




ALLERGENS TABLE

CORE ESTATE - FINGER BUFFET 2023

| Reporting category 1 | Allergens | Energy (kcal) | Energy (kJ) | Fat | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
|---|-----------|---------------|-------------|--------|-----------|--------------|--------|-------|---------|-------|
| CORE ESTATE - FINGER BUFFET 2023 - MATURE FARMHOUSE CHEDDAR & HAM SANDWICH | | 58.79kcal | 247.56kJ | 3.60g | 0.92g | 4.83g | 0.38g | 0.26g | 2.03g | 0.28g |
| CORE ESTATE - FUNCTION MENU - FARMHOUSE MATURE CHEDDAR & HAM SANDWICH - GLUTEN FREE | | 210.04kcal | 879.33kJ | 25.41g | 3.63g | 2.90g | 0.72g | 0.00g | 3.39g | 1.05g |
| CORE ESTATE - FINGER BUFFET 2023 - RED PEPPER & HUMMUS SANDWICH | | 31.27kcal | 132.31kJ | 0.69g | 0.08g | 5.31g | 0.48g | 0.43g | 1.35g | 0.14g |
| CORE ESTATE - FINGER BUFFET 2023 - RED PEPPER & HUMMUS SANDWICH - GLUTEN FREE | | 10.03kcal | 41.95kJ | 1.12g | 0.08g | 0.93g | 0.21g | 0.17g | 0.57g | 0.05g |
| CORE ESTATE - FINGER BUFFET 2023 - SMOKED SALMON, CREAM CHEESE & CUCUMBERSANDWICH | | 41.15kcal | 172.86kJ | 1.92g | 0.87g | 4.14g | 0.59g | 0.46g | 2.11g | 0.28g |
| CORE ESTATE - FINGER BUFFET 2023 - SMOKED SALMON, CREAM CHEESE & CUCUMBERSANDWICH - GLUTEN FREE | | 22.52kcal | 93.48kJ | 2.35g | 0.83g | 0.35g | 0.28g | 0.01g | 1.40g | 0.19g |
| CORE ESTATE - FINGER BUFFET 2023 - MARGHERITA | | 243.22kcal | 1,025.30kJ | 9.49g | 3.40g | 32.27g | 1.42g | 1.53g | 9.14g | 1.25g |
| CORE ESTATE - FINGER BUFFET 2023 - VEGAN MARGHERITA | | 242.22kcal | 1,021.12kJ | 8.98g | 3.03g | 32.94g | 1.59g | 1.53g | 9.46g | 1.27g |
| CORE ESTATE - FINGER BUFFET 2023 - NAPOLI FORTE PIZZA | | 290.52kcal | 1,221.98kJ | 13.54g | 4.83g | 32.59g | 1.62g | 1.56g | 11.48g | 1.62g |
| CORE ESTATE - FUNCTION MENU 2023 - HUMMUS, CRUDITES & FLATBREAD | | 306.00kcal | 1,286.71kJ | 12.33g | 2.22g | 41.86g | 5.12g | 2.37g | 10.06g | 2.62g |
| CORE ESTATE - FUNCTION MENU - HUMMUS, CRUDITES & FLATBREAD - GLUTEN FREE | | 137.28kcal | 572.76kJ | 11.89g | 1.58g | 11.39g | 4.93g | 1.10g | 5.70g | 0.48g |
| CORE ESTATE - FINGER BUFFET 2023 - BEETROOT FALAFEL | | 201.01kcal | 834.94kJ | 15.61g | 1.68g | 11.15g | 1.83g | 0.05g | 5.19g | 0.28g |
| CORE ESTATE - FINGER BUFFET 2023 - MINI FISH & SPRING ONION FISHCAKES | | 142.04kcal | 595.19kJ | 6.67g | 3.98g | 13.05g | 1.49g | 0.70g | 8.21g | 0.84g |
| CORE ESTATE - FINGER BUFFET 2023 - BEEF & GRANA PADANO MEATBALLS | | 237.70kcal | 1,002.77kJ | 8.14g | 1.89g | 35.55g | 3.41g | 2.19g | 7.73g | 2.74g |
| CORE ESTATE - FINGER BUFFET 2023 - CUMBERLAND SAUSAGE & CHORIZO SKEWER | | 693.17kcal | 2,884.72kJ | 60.02g | 20.17g | 6.67g | 5.10g | 0.73g | 30.99g | 4.43g |
| CORE ESTATE - FINGER BUFFET 2023 - FISH GOUJONS | | 329.41kcal | 1,378.06kJ | 25.09g | 2.53g | 20.91g | 1.84g | 0.06g | 6.15g | 1.09g |
| CORE ESTATE - FINGER BUFFET 2023 - HAM HOCK TERRINE | | 8.40kcal | 36.00kJ | 0.05g | 0.01g | 1.76g | 1.48g | 0.00g | 0.10g | 0.19g |

| Reporting category 2 | Allergens | Energy (kcal) | Energy (kJ) | Fat | Saturates | Carbohydrate | Sugars | Fibre | Protein | Salt |
|---|---|---------------|-------------|---------|-----------|--------------|---------|-------|---------|-------|
| CORE ESTATE - BUFFET - ADD DESSERT - CHOCOLATE BROWNIE BITES |  | 4,750.08kcal | 19,940.69kJ | 239.79g | 104.28g | 611.85g | 391.44g | 0.00g | 66.04g | 6.77g |
| CORE ESTATE - BUFFET - ADD DESSERT - BAKED VANILLA CHEESECAKE BITES |  | 238.51kcal | 991.03kJ | 16.83g | 9.71g | 18.13g | 12.83g | 1.04g | 4.14g | 0.44g |
| CORE ESTATE - BUFFET - ADD DESSERT - CHOCOLATE CHIP COOKIES |  | 168.83kcal | 707.16kJ | 8.76g | 3.43g | 19.88g | 8.87g | 0.00g | 3.08g | 0.29g |