

**Key & Interpreting Data**

We prepare our food in kitchens with products CONTAINING gluten and nuts. Allergy data detailed in the table below has been derived from specifications obtained from the suppliers of our products. Please inform staff of any food allergies prior to placing your order, even if you have eaten the dish previously, so that every precaution can be taken in the kitchen to prevent cross-contamination although this CANNOT be guaranteed. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen because of the risk of unexpected cross-contamination.

<b>YES</b>	YES in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian/Lactose intolerants.
<b>NO</b>	NO in the column indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/Vegetarian/Lactose intolerants.
<b>FREE FROM</b>	Means that the allergen is NOT part of the product as it is delivered by the supplier.
<b>CONTAINS</b>	Indicates that the product CONTAINS that allergen.
<b>MAY CONTAIN</b>	Means that this allergen is present in the manufacturing site/factory and our suppliers believe there is a risk that this allergen could cross-contaminate food.
<b>UNKNOWN</b>	Is where ingredient detail for the item is currently unavailable from the supplier and will be added on to the table upon obtaining it.
<b>Modifier Allergen Outcome</b>	Some dishes have multiple options available when ordering. The allergen outcomes for each option is listed below the dish. Please bear this in mind when ordering and add the allergen outcome for each choice to your overall meal.

Sub Menu Name	Category	Name	Contains Product Name	Suitable for Vegan	Suitable for Vegetarian	Suitable for Lactose Intolerant	CONTAINS Gluten	CONTAINS Wheat	CONTAINS Milk	CONTAINS Tree Nuts	CONTAINS Peanuts	CONTAINS Cereals	CONTAINS Celery	CONTAINS Crustacea	CONTAINS Eggs	CONTAINS Fish	CONTAINS Lupin	CONTAINS Mustard	CONTAINS Sesame Seeds	CONTAINS Soybeans	CONTAINS Sulphur	
Hardys House	Starters	Soup of the Day	Parsley Flat Leaf	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
	Starters	Soup of the Day	Butter Cog Portions	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
	Starters	Soup of the Day	Homemade Croutons	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
	Starters	Soup of the Day	Soup - Value Mixed Case	NO	NO	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	CONTAINS	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	MAY CONTAIN	MAY CONTAIN	
	Starters	Soup Spread Brown	Modifier Allergen Outcome	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	CONTAINS	FREE FROM	
	Starters	Soup Spread White	Modifier Allergen Outcome	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	CONTAINS	FREE FROM	
	Starters	<b>Soup of the Day</b>	<b>Total Recipe Allergen Outcome</b>	NO	NO	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	CONTAINS	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	MAY CONTAIN	MAY CONTAIN	CONTAINS	MAY CONTAIN	
	Starters	Prawn Cocktail (+)	Prawns King (Defrosted)	NO	NO	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM
	Starters	Prawn Cocktail (+)	Bulk Sauce Cocktail	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM
	Starters	Prawn Cocktail (+)	Lettuce Iceberg	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM
Starters	Prawn Cocktail (+)	Tomato (Single M)	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Prawn Cocktail (+)	Cucumber	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Prawn Cocktail (+)	Bread Brown Thick Sliced	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	CONTAINS	FREE FROM	FREE FROM	
Starters	Prawn Cocktail (+)	Butter Cog Portions	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Prawn Cocktail (+)	Lemons Small	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Prawn Cocktail (+)	Parsley Flat Leaf	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	<b>Prawn Cocktail (+)</b>	<b>Total Recipe Allergen Outcome</b>	NO	NO	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	CONTAINS	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Homemade Potato Wedges	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Garlic Ciabatta	YES	YES	YES	CONTAINS	CONTAINS	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Mayonaisse Light Heinz	NO	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Garlic Breaded Mushrooms	NO	YES	YES	CONTAINS	CONTAINS	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Tortilla Chips Salted	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Salsa	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	MAY CONTAIN	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Reformed Onion Rings	YES	YES	YES	CONTAINS	CONTAINS	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Salad Seasonal Mix	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Sauce BBQ Hols	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Parsley Flat Leaf	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Combo Platter for 2	Southern Fried Chicken Goujons	NO	NO	YES	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	<b>Combo Platter for 2</b>	<b>Total Recipe Allergen Outcome</b>	NO	NO	YES	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	CONTAINS	FREE FROM	CONTAINS	FREE FROM	MAY CONTAIN	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Chicken Liver Pate	Parsley Flat Leaf	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Chicken Liver Pate	Chutney Caramelised Red Onion	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	
Starters	Chicken Liver Pate	Butter Cog Portions	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Chicken Liver Pate	Bread - White Thick Sliced	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	CONTAINS	FREE FROM	FREE FROM	
Starters	Chicken Liver Pate	Pate - Pink Chicken Liver	NO	NO	NO	MAY CONTAIN	CONTAINS	MAY CONTAIN	FREE FROM	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	CONTAINS	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	MAY CONTAIN	MAY CONTAIN	FREE FROM	
Starters	Chicken Liver Pate	<b>Total Recipe Allergen Outcome</b>	NO	NO	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	MAY CONTAIN	CONTAINS	MAY CONTAIN	MAY CONTAIN	CONTAINS	MAY CONTAIN	FREE FROM	CONTAINS	MAY CONTAIN	CONTAINS	CONTAINS	CONTAINS	
Starters	Garlic Mushroom Bowl (v)	Garlic Butter	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Garlic Mushroom Bowl (v)	Mushrooms Button	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Garlic Mushroom Bowl (v)	Garlic Ciabatta	YES	YES	YES	CONTAINS	CONTAINS	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Garlic Mushroom Bowl (v)	Parsley Flat Leaf	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	<b>Garlic Mushroom Bowl (v)</b>	<b>Total Recipe Allergen Outcome</b>	NO	NO	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos with Chili	Chili Con Carne	NO	NO	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos with Chili	Tortilla Chips Salted	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos with Chili	Cheese Grated Cheddar	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos with Chili	Sour Cream	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos with Chili	Salsa	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos with Chili	Guacamole Western	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos with Chili	Jalapenos Sliced Green	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	<b>Nachos with Chili</b>	<b>Total Recipe Allergen Outcome</b>	NO	NO	NO	FREE FROM	FREE FROM	CONTAINS	MAY CONTAIN	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	FREE FROM	FREE FROM	
Starters	Tomato and Oregano Nacho Cheese Bites (v)	Tomato & Oregano Nacho Cheese Bites	NO	YES	NO	NO	CONTAINS	CONTAINS	CONTAINS	MAY CONTAIN	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Tomato and Oregano Nacho Cheese Bites (v)	Salad Seasonal Mix	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Tomato and Oregano Nacho Cheese Bites (v)	Salad Seasonal Mix	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Tomato and Oregano Nacho Cheese Bites (v)	Parsley Flat Leaf	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Tomato and Oregano Nacho Cheese Bites (v)	Tom, Cuc & Onion Salad	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	<b>Tomato and Oregano Nacho Cheese Bites (v)</b>	<b>Total Recipe Allergen Outcome</b>	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	MAY CONTAIN	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	
Starters	Nachos (v)	Tortilla Chips Salted	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos (v)	Cheese Grated Cheddar	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos (v)	Sour Cream	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos (v)	Salsa	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	MAY CONTAIN	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos (v)	Guacamole Western	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Nachos (v)	Jalapenos Sliced Green	YES	YES	YES	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	<b>Nachos (v)</b>	<b>Total Recipe Allergen Outcome</b>	NO	YES	NO	CONTAINS	CONTAINS	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	FREE FROM	
Starters	Salmon Cajun Fishcake	Salmon Cajun Fishcake	NO	YES	NO	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM	CONTAINS	FREE FROM	FREE FROM									













