


Supersubs – Allergen Sheet

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		Cereals Containing Gluten	Crustacean	Eggs	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame Seeds	Sulphur Dioxide & Sulphites	Lupin	Molluscs
Salads, Fillers & Cheese															
Lettuce	(Curleys)														
Sweetcorn	(PJs Newforge)														
Pineapple	(PJs Newforge)														
Gherkins	(Chef)														
Slow Rusted Tomatoes	(Santarella)														
Jalapenos	(PJs)												Y		
Mozzarella Slices	(Bandon Vale)						Y								
Red Cheddar Slices	(Bandon Vale)						Y								
Mexicana Cheese Slices							Y								
Brie	(Centurion)						Y								
Parmesan	(Grana Padano)			Y			Y								
Sauces & Dips															
Sticky Onion Relish	(The Scullery)	Y(B)											Y		
Mayo Light	(Presto)		Y							Y					
Chipotle Mayo	(Presto)		Y							Y					
BBQ	(Papa Johns)	Y(B)								Y					
BBQ	(Presto, Backyard)														
Jalapeno Pepper Relish	(The Scullery)												Y		
Sweet Chilli	(Hammonds)														
Caesar Dressing	(Curleys)		Y	Y			Y			Y					
Pesto Basil Pesto	(Love Olive)					Y	Y	Y	Alm/Wal						
Croutons		Y(W)					Y								
Cajun Seasoning – Cajun Chicken	(Newforge)														
Soups															
Butternut Squash	(Curleys)						Y			Y					
Carrot and Coriander	(Curleys)						Y			Y					
Hearty Vegetable	(Curleys)						Y			Y					
Cream of Tomato	(Curleys)						Y	Y		Y					
Roast Tomato and Red Pepper	(Curleys)						Y			Y					
Sweet Potato & Coconut	(Curleys)						Y			Y					
Cream Of Cauliflower	(Curleys)						Y	Y		Y					
Vegetable Soup	(Newgrange)	Y(W)						Y		Y					
Cream of Vegetable Soup	(Newgrange)							Y		Y					
Chicken & Vegetable Soup	(Newgrange)							Y		Y					
Potato & Leek Soup	(Newgrange)							Y		Y					
Tomato & basil Soup	(Newgrange)							Y		Y					
Meats															
Ham	(Deli Ham)						Y								
Chicken Breast	(Mc Keown)														
Chicken Breast	(Mc Caugheys)							Y							
Turkey Slices	(Mc Keown)							Y							
Roast Beef Slices	(Mc Caugheys)														
Cajun Chicken	(Cajun Spice added instore)								Y						
Bacon Strips	(Dew Valley)	Y(W)													
Tuna & Mayo	(Pan Euro Mixed In Store)		Y	Y			Y			Y					
Meatballs	(Tulip)	Y(W)													
Pepperoni	(PJs)														
Vegan Sausage	(Rudds)	Y(W/B)					Y						Y		
Breads / Muffins / Donuts															
White Italian Chiabatta	(Staffords)	Y(W/R)													
Wholemeal Brown Sub	(Staffords)	Y(W/R)										Y			
White Wrap	(Santa Maria)	Y(W)													
Wholemeal Wrap	(Simpli Baked)	Y(W)													
Gluten Free Bap	(Goodness Grains)						Y					Y			
Light Wholemeal Multiseed Subs	(Coughlans)	Y(W/R)					Y					Y			
Chia Seed Subs	(Staffords)	Y(B/O)													
Rustic Sour Dough		Y(W)													
Red Velvet Donuts		Y(W)	Y				Y	Y							
Muffin Toffee Apple		Y(W)	Y				Y	Y							
Muffin Multi Berry		Y(W)	Y				Y	Y							
Muffin Chocolate		Y(W)	Y				Y	Y							

“Y” in the above chart identifies that the allergen is present in the particular food product. Products containing Gluten are identified with the following letters to indicate which cereal the gluten comes from; W=Wheat / B=Barley / O=Oats / R=Rye. Any product containing nuts identifies the type of nut that's present. Information regarding allergens is correct at time of print (May 2019) but is subject to change without notice, depending on supplier. This list is compiled based on information provided by Suppliers, Supermacs / Supersubs disclaims responsibility for any decisions made by its customers regarding consumption of its food. If you have any specific requests or uncertainty please contact 091 – 774100.