MARTINA'S
homemade foods

Allergen Guide - Cold Lunches 2026

	DESCRIPTION	BLY	CEL	CRU	EGG	FSH	GLU	LUP	MLK	MOL	MSD	NUT	PNT	SME	SYB	SUL
BREAD TYPE																
Brown Bread	O'Hara's Sliced Brown Bread						✓								✓	
Brown Soft Roll	O'Hara's Brown Soft Salad roll						✓								✓	
Cream Crackers	Savour Bakes Cream Crackers						✓									
Gluten Free White Roll	Goodness Grains GF Roll														✓	
Soda Bread	Ballymore Crust Farmhouse Soda Bread						✓		✓							
White Bread	O'Hara's |Sliced White Bread						✓								✓	
White Crusty Roll	White Petit Pain Freshly baked each morning						✓									
White Soft Roll	O'Hara's White Soft Salad roll															
Wrap	Santa Maria Tortilla Wrap						✓									
FILLING A																
Chicken	Steamed and sliced chicken breast															
Chicken Tikka	Steamed and sliced chicken breast, seasoned with Tikka Seasoning															
Egg	Freshly boiled Eggs				✓											
Ham	Sliced Ham - Michael Carr Foods						✓								✓	
Jam	Gráinne's Strawberry Jam															
Sliced Cheese	Sliced Red Cheddar Cheese - Michale Carr Foods								✓							
Tuna	Tinned Tuna Flakes					✓										
Quorn Ham	Quorn Ham															
FILLING B																
Cheese	Sliced Red Cheddar Cheese - Michale Carr Foods								✓							
Mixed Salad	Chopped Salad Leaves, Sweetcorn, Scallions, Tomato, Cucumber															
Sweetcorn	Plain tinned sweetcorn															
SPREAD																
Butter	Dairymaid Spread								✓							
Mayonaissse	Hellman's Mayonnaise				✓											
FRUIT																
Apple	Full Fruit Piece															
Banana	Full Fruit Piece															
Orange	Full Fruit Piece															
Pear	Full Fruit Piece															

ALLERGENS	
BLY-Barley	LUP-Lupin
CEL-Celery	MLK-Milk
CRU-Crustaceans	MOL-Molluscs
EGG-Eggs	MSD-Mustard
FSH-Fish	NUT - Nuts
GLU-Gluten (Wheat)	PNT- Peanuts
SYB-SoyBeans	SME- Sesame
SUL-Sulphites	