice Cream 4.5ltr	163 per 85g scoop							✓			✓*				
Kelly's Mint ChocChip Ice Cream 4.5ltr	190 per 85g scoop							✓			✓*			✓	
Kelly's Cookies & Cream Ice Cream 4.5ltr	189 per 85g scoop		✓ Wheat					✓			✓*			✓	
Kelly's Rum& Raisin Ice Cream 4.5ltr	173 per 85g scoop							✓			✓*				
Kelly's Honeycomb Ice Cream 4.5ltr	201 per 85g scoop							✓			✓*				
Kellys Salted Caramel Ice Cream 1x4.5ltr	202 per 85g scoop							✓			✓*			✓	
Kellys Eaton Mess Ice Cream 1x4.5ltr	199 per 85g scoop		✓ Wheat		✓			✓			✓*				
Kellys Bubblegum Ice Cream 1x4.5ltr	188 per 85g scoop							✓			✓*				
Kelly's Rocky Road Ice Cream 1x4.5ltr	231 per 85g scoop		✓ Wheat					✓			✓*			✓	

**Possible Nuts ✓\* Present:**

- Almond, Hazlenut, Walnut, Cashew Nut,
- Pecan Nut, Brazil Nut, Pistachio Nut,
- Macadamia/Queensland Nut



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Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustacean	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Scooped Ice Cream Continued</b>															
Kellys Millionaires Short Bread 1x4.5ltr	224 per 85g scoop		✓ Wheat					✓			✓*			✓	
Kellys Clotted Cream Rasp Ripple 1x4.5l	197 per 85g scoop							✓			✓*				
Kellys Bluebry Scooping Ice Crm 1x4.5ltr	202 per 85g scoop							✓			✓*			✓	
Kellys Vegan Vanilla Ice Cream 1x4.5ltr	155 per 85g scoop							✓*			✓*			✓	
Kellys Lemon Crunch 1x4.5ltr	197 per 85g scoop							✓			✓*				
Kellys Mango Ice Cream 1x4.5ltr	185 per 85g scoop							✓			✓*			✓	
Kellys Banana Split Ice Cream 1x.4.5ltr	203 per 85g scoop							✓			✓ Pecan ✓* Others			✓	
Kellys Toffee Fudge Ice Cream 1x4.5ltr	182 per 85g scoop							✓			✓*			✓	
Kellys Candy Floss Ice Cream 1x4.5ltr	186 per 85g scoop							✓			✓*				

**Possible Nuts ✓\* Present:**

Almond, Hazlenut, Walnut, Cashew Nut,  
 Pecan Nut, Brazil Nut, Pistachio Nut,  
 Macadamia/Queensland Nut

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### Places Leisure Allergens and Calorie Chart - Mr Whippy

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#### Charlton Lakeside Only

Unlabelled Food	Supplier and Codes	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Mr Whippy Soft Ice Cream</b>																
Ice Cream in tub	Brakes 2219	146							✓							
Ice cream in Sugar Cones Medium	Brakes 2219 Brakes 114839	241		✓ Wheat					✓						✓	
Cadbury Flake 99	Brakes 100110	43 each							✓							

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**Concordia/Ponteland/Wentworth ONLY**

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Hot Meals</b>															
Beef Burger (All served with chips)	911		✓ Wheat/Barley		✓			✓		✓				✓	
Spicy Bean Burger (All served with chips)	820		✓ Wheat/Barley		✓			✓		✓				✓	
Margherita Pizza 10"	810		✓ Wheat					✓						✓*	
Pepperoni Pizza 10"	984		✓ Wheat					✓						✓*	
<b>Extra Items</b>															
Cheese Slice	74							✓							
Extra Burger Patty	270		✓ Wheat		✓									✓	
<b>Sides</b>															
Mac and Cheese Bites	533		✓ Wheat					✓							
Onion Rings	477		✓ Wheat												
Corn on the Cob	245														
Nachos	478							✓							

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**Places Leisure Allergens and Calorie Chart - Chips**  
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Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Chips</b>															
Thick Cut Chips (Excluding Ashington and Morpeth)	305														
Thick Cut Chips (Excluding Ashington and Morpeth)	305														
Premium Thin Cut Fries (Ashington and Morpeth Only)	425														
Thick Cut Chips with Curry Sauce (Excluding Ashington and Morpeth)	388	✓	✓ Wheat							✓				✓	
Thick Cut Chips with Gravy (Excluding Ashington and Morpeth)	404		✓ Barley/Wh eat											✓	

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### Places Leisure Allergens and Calorie Chart - Jacket Potato

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Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Jacket Potato - all served with mixed leaf salad</b>															
Baked Jacket Potatoes - Served on its own	388							✓							
Jacket Potato with Mozz & Cheddar Grated	542							✓							
Jacket Potato with Tuna Mayonnaise	571				✓	✓		✓							
Jacket Potato served with Beans and Cheese	640							✓							
<b>Extra Toppings</b>															
Mozz & Cheddar Grated x 40grms	130							✓							

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All Northumberland sites **excluding** Ashington and Morpeth

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Kids Meals</b>															
Childrens Hot Dog and Chips <b>Excluding</b> Ashington and Morpeth	432		✓ Wheat ✓* Rye		✓			✓					✓*		✓
Childrens Chicken Nuggets and Chips <b>Excluding</b> Ashington and Morpeth	272		✓ Wheat												✓
Childrens Fish Fingers and Chips <b>Excluding</b> Ashington and Morpeth	308		✓ Wheat			✓									✓
Childrens Cheese and Tomato Pizza and Chips <b>Excluding</b> Ashington and Morpeth	384		✓ Wheat			✓*		✓		✓*				✓*	✓
Childrens Pepperoni Pizza and Chips <b>Excluding</b> Ashington and Morpeth	384		✓ Wheat			✓*		✓		✓*				✓*	✓
Childrens Halal Chicken Nuggets and Chips <b>Excluding</b> Ashington and Morpeth	317		✓ Wheat												✓
Childrens Vegan Nuggets and Chips <b>Excluding</b> Ashington and Morpeth	267		✓ Wheat												✓
Childrens Gluten Free Nuggets and Chips <b>Excluding</b> Ashington and Morpeth	284		✓*												✓

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**Places Leisure Allergens and Calorie Chart - Kids Meals**  
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**Ashington/Morpeth Only**

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Kids Meals</b>															
Childrens Hot Dog and Chips <b>Ashington/Morpeth Only</b>	483		✓ Wheat ✓* Rye		✓			✓					✓*		✓
Childrens Chicken Nuggets and Chips <b>Ashington/Morpeth Only</b>	323		✓ Wheat												✓
Childrens Fish Fingers and Chips <b>Ashington/Morpeth Only</b>	359		✓ Wheat			✓									✓
Childrens Cheese and Tomato Pizza and Chips <b>Ashington/Morpeth Only</b>	435		✓ Wheat			✓*		✓		✓*				✓*	✓
Childrens Pepperoni Pizza and Chips <b>Ashington/Morpeth Only</b>	435		✓ Wheat			✓*		✓		✓*				✓*	✓
Childrens Halal Chicken Nuggets and Chips <b>Ashington/Morpeth Only</b>	368		✓ Wheat												✓
Childrens Vegan Nuggets and Chips <b>Ashington/Morpeth Only</b>	318		✓ Wheat												✓
Childrens Gluten Free Nuggets and Chips <b>Ashington/Morpeth Only</b>	335		✓*												✓



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**Places Leisure Allergens and Calorie Chart - Kids Meals**

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**All Northumberland Sites**

Unlabelled Food	Calories Kcal	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Kids Meals - Jacket Potato (half)</b>															
Childrens Hot Dog and Half Jacket	402		✓ Wheat ✓* Rye		✓			✓					✓*		✓
Childrens Chicken Nuggets and Half Jacket	242		✓ Wheat												✓
Childrens Fish Fingers and Half Jacket	278		✓ Wheat			✓									✓
Childrens Cheese and Tomato Pizza and Half Jacket	354		✓ Wheat			✓*		✓		✓*				✓*	✓
Childrens Pepperoni Pizza and Half Jacket	354		✓ Wheat			✓*		✓		✓*				✓*	✓
Childrens Halal Chicken Nuggets and Half Jacket	287		✓ Wheat												✓
Childrens Vegan Nuggets and Half Jacket	237		✓ Wheat												✓
Childrens Gluten Free Nuggets and Half Jacket	254		✓*												✓

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**Places Leisure Allergens and Calorie Chart - Post Mix**

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<b>Post Mix / Drinks</b>															
Pepsi Max	300ml = 0 454ml = 0														
R Whites Lemonade	300ml = 3 454ml = 5														✓
7up Free	300ml = 6 454ml = 9														
Pepsi Diet	300ml = 0 454ml = 0														
Double Strength Orange	300ml = 10														✓
Double Strength Blackcurrant	300ml = 7														✓

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