MAO
HEALTHY GOODNESS @HOME

Allergen Information

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✓ = **Contains allergens**

✓ = **Might Contains allergens**

Allergen	Icon
Molluscs	M
Mustard	MU
Nuts**	N
Peanuts	P
Sesame Seeds	SE
Soya	S
SO2 / Sulphites >10ppm	SU

Allergen	Icon
Celery	C
Cereals (containing gluten)*	G
Crustaceans	CR
Eggs	E
Fish	F
Lupin	L
Milk	ML

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** **The nuts column indicated by the icon N** indicates the presence of the following: almonds, Brazil nuts, cashew nuts, hazelnuts, macadamia nuts, pecan nuts, pistachio nuts, walnuts & their respective derivatives.

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Food Allergen Information
Core Items

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
APPETISERS														
Veg Spring Rolls	✓ (Wheat)			✓	✓								✓	
Duck Spring Rolls	✓ (Wheat)			✓							✓	✓	✓	
Spring Roll Box	✓ (Wheat)			✓	✓						✓	✓	✓	
Chicken Satay			✓			✓	✓				✓			
Tom Kha Gai Chicken			✓				✓	✓		✓	✓	✓		✓
Tom Kha Gai Prawns			✓			✓	✓	✓		✓	✓	✓		✓
Tom Kha Gai Tofu & Veg	✓ (Wheat)		✓					✓		✓	✓	✓		✓
Tom Yum Chicken			✓				✓	✓		✓	✓	✓		✓
Tom Yum Prawns			✓			✓	✓	✓		✓	✓	✓		✓
Tom Yum Tofu & Veg	✓ (Wheat)		✓					✓		✓	✓	✓		✓
MADE TO SHARE														
Ho Chi's Ribs	✓ (Wheat)			✓	✓					✓	✓		✓	
Sharing Dish	✓ (Wheat)		✓	✓	✓	✓	✓			✓	✓	✓	✓	
Ho Chi's Wings	✓ (Wheat)			✓						✓	✓		✓	
BBQ Wings	✓ (Wheat)			✓						✓	✓		✓	
Mao Special Spice Wings	✓ (Wheat)			✓						✓	✓		✓	
Sriracha Wings	✓ (Wheat)			✓						✓	✓		✓	
Ho Chi's Pot	✓ (Wheat)			✓	✓					✓	✓		✓	
Singapore Roast Duck	✓ (Wheat)										✓	✓		

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
CURRIES														
Bang Bang Chicken	✓ (Wheat)		✓			✓	✓		✓		✓			
Thai Green Curry Chicken, Beef, Duck, Prawns	✓ (Wheat)					✓	✓		✓					
Thai Green Curry Tofu	✓ (Wheat)					✓	✓		✓		✓			
Satay Curry Chicken	✓ (Wheat)		✓	✓	✓					✓	✓			
Satay Curry Beef	✓ (Wheat)		✓		✓					✓	✓			
Massaman Curry	✓ (Wheat)		✓			✓	✓		✓		✓			
Massaman Curry Tofu	✓ (Wheat)		✓			✓	✓		✓		✓			
Malaysian Chicken	✓ (Wheat)								✓				✓	
Thai Yellow Curry Chicken, Beef, Duck	✓ (Wheat)								✓					
Thai Yellow Curry Prawns	✓ (Wheat)					✓			✓					
Thai Yellow Curry Tofu	✓ (Wheat)										✓			
WOK														
Black Bean Chicken/Beef	✓ (Wheat)								✓		✓			
Sweet & Sour Chicken	✓ (Wheat)			✓	✓					✓				
Sweet & Sour Prawns					✓	✓				✓				
Sweet & Sour Tofu	✓ (Wheat)				✓					✓	✓			
Hong Kong Chicken	✓ (Wheat)			✓	✓				✓					
Five Spice Chicken	✓ (Wheat)			✓	✓				✓					

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
WOK														
Chilli Lime Beef	✓ (Wheat)								✓	✓				
Honey Sesame Chicken	✓ (Wheat)			✓	✓				✓	✓		✓		
Thai Chicken Cashew	✓ (Wheat)	✓ (Cashew)			✓					✓	✓			
Black Pepper Beef	✓ (Wheat)				✓		✓		✓	✓	✓			
Szechuan Chicken	✓ (Wheat)			✓	✓				✓	✓	✓	✓		
Singapore Noodles	✓ (Wheat)			✓	✓	✓	✓		✓	✓	✓	✓		
Pad Thai	✓ (Wheat)		✓	✓		✓	✓							
Thai Aromatic Salad	✓ (Wheat)	✓ (Cashew)	✓	✓						✓			✓	
MAO SPECIALS														
Malaysian Chicken Char Kway Teow	✓ (Wheat)				✓		✓		✓	✓	✓		✓	
Mao Special Fried Rice Crispy Chicken	✓ (Wheat)			✓	✓	✓			✓		✓		✓	
Mao Special Fried Rice Chicken & Prawn	✓ (Wheat)			✓	✓	✓			✓		✓		✓	
Chicken Chow Mein	✓ (Wheat)		✓							✓	✓	✓		
Mao Spice Box	✓ (Wheat)			✓	✓									

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
SIDES														
Roasted Savoury Nuts		✓ (Cashew)	✓										✓	
Steamed Edamame Pods	✓ (Wheat)										✓			
Naan Bread	✓ (Wheat)												✓	
Chips	✓ (Wheat)												✓	
Shrimp Crackers	✓ (Wheat)					✓								
Wok-Fried Greens	✓ (Wheat)										✓			
Steamed Noodles	✓ (Wheat)										✓	✓		
Jasmine Rice														
Brown Rice														
Egg Fried Rice				✓	✓									
Steamed Broccoli														
Potato Wedges	✓ (Wheat)													
Pickled Cucumber										✓				
Pickled Ginger										✓				
FRIED RICE														
Nasi Goreng	✓ (Wheat)		✓	✓		✓	✓				✓			
Vegetable Nasi Goreng	✓ (Wheat)			✓		✓	✓				✓			
Sweet Chilli Chicken Fried Rice	✓ (Wheat)	✓ (Cashew)		✓	✓						✓			

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
KIDS CORNER														
Chicken Egg Fried Rice				✓	✓									
Sweet Chilli Chicken Fried Rice	✓ (Wheat)			✓	✓						✓			
Chicken Skewers			✓								✓			
Chicken Noodles	✓ (Wheat)										✓	✓		
Mild Chicken Curry	✓ (Wheat)								✓				✓	
MACRO MEALS														
Super Sambal Chicken Bowl	✓ (Wheat)									✓	✓	✓		
Macro Nasi Goreng	✓ (Wheat)		✓	✓		✓	✓				✓			
Protein Boost Beef Bowl	✓ (Wheat)									✓	✓	✓		
Macro Singapore Noodles	✓ (Wheat)			✓	✓	✓	✓		✓	✓	✓	✓		
Macro Satay Chicken Curry	✓ (Wheat)		✓		✓					✓	✓		✓	
Vegan Power Bowl	✓ (Wheat)	✓ (Cashew)	✓							✓	✓	✓		
DESSERTS														
B&J Cookie Dough	✓ (Wheat)			✓							✓		✓	
B&J Caramel Chew Chew				✓							✓		✓	
B&J Chocolate Fudge Brownie	✓ (Wheat)			✓									✓	

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
BEERS														
Peroni	✓ (Barley)													
Tiger Beer	✓ (Wheat, Barley)													
Hop House 13	✓ (Rye, Wheat, Barley, Oats)													
Mac Ivors Dry Cider										✓				
TA WINES														
Merlot										✓				
Rioja										✓				
Sauvignon Blanc										✓				
Pinot Grigio										✓				
Valpolicella										✓				

DANTE'S PIZZA

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Allergen	Icon
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Cereals (containing gluten)*	G
Crustaceans	CR
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DANTE'S PIZZA

Food Allergen Information
Core Items

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
STARTERS														
Knotted Doughballs	✓ (Wheat)												✓	
Loaded Doughballs (all four flavours)	✓ (Wheat)												✓	
Mozzarella Dippers	✓ (Wheat)												✓	
Popcorn Chicken	✓ (Wheat)				✓			✓			✓		✓	
Garlic Bread	✓ (Wheat)												✓	
Garlic Bread with Cheese	✓ (Wheat)												✓	
Signature Chicken Wings	✓ (Wheat)									✓			✓	
Chicken Fingers	✓ (Wheat, Barley)		✓	✓	✓								✓	

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
BLACKBOARD PIZZAS														
Margherita	✓ (Wheat)												✓	
Meatza	✓ (Wheat)												✓	
Vegetable Supreme	✓ (Wheat)	✓ (Cashew, Walnut)											✓	
Little Italy	✓ (Wheat)	✓ (Cashew, Walnut)											✓	
Americano	✓ (Wheat)												✓	
Fiesta Supremo	✓ (Wheat)												✓	
Portobello Mushroom	✓ (Wheat)												✓	
Tropical	✓ (Wheat)												✓	
Dante's Inferno	✓ (Wheat)												✓	
Dante's Cheese Feast	✓ (Wheat)												✓	
Italian BBQ	✓ (Wheat)												✓	
Dante's Pollo	✓ (Wheat)												✓	
Mediterranean Veggie Pizza	✓ (Wheat)									✓			✓	
Cajun Chicken	✓ (Wheat)												✓	
Verde Pizza	✓ (Wheat)	✓ (Cashew, Walnut)								✓			✓	

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
TOPPINGS														
Fresh Jalapeño														
Pineapple														
Mushrooms														
Black Olives														
Red Onion														
Mixed Peppers														
Sweetcorn														
Rocket														
Cherry Tomatoes														
'Nduja Sausage														
Ham														
Pepperoni														
Roast Chicken														
Cajun Chicken														
Smoked Bacon														
Monterey Jack													✓	
Cheddar													✓	
Grana Padano Shavings													✓	
Chorizo													✓	
Goats Cheese													✓	
Sundried Tomatoes										✓				

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
DIPS														
BBQ Sauce														
Garlic Mayo				✓										
Basil Pesto		✓ (Walnuts, Cashews)											✓	
Garlic Butter													✓	
Signature Hot Sauce										✓			✓	
DESSERTS														
Ben & Jerry's Chocolate Fudge Brownie	✓ (Wheat)			✓									✓	
Ben & Jerry's Caramel Chew Chew				✓							✓		✓	
Ben & Jerry's Cookie Dough	✓ (Wheat)			✓							✓		✓	
Triple Chocolate Cookie	✓ (Wheat)			✓							✓		✓	
Nutella Sauce		✓ (Hazelnut)									✓		✓	
Biscoff Sauce	✓ (Wheat)										✓		✓	

DANTE'S PIZZA

Additional Allergen Information

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
KIDS														
Kids Margherita	✓ (Wheat)												✓	
Kids Tropical	✓ (Wheat)												✓	
Kids Americano	✓ (Wheat)												✓	
Kids Popcorn Chicken	✓ (Wheat)				✓			✓			✓		✓	
DESSERTS														
Biscoff Sundae	✓ (Wheat)										✓		✓	
Dante's Brownie	✓ (Wheat)			✓							✓		✓	
Ice Cream – Chocolate				✓							✓		✓	
Ice Cream – Vanilla				✓									✓	
Ice Cream – Strawberry				✓									✓	
Affogato				✓									✓	

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
WINES WHITE														
Montgravet										✓				
Terra Forte										✓				
Bellingham Citrus Grove										✓				
Stoneleigh										✓				
Serenello Prosecco Doc Frizzante										✓				
Prosecco										✓				
WINES RED														
Blackrock										✓				
Montgravet										✓				
Mendoza Broquel										✓				
Andean Vineyards										✓				
COCKTAILS														
Long Island Iced Tea														
Mango Passion Caipiroska														
Aperol Spritz														
Cosmaopolitan										✓				
Maojito Havana														

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
SPIRITS & LIQUERS														
Bacardi														
Absolut Vodka														
Bombay Sapphire														
Gun Powder Gin														
Jack Daniels® Honey														
Jameson														
Courvoisier														
Amaretto		✓ (Almonds)												
Tia Maria														
Baileys													✓	
Aperol														
COOL BEERS														
Heineken	✓ (Barley)													
Coors Light	✓ (Wheat, Barley)													
Corona	✓ (Barley)													
Peroni	✓ (Barley)													
Bulmers										✓				
Tiger Beer	✓ (Wheat, Barley)													
Erdinger	✓ (Wheat, Barley)													
Hop House	✓ (Rye, Wheat, Barley, Oats)													

Allergen	G	N	P	E	C	CR	F	MU	M	SU	S	SE	ML	L
SOFT DRINKS														
Coke														
Diet Coke														
Coke Zero														
Sprite														
Fanta Orange														
Ballygowan														
Juice Mixer														
Tonic Mixer														
Slimline Tonic														
COFFEE/TEA														
Americano														
Caffé Latte											✓		✓	
Cappuccino											✓		✓	
Flat White											✓		✓	
Espresso														
Double Espresso														
Tea														