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	

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Allergen Guide - Snacks 2026

SNACK	DESCRIPTION	BLY	CEL	CRU	EGG	FSH	GLU	LUP	MLK	MOL	MSD	NUT	PNT	SME	SYB	SUL
OPTION A																
Bread Sticks	Savour Bakes Breadsticks	✓					✓									
Bluberry Muffin	Milish Bakery Blueberry Muffin				✓		✓		✓							
Fruit Scone	Freshly made scones daily with sultanas mixed through .						✓		✓							
Plain Scone	Freshly made plain scones daily						✓		✓							
Rice Cakes	Savour Bakes Unsalted Rice Cakes															
Oatcakes	Rivecote Scottish Rough Oatcakes						✓									
OPTION B																
Apple	Full piece of fresh fruit															
Banana	Full piece of fresh fruit															
Pear	Full piece of fresh fruit															
Satsuma	Full piece of fresh fruit															
Raisin	Sunmaid Box of Raisins															
Soft Cheese	Emporium Soft Cheese Triangles								✓							
Petit Flious Yogurt	Petit Filous Yogurts								✓							
SPREAD																
Jam	Gráinne's Strawberry Jam															
Butter	Dairymaid Spread								✓							

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