



# allergen and nutritional information

June 2022

# Menu FIR Intolerance Report

## Lightyear - Selfridges Exclusive

Dish Name

<b>Cereals containing Gluten :</b>		<b>Tree Nuts :</b>																							
Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

### Nachos

Hoisin Mock Duck Nachos	✓	✓			✓					✓																
Spicy Chicken Nachos	✓	✓							✓	✓												✓	✓	✓	✓	
Spicy Salmon Nachos	✓	✓					✓		✓	M													✓	✓		
Spicy Tuna Nachos	✓	✓					✓		✓	M													✓	✓		

## Nutritional Information Recipe List (values per typical serving)

<b>Recipe Name</b>	<b>Energy (kcal)</b>	<b>Energy (KJ)</b>	<b>Fat (g)</b>	<b>saturates (g)</b>	<b>mono (g)</b>	<b>poly (g)</b>	<b>Carb (g)</b>	<b>Starch (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Fibre (g)</b>	<b>Sodium (mg)</b>
Hoisin Mock Duck Nachos	151.0	637.9	6.4	1.0	3.3	0.9	17.9	0.3	10.8	5.3	1.4	221.7
Spicy Chicken Nachos	197.3	817.4	14.4	1.7	3.4	1.0	10.5	0.0	4.6	6.1	1.3	293.2
Spicy Salmon Nachos	205.5	853.8	17.2	2.0	4.5	1.6	8.1	0.0	2.7	4.9	1.3	373.8
Spicy Tuna Nachos	185.0	764.7	14.5	1.6	3.4	1.0	8.4	-	3.1	5.7	1.3	421.7