

Allergen Guide

Spring/Summer 2024

THE BEAR'S  HEAD

TheBearsHead.co.uk



CROESO PUBS
LTD



ALLERGIES & INTOLERANCES

If you have an allergy or intolerance, please let us know before ordering. This allergen guide lists all 14 of the most common allergens for each dish on our menu.

We have strict procedures in place for preparing orders, however due to the busy nature of our kitchens, we cannot always guarantee that dishes are totally free from allergens. Please familiarise yourself with this allergen guide and ask your server if you require any additional information.

Whilst our dishes listed as vegetarian & vegan are prepared to plant-based recipes, we cannot always guarantee that meals can be cooked in dedicated vegetarian/vegan fryers. Please ask your server for more information

v - Vegetarian / ve - Vegan / veo - Vegan Option Available
gf - Gluten Free / gfo - Gluten Free Option Available

Key	
Y	Contains Allergen
M	May Contain Traces

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Breakfast & Butties

*(There have been rare cases of allergic reactions to products containing mycoprotein. Mycoprotein is made with a member of the fungi/mould family. It is high in protein and fibre which may cause intolerance in some people.)

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Full Welsh Breakfast/ Large Full Welsh Breakfast (Small breakfast - exclude mushroom & tomato)	Bacon														
	Pork Sausage										Y	Y			Y
	Hash Brown														
	Fried Egg	Y													
	Toast										Y				Y
	Baked Beans														
	Mushrooms														
	Tomato														
Vegan Breakfast (ve)	Quorn® Sausages*														Y
	Hash Browns														
	Toast										Y				Y
	Baked Beans														
	Mushroom														
	Tomato														
Beans on Toast (ve, gfo) (gluten free option not suitable for vegans due to egg in the gluten free toast)	Choose from: Toast										Y				Y
	↳ or: Gluten Free Toast	Y													
	Baked Beans														
	Sunflower Spread														
Cheesy Beans on Toast	Choose from: Toast										Y				Y
	↳ or: Gluten Free Toast	Y													
	Baked Beans														
	Sunflower Spread														
	Grated Cheese							Y							

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Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Breakfast Wrap	Tortilla Wrap														Y
	Bacon														
	Pork Sausage										Y	Y			Y
	Hash Brown														
	Cheese Slice							Y							
	Fried Egg	Y													
Breakfast Muffin	English Breakfast Muffin									M	Y				Y
	Bacon														
	Pork Sausage										Y	Y			Y
	Cheese Slice							Y							
	Fried Egg	Y													
Pancakes with Bacon & Maple Syrup	Buttermilk Pancakes	Y					M	Y			Y	M		M	Y
	Bacon														
	Maple Flavoured Syrup														
Bacon Buttie (gfo)	Floured Bun									M					Y
	Bacon														
	Sunflower Spread														
Sausage Buttie	Floured Bun									M					Y
	Pork Sausage										Y	Y			Y
	Sunflower Spread														
Quorn Sausage Buttie (ve)	Floured Bun									M					Y
	Quorn® Sausage*														Y
	Sunflower Spread														

Breakfast & Butties Extras

*(There have been rare cases of allergic reactions to products containing mycoprotein. Mycoprotein is made with a member of the fungi/mould family. It is high in protein and fibre which may cause intolerance in some people.)

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Breakfast & Butties Extras (add extras to allergens of main dish to get total allergens for dish)	Bacon x2														
	Sausage										Y	Y			Y
	Quorn® Sausage* (ve)														Y
	Fried Egg	Y													
	Baked Beans (ve)														
	Hash Brown (ve)														
	Toast (ve) (served with sunflower spread)											Y			

Small Plates

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
4 Halloumi Fries (v)	Halloumi Fries							Y							Y
	Chilli Jam														
Peri Peri Chicken Wings (gf)	Chicken Wings														
	Peri Peri Sauce														
Southern Fried Chicken Tenders	Chicken Tenders	Y						Y							Y
	Sweet Chilli Sauce														
Mozzarella Melts (v)	Mozzarella Melts						M	Y			M				Y
	Tomato Salsa														
Mac & Cheese Bites (v)	Mac & Cheese Bites	M					M	Y			M				Y
	Nacho Cheese Sauce							Y			Y				
Popcorn Chicken	Popcorn Chicken										M				Y
	Sweet Chilli Sauce														

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Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Quorn® Chicken Dippers (ve)	Quorn® Chicken Style Dippers*														Y
	Plant-Based Garlic Mayo														
Nachos for 2 (v., voa)	Tortilla Chips							M			M				M
	Nacho Cheese Sauce							Y			Y				
	Sour Cream							Y							
	Salsa														M
	Guacamole														
	Jalapeños														
Nachos for 2 (vegan option)	Tortilla Chips							M			M				M
	Vegan Cheese														
	Salsa														M
	Guacamole														
	Jalapeños														

Baguettes & Wraps

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Choose From: (add to allergens of below fillings to get total allergens for dish)	Baguette						M				M				Y
	↳ or: Gluten Free Roll	Y													
	↳ or: Tortilla Wrap														Y
Cheese, Lettuce & Coleslaw (veo, gfo)	Cheese							Y							
	Lettuce														
	Coleslaw														

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Cheese, Lettuce & Coleslaw (vegan option)	Vegan Cheese							M							
	Lettuce														
	Coleslaw														
Chicken, Bacon, Lettuce & Mayo (gfo)	Chicken														
	Bacon														
	Lettuce														
	Plant-Based Mayo														
Burnt Ends, Lettuce & Cheddar Cheese Sauce	Beef Burnt Ends														
	Lettuce														
	Cheddar Cheese Sauce							Y			Y				
Ham, Tomato, Lettuce & Mayo (gfo)	Ham														
	Tomato														
	Lettuce														
	Plant-Based Mayo														

Burgers

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Classic Burger	6oz Beef Patty											Y			Y
	Burger Sauce						Y								
	Lettuce, Tomato, Red Onion														
	Pickled Gherkins														
	Brioche-Style Bun									M					Y
	Skin on Fries														
	House Slaw														

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Cheese Burger	6oz Beef Patty											Y			Y
	Burger Sauce						Y								
	Cheese Slice							Y							
	Nacho Cheese Sauce							Y			Y				
	Lettuce, Tomato, Red Onion														
	Pickled Cherkins														
	Brioche-Style Bun									M					Y
Skin on Fries															
Chicken & Bacon Burger	Grilled Chicken Breast														
	Crispy Bacon														
	Lettuce & Tomato														
	Plant-Based Garlic Mayo														
	Tomato Salsa														
	Brioche-Style Bun									M					Y
	Skin on Fries														
House Slaw															
Oumph!® Burger (ve)	Oumph!® Patty										Y				
	Burger Sauce						Y								
	Lettuce, Tomato, Red Onion														
	Pickled Cherkins														
	Brioche-Style Bun									M					Y
	Skin on Fries														
House Slaw															

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Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Bacon & Cheese Burger	6oz Beef Patty											Y			Y
	Burger Sauce						Y								
	Cheese Slice							Y							
	Bacon														
	Nacho Cheese Sauce							Y			Y				
	Lettuce, Tomato, Red Onion														
	Pickled Gherkins														
	Brioche-Style Bun									M					Y
	Skin on Fries														
House Slaw															
Quorn® Chicken Burger (ve)	Quorn® Chicken Style Nuggets*														Y
	Lettuce & Tomato														
	Plant-Based Garlic Mayo														
	Tomato Salsa														
	Brioche-Style Bun									M					Y
Skin on Fries															
Southern Fried Chicken Burger	Southern Fried Chicken Fillets												Y		Y
	Lettuce & Tomato														
	Plant-Based Garlic Mayo														
	Brioche-Style Bun									M					Y
	Skin on Fries														
House Slaw															

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Burnt Ends Burger	6oz Beef Patty											Y			Y
	Beef Burnt Ends														
	Burger Sauce						Y								
	Cheese Slice							Y							
	Cheddar Cheese Sauce														
	Lettuce, Tomato, Red Onion														
	Pickled Gherkins														
	Brioche-Style Bun										M				Y
Skin on Fries															

Burger Extras

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Burger Extras <small>(add extras to allergens of main dish to get total allergens for dish)</small>	Bacon x2														
	Cheese							Y							
	Vegan Cheese (ve)							M							
	Jalapeños														
	Beef Burnt Ends														
	Grilled Chicken Breast														
	Southern Fried Chicken												Y		Y
	Oumph!® Patty											Y			
Beef Patty											Y			Y	

Curries

*(There have been rare cases of allergic reactions to products containing mycoprotein. Mycoprotein is made with a member of the fungi/mould family. It is high in protein and fibre which may cause intolerance in some people.)

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Chicken Katsu Curry	Chicken Katsu												Y		Y
	Japanese Style Curry										Y				Y
	Basmati Rice														
	Chips														
Quorn® Katsu Curry (ve)	Quorn® Chicken Style Nuggets*														Y
	Japanese Style Curry										Y				Y
	Basmati Rice														
	Chips														
Chicken Tikka Masala (gf)	Chicken in Tikka Masala						M							M	
	Basmati Rice														
	Chips														
	Poppadoms														
	Mango Chutney														
Welsh Beef Madras	Beef Madras						M	M			M				
	Basmati Rice														
	Chips														
	Poppadoms														
	Mango Chutney														
Quorn® Fillet Tikka Masala (gf)	Quorn® Tikka Masala*						M							M	Y
	Basmati Rice														
	Chips														
	Poppadoms														
	Mango Chutney														
Chilli Con Carne (gf)	Chilli Con Carne										M	M	M		M
	Basmati Rice														

Curries Extras

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Curry Extras (add extras to allergens of main dish to get total allergens for dish)	Naan Bread														Y
	Garlic Naan Bread														Y
	Spring Roll									Y	Y				Y
	Samosas														Y
	Poppadom														
	Onion Bhaji														Y

Pub Classics

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Scampi & Chips (Small Scampi & Chips - same allergens)	Breaded Scampi	Y	Y	M	M										Y
	Chunky Chips														
	Tartare Sauce														
	Peas														
All Day Brunch (Small All Day Brunch - exclude mushroom & tomato)	Bacon														
	Pork Sausage										Y	Y			Y
	Baked Beans														
	Mushrooms														
	Fried Egg	Y													
	Tomato														
Fries															
All Day Brunch (vegan option)	Quorn® Sausages*														Y
	Baked Beans														
	Mushrooms														
	Tomato														
	Fries														

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Sausage & Mash	Pork & Leek Sausages										Y	Y			Y
	"Buttery" Mash						M	M							
	Peas														
	Onion Rings						M				M				Y
	Gravy														
Sausage & Mash (vegan option)	Quorn® Sausages*														Y
	"Buttery" Mash						M	M							
	Peas														
	Onion Rings						M				M				Y
	Gravy														
Chicken & Bacon Salad (gf)	Chicken Breast														
	Smoked Bacon														
	Lettuce, Tomato, Red Onion, Cucumber														
	House Dressing														
Mac N Cheese (v)	Macaroni Pasta in a Cheddar Cheese Sauce						Y	Y			M		Y		Y
	Grated Cheese							Y							
	Garlic Bread						M				M				Y
Hunters Chicken (gf)	Chicken Breast														
	Bacon														
	BBQ Sauce														
	Cheddar Cheese							Y							
	Chips														
Chicken Caesar Salad	Chicken Breast														
	Baby Gem Lettuce														
	Croutons														Y
	Bacon														
	Parmesan							Y							
	Caesar Dressing	Y			Y		Y	Y							

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Ham, Egg & Chips (Small Ham, Egg & Chips - same allergens)	Sliced Ham														
	Fried Eggs	Y													
	Chunky Chips														
Small Sausage, Egg & Chips	Sausage										Y	Y			Y
	Fried Egg	Y													
	Chips														

Croeso Classics

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Welsh Beef Lasagne	Beef Lasagne	M					M	Y			M		Y		Y
	Garlic Baguette						M				M				Y
Fish & Chips (gf) (Small Fish & Chips - same allergens)	Battered Cod Fillet				Y										
	Chunky Chips														
	Tartare Sauce														
	Mushy Peas														
Cardiff Victoria Park Pie (Allergens may change depending on Pie of the week. Please ask your server for details)	Victoria Park Pie										Y		Y		Y
	Buttery Mash						M	M							
	Mushy Peas														
	Gravy														
Vegetable Lasagne (ve)	Vegetable Lasagne										Y		Y		Y
	Garlic Baguette						M				M				Y

From The Grill

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
8oz Welsh Rump Steak	Rump Steak														
	Chunky Chips														
	Grilled Tomato														
	Mushrooms														
	Watercress														
8oz Welsh Sirloin	Sirloin Steak														
	Chunky Chips														
	Grilled Tomato														
	Mushrooms														
	Watercress														
8oz Gammon & Egg	Gammon														
	Egg	Y													
	Chunky Chips														
	Grilled Tomato														
	Mushrooms														
	Watercress														
Mixed Grill	Gammon														
	Chicken Breast														
	Sausage										Y	Y			Y
	Fried Egg	Y													
	Chunky Chips														
	Grilled Tomato														
	Mushrooms														
	Watercress														

From The Grill Extras

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
From The Grill Extras <small>(add extras to allergens of main dish to get total allergens for dish)</small>	Peppercorn Sauce							Y							
	Cheddar Cheese Sauce							Y			Y				

Sides

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Garlic Baguette (ve)	Baguette						M				M				Y
	Garlic & Herb Spread														
Cheesy Garlic Bread (v)	Baguette						M				M				Y
	Garlic & Herb Spread														
	Cheese							Y							
Fries (ve, gf)	Skin on Fries														
Chunky Chips (ve, gf)	Chunky Chips														
Cheesy Fries (v)	Skin on Fries														
	Cheese							Y							
Cheesy Chips (v)	Chunky Chips														
	Cheese							Y							
Beer Battered Onion Rings (v)	Battered Onion Rings						M				M				Y
Side Salad (ve)	Salad														
Coleslaw (ve)	Cabbage, Carrot, Onion														
	Plant-Based Mayo														
Loaded Fries (gf)	Skin on Fries														
	Nacho Cheese Sauce							Y			Y				
	Bacon														

Desserts

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Sticky Toffee Pudding (v)	Sticky Toffee Pudding	Y						Y						M	Y
	Custard							Y							
	↳ or: Vanilla Ice Cream							Y							
Chocolate Fudge Cake (v)	Chocolate Fudge Cake	Y						Y							Y
	Cream							Y							
Churros (v, veo)	Churros						M	M			M			M	Y
	Chocolate Sauce							M			Y				
	Toffee Sauce							Y							
Churros (vegan option)	Churros						M	M			M			M	Y
	Chocolate Sauce							M			Y				
Vanilla Ice Cream (v, veo)	Vanilla Ice Cream							Y							
	with Strawberry Sauce (v)														
	↳ or: Chocolate Sauce (v)							M			Y				
	↳ or: Toffee Sauce (v)							Y							
Vanilla Ice Cream (vegan option)	Vegan Vanilla Ice Cream										Y				
	with Strawberry Sauce (ve)														
	↳ or: Chocolate Sauce (ve)							M			Y				
Lemon Cream Pie (v)	Lemon Cream Pie	Y					Y	M					M	Y	
Mississippi Mud Pie (v)	Mississippi Mud Pie							Y	M					M	Y
	Cream														
Banoffee Gateau (v)	Banoffee Gateau	Y						Y						M	Y
	Cream							Y							

Kids Menu Starters

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Garlic Baguette with Cheese (v)	Baguette						M				M				Y
	Garlic & Herb Spread														
	Cheese							Y							
Garlic Baguette (ve)	Baguette						M				M				Y
	Garlic & Herb Spread														
Nachos (v)	Tortilla Chips							M			M				M
	Nacho Cheese Sauce							Y			Y				
	Salsa														
	Sour Cream							Y							

Kids Menu Mains

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Kids Breakfast	Bacon														
	Sausage										Y	Y			Y
	Baked Beans														
	Hash Brown														
	Toast										Y				Y
Beans on Toast (ve)	Toast										Y				Y
	Baked Beans														
3oz Burger	3oz Burger Patty											Y			Y
	Burger Bun									M					Y
	Salad														
	Fries														

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Sausage & Chips	Sausages										Y	Y			Y
	Chips														
	Baked Beans														
	↳ or: Peas														
Sausage & Mash	Sausages										Y	Y			Y
	"Buttery" Mash						M	M							
	Peas														
	Gravy														
Vegan Quorn® Nuggets (ve)	Quorn® Chicken Style Nuggets*														Y
	Fries														
	Baked Beans														
Mac N Cheese (v)	Macaroni Pasta in a Cheddar Cheese Sauce						Y	Y			M		Y		Y
	Grated Cheese							Y							
	Garlic Baguette						M				M				Y

Kids Menu Desserts

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Churros (v, veo)	Churros						M	M			M			M	Y
	Chocolate Sauce							M			Y				
	Toffee Sauce							Y							
Churros (vegan option)	Churros						M	M			M			M	Y
	Chocolate Sauce										Y				
Vanilla Ice Cream (v, veo)	Vanilla Ice Cream							Y							
	with Strawberry Sauce (v)														
	↳ or: Chocolate Sauce (v)							M			Y				
	↳ or: Toffee Sauce (v)							Y							

Dish	Item	Egg	Crustaceans (Shellfish)	Molluscs (Shellfish)	Fish	Lupin	Mustard	Dairy	Legumes including Peanuts	Sesame	Soy	Sulphites	Celery	Tree Nuts	Cereals containing Gluten
Vanilla Ice Cream (vegan option)	Vegan Vanilla Ice Cream										Y				
	with Strawberry Sauce (ve)														
	↳ or: Chocolate Sauce (ve?)							M			Y				
Chocolate Fudge Cake (v)	Chocolate Fudge Cake	Y						Y							Y
	Cream							Y							



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gf - Gluten Free / gfo - Gluten Free Option Available

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