



ALLERGEN INFORMATION 2026

Frog & Bucket Comedy Club

Printable staff allergen workbook - ingredient matrices and quick-reference summary

IMPORTANT: Always check current packaging and supplier specifications whenever products, suppliers, substitutions or recipes change.

ALLERGEN SUMMARY

X = contains | MAY = may contain | TRACE = trace / precautionary declaration

Dish	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
AMERICAN CLASSIC	X		X			X	X			X	MAY	X		
CHICKEN BURGER	X					X	X				MAY			
HALLOUMI BURGER	X					X	X				MAY			
FALAFEL BURGER	X					X					MAY			
CHEESY GARLIC BREAD	X						X							
HOT VEGGIE	X						X							
GOATS CHEESE	X						X					X		
MARGHERITA	X						X							
WILD MUSHROOM	X						X							
PEPPERONI	X						X							
BUFFALO CHICKEN	X						X							
MEAT FEAST	X						X							
WINGS														
BBQ WINGS	X					X								
BUFFALO WINGS			X				X							
VEGAN WINGS	X					X		MAY						
SKINNY FRIES														
SALT AND PEPPER FRIES					TRACE					TRACE				
SWEET POT FRIES														
HALLOUMI FRIES	X					X	X							

AMERICAN CLASSIC

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegan Brioche Burger Bun	129454	X					X					MAY			
Heinz Classic Burger Sauce	106286	X		X							X				
Arla Pro Slices Mild White Cheddar	71839							X							
Catering Salad Leaf Mix BB	103557														
Tomatoes Beef BB	450671														
Brakes Large Gherkins	86823												X		
Beef Burger 95% Beef	C5019053												X		
Sysco Classic Garlic Powder	33686														
Sysco Thin Cut Fries	F30122														
DISH ALLERGEN SUMMARY		X		X			X	X			X	MAY	X		

CHICKEN BURGER

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegan Brioche Burger Bun	129454	X					X					MAY			
Heinz Firecracker	106285														
Arla Pro Slices Mild White Cheddar	71839							X							
Catering Salad Leaf Mix BB	103557														
Tomatoes Beef BB	450671														
Buttermilk Chicken Fillets	119712	X						X							
Brakes Sliced Green Jalepeno	9698														
Sysco Thin Cut Fries	F30122														
DISH ALLERGEN SUMMARY		X					X	X				MAY			

HALLOUMI BURGER

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegan Brioche Burger Bun	129454	X					X					MAY			
Sysco Classic Salsa	89029														
Catering Salad Leaf Mix BB	103557														
Tomatoes Beef BB	450671														
Essentials Breaded Halloumi Fries	134061	X					X	X							
Sysco Thin Cut Fries	F30122														
DISH ALLERGEN SUMMARY		X					X	X				MAY			

FALAFEL BURGER

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegan Brioche Burger Bun	129454	X					X					MAY			
Sysco Classic Salsa	89029														
Catering Salad Leaf Mix BB	103557														
Tomatoes Beef BB	450671														
Sysco Falafel Spinach Burgers	5009506	X													
Sysco Thin Cut Fries	F30122														
DISH ALLERGEN SUMMARY		X					X					MAY			

CHEESY GARLIC BREAD

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
GARLIC BUTTER								X							
PIZZA BASE		X													
DISH ALLERGEN SUMMARY		X						X							

HOT VEGGIE

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
PIZZA SAUCE															
PIZZA BASE		X													
Brakes Sliced Green Jalepeno	9698														
Brakes Balsamic Glaze	88386														
ROCKET															
MIX VEG TO AVAILABILITY															
DISH ALLERGEN SUMMARY		X						X							

GOATS CHEESE

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
PIZZA SAUCE															
PIZZA BASE		X													
LATBRI Cows Milk Mozz Ball	75350							X							
Frozen Sliced Goats Cheese(20g)	112832							X							
PEPPERS															
Brakes Balsamic Glaze	88386														
ROCKET															
Red Onion Chutney	86274												X		
DISH ALLERGEN SUMMARY		X						X					X		

MARGHERITA

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
PIZZA SAUCE															
PIZZA BASE		X													
LATBRI Cows Milk Mozz Ball	75350							X							
DISH ALLERGEN SUMMARY		X						X							

WILD MUSHROOM

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
PIZZA SAUCE															
PIZZA BASE		X													
LATBRI Cows Milk Mozz Ball	75350							X							
MUSHROOMS															
SPINACH															
DISH ALLERGEN SUMMARY		X						X							

PEPPERONI

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
PIZZA SAUCE															
PIZZA BASE		X													
Brake Pepperoni Slices	3780														
DISH ALLERGEN SUMMARY		X						X							

BUFFALO CHICKEN

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
PIZZA SAUCE															
PIZZA BASE		X													
Brakes Chargrilled Chicken Fillet	30672														
Onions Red BB	10224														
Chillies Green BB	114210														
Franks Red Hot Buffalo Sauce	111842														
DISH ALLERGEN SUMMARY		X						X							

MEAT FEAST

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Classc Mozz & Cheddar Grate	10163							X							
PIZZA SAUCE															
PIZZA BASE		X													
Brake Pepperoni Slices	3780														
Brakes Chargrilled Chicken Fillet	30672														
Sliced Parma Ham	116160														
Onions Red BB	10224														
Beef Mince UK 80vl	129185														
DISH ALLERGEN SUMMARY		X						X							

WINGS

[illegible]

BBQ WINGS

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Big Al's Mesquite Chic Wings	105216														
Catering Salad Leaf Mix BB	103557														
Brakes Barbecue Sauce	100395	X					X								
DISH ALLERGEN SUMMARY		X					X								

BUFFALO WINGS

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Big Al's Ckd Mesquit Chic Wings	105216														
Catering Salad Leaf Mix BB	103557														
SPRING ONIONS															
Franks Red Hot Buffalo Sauce	111842														
Brakes Blue Cheese Dressing	89714			X				X							
DISH ALLERGEN SUMMARY				X				X							

VEGAN WINGS

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Biffs Vegan Jackfruit Wings	146216	X					X		MAY						
Catering Salad Leaf Mix BB	103557														
Sweet Chilli Sauce	5023096														
SPRING ONIONS															
DISH ALLERGEN SUMMARY		X					X		MAY						

SKINNY FRIES

[illegible]

SALT AND PEPPER FRIES

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sysco Thin Cut Fries	F30122														
Chinese Salt and Pepper Seasoning						TRACE					TRACE				
DISH ALLERGEN SUMMARY						X					X				

SWEET POT FRIES

[illegible]

HALLOUMI FRIES

Ingredient	Product code	Gluten	Crust.	Egg	Fish	Peanut	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Essentials Breaded Halloumi Fries	134061	X					X	X							
Sysco Classic Salsa	89029														
DISH ALLERGEN SUMMARY		X					X	X							

REVIEW NOTES

Item	Action / reason
Pizza sauce / pizza base / garlic butter	Product codes are still not recorded on the relevant dish sheets. Confirm the exact products and current supplier allergen specifications before final sign-off.
Salt & Pepper Fries seasoning	Chinese Salt and Pepper Seasoning has no product code recorded and contains TRACE declarations for peanuts and mustard. Confirm the exact product/specification and keep the trace wording consistent with the supplier information.
Hot Veggie Pizza — mixed vegetables	The recipe still uses 'MIX VEG TO AVAILABILITY'. Define the permitted vegetable mix so the recipe remains controlled when ingredients change.
Fresh ingredients	Fresh items such as rocket, peppers, mushrooms, spinach and spring onions do not necessarily need product codes, but any prepared/seasoned substitute should be checked before use.
No-allergen-recorded dishes	Plain Wings, Skinny Fries and Sweet Potato Fries currently have no declarable allergens recorded. Continue to verify this against current supplier packaging/specifications.
All supplier products	Recheck allergen declarations whenever a supplier product, recipe or substitute changes. The summary is only as current as the ingredient specifications used.