

ALLERGENS TABLE

CORE ESTATE - HOT BUFFET 2023

Reporting category 1	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
CORE ESTATE - HOT BUFFET FUNCTION - CALABRESE AL FORNO PASTA		803.19kcal	3,350.87kJ	48.86g	12.36g	57.30g	11.28g	7.14g	31.50g	5.13g
CORE ESTATE - HOT BUFFET FUNCTION - CALABRESE AL FORNO PASTA - GLUTEN FREE OPTION		761.36kcal	3,186.15kJ	39.74g	11.36g	65.16g	10.46g	6.03g	34.32g	3.81g
CORE ESTATE - HOT BUFFET MENU - NO-BEEF MEATBALL AL FORNO		641.94kcal	2,686.70kJ	28.70g	5.66g	62.43g	12.80g	7.40g	31.65g	3.80g
CORE ESTATE - HOT BUFFET MENU - NO-BEEF MEATBALL AL FORNO - GLUTEN FREE		600.12kcal	2,521.98kJ	19.58g	4.65g	70.29g	11.98g	6.29g	34.47g	2.48g
CORE ESTATE - HOT BUFFET FUNCTION - COURGETTE & RED PEPPER LASAGNE		703.59kcal	2,947.96kJ	33.51g	3.95g	84.68g	17.33g	9.24g	16.73g	4.83g
CORE ESTATE - HOT BUFFET - LEMON & THYME ROASTED CHICKEN		189.92kcal	794.93kJ	7.29g	1.17g	7.14g	4.54g	1.60g	24.16g	1.16g
CORE ESTATE - HOT BUFFET - BEEF BOURGUIGNON		1,496.88kcal	6,209.01kJ	122.96g	55.87g	42.48g	18.03g	5.46g	53.00g	16.18g

SIDE SELECTION	Allergens	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt
CORE ESTATE - BUFFET 2023 - HOUSE SALAD		76.02kcal	313.68kJ	7.65g	0.74g	0.64g	0.55g	0.59g	1.16g	0.49g
CORE ESTATE - BUFFET 2023 - GARLIC ROASTED NEW POTATOES		103.38kcal	434.94kJ	4.30g	0.66g	15.35g	1.23g	1.90g	1.78g	0.41g
CORE ESTATE - BUFFET 2023 - CHUNKY CHIPS		139.83kcal	584.87kJ	3.04g	0.40g	24.32g	0.61g	2.43g	2.68g	0.70g

DESSERT ADD ONS	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