

# SEAFOOD

Spur Steak Ranches are not a gluten or allergen-free environment, and while the utmost care is taken to minimise contact with allergens when requested, traces of gluten or other allergens may appear in the final dish served. Our meals are produced in kitchens containing allergens including nuts, gluten, wheat, shellfish, lactose and egg. Every effort is made to ensure vegan meals are cooked on separate surfaces, keep in mind that our plant-based meals are prepared in a kitchen that does handle animal products. Please note our fish may contain small bones.

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The allergen and nutritional information provided is accurate and up-to-date to the best of our knowledge. It is based on information provided by our manufacturers and suppliers and Spur Corporation (Pty) Limited will not be held liable for any omission or failure to provide updated or correct information nor negligence on the part of the supplier nor manufacturer.

# HAKE & CHIPS

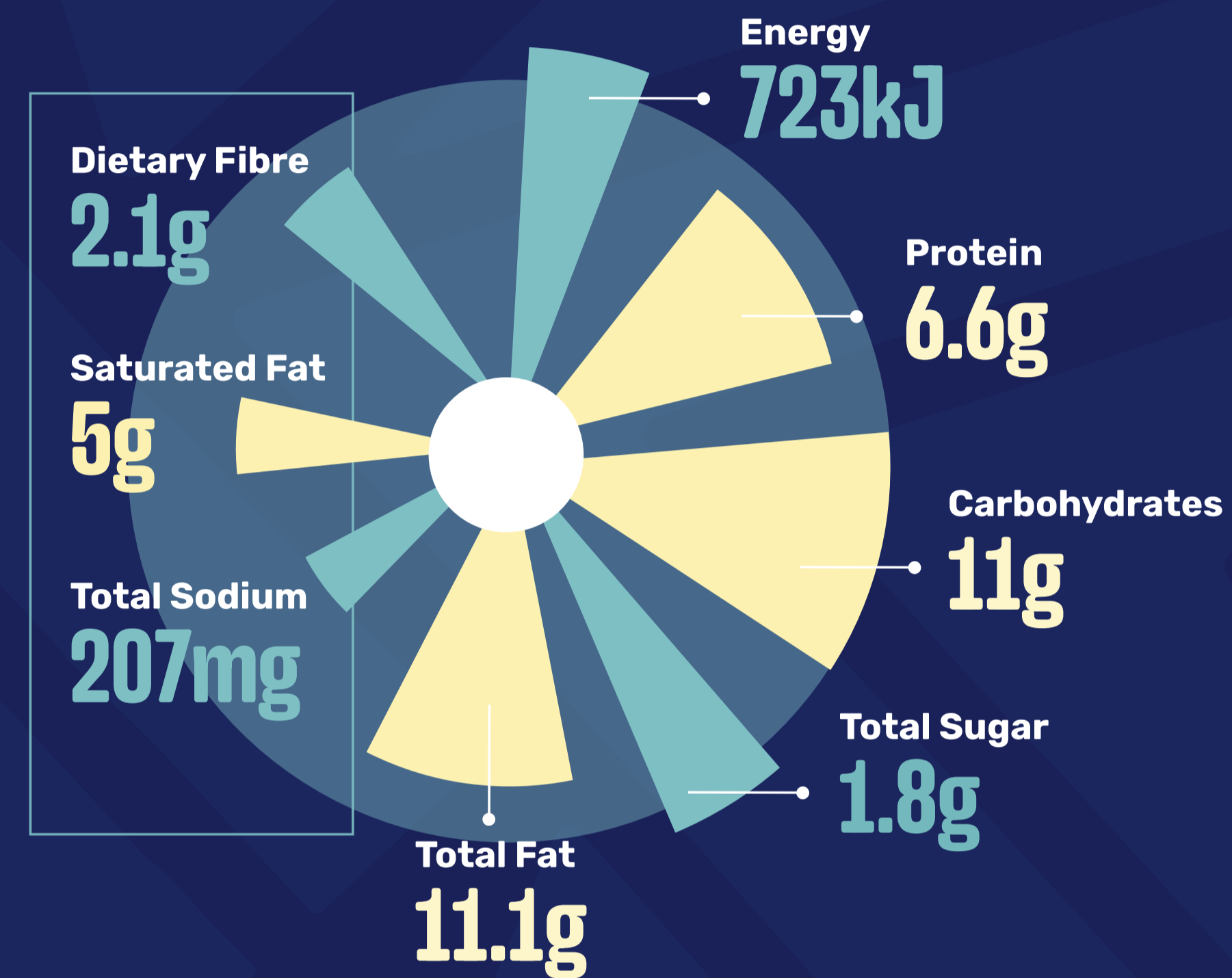
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

## HAKE & CHIPS – HALF

(Chips & Onion Rings)

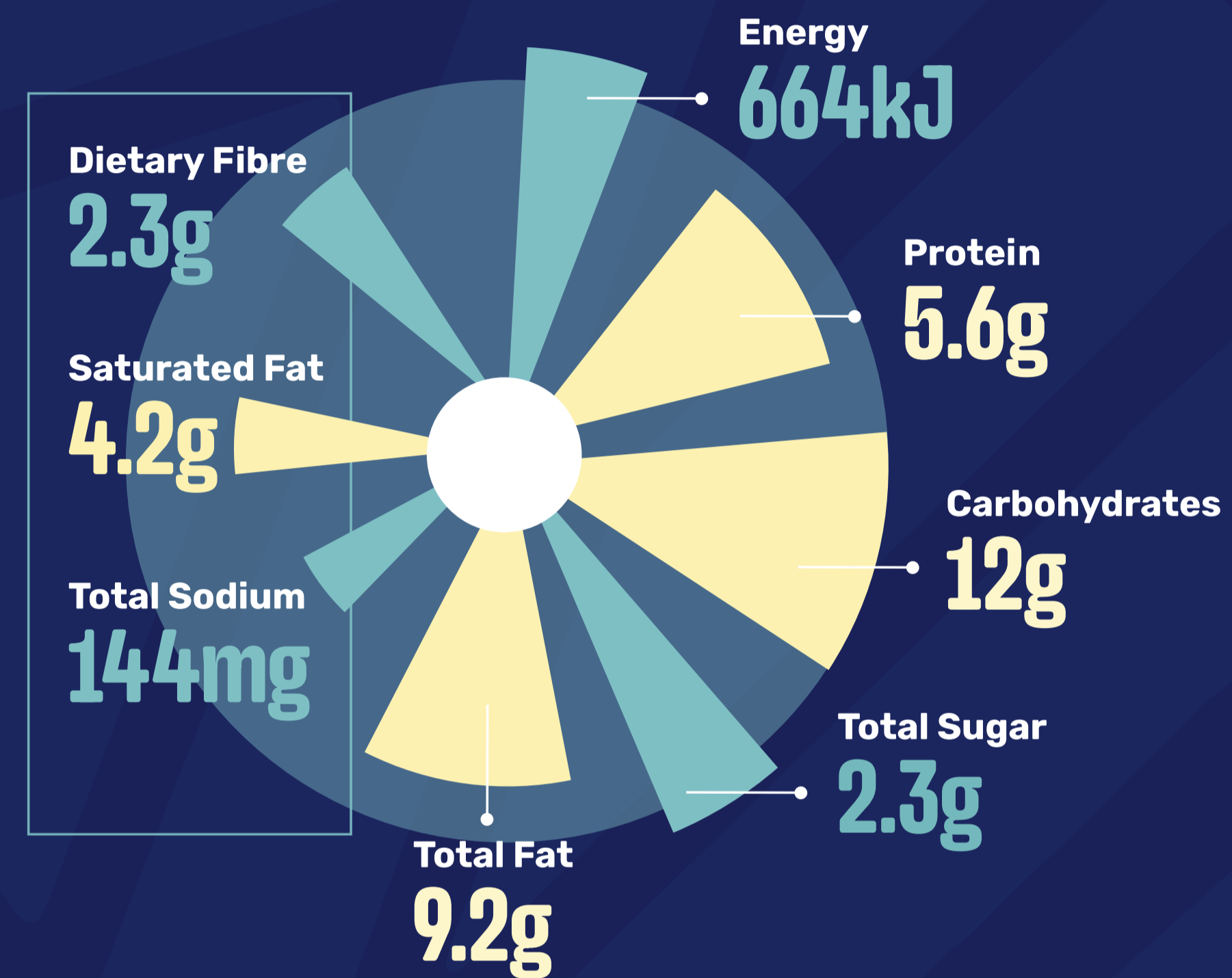
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CHIPS – HALF

(Baked Potato & Onion Rings)

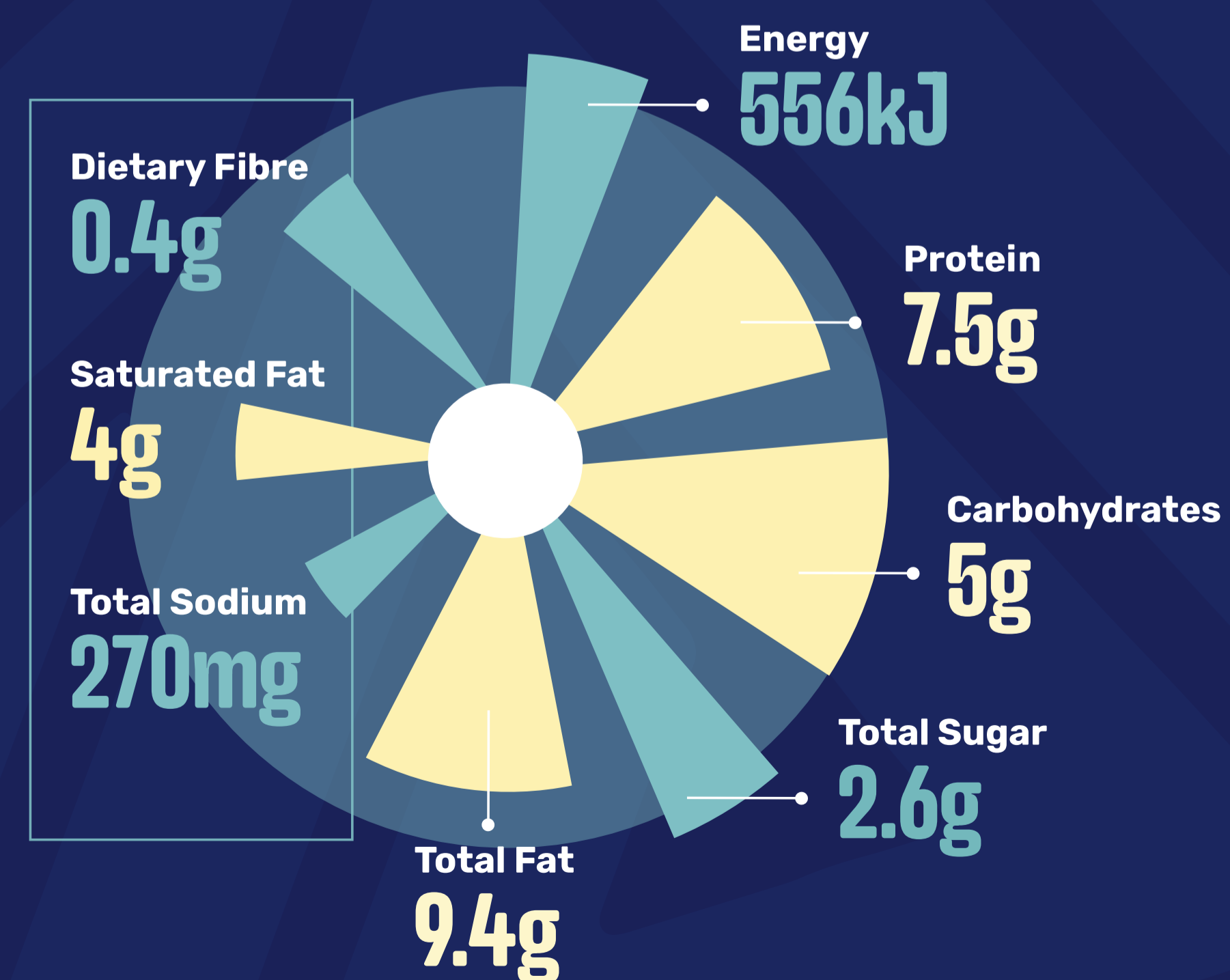
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CHIPS – HALF

(Side Salad)

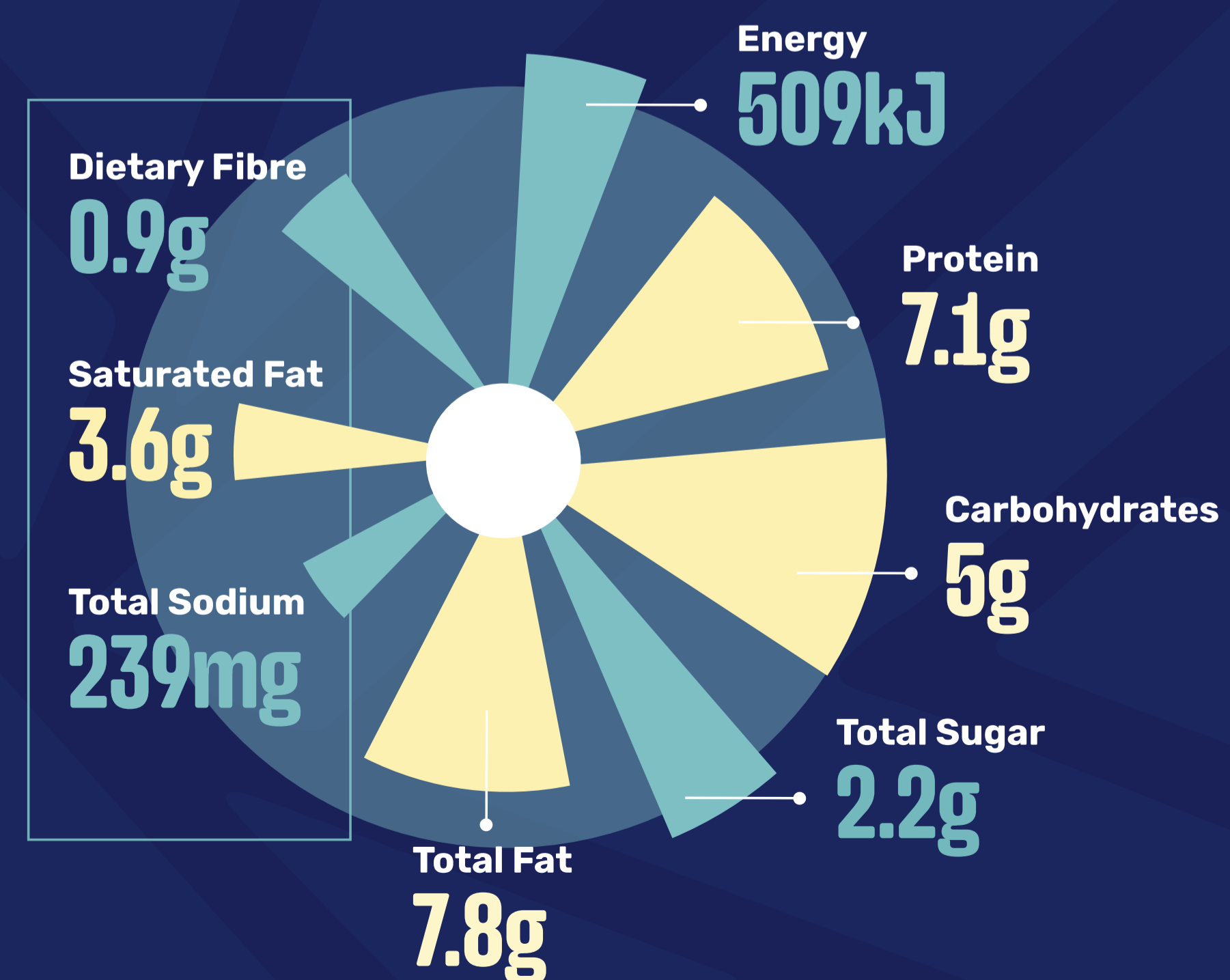
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CHIPS – HALF

(Hot Veg)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish





# HAKE & CHIPS

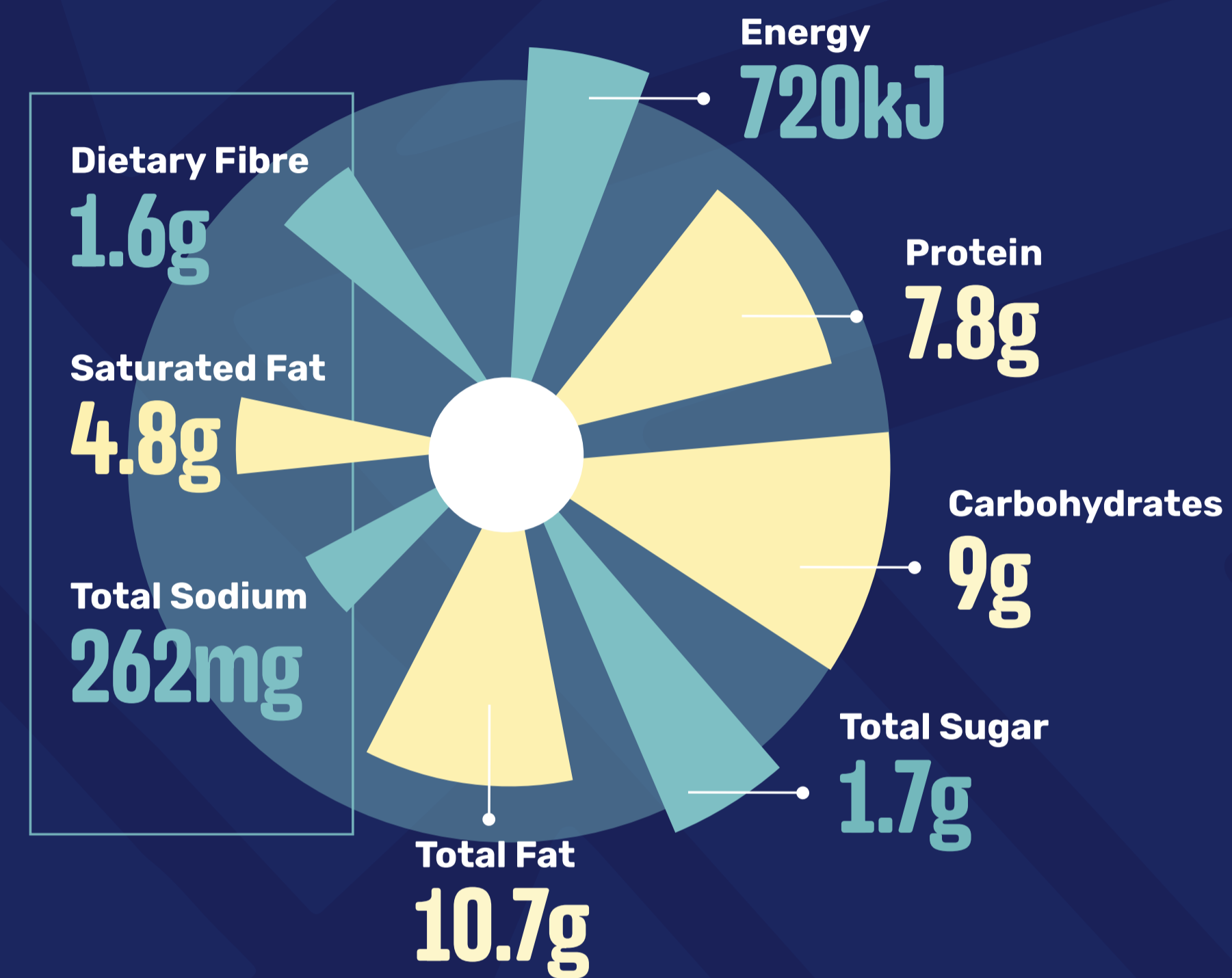
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

## HAKE & CHIPS – FULL

(Chips & Onion Rings)

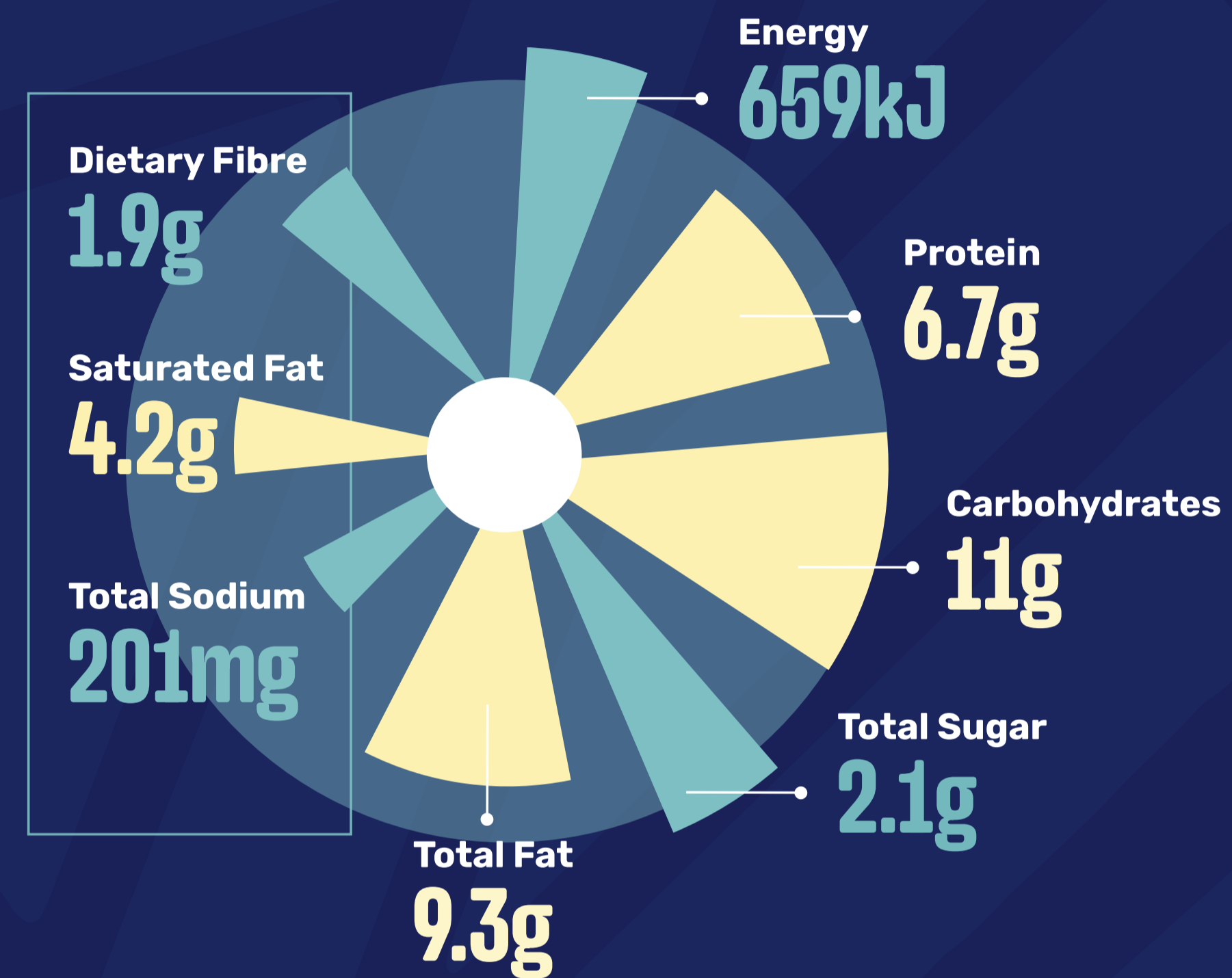
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CHIPS – FULL

(Baked Potato & Onion Rings)

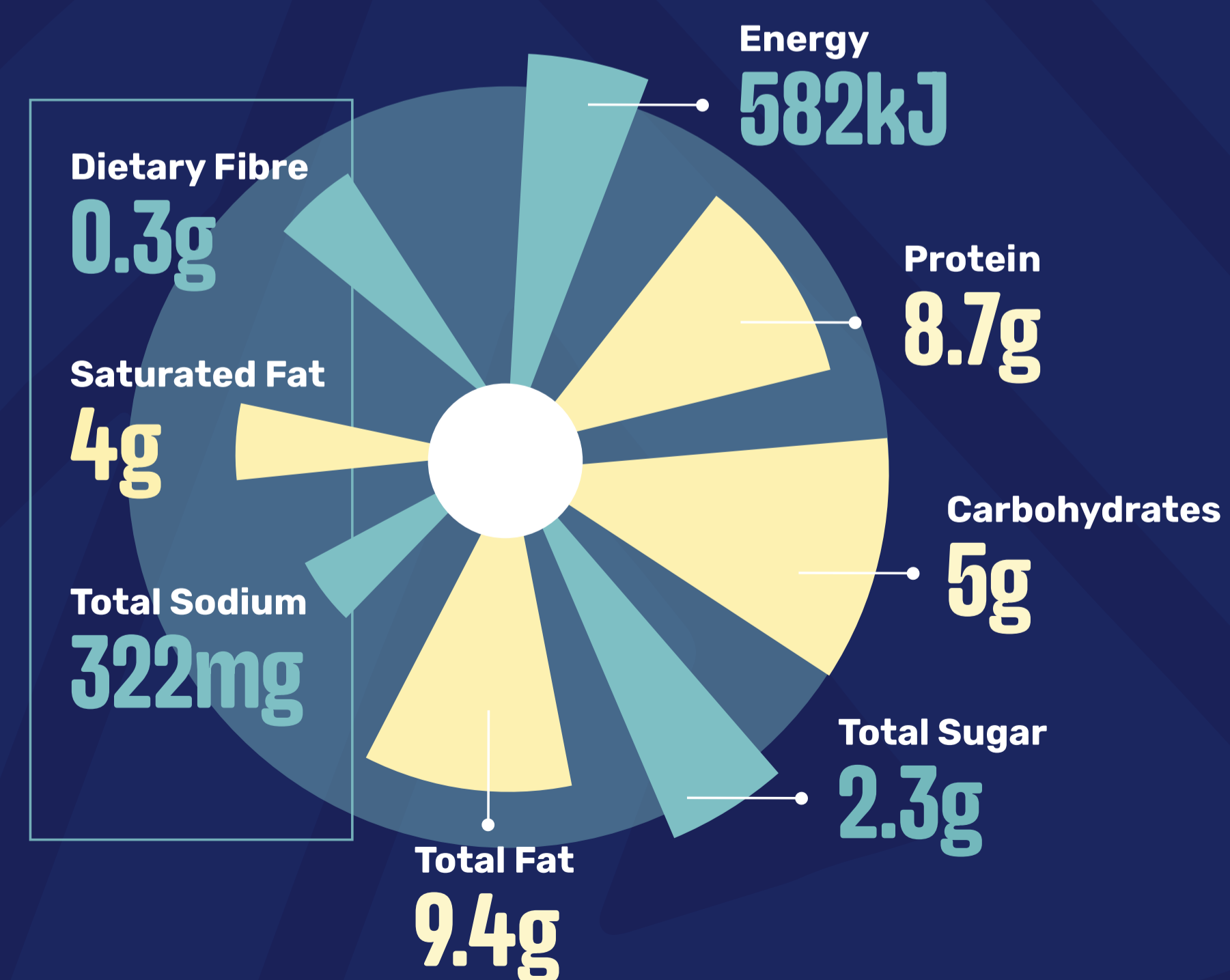
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CHIPS – FULL

(Side Salad)

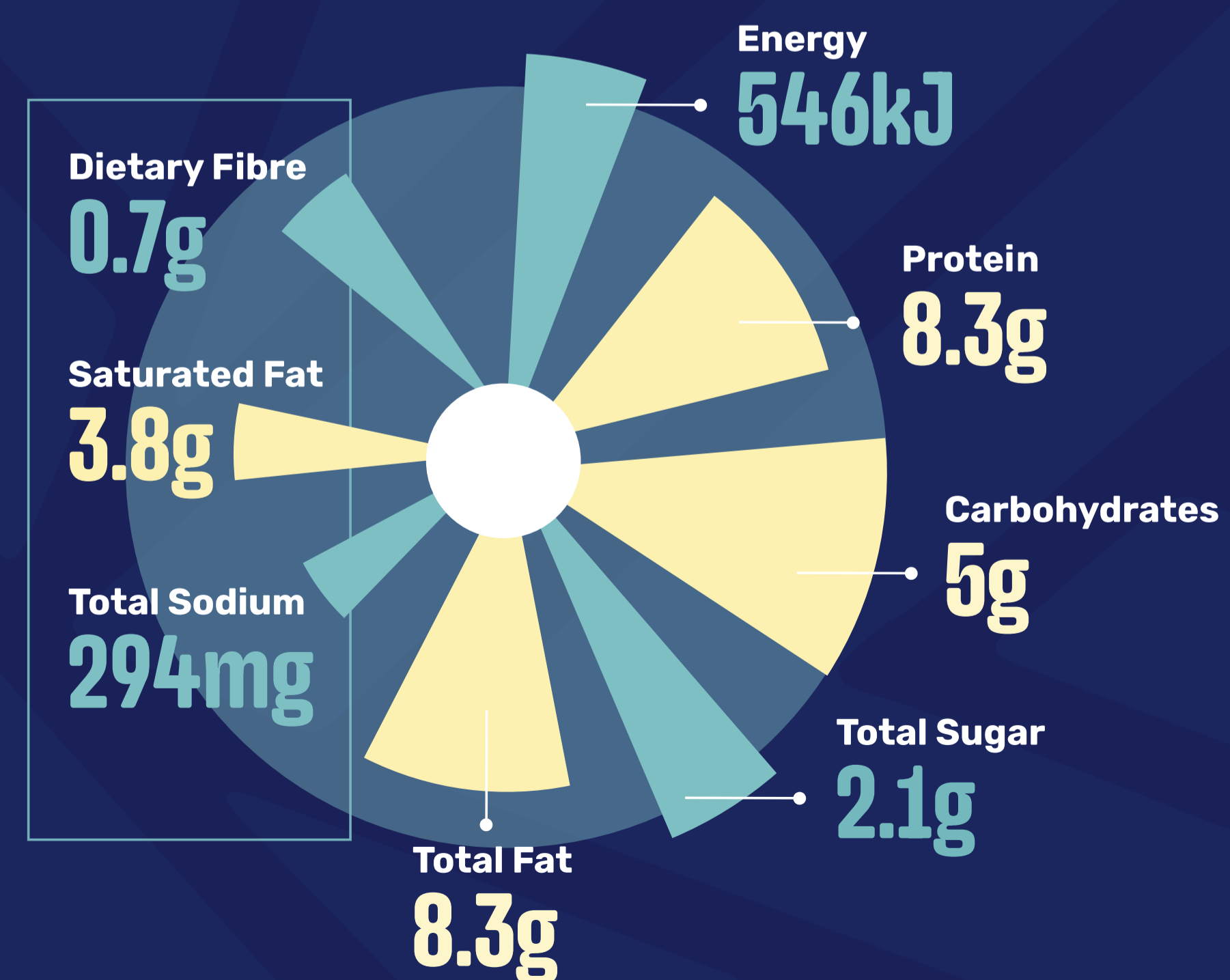
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CHIPS – FULL

(Hot Veg)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



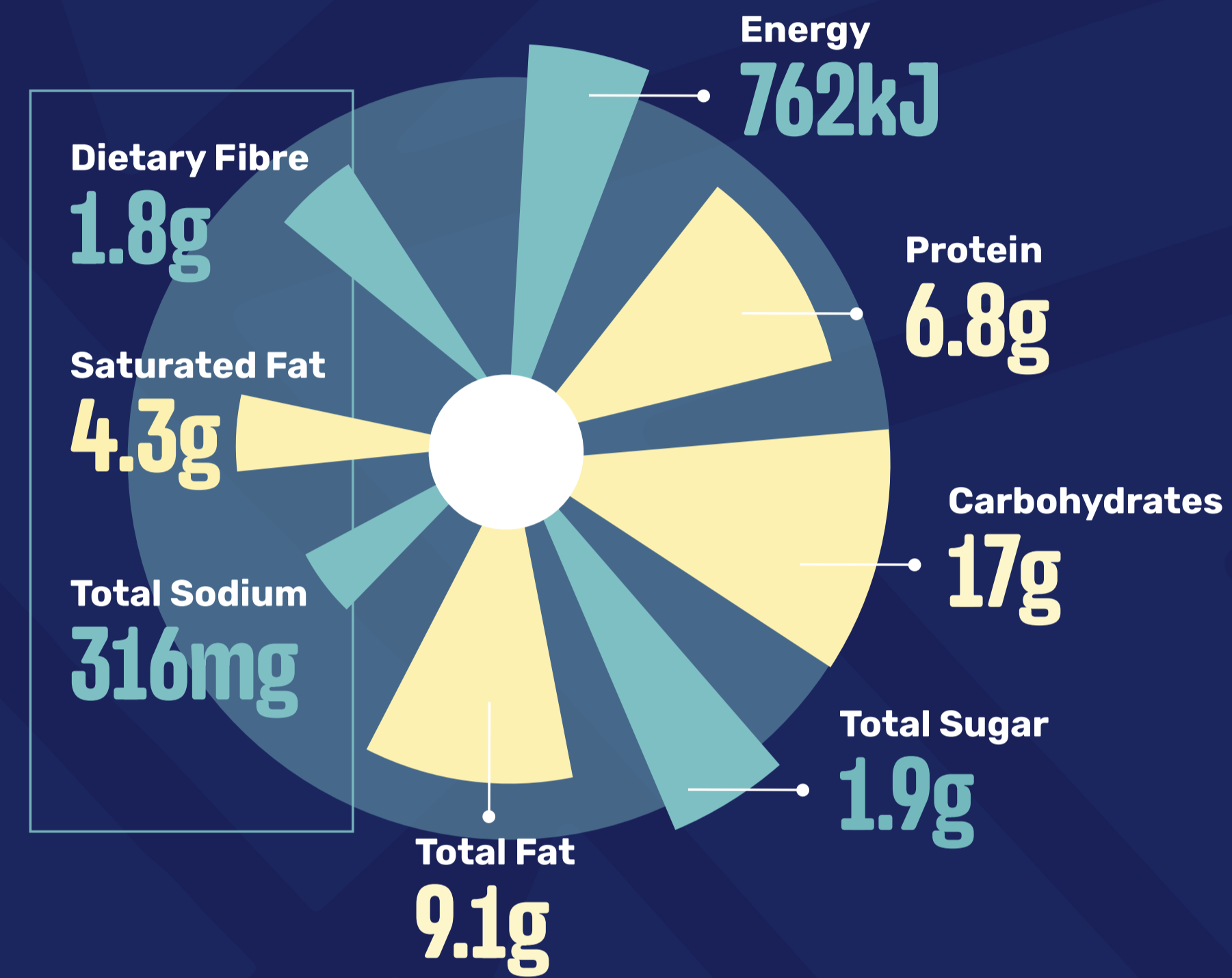
# CALAMARI

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

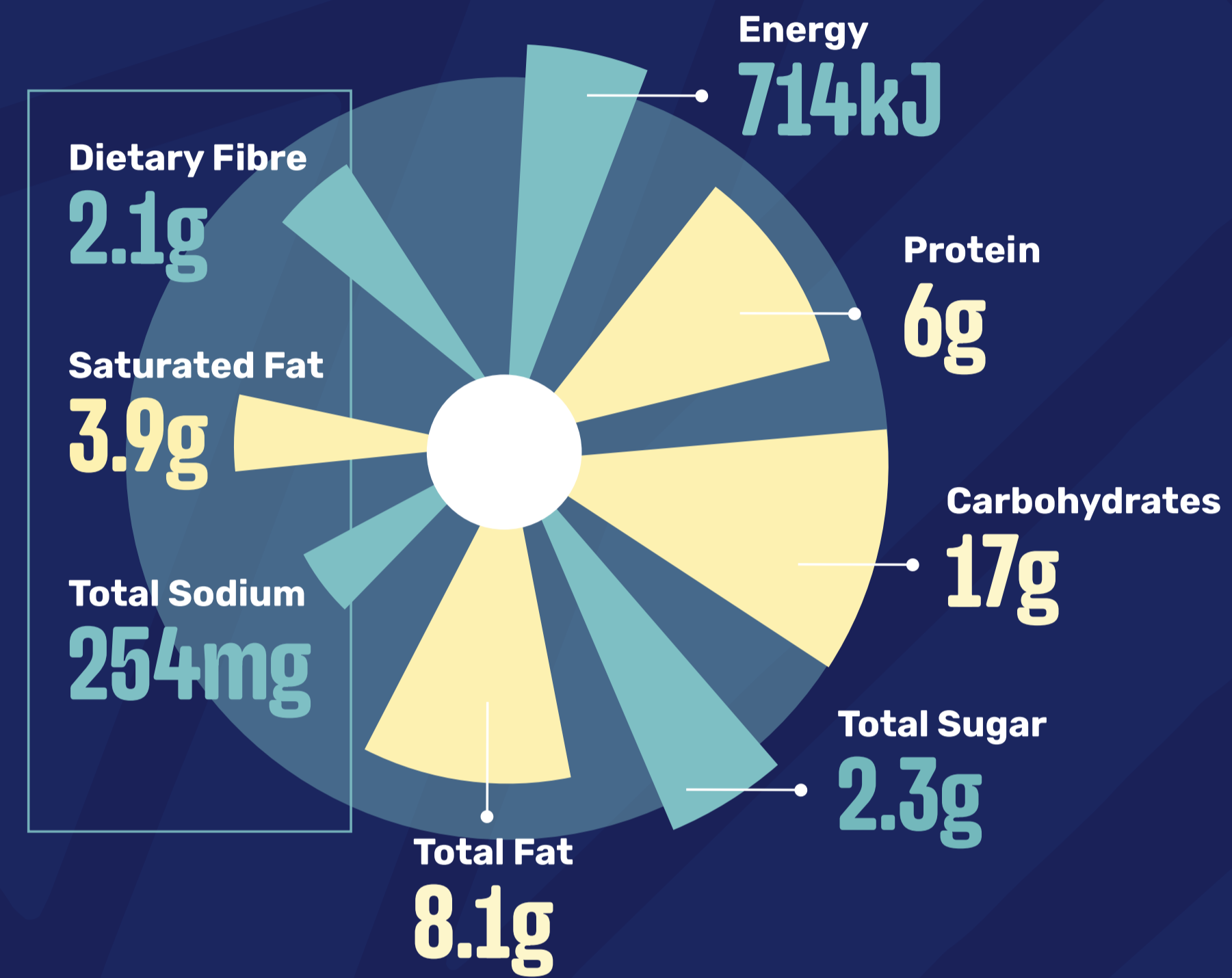
## CALAMARI STRIPS (Chips & Onion Rings)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



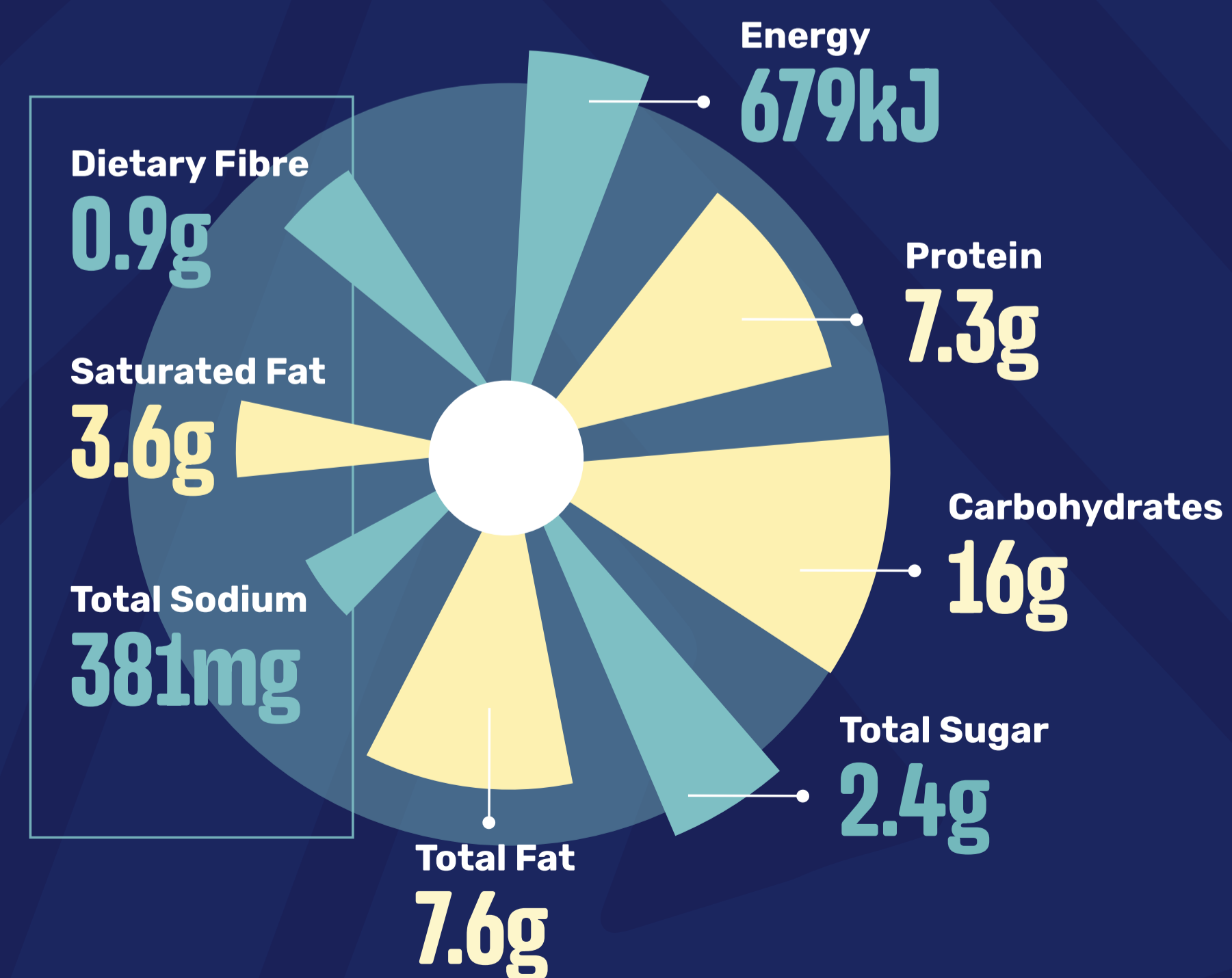
## CALAMARI STRIPS (Baked Potato & Onion Rings)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



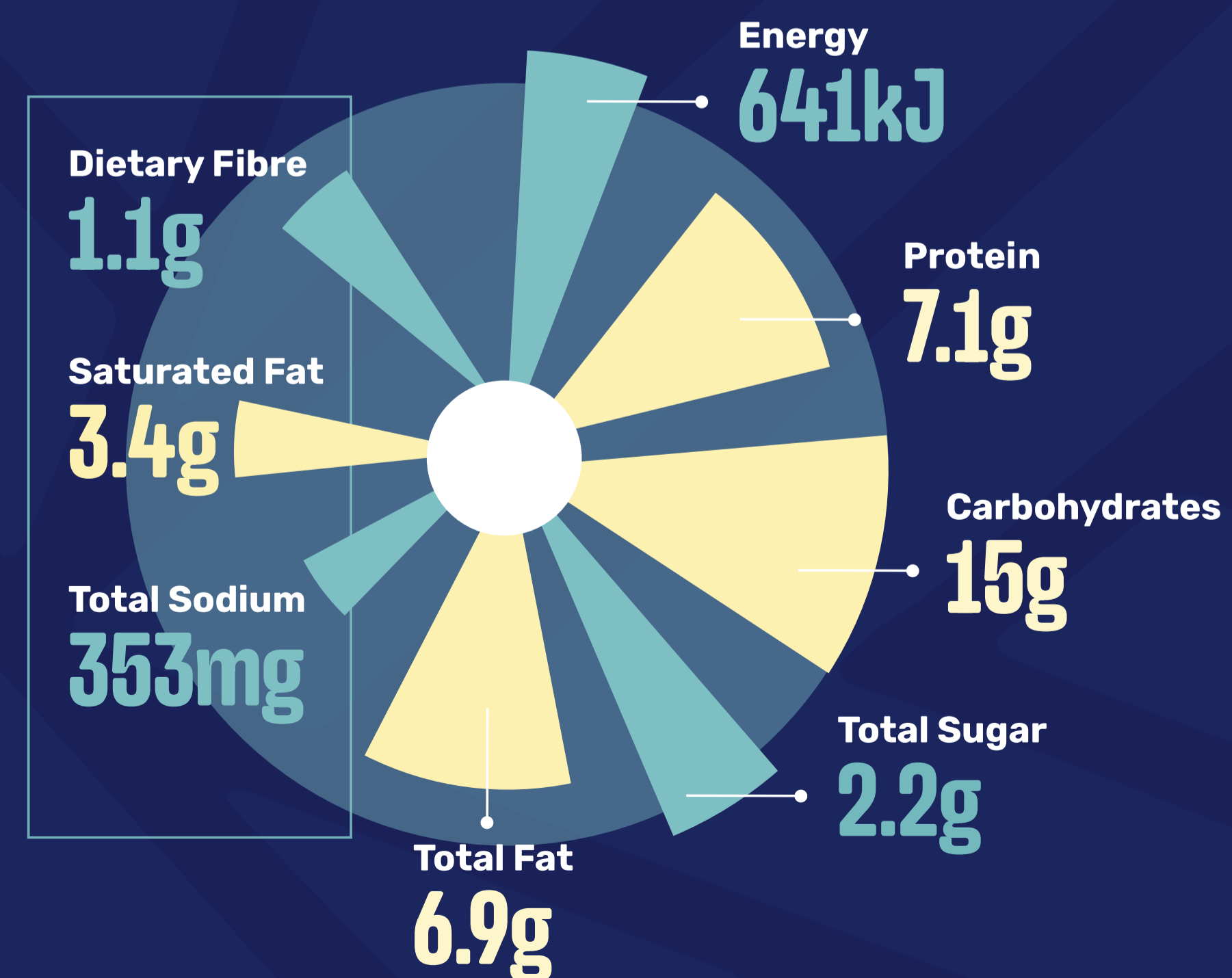
## CALAMARI STRIPS (Side Salad)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## CALAMARI STRIPS (Hot Veg)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish





# CALAMARI & HAKE

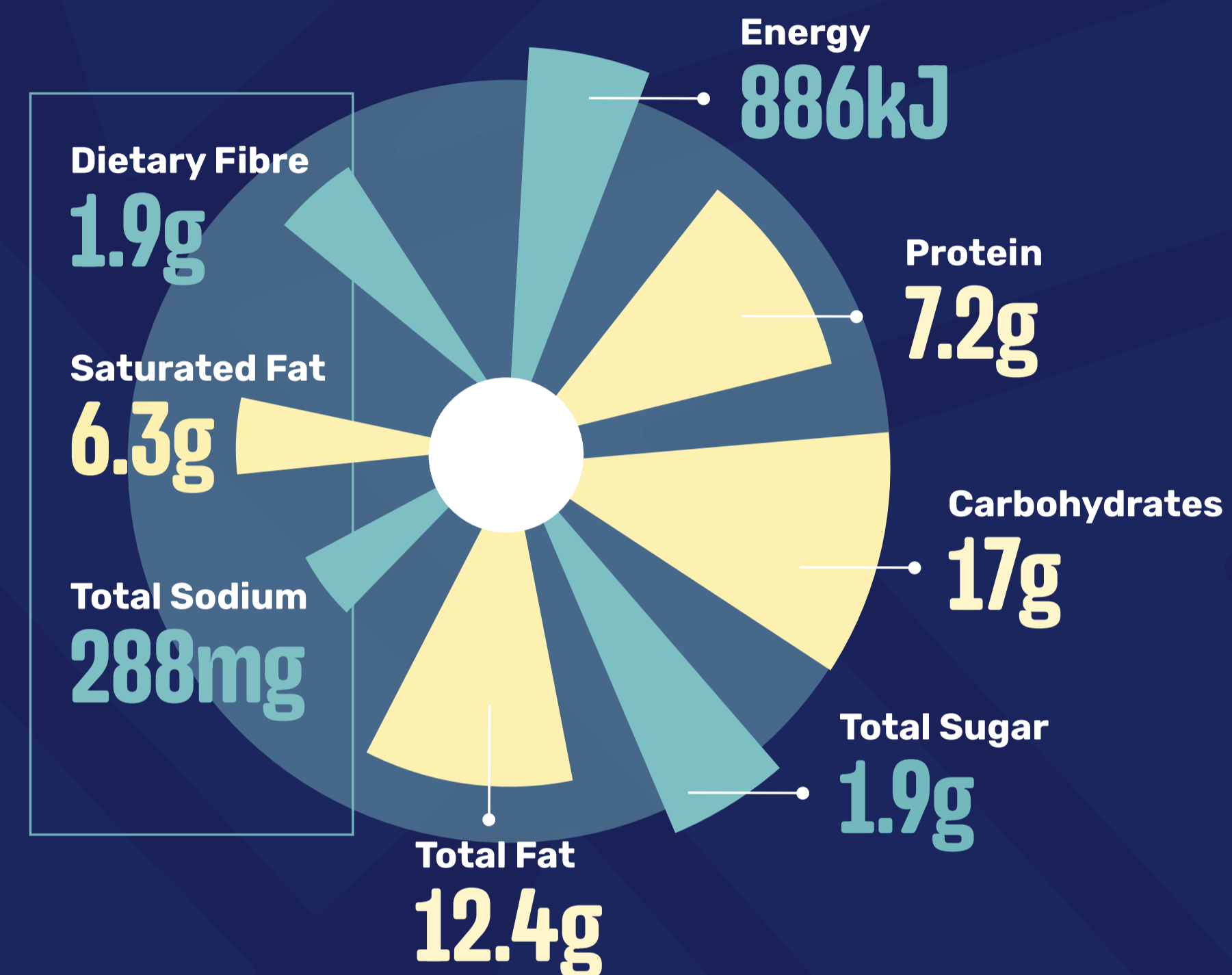
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

## HAKE & CALAMARI STRIPS

(Chips & Onion Rings)

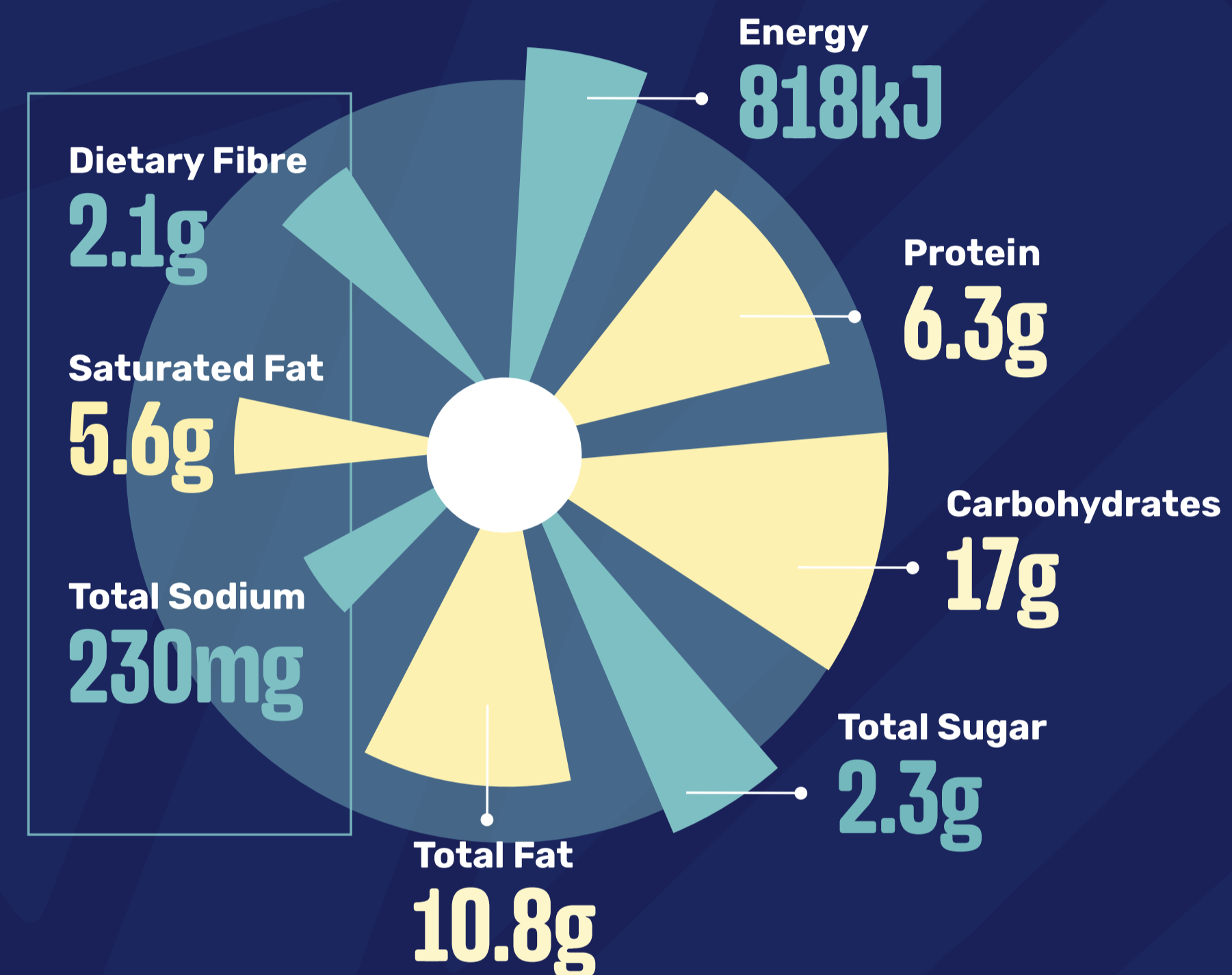
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CALAMARI STRIPS

(Baked Potato & Onion Rings)

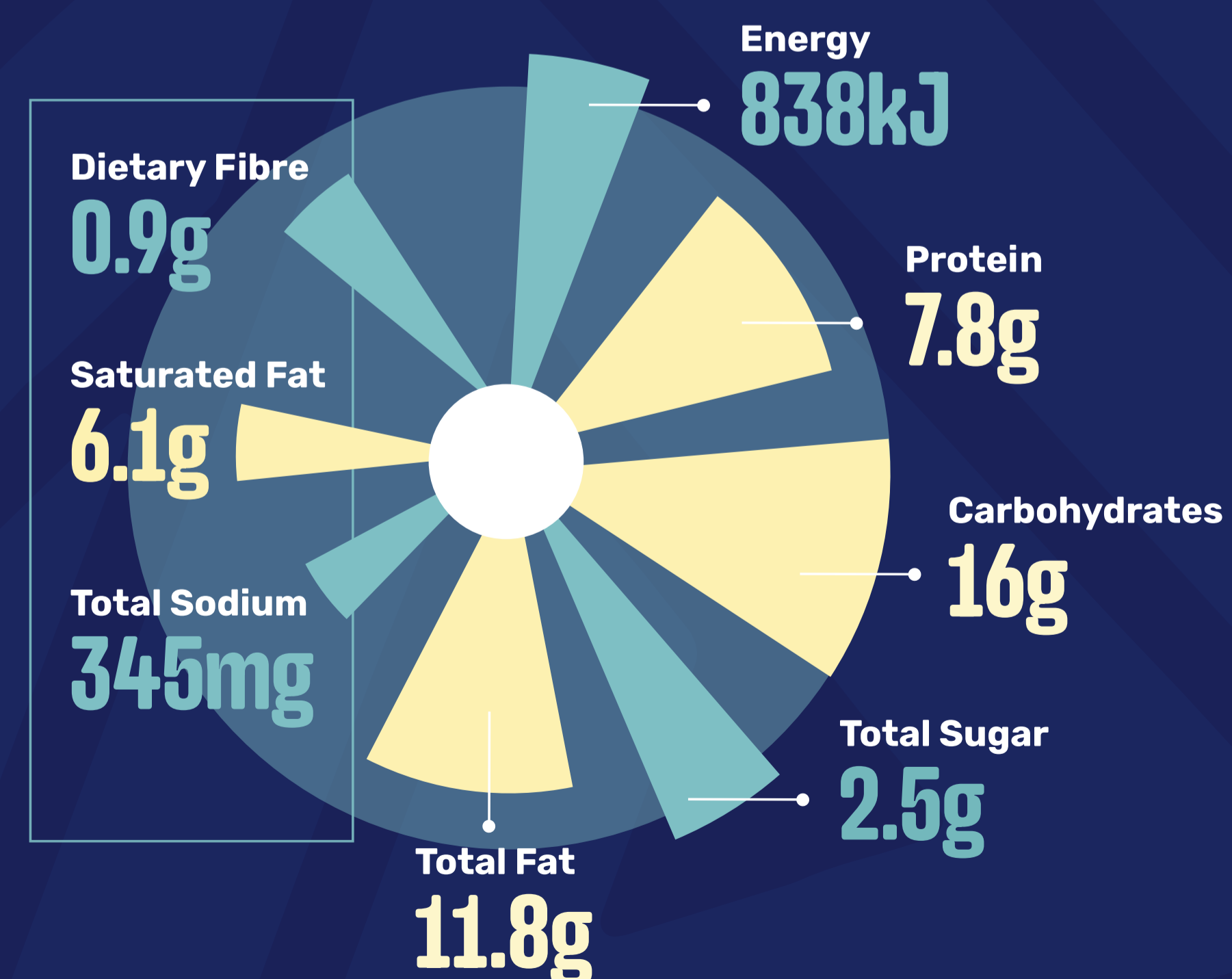
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CALAMARI STRIPS

(Side Salad)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish



## HAKE & CALAMARI STRIPS

(Hot Veg)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk, Fish

