



FRESHLY
CHOPPED
THE HEALTHY FOOD COMPANY

Menu Allergen Listings Table 2017

health*pro* 



Introduction







At Chopped we aim to cater for the nutritional needs of all our valued customers, including those who have specific food allergies or intolerances. In conjunction with our nutrition and dietetic partners at **healthpro**, we have produced a comprehensive list of our menu items, their ingredients and their associated food allergens, thereby helping such customers to eat with confidence and security.

Please note however that the following ingredients and allergens listings are given in good faith and are intended for informational purposes only. They have been formulated through careful consultation with our head chef and through the provision of product specifications from raw material manufacturers and suppliers. Whilst Chopped, in conjunction with **healthpro**, have made every effort to ensure the accuracy of this information, on occasion product recipes may change or substitute products may be included. In such cases, prominent instore notice will alert our customers to these temporary changes. Additionally, please be aware that all our food at Chopped is freshly prepared in a common working environment, meaning that there is a possibility of allergen cross-contamination to menu items otherwise free-from such allergens. To minimise this risk, please inform your 'Chopper' of your specific allergen requirements and we will ensure your order is prepared with the utmost care.

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CREATE YOUR OWN	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
<p>Great care will be applied to ensure cross contamination does not occur through the preparation of your menu choice. However please be aware that all our Salads, Wraps and Sandwiches are made to order in an area that handles cereals containing gluten, crustaceans, eggs, fish, peanuts, soya, milk, nuts, celery, mustard, sesame, soya, molluscs, sulphur dioxide and sulphites.</p>															
CHOOSE YOUR GREENS															
Cos															
Iceberg															
Mixed House															
Asian Mix															
Rocket															
Baby Kale															
Spinach															
Super Greens															
THE MAIN STUFF															
Cajun Chicken															
Lemon and Garlic Chicken															
Mediterranean Chicken															
Piri-Piri Chicken															
Mexican Chicken															
Teriyaki Chicken															Gluten: Wheat
Chipotle Pulled Chicken															
Turkey															
Bacon															
Baked Ham															
Ham Hock															
Pastrami															
Falafel															
Tofu															
Tiger Prawns															



THE MAIN STUFF (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Hot Oak Smoked Salmon															
Tuna															
VEG AND MORE															
White Onion															
Spring Onion															
Red Onion															
Grated Carrot															
Roast Carrot															
Roast Beetroot															
Roast Sweet Potato															
Brown Rice															
Noodles															Gluten: Wheat
Chick Peas															
Cucumber															
Dill Pickle															
Broccoli															
Sweet Corn															
Mixed Olives															
Tomato															
Boiled Egg															
Dubliner Cheese															



VEG AND MORE (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Goats Cheese															
Feta Cheese															
Mini Mozzarella															
Mint															
Apple															
Pineapple															
Jalapeños															
Guindilla Peppers															
Mixed Pepper															
Sweet Peppadew															
Mixed Beans															
Power Grains & Lentils															
Asian Tapenade															
Celery															
Mangetout															
Avocado															



VEG AND MORE (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Savoy Cabbage															
Sun-Dried Tomato															
Sultanas															
Dried Cranberries															
Cashews															
Pine Nuts															
Walnuts															
Pumpkin Seeds															
Oats and Sultanas															Gluten: Wheat, Barley and Rye
Croutons															Gluten: Wheat
Chia															



DRESSINGS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Chopped Vinaigrette															
Oriental															Gluten: Wheat
Rebel Chilli															
Dubliner Caesar															Gluten: Wheat
Chopped House Dressing															
Thai Adventure Dressing															
Honey Mustard Dressing															
Mexican Dressing															
ColdPressed Rapeseed Oil															
Lemon Herb Vinaigrette															
Low Fat Mayonnaise															
Greek Passion															
BBQ															Gluten: Barley
Spiced Herb Low Fat Mayo															
New Orleans															
Lemon Juice															
Pesto															
Cajun Lemon															
Piri-Piri Dressing															
Balsamic Vinegar															
Balsamic Dressing															



WRAPS & BREADS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Plain Tortilla															Gluten: Wheat
Wheat Tortilla															
Wheat Spinach Tortilla															Gluten: Wheat
Wheat Tomato Tortilla															Gluten: Wheat
White Sourdough															Gluten: Wheat and Rye
Gremagrain Loaf															Gluten: Wheat, Barley and Rye



CHOPPED CLASSICS	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
<p><i>Great care will be applied to ensure cross contamination does not occur through the preparation of your menu choice. However please be aware that all our Salads, Wraps and Sandwiches are made to order in an area that handles cereals containing gluten, crustaceans, eggs, fish, peanuts, soya, milk, nuts, celery, mustard, sesame, soya, molluscs, sulphur dioxide and sulphites.</i></p>															
Dubliner Caesar Bowl															
Choice of Greens															
Lemon Garlic Chicken															
Dubliner Cheese															
Croutons															Gluten: Wheat
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
Pulled Chipotle Chicken Bowl															
Choice of Greens															
Pulled Chipotle Chicken															
Spring Onion															
Tomato															
Mixed Bean															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



CHOPPED CLASSICS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Garden Tofu Bowl															
Choice of Greens															
Tofu															
Spring Onion															
Tomato															
Broccoli															
Roasted Carrot															
Roasted Beetroot															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



CHOPPED HOUSE	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Mexican Street Bowl															
Choice of Greens															
Mexican Chicken															
Pineapple															
Sundried Tomato															
Jalapeño															
Guindilla Peppers															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
Hot Oak Smoked Salmon Bowl															
Choice of Greens															
Spring Onion															
Smoked Salmon															
Tomato															
Cucumber															
Celery															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Thai Tiger Prawn Bowl															
Asian Greens															
Tiger Prawn															
Mangetout															
Spring Onion															
Mixed Pepper															
Asian Tepenade															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat , Barley and Rye
Chicken Teriyaki Bowl															
Choice of Greens															
Teriyaki Chicken															Gluten: Wheat
Noodles															Gluten: Wheat
Red Onion															
Mangetout															
Cashew															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat , Barley and Rye



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Ham Hock Bowl															
Choice of Greens															
Ham Hock															
Savoy Cabbage															
Roasted Sweet Potato															
Spring Onion															
Grated Carrot															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
New York Pastrami Bowl															
Choice of Greens															
Pastrami															
Red Onion															
Dill Pickle															
Tomato															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Italian Connection Bowl															
Choice of Greens															
Lemon Garlic Chicken															
Mixed Olives															
Sundried Tomato															
Mini Mozzarella Balls															
White Onion															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
Labnese Falafel Bowl															
Choice of Greens															
Falafel															
Mint Leaves															
Power Grain Mix															
Red Onion															
Mixed Pepper															
Tomato															
Pine Nuts															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Piri Piri Chicken Bowl															
Choice of Greens															
Piri Piri Chicken															
Tomato															
Mixed Olives															
Mixed Pepper															
White Onion															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
Greek Passion Bowl															
Choice of Greens															
Mediterranean Chicken															
Tomato															
Mixed Olives															
Feta Cheese															
Red Onion															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Nutritional Chopped Salad Bowl															
Choice of Greens															
Turkey															
Roast Carrot															
Apple															
Broccoli															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



HOUSE SALADS (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Mediterranean Tuna Bowl															
Choice of Greens															
Tuna															
Tomato															
White Onion															
Sweet Corn															
Sweet Peppadew															
Egg															
Mangetout															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough)															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
Goats Cheese & Walnut Bowl															
Choice of Greens															
Tomato															
Goats Cheese															
Roast Carrot															
Cucumber															
Walnut															Nut: Walnut
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



TRAINING MENU	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Vegan Body Builder Bowl															
Choice of Greens															
Tofu															
Brown Rice															
Mixed Peppers															
White Onion															
Broccoli															
Carrots															
Sultanas															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
TRX Chopped Force Bowl															
Choice of Greens															
Mediterranean Chicken															
Sweetcorn															
Roast Carrot															
Broccoli															
Roast Sweet Potato															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



TRAINING MENU (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Atomic Crunch Bowl															
Choice of Greens															
Turkey															
Roast Sweet Potato															
Brown Rice															
Grated Carrot															
Spring Onions															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye
Superfood Chicken Salad Bowl															
Super Greens															
Mediterranean Chicken															
Roast Sweet Potato															
Power Grain Mix															
Tomato															
Mixed Pepper															
Broccoli															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye




TRAINING MENU (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Superfood Salmon Salad															
Super Greens															
Hot Oak Smoked Salmon															
Power Grain Mix															
Avocado															
Cucumber															
Tomato															
As a Wrap															Gluten: Wheat
As a Sandwich White Sourdough															Gluten: Wheat and Rye
As a Sandwich Germagrain															Gluten: Wheat, Barley and Rye



SMOOTHIES	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Great care will be applied to ensure cross contamination doesn't occur, however please be aware all our smoothies made to order in the same area and same blenders that handle peanuts and milk															
Go Green															
Spinach															
Cucumber															
Avocado															
Pineapple															
Mint															
Yoghurt															
Honey															
Peanut Butter															
Skimmed Milk															
Banana															
Frozen Yoghurt															
Peanut Butter															
Protein Shot															
Berry Punch															
Apple Juice															
Yoghurt															
Mixed Berries															
Banana															
Strawberry Supreme															
Apple Juice															
Yoghurt															
Strawberry															
Mango															
Strawberry Mango Yoghurt															
Apple Juice															
Yoghurt															
Strawberry															
Mango															
Honey															



SMOOTHIES (continued)	PEANUTS	FISH	MILK	CELERY	MUSTARD	MOLLUSCS	CEREALS CONTAINING GLUTEN	NUTS	CRUSTACEANS	EGGS	SOYA	LUPIN	SESAME	SULPHUR DIOXIDE & SULPHITES	Further Information
Honey Supreme															
Orange Juice															
Yoghurt															
Banana															
Pineapple															
Honey															
Cinnamon															



Disclaimer

*Ingredients and allergens listings are given in good faith and are intended for informational purposes only. They are based upon assessments of food preparation methods and the breakdown of product formulations. Such information is obtained through consultation with the head chef / appointed person(s) and through provision of product specifications from raw material manufacturers and suppliers. Whilst **healthpro** makes every effort to ensure the accuracy and comprehensiveness of this information, on occasion requested information is unavailable, and therefore, absolute ingredients and allergens cannot always be provided.*

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