


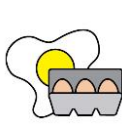
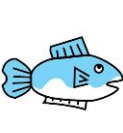
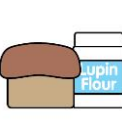




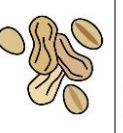

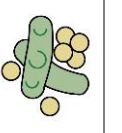



DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD Starters/Bites

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Hand Cut Nachos		X					X							
Dough Balls Tomato and Chorizo		X				MC	MC						MC	
Dough Balls Garlic Butter		X				MC	X						MC	
Dough Balls Tomato & Mozzarella		X				MC	X						MC	
Trio Of Dips		X				MC	X						MC	
Popcorn Chicken & Chorizo		X					X		MC			MC		
Cajun Prawn Taco		X	X				X							

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30.04.2026



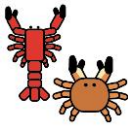
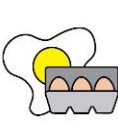

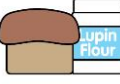








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DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD Loaded Fries

X = Contains allergen

MC = May contain traces/not suitable for.....

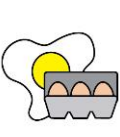




FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Cheese & Bacon		X					X							
Salt & Pepper Chicken		X												X
Chip Shop		X							MC			MC		

DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD SALAD BOWLS

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Vietnamese Chicken Breast					X							MC	X	
King Prawn			X											
Feta & Olive							X							

Date:

Reviewed by:





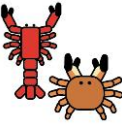
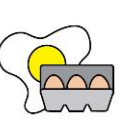
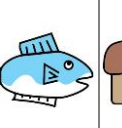
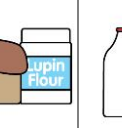




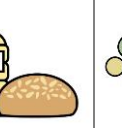
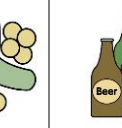

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DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD MAINS

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Beer battered fish & chips		X		MC	X				MC					X
Sizzle Plate Fajitas		X					X		X			MC		
Add Cheese							X							
Add Jalapeños														
Gammon & Chips		X												
Add Fried Egg				X										
Add Pineapple														

Date:
30.04.2026

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DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD GYROS

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Lamb Kofta		X					X							
Quorn Vegan Fillets		X					X							
Marinated Chicken		X					X							
Add Halloumi							X							

Date:30.04.2026

Reviewed by: The Runhead






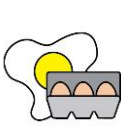

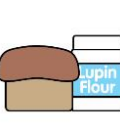








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DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD BURGERS

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Runhead dip burger		X		X			X			MC		MC	X	
Chicken Ranch burger		X		X					X	MC		MC	X	
McDaddy Burger		X		X			X		X			MC	X	
Lamb Kofta Burger		X		X			X			MC		MC	X	
Spicy Bean Cheeseburger		X		X	X		X			MC		MC	X	

Date:30.04.26

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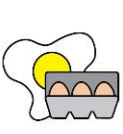










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DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD PIZZAS

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Margherita		X				MC	X		MC					
Pepperoni		X				MC	X		MC					
Hot Shot		X				MC	X		MC					
Veggie Supreme		X				MC	X		MC					
Spiced Greek		X				MC	X		MC					
BBQ Pork		X				MC	X		MC					
Hawaiian		X				MC	X		MC					
Garlic Bread with or without cheese		X				MC	X		MC					

Date:30.04.26

Reviewed by: The Runhead



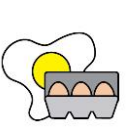

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DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD SIDES

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Hand Cut Chips														
Battered Onion Rings		X												X
Thin Fries														
Iceberg Ranch				X			X		X					
Halloumi Fingers							X							
Dipping Sauces – Garlic Mayo				X					X					
Ranch Dressing				X			X		X					
BBQ														

Date:30.04.26



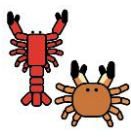
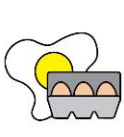








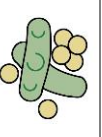

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DISHES AND THEIR ALLERGEN CONTENT

RUNHEAD SIDES

X = Contains allergen

MC = May contain traces/not suitable for.....

FOOD														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide (Sulphites)
Chilli & Mango														X
Vietnamese Gotcha Ketchup					X				MC			MC	X	

Date:30.04.26

Reviewed by: The Runhead



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