

Wellness Portal

Net Nutrition User Guide



Wellness Portal

We understand the serious risks concerning food safety & allergies and to help us manage this, the University doesn't allow any external catering onto campus.

We are committed to being fully transparent in what we serve so are working towards fully disclosing all nutritional information alongside the ingredients and allergen information which we already supply.

Our kitchens handle other allergens and while we segregate products as far as possible, there remains a small risk of cross-contamination. Any customers with food allergies and intolerances should speak to their event organiser prior to the event taking place. Please speak to your Event Manager if you have any questions relating to allergens as we are able to cater for most if we know in advance of your event.

To view full allergen & ingredient information, please visit: **foodmenus.info** or scan the QR code below to launch the wellness portal on your screen or mobile device. Please share this link with your guests so they can check the live information during the event.



When the page loads, it will look like the below.

Scroll down and on the left hand-side, you will see '**Reading Hospitality & Events**'

Click on the word and not open/closed as this is the outlets opening times.



You will then see the below options, please click on 'Hospitality Events'

Please note, it doesn't matter what date you click as you will see the same options.

Reading

Wellness Portal

Home

Reading Hospitality & Ev...

Show All Dates

Show All Meals

Search for food...

Q

Dining Facilities

Square

Open

Park Eat Food

Open

St Patrick's

Open

Wantage

Open

Dairy Bar

Closed

Dairy Deli

Open

Park House

Closed

Greenlands Bar

Open

Greenlands Heyworth

Open

Greenlands Hospitality and Events

Open

Library Cafe

Open

Back

Menu List For Reading Hospitality & Events

19 December 2024

Hospitality Events

20 December 2024

Hospitality Events

21 December 2024

Hospitality Events

22 December 2024

Hospitality Events

23 December 2024

Hospitality Events

My Meal

Meal Nutrition

Clear My Meal

Allergies

A1

Almonds

A2

Barley (gluten containing grain)

A4

Cashew

A5

Celery

A6

Cereals containing gluten

A7

Crustaceans

A8

Eggs

A9

Fish

A10

Hazelnut and Hazelnut Products

You'll then be taken to the below page with multiple options for catering to open menu items. If you aren't sure what your catering choices are please contact the person organising your event.

Item Name	Serving Size	# of Servings
Plated Starters ▶		
Pizza ▶		
Breakfast ▶		
Accomaniments ▶		
American fork buffet ▶		
BBQ ▶		
BBQ premium ▶		
British Fork buffet ▶		
Canapes ▶		
Carvery ▶		
Christmas hot rolls ▶		
Cold Fork Buffet - dips ▶		
Cold Fork Buffet – Breads ▶		
Cold fork buffet – Mains ▶		
Cold Fork Buffet – Sides ▶		
Grazers ▶		
Hot rolls ▶		

You can then expand the relevant category as shown below.

Item Name	Serving Size	# of Servings
Plated Starters ▾		
Beetroot Carpaccio 🍷 🍷 🍷 🍷 🍷 🍷	Meal	1 ▾
Crisp Ham Hock Croquette & Gribiche 🍷 🍷 🍷 🍷 🍷 🍷	Meal	1 ▾
French Onion Soup with Cheese Croute 🍷 🍷	Meal	1 ▾
Mussels in Chermoula Sauce & Walnut 🍷 🍷 🍷 🍷 🍷 🍷 🍷 🍷	Meal	1 ▾
Prawn Skewers with Black Garlic Aioli 🍷 🍷 🍷 🍷	Meal	1 ▾
Wild Mushroom Soup with a Truffle Foam 🍷 🍷 🍷 🍷	Meal	1 ▾
Pizza ▶		
Breakfast ▶		
Accompaniments ▶		

On the right hand side of the screen you'll see a list of allergens to filter - when you select, it will remove the items you need to avoid in your diet.

If you select one of these options and the catering item disappears it means that this items either contains your allergen or doesn't adhere to your dietary requirements.

Allergies	
Almonds	
Barley (gluten containing grain)	
Cashew	
Celery	
Cereals containing gluten	
Crustaceans	
Eggs	
Fish	
Hazelnut and Hazelnut Products	
Milk	
Molluscs	
Mustard	
Oat (gluten containing grain)	

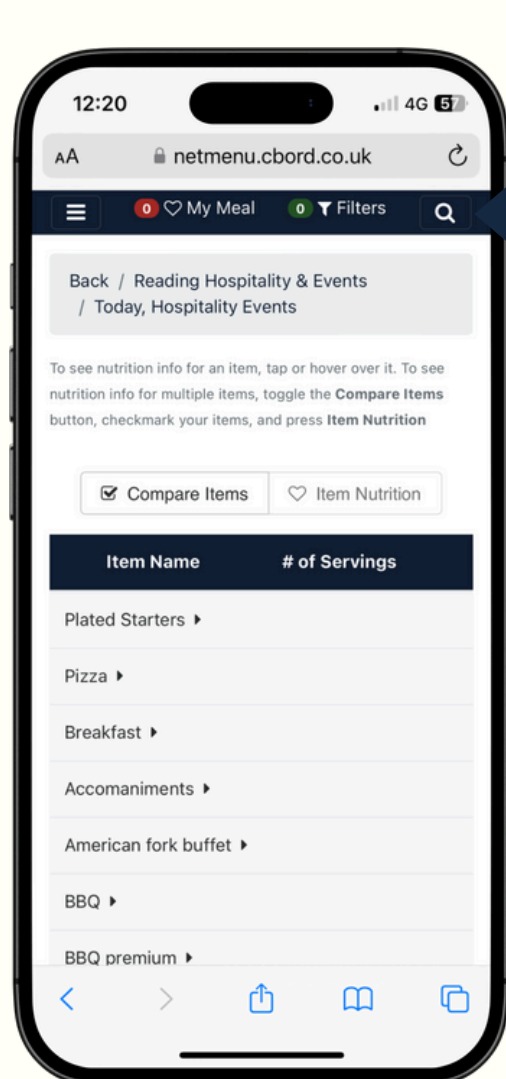
Below the allergens you will also see the dietary preferences which you can filter out.

Preferences	
Halal	
High Carbon Footprint	
Low Carbon Footprint	
Medium Carbon	
Vegan	
Vegetarian	

Click each item to see the individual ingredients and nutritional information for each dish.

Nutritional Information		
Beetroot Carpaccio		
Nutrition		
Typical values	per 100g	per Meal
Energy kJ	778	1213
Energy kcal	185.85	289.75
Protein	2.78g	4.34g
Fat	15.77g	24.58g
of which saturates	1.30g	2.03g
Carbohydrate	8.05g	12.56g
of which sugars	5.58g	8.69g
Salt	0.24g	0.37g
of which sodium	0.09g	0.15g
Ingredients: Beetroot (Beetroot), Beetroot : Candy (Beetroot : Candy : Loose), Beetroot : Golden : Loose (Beetroot : Golden : Loose), COTSWOLD GOLD ORIGINAL RAPESEED OIL 5LT (Cold Pressed Rapeseed Oil), Rocket : Leaf, Walnuts : Halves (**Walnuts** (100%)), Lemon (Lemon :), Vinegar : Rice (Rice Vinegar (contains Sugar 0.01%), Salt, Preservative (**Potassium Metabisulphite**)), Maple Syrup (Maple Syrup.), Mustard : Dijon (Water, **Mustard** seeds (26%), spirit vinegar, salt, acid (citric acid), preservative (potassium METABISULPHITE)), Maldon Sea Salt (Salt), Pepper : Black : Cracked (Cracked Black Pepper)		
Contains: Mustard, Sulphur Dioxide and Sulphites, Tree Nuts, Walnuts		

If you are still unsure of whether your allergies or dietary requirements are covered by the item, please contact the person who is organising your event who can speak to the Event Coordinator in our team.



Please note, if you are viewing the wellness portal on your mobile, the allergen and dietary filters appear at the top of your screen instead of the side.