



FRESHLY
CHOPPED
THE HEALTHY FOOD COMPANY

Menu Allergen Listings Table 2018

health*pro* 



Introduction

At Chopped we aim to cater for the nutritional needs of all our valued customers, including those who have specific food allergies or intolerances. In conjunction with our nutrition and dietetic partners at **healthpro**, we have produced a comprehensive list of our menu items, their ingredients and their associated food allergens, thereby helping such customers to eat with confidence and security.

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 with our head chef and through the provision of product specifications from raw material manufacturers and suppliers. Whilst Chopped, in conjunction with **healthpro**, have made every effort to ensure the accuracy of this information, on occasion product recipes may change or substitute products may be included. In such cases, prominent instore notice will alert our customers to these temporary changes. Additionally, 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 minimise this risk, please inform your 'Chopper' of your specific allergen requirements and we will ensure your order is prepared with the utmost care.

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CREATE YOUR OWN	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
<p>Great care will be applied to ensure cross contamination does not occur through the preparation of your menu choice. However please be aware that all our Salads, Wraps and Sandwiches are made to order in an area that handles cereals containing gluten, crustaceans, eggs, fish, peanuts, soya, milk, nuts, celery, mustard, sesame, soya, molluscs, sulphur dioxide and sulphites.</p>															
CHOOSE YOUR GREENS															
Cos															
Iceberg															
Mixed House															
Rocket															
Baby Kale															
Spinach															
Super Greens															
THE MAIN STUFF															
Honey Mustard Chicken															Gluten: Wheat
Lemon and Garlic Chicken															Garlic
Mediterranean Chicken															Garlic
Mexican Chicken															Garlic
Teriyaki Chicken															Traces: Nuts
Smoked salmon															
Turkey Kebab															
Bacon															
Baked Ham															Gluten:Wheat
Pulled Pork															
Falafel															
Tofu															
Tiger Prawns															



THE MAIN STUFF (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Hot Oak Smoked Salmon															
Tuna															
VEG AND MORE															
White Onion															
Spring Onion															
Red Onion															
Grated Carrot															
Roast Carrot															
Roast Beetroot															
Roast Sweet Potato															
Brown Rice															
Noodles															Gluten: Wheat
Whole wheat pasta															Gluten: Wheat
Pomegranate															
Chick Peas															
Cucumber															
Dill Pickle															
Broccoli															
Sweet Corn															
Mixed Olives															
Tomato															



Veg and More (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Boiled Egg															
Cheese															

Goats Cheese															
Feta Cheese															
Halloumi															
Mini Mozzarella															
Mint															
Apple															
Pineapple															
Jalapeños															
Mixed Pepper															
Sweet Peppadew															
Mixed Beans															
Lentils															
Quinoa															
Asian Tapenade															Garlic
Celery															
Green beans															
Avocado															



VEG AND MORE (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Savoy Cabbage															
Fig's															
Sun-Dried Tomato															
Sultanas															
Goji Berries															
Dried Cranberries															
Cashews															
Almonds															
Pine Nuts															
Walnuts															
Pumpkin Seeds															
Oats and Sultanas															Gluten: Wheat, Barley and Rye
Croutons															Gluten: Wheat
Chia															



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DRESSINGS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Balsamic vinaigrette															
Oriental															Garlic
Sweet Chilli															
Caesar															Garlic
French Dressing															
Honey Mustard Dressing															
Olive Oil															
Lemon Herb Vinaigrette															
Low Fat Mayonnaise															
Cypriot Passion															Garlic
BBQ															
New Orleans															
Lemon Juice															
Pesto															Garlic
Cajun Lemon															Garlic
Piri-Piri Dressing															Garlic
Balsamic Vinegar															



WRAPS & BREADS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Plain Tortilla															Gluten: Wheat
Wheat Tortilla															
Wheat Spinach Tortilla															Gluten: Wheat
Wheat Tomato Tortilla															Gluten: Wheat
White Sourdough															
Gremagrain Loaf															



CHOPPED CLASSICS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
<p>Great care will be applied to ensure cross contamination does not occur through the preparation of your menu choice. However please be aware that all our Salads, Wraps and Sandwiches are made to order in an area that handles cereals containing gluten, crustaceans, eggs, fish, peanuts, soya, milk, nuts, celery, mustard, sesame, soya, molluscs, sulphur dioxide and sulphites.</p>															
Caesar Bowl															
Choice of Greens															
Lemon Garlic Chicken															Garlic
Cheese															
Croutons															Gluten: Wheat
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															
Greek Salad Bowl															
Choice of Greens															
Feta Cheese															
Tomato															
Red Onion															
Mixed Olives															
Cucumber															
Oregano															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															



As a Sandwich Chia Seed & Wholegrain																
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CHOPPED CLASSICS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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Garden Tofu Bowl

Choice of Greens															
Tofu															
Spring Onion															
Tomato															
Broccoli															
Roasted Carrot															
Roasted Beetroot															

As a Wrap															Gluten: Wheat
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As a Sandwich White Sourdough															
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As a Sandwich Chia Seed & Wholegrain															
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CHOPPED HOUSE	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Mexican Street Bowl															
Choice of Greens															
Mexican Chicken															Garlic
Pineapple															
Sundried Tomato															
Jalapeño															
Bean Mix															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															
Hot Oak Smoked Salmon Bowl															
Choice of Greens															
Spring Onion															
Grilled Salmon															
Tomato															
Cucumber															
Celery															
Spring Onion															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Thai Tiger Prawn Bowl															
Choice of Greens															
Tiger Prawn															
Green Beans															
Spring Onion															
Mixed Pepper															
Asian Tapenade															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															
Chicken Teriyaki Bowl															
Choice of Greens															
Teriyaki Chicken															Traces: Nuts
Noodles															Gluten: Wheat
Red Onion															
Green Beans															
Cashew															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Pulled Pork Bowl															
Choice of Greens															
Cabbage															
Spring Onion															
Grated Carrot															
Sweet Potato															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															




HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Italian Connection Bowl															
Choice of Greens															
Lemon Garlic Chicken															
Mixed Olives															
Sundried Tomato															
Mini Mozzarella Balls															
White Onion															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															
Labenese Falafel Bowl															
Choice of Greens															
Falafel															
Mint Leaves															
Lentils															
Quinoa															
Red Onion															
Mixed Pepper															
Tomato															
Pine Nuts															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Cypriot Passion Bowl															
Choice of Greens															
Mediterranean Chicken															Garlic
Tomato															
Mixed Olives															
Feta Cheese															
Red Onion															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Nutritional Chopped Salad Bowl															
Choice of Greens															
Turkey Kebab															
Roast Carrot															
Apple															
Broccoli															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															





HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Mediterranean Tuna Bowl															
Choice of Greens															
Tuna															
Tomato															
White Onion															
Sweet Corn															
Sweet Peppadew															
Egg															
Green Beans															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															
Goats Cheese & Walnut Bowl															
Choice of Greens															
Tomato															
Goats Cheese															
Roast Carrot															
Cucumber															
Walnut															Nut: Walnut
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															





TRAINING MENU	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Vegan Body Builder Bowl															
Choice of Greens															
Tofu															
Brown Rice															
Mixed Peppers															
White Onion															
Broccoli															
Grated Carrots															
Sultanas															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															
Cross Fit Chopped Force Bowl															
Choice of Greens															
Mediterranean Chicken															Garlic
Sweetcorn															
Roast Carrot															
Broccoli															
Roast Sweet Potato															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															



TRAINING MENU (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Atomic Crunch Bowl															
Choice of Greens															
Turkey Kebab															
Roast Sweet Potato															
Brown Rice															
Grated Carrot															
Spring Onions															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															
Superfood Chicken Salad Bowl															
Super Greens															
Mediterranean Chicken															Garlic
Roast Sweet Potato															
Quinoa															
Tomato															
Lentils															
Mixed Pepper															
Broccoli															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															



TRAINING MENU (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Superfood Salmon Salad															
Super Greens															
Hot Oak Smoked Salmon															
Quinoa															
Lentils															
Avocado															
Cucumber															
Tomato															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															
As a Sandwich Chia Seed & Wholegrain															



SMOOTHIES	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
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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 peanuts and milk

Go Green

Spinach															
Cucumber															
Avocado															
Pineapple															
Mint															
Yoghurt															
Honey															

Peanut Butter

Skimmed Milk															
Banana															
Frozen Yoghurt															
Peanut Butter															
Protein Shot															

Berry Punch

Apple Juice															
Yoghurt															
Mixed Berries															
Banana															


Strawberry Supreme

Apple Juice															
Yoghurt															
Strawberry															
Mango															

Strawberry Mango Yoghurt

Apple Juice															
Yoghurt															
Strawberry															
Mango															
Honey															



SMOOTHIES (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Honey Supreme															
Orange Juice															
Yoghurt															
Banana															
Pineapple															
Honey															
Cinnamon															



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