

	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 1 di 11

Allergens book available to the customers.

This document was prepared pursuant to Legislative Decree 8 February 2006, n. 114 and EU Regulation 1169/11 execution of the directives 2003/89/CE, 2004/77/CE and 2005/63/CE regarding the indication of the ingredients contained in food products.

For each preparation, the ingredients are shown in descending order and the allergens are highlighted in red.

The preparation of our meals take place in room where there may be involuntary cross contamination with the following allergens, so you could find traces in every products:
fish and products thereof, molluscs and products thereof, crustaceans and products thereof, cereal containg gluten, eggs and products thereof, soybeans and products thereof, milk and products thereof, sulphur dioxide and sulphites, nuts and products thereof, celery and products thereof, lupin and products thereof, peanuts and products thereof, mustard and products thereof, sesame seeds and products thereof.

“Our staff is available to assist any customers who request more information regarding the nature of the raw ingredients used and how we prepare our meals”.

“If you have any food intolerance/allergies and need to consume our meal allergenless, please inform our staff”.

Elaborato Dr. R. Ravarotto Consulente F2G Food Lab S.r.l.	Controllato Resp. locale F2G Food Lab S.r.l.	Approvato OSA F2G Food Lab S.r.l.
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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 2 di 11

PRET A POKE'

SALMON POKE'	SPICY TUNA POKE'	TOFU POKE'
<ol style="list-style-type: none"> 1. RICE 2. AVOCADO 3. EDAMAME (*7) ** 4. RED CABBAGE 5. BROCCOLI 6. MARINATED RAW SALMON (*5) 7. LEMON JUICE (*13) 8. SALT 9. PEPPER 10. WHITE WINE VINEGAR (*13) 11. OLIVE OIL 12. SOY SAUCE (*7 – 9) 13. TAHINI (*6) 14. BLACK SESAMI SEEDS (*6) 	<ol style="list-style-type: none"> 1. FARRO (*9) 2. TOMATOES 3. CUCUMBERS 4. CORIANDER 5. EDAMAME (*7) ** 6. RED CABBAGE 7. JALAPEÑO (*13) 8. MARINATED RAW TUNA (*5) 9. BLACK SESAMI SEEDS (*6) 10. OLIVE OIL 11. SALT 12. PEPPER 13. CHILLI POWDER 14. LEMON JUICE (*13) 15. WHITE WINE VINEGAR(*13) 16. SOY SAUCE (*7 – 9) 17. TAHINI (*6) 	<ol style="list-style-type: none"> 1. RICE 2. AVOCADO 3. CORN 4. BROCCOLI 5. RED CABBAGE 6. MARINATED TOFU (*1 – 2 – 6 – 7 – 9 – 10 – 11 – 12) 7. OLIVE OIL 8. WHITE WINE VINEGAR (*13) 9. LEMON JUICE (*13) 10. SALT 11. PEPPER 12. SALTY PEANUTS (*1 – 2) 13. BLACK SESAMI SEEDS (*6)

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 3 di 11

CHICKEN POKE'	BEEF POKE'
<ol style="list-style-type: none"> 1. RICE 2. AVOCADO 3. RED CABBAGE 4. TOMATOES 5. ZUCCHINEI 6. COOKED CHICKEN ** 7. SALT 8. OLIVE OIL 9. SOY SAUCE (*7 – 9) 10. MAYONNAISE (*14) 11. BLACK SESAMI SEEDS (*6) 12. WHITE WINE VINEGAR (*13) 13. LEMON JUICE (*13) 	<ol style="list-style-type: none"> 1. RICE 2. RED CABBAGE 3. CUCUMBERS 4. CORN 5. AVOCADO 6. JALAPEÑO (*13) 7. MARINATED RAW BEEF 8. MUSTARD (*11 – 13) 9. LEMON JUICE (*13) 10. OLIVE OIL 11. WHITE WINE VINEGAR (*13) 12. PEPPER 13. SALT

*LEGEND						
1 PEANUTS AND DERIVATIVES	3 MILK AND DERIVATIVES	5 FISH	7 SOY	9 GLUTEN	11 MUSTARD	13 SULPHUR DIOXIDE AND SULPHITES
2 NUTS	4 MOLLUSCS	6 SESAMI	8 CRUSTACEANS	10 LUPIN	12 CELERY	14 EGGS AND DERIVATIVES
**Origin frozen or frozen raw material						

SAFETY WARNINGS

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 4 di 11

STAY SALAD

TUNA SALAD	BEEF SALAD
<ol style="list-style-type: none"> 1. VALERIANA 2. CANNELLINI BEANS 3. BORLOTTI BEANS 4. CORN 5. CARROTS 6. PEPPERS IN OIL (*13) 7. TUNA IN OIL (*5) 8. WHITE WINE VINEGAR (*13) 9. MUSTARD (*11 – 13) 10. OLIVE OIL 11. SALT 12. PEPPER 	<ol style="list-style-type: none"> 1. VALERIANA 2. AVOCADO 3. TOMATOES 4. OLIVES (*13) 5. FETA (*3) 6. TROPEA ONIONS 7. MARINATED RAW BEEF 8. OLIVE OIL 9. LEMON JUICE (13*) 10. SALT 11. PEPPER 12. APPLE PUREE (*13) 13. MUSTARD (*11 – 13)

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 5 di 11

SALMON SALAD	TOFU SALAD	CHICKEN SALAD
1. LETTUCE 2. VALERIANA 3. BROCCOLI 4. BASIL 5. SMOKED SALMON (*5) 6. PEPPERS IN OIL (*13) 7. FETA (*3) 8. OLIVE OIL 9. GARLIC 10. SALT 11. SALTY PEANUTS (*1 – 2)	1. LETTUCE 2. BROCCOLI 3. TOMATOES 4. OLIVES (*13) 5. MUSHROOMS (*13) 6. MARINATED TOFU (*1 – 2 – 6 – 7 – 9 – 10 – 11 – 12) 7. OLIVE OIL 8. LEMON JUICE (*13) 9. SALT 10. PEPPER 11. APPLE PUREE (*13) 12. MUSTARD (*11 – 13)	1. VALERIANA 2. ZUCCHINI 3. CARROTS 4. CUCUMBERS 5. MUSHROOMS (*13) 6. COOKED CHICKEN ** 7. OLIVE OIL 8. SALT 9. BALSAMIC GLAZE (*7 – 9) 10. SALTY PEANUTS (*1 – 2) 11. LEMON JUICE (*13)

*LEGEND						
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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 6 di 11

RAINBOWL

BEEF BOWL	TUNA BOWL	TOFU BOWL
<ol style="list-style-type: none"> 1. RICE 2. VALERIANA 3. BORLOTTI BEANS 4. CORN 5. AVOCADO 6. TOMATOES 7. MARINATED RAW BEEF 8. BARBECUE SAUCE (*9 - 11 -13) 9. CHIVES 10. OLIVE OIL 11. LEMON JUICE (*13) 12. SALT 13. PEPPER 	<ol style="list-style-type: none"> 1. VALERIANA 2. FARRO (*9) 3. BROCCOLI 4. TOMATOES 5. OLIVES (*13) 6. TUNA IN OIL (*5) 7. BOILED EGG (*14) 8. CUCUMBERS 9. SALT 10. LEMON JUICE (*13) 11. GREEK YOGHURT (*3) 	<ol style="list-style-type: none"> 1. RICE 2. LETTUCE 3. EDAMAME (*7) ** 4. RED CABBAGE 5. TOMATOES 6. CUCUMBERS 7. CORIANDER 8. LEMON JUICE (*13) 9. OLIVE OIL 10. SALT 11. PEPPER 12. WHITE WINE VINEGAR (*13) 13. MARINATED TOFU (*1 - 2 - 6 - 7 - 9 - 10 - 11 - 12) 13. CASHEW (*1 - 2) 14. GARLIC

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 7 di 11

SALMON BOWL	EGGS BOWL
1. LETTUCE 2. RICE 3. CHICKPEA 4. BROCCOLI 5. AVOCADO 6. POMEGRANATE 7. SMOKED SALMON (*5) 8. OLIVE OIL 9. SALT 10. PEPPER 11. CHILLI POWDER 12. LEMON JUICE (*13)	1. LETTUCE 2. FARRO (*9) 3. EDAMAME (*7) ** 4. TOMATOES 5. CUCUMBERS 6. CORIANDER 7. LEMON JUICE (*13) 8. OLIVE OIL 9. SALT 10. FETA (*3) 11. BOILED EGG (*14) 12. SOY SAUCE (*7 – 9) 13. TAHINI (*6)

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 8 di 11

SINGOLO PRODOTTO

BASES		
FARRO (*9): 1. FARRO (*9) 2. SALT	RICE: 1. RICE 2. SALT	LETTUCE QUINOA (*6 -7 - 9 - 12) VALERIANA

SIDES		
AVOCADO BROCCOLI CANNELLINI BEANS CARROTS PICKLED CABBAGE (*13): 1. RED CABBAGE 2. WHITE WINE VINEGAR (*13) CUCUMBERS CHICKPEAS TROPEA ONIONS EDAMAME (*7) ** BORLOTTI BEANS FETA (*3)	MUSHROOMS (*13) CORN MANGO TOMATOES AND CUCUMERS SALSA (*13): 1. TOMATOES 2. CUCUMBERS 3. OLIVE OIL 4. LEMON JUICE (*13) 5. CORIANDER 6. SALT OLIVES (*13) PEPPERS IN OIL (*13) POMEGRANATE	TOMATOES HUMMUS (*13): 1. CHICKPEA 2. OLIVE OIL 3. GARLIC 4. PEPPER 5. LEMON JUICE (*13) 6. SALT 7. CORIANDER ZUCCHINI GINGER (*13)

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 9 di 11

PROTEINS		
MARINATED RAW BEEF (*13): 1. BEEF 2. OLIVE OIL 3. LEMON JUICE (*13) 4. SALT 5. PEPPER	MARINATED RAW SALMON (*5 – 13): 1. SALMON (*5) 2. OLIVE OIL 3. LEMON JUICE (*13) 4. SALT 5. PEPPER	MARINATED RAW TUNA (*5 – 13): 1. TUNA (*5) 2. OLIVE OIL 3. LEMON JUICE (*13) 4. SALT 5. PEPPER
COOKED CHICKEN (*13) **:: 1. OLIVE OIL 2. LEMON JUICE (*13) 3. SALT	MARINATED TOFU (*1 – 2 – 6 – 7 – 9 – 10 – 11 – 12 – 13): 1. TOFU (*1 – 2 – 6 – 7 – 9 – 10 – 11 – 12) 2. OLIVE OIL 3. LEMON JUICE (*13) 4. SALT 5. PEPPER	TUNA IN OIL (*5) BOILED EGG (*14)
SMOKED SALMON (*5)		

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 10 di 11

SAUCES	
APPLE SAUCE (*11 – 13) 1. APPLE PUREE (*13) 2. MUSTARD (*11 – 13)	YOGHURT SAUCE (*3 – 13): 1. CUCUMBERS 2. SALT 3. LEMON JUICE (*13) 4. YOGHURT (*3)
BALSAMIC GLAZE GREEN PESTO (*1 – 2): 1. SALTY PEANUTS (*1 – 2) 2. GARLIC 3. OLIVE OIL 4. VALERIANA 5. BASIL 6. SALT	SOY MAYO (*6 – 7 – 9 – 14): 1. SOY SAUCE (*7 – 9) 2. MAYONNAISE (*14) 3. BLACK SESAME SEEDS (*6)
BARBECUE SAUCE (*9 – 11 -13) CASHEW SAUCE (*1 – 2): 1. CASHEW (*1 – 2) 2. GARLIC 3. SALT	SPICY LEMON (*13): 1. LEMON SAUCE (*13) 2. OLIVE OIL 3. SALT 4. PEPPER 5. CHILLI POWDER
PEANUTS (*1 – 2): 1. SALTY PEANUTS (*1 – 2) 2. OLIVE OIL	VINAIGRETTE (*11 – 13): 1. WHITE WINE VINEGAR (*13) 2. MUSTARD (*11 – 13) 3. OLIVE OIL 4. SALT 5. PEPPER
SESAMI SAUCE (*6 – 7 – 9): 1. SOY SAUCE (*7 – 9) 2. TAHINI (*6)	

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	MANUALE DI AUTOCONTROLLO All. 11 - Libro unico degli ingredienti	Rev.0
	F2G Food Lab S.r.l.	Aprile 2019
	Via San Senatore 6/3 Milano	Pag. 11 di 11

GARNISH		
SALTY PEANUTS (*1 – 2)	CHIVES	BLACK SESAMI SEEDS (*6)
CORIANDER	JALAPENO (*13)	

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