



## Allergen Overview

Menu Name : **Three Course Dinner Menu**  
 Author : **Kevin**  
 Created : **June 08, 2015**  
 Last Updated : **July 21, 2015**

Below you can find a list of your recipes.

✓ A tick indicates that the dish **does contain** the allergen.

✗ A cross indicates that the dish **does not contain** the allergen.

Recipe	GDA				Suitable For				Allergen Warnings													
	Calories	Sugar (%)	Sat Fat(%)	Salt (%)	Vegan	Vegetarian	Kosher	Halal	Gluten	Crustaceans	Molluscs	Lupin	Fish	Milk	Eggs	Peanuts	Nuts	Soybeans	Celery	Mustard	Sesame	SO <sub>2</sub>
Recipe Category:	Three Course Dinner Menu																					
Insalata di Arringa	317	2%	21%	28%	No	No	Yes	Yes	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✓	✗	✗	✗
Melon & Orange	48	12%	0%	2%	Yes	Yes	Yes	Yes	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
Cozze Napoletana	259	3%	6%	37%	No	No	No	No	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓
Faggiano	423	3%	21%	5%	No	No	No	No	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗
Rognoni di Agnello	211	3%	9%	17%	No	No	No	No	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✓	✗	✗
Lasagne	833	18%	126%	43%	No	No	No	No	✓	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓
Filleti di Sogliola	241	7%	1%	105%	No	No	No	No	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✓
Creme Brulee	608	23%	144%	7%	No	No	No	No	✗	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗
Chocolate Mousse	447	7%	106	85%	No	No	No	No	✗	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗

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			%																			
Chocolate Coffee Cake	513	27%	111 %	5%	No	Yes	No	No	✓	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗
Lemon Cheese Cake	288	22%	45%	4%	No	No	No	No	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗
Strawberry & Almond Sponge Cake	370	39%	37%	2%	No	Yes	No	No	✓	✗	✗	✗	✗	✓	✓	✗	✓	✗	✗	✗	✗	✗
Italien Troufle	271	34%	13%	3%	No	Yes	No	No	✓	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗
Lobster Soup	345	16%	5%	54%	No	No	No	No	✓	✓	✗	✗	✗	✓	✗	✗	✗	✗	✓	✗	✗	✓
Panna Cotta	449	16%	134 %	1%	No	No	No	No	✗	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗
Creme Caramel	270	49%	13%	5%	No	Yes	No	No	✗	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗
Tiramisu	416	7%	96%	3%	No	Yes	No	No	✓	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✗
Apple Cake	226	23%	14%	6%	No	Yes	Yes	Yes	✓	✗	✗	✗	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗
<b>Recipe Category:</b>	<b>dessert</b>																					
Copy of Lasagne	833	18%	126 %	31%	No	No	No	No	✓	✗	✗	✗	✗	✓	✓	✗	✗	✗	✗	✗	✗	✓