



ELSWORTH KITCHEN

Cooking Instructions & Allergen Sheet

Cooking Instruction

All main dishes can be heated in a microwave for 2-3 minutes until nice and hot. They can be stored in a fridge for 3 days and are suitable to freeze.

Veg - 1 min - 1 min 30

Potatoes - 1 min 30 - 2 min

Soup can also be heated in a pan

Main Dishes can be put in the oven. Taken out of the containers and covered. Heat 185 degrees for approx. 12-15 minutes till hot

Allergens

Soup - Soya

Meat/ Cheeses - Gluten, Nut, Sulphites, Dairy

Lamb Koftas - Mustard, Milk & Sulphites

Watermelon - Milk & Sulphites

Pork belly - Sulphites

Smoked Haddock - Sulphites, Fish, Gluten, Milk & Crustaceans

Chicken Curry - Legumes,

Asparagus - Sulphites & Soya

Potatoes N/A

Courgette - Sulphites

Cumin Rice - N/A

Artichoke salad - Sulphites

Summer pudding - Gluten & Milk

Passion cheesecake - Gluten, Milk

Sticky toffee - Milk, Eggs, Gluten

Orange and almond - Nuts, Eggs

Vegan Truffles - Soya

Truffles - Milk

Beetroot and apple chutney - Sulphites, Mustard

Hummus - Legumes