

Perios Allergens Summary

FH Form 7.1: Food allergens summary

Name of dish	Peanuts	Nuts*	Molluscs	Sesame seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulphur dioxide	Lupin	Gluten
PLATITOS														
Guac Tortilla														
Mac & Cheese Bites									X			X		X
Habanero Heroes									X					X
Spicy Sweetcorn														
Tres Salsas												X		
Platitos Mixtos									X			X		X
SAN ANTONIO TACOS														
Chicken Tacos									X			X		X
Beef Tacos									X			X		X
QUESADILLAS														
Chicken Quesadilla									X		M	X		X
Beef Quesadilla									X		M	X		X
NACHOS														
Veggie Nacho									X					
Beef Nachos									X					

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Review date(s):1/10/2020

** cereals containing gluten (including wheat, rye, barley and oats)

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WRAP IT UP														
Chicken Wrap							X		X		X	X		X
Beef Wrap							X		X		X	X		X
TEX MEX FRIED CHICKEN														
FRIED BURGERS														
BARBEQUE MEXICANA							X		X		X	X		X
Dos amigos							X		X		X	X		X
Fried Wings							X					X		X
Messy Fresco wings							X		X			X		X
BURRITOS														
Veggie chill Burrito									X			X		X
Grilled chicken Burrito									X			X		X
Beef Chili Burrito									X			X		X
Super steak burrito									X			X		X
Chicken Burrito Bowl									X			X		
Beef Burrito Bowl									X			X		

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FIERCE FAJITAS														
Chicken Fajitas							X		X		X	X		X
Beef Fajitas							X		X		X	X		X
Chili Con Carne														
Beef Chili Pot											X	X		X
Beef Chili & Rice									X		X	X		
Beef Chili & Fries									X		X	X		
Chili Sin Carne														
Veg Chili Pot											X	X		X
Veg Chili & Rice									X		X	X		X
Veg chili & Fries									X		X	X		
BEEF BURGERS														
Classic Carne							X		X		X	X		X
Texan Dirty							X		X		X	X		X
The Carnivore							X		X		X	X		X
Mad Mex Chimichurri							X		X		X	X		X
Bad Blue Queso							X		X		X	X		X

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Chicken Burgers														
Gourmet Americana							X		X		X	X		X
Ole Double							X		X		X	X		X
El Rancho Panini														
Chicken Panini							X		X		X	X		X
Veggie Panini							X		X		X	X		X
									X		X	X		
Phily Sub Steak														
Chicken Phily Sub Steak									X		X	X		X
Beef Phily Sub Steak									X		X	X		X
FROM THE FLAMES														
Whole Chicken												X		X
Half Chicken												X		X
Quarter Chicken												X		X
Chicken Bites												X		X
Bites & Rice												X		X

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SIDES														
Fries														
Cajun Fries														
Cheesy Fries									X					
Sweet Potato Fries														
Perios Rice														
Garlic Bread														X
Tortilla Chips														
Corn on the Cob														
Hand Made Coleslaw							X				X			
Chili Cheese Nuggets									X					X
Mozzarella Sticks									X					X
Mexican Side Salad														
Fresh Guacamole														

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Sizzler														
Chicken Sizzler														X
Beef Sizzler														X
Buffalo wings												X		X
Salads														
Chicken Caesar Salad						X	X		X		X			X
Mexican Chicken Salad									X		X	X		
PARA COMPARTIR														
Mixed Wing Platter							X				X	X		X
Duo Platter											X	X		X
Family Platter							X				X	X		X
VIVA VEGAN														
Vegan Tacos												X		X
Mexican Street Salad														
Chili Fries Fiesta											X	X		
Vegan Luchador												X		
Twister Wrap											X	X		X

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Desserts														
Chocolate Fudge Cake							X		X					X
Carrot Cake		X					X		X			X		
Churros							X		X					X
Milkshakes									X					
Cookie & Cream Milkshake									X					X
DIPS														
Tomato Salsa												X		
Garlic & Herb							X		X			X		
Fiery Mayo							X		X		X	X		
Chipotle BBQ												X		
Ranch Sauce							X		X		X	X		
Spicy Mango														
Chimichurri												X		

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PERIOS FLAVORS														
HOLA HERBS											X	X		X
BARBEQUE FIESTA												X		
MILD CHILI LIME												X		
HOT CHILI LIME												X		
TEXAN JERK												X		
Americanos Buffalo									X			X		
Habenero Chero												X		
Kids Menu														
Perios Cheesy Pop Bites									X			X		X
Carlos Veg Taco							X				X	X		X
Emily Chicken Burger							X				X	X		X
Anita Chicken Wrap							X				X	X		X

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