50 LH list	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Allergens -	Celery	Cereals (gluten - such as barley and oats),	crustaceans (such as prawns, crabs and lobsters)	Eggs	fish	milk	molluscs (such as mussels and oysters),	mustard	Peanuts	sesame	soybeans	sulphur dioxide and sulphites	tree nuts	lupin
Jerk jack fruit														
Jerk pumpkin														
Jerk mushroom														
Jerk peppers														
Veg Patties		x												
Ackee + B fruit														
Sweet corn fritters		x												
Plantains														
Dumplins		x												
Beans														
Sp. Mash														
4 bean curry														
pumpkin soup														
Red pea stew														
Chickpea medely														
Red pepper stew														
Jerk pumpkin wrap		x						x						
Rastaman wrap		x						x						
Ital wrap		x						x						
Mother earth wrap		x						x						
Mac		x		x		x								
rice and peas														
Jerk rice														
Steam rice														
Chips														
Roti		x												
Coleslaw								x						
Beetroot														
Kale and callaloo														
Olive salad.														