

# Allergen List for Pot-au-feu Mediterranean Lunch Pots

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## PASTITSIO POT

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Wheat (pasta)  
Milk (butter, milk, cheese)

## CHICKEN CACCIATORE POT

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Celery (celery)  
Wheat (flour)  
Milk (butter)  
Sulphites (wine)

## ALBONDIGAS POT

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Wheat (bread)  
Milk  
Egg  
Sulphites (wine)

## LAMB TAGINE POT

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Sulphites (chickpeas)  
Sulphites (apricots)

## HAKE & CHORIZO POT

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Sulphites (wine)  
Sulphites (butterbeans)

## FALAFEL & HUMMS POT

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Sulphites (chickpeas)  
Egg  
Sesame (tahini)

## GIGANTES POT

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Sulphites (butterbeans)

## RATATOUILLE POT

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None

## SPANAKOPITA POT

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Wheat (filo pastry)  
Egg (glaze)  
Milk (cheese, butter, glaze)

## ROASTED VEGETABLE CASSOULET POT

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Celery (celery, celeriac, veg stock)  
Mustard (Dijon mustard)  
Sulphites (mustard)  
Wheat (breadcrumbs)  
Soya (breadcrumbs)

## TABBOULEH POT

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Wheat (bulgur)

## CHICKPEA, FETA, SPINACH & ROCKET POT

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Sulphites (chickpeas)  
Milk (feta cheese)

## ZUCCHINI PESTO POT

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Milk (pesto)  
Nuts (cashew in pesto)  
Nuts (pine nuts)

## GREEK SALAD POT

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Milk (feta cheese)

## LEMON & HERB COUSCOUS POT

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Wheat (couscous)

## PASTA PESTO POT

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Wheat (pasta)  
Milk (pesto)  
Nuts (cashew in pesto)  
Nuts (pine nuts)

## TZATZIKI POT

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Milk (yoghurt)

## HUMMUS POT

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Sulphites (chickpeas)  
Sesame (tahini)

## BABA GANOUSH POT

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Sesame (tahini)

## ROASTED ROSEMARY POT

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None

## PATATAS BRAVAS POT

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None

## CELERIAC REMOULADE POT

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Celery (celeriac)  
Milk (yoghurt)  
Mustard (Dijon mustard)

## CRUDITÉS & PITTA POTS

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Celery (celeriac)  
Wheat (pitta bread)