

Summer 25 ALLERGEN INFORMATION UPDATED 29.04.25

WE CANNOT GUARANTEE THAT ANY ITEMS ARE 100% FREE FROM ALLERGENS AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM. KEY: ✓ = Allergen is present ✓ = May Contain Traces

Product Name	or Sr	'n	96		Cereals containing gluten					us										ioxide ites							ia i	
Product Name	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	ereals ontaining	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	anuts	esame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	ecan	Pistachio	Macadamia	Almonds
Paleam	SL	SL	ច	ŏ	2 2	3	æ	ñ	õ	Č	E	iΞ	3	Σ	Σ	Σ	P	Se	Sc	Sı	B	Ĩ	3	ပိ	Pe	Pi	Σ	₹
Bakery Butter Croissant	/				1	1					/			1			1	/	/		/	/	1	/	1	1	/	/
Cinnamon Swirl	1		+		1	1		1	1	+	1			1			•	 	1		•	· /	1	<u> </u>	1	1	•	1
Luxury Fruit Bread	· /				<i>y</i>	1		•	ľ		1			1					<i>y</i>		1	1	· ✓	1	<i>'</i>	<i>y</i>	✓	· /
Fruit Scone	· ✓	1			√ ✓	✓					√ ✓			1			√		√ 		· ✓	√ -	✓	√ ✓	✓	√ -	<u>√</u>	<u></u>
Almond Croissant	√ ·				√	√					√			√			√	√	√		√	√ ·	√	√	√	✓	√	/
Chocolate Twist	√				√	√					✓			✓			✓				✓	√	√	✓	√	✓	✓	✓
Chocolate & Hazelnut Croissant	√				√	√					√			✓			√	√	√		√	✓	✓	√	✓	√	✓	✓
	Cultable for	Cultable for			Cereals															Sulphur								
Muffins	Suitable for vegetarians	vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Triple Chocolate Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
Cookies	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chocolate Chunk Cookie					√	√			1		√			√			√		√	√	✓	1	√	✓	√	√	√	✓
Viennesse Swirl	/	1			<i>'</i>	· •			 	 	· ✓			·				/	√	1	· ✓	· •	· ✓	√	· ✓	· •	· ✓	<u></u>
Pistachio & Raspberry Cookie	√ ·		1		√	√			√		√			√			√	√	√	√ ·	√	√	√	√ ·	√	√	✓	√
Elderflower & Lemon Cookie Sandwich	√				√	√					√			√					√	√	√	✓	√	√	√	√	√	/
Strawberry & Cream Viennese Swirl	√				√	√					√			√					√	✓	1	✓	√	✓	√	√	√	/
Triple Chocolate Cookies & Cream	√				√	√			√		√			✓			√	√	√	√	√	√	✓	√	✓	√	✓	✓
Loaf Cakes	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Carrot Cake Loaf	./				giuteii	./					./			1					1	sulphites	1	1	./	1	1	1	1	1
Chocolate Orange Slice	<i>J</i>				<i>J</i>	1					1			1		J	1	J	1	1	1	<i>J</i>	1	1	1	<i>J</i>	1	1
Raspberry & Coconut Loaf	· /				1	1					1			1		·	ľ	'	1	 	ľ	1	<i>y</i>	ľ	<i>y</i>	1	•	1
Pistachio & White Chocolate Loaf Cake	· ✓				√	√					√			√					√			√ ·	√		√	√		√ ·
Matcha & Strawberry Loaf	√				√	√					√			√			√	√	√	√	√	√	√	√	√	✓	√	V
Bar cakes	Suitable for vegetarians		Gluten Free	Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
-10					gluten		,		,										,	sulphites					,			_
Fifteens (New Paging)	1,	+	1		V	V	V	V	V	-	√			V	-	-	V	1	V	V	,	V	√	,	√	,	,	Y
Fifteens (New Recipe) Twizzle Stick White Chocolate Marshmallow	'	1			V	v			-		V			· /			./	-	· /	'	V	'	V	'	v	'	v	<u>'</u>
Twizzle Stick White Chocolate Marshmallow	√				√	√								√			√ √		√ √				√ √					V
(New Recipe)	+	+			-				+	1				/	-	-	./	-	./	+		+	./	1		+		1
Twizzle Stick Chocolate Marshmallow Twizzle Stick Chocolate Marshmallow (New		1			-				-		-			'			<u> </u>	-	 	+			V	1		1		'
Recipe)	✓													✓			✓		✓			✓	✓					✓
Teaser Slice	√	1			√	✓		√	<u> </u>		√			√			√		✓	√	√	√	√	✓	√	✓	√	✓
Pink Pop	√	1			√	✓					√			√					✓	1		✓	√		√	✓		✓
Cookies & Cream Pop	√	1			√	√			1		√			√				1	√			√	√		√	✓		✓
Caramelised Bickie Brookie	√	1			√	√			1		√			√	1				√	√	✓	√	✓	√	✓	✓	√	√
Caramelised Biscuit Cake	√				√	√		✓			✓			√		✓	✓	✓	✓	√	✓	√	✓	√	✓	√	✓	✓
Coffee & Caramel Brownie	✓				✓	✓					√			✓			✓		✓	√	✓	✓	√	✓	√	✓	✓	✓
Bakewell Macaroon Tartlet	✓				✓	✓					✓			✓					✓	✓		✓	✓	✓	✓	✓	✓	✓
Easter Crispie	✓				✓	✓	✓	✓	✓		✓			✓					✓				✓	✓	✓	✓		✓
Lemon & White Chocolate Tartlet	✓				✓ <u> </u>	✓			√		✓			✓					✓ <u> </u>	√	✓	✓	✓	✓	✓	√		✓

1							_	_						_			_								1	1		
Raspberry & Cream Ruffle	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Millionaire Shortbread	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & White Chocolate Tiffin	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ultimate Chocolate Brownie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bickie Pop	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Berry Sundae Tartlet	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dubai Style Pistachio Brownie	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Porridge Made With Water	✓	✓			✓				✓																			
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					✓														
Granola Pot Strawberry	✓				✓				✓				✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Blueberry	✓				✓				✓				✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham And Emmental Croissant					✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Cheese & Mushroom Croissant	✓			✓	✓	✓					✓			✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
All day Breakfast Panini				✓	✓	✓	✓	✓		✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	√	✓
Sandwiches	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chicken & Stuffing Sandwich				√	√	√		√		√	✓	√		√			√	✓	✓	✓	√	√	√	√	√	√	√	√
Gluten Free Egg & Tomato Tapenade Sandwich	/		√		1	<u> </u>	1	1	1		/	1	1	√		√	√	√			✓	√	✓	√	√	✓	/	/
	†		-	1	1	1	 	1	1		1	/		<i>y</i>		<i>y</i>	<i>y</i>	1	1	/	√ ✓	<i>y</i>	√ ✓	<i>y</i>	<i>y</i>	1	<u>'</u>	<i>y</i>
Tuna Salad Sandwich Lemon Chicken Sandwich	1		/	'	+	Ė	+	+	1	+	· /	+	+	· /	-	Ė	· /	· /	Ť	Ė	· ✓	· /	· ✓	1	· /	· ✓	· /	1
Italian Style Chicken Flatbread			•		1	1	1		1	+	1	+	1	1			1	1	+		1	1	1	1	1	1	1	<i>J</i>
·	<i>J</i>				1	1	ř	1	1	+	1	+	1	1		/	1	1	+		1	1	1	1	1	1	'	<i>J</i>
Double Egg & Cress Sandwich	·				Caracla	•		v			·			•		·	•	•		Culmbur	•	•	•	•	•	·		·
Toasties	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ham & Cheese Toastie				✓	✓	✓	✓			✓	✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken & Bacon Croque				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast Toastie				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken Pesto Toastie				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Panini	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ham And Cheese Panini				✓	√	√				√	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	√	√
Вар	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Sausage Bap				1	J	J				J	J	J		J			J	J	J	1	1	J	J	J	J	J	1	J
Tuna Rustique	+			1	1	, ,	 	1	1	1	1	1		/		1	1	1	1	<i>J</i>	√ ✓	<i>J</i>	1	1	1	1	1	1
·	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Moditorronoon Forestic	1			1	gluten	/				/	1	1		/		/	/	/	/	sulphites	1	/	/	1	1	1		
Mediterranean Focaccia	٧		-	v	√	√	+	./	1	V /	· /	v /	1	٧ /	-	v	V	V	V	v	v	V /	v	V /	V	v	V	V
Chorizo, Mozzarella & Red Pepper Romana				V	· ·	V		٧		v	v	v		٧		v	٧	*	v	v	v	٧	v	٧	٧	v	V	٧
Wraps	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chicken & Bacon Caesar Wrap				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken Fajita Burrito				✓	✓	√		✓		✓	✓	✓		✓		√	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Curied Chickpea Wrap	✓	√		✓	✓	✓				√	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salted Chilli Chicken Wrap				✓	✓	✓				√	✓	√		✓		√	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pretzel Rolls	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Bacon & Eggs Benedict Pretzel Roll				✓	✓	√				√	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Buffalo Chicken Pretzel Roll			1	✓	✓	√	1			√	√	✓		√		√	✓	✓	✓	✓	✓	√	✓	√	√	✓	✓	✓
Omelette Tomato Pretzel Roll	/			√	√	✓	1	1		V	✓	✓		√		✓	√	✓	✓	✓	√	/	√	V	✓	√	/	✓
	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustacear	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
December	J				gluten															sulphites								
Popchips O'Dennell's Crienc, Change & Onion	✓ ✓		-					-		_	+	+	-	V	-		+					+		+			+	+
O'Donnell's Crisps - Cheese & Onion O'Donnell's Crisps - Salt & Vinegar	✓ ✓							+	1				-	V								1					+	+

Iced Gingerbread Biscuit	J			1	J	V		1	1		√	1	1							1								\top
Cookie Straw					√ -	√ ✓					√			/														+
Swiss Chocolate Dark	√	√												√							√	✓	√	V	✓	√	✓	/
Swiss Chocolate Milk	√				1		1	1					1	✓							√	✓	√	√	✓	√	√	✓
Roasted & Salted Nuts	√	√															√					√		√				✓
Chocolate Gold Coin	√													√			√		√		√	√	✓	√	√	√	√	√
Shortbread Biscuits	√				√	√			√					✓														
Caramel Waffles	✓				√	√								✓					✓									
GF Apricot & Yogurt Bar	√		✓						✓		✓			√					✓			√	✓		√	√		√
Gluten Free Chocolate Brownie	√		✓								✓			✓							✓	√	✓	√	√	✓	✓	✓
Bottled Beverages	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	a Almonds
Ballygowan Still 500ml	✓	✓	√																									
Ballygowan Sparkling 500ml	✓	✓	✓																									
Ballygowan Sportscap 750ml	✓	✓	✓																									
VITHIT Sparkling Pink Grapefruit	✓	✓	✓																									
VITHIT Sparkling Raspberry & Grapefruit	✓	✓	✓																									
VITHIT Sparkling Mango & Pineapple	✓	✓	✓																									
Innocent Berry Energise Smoothie	✓	✓	✓																									
Innocent Invigorate Super Smoothie 300ml	√	✓	√																									
Innocent Strawberry And Raspberry Kids	√	√	√																									
Innocent orange juice 330ml	√	√	✓																									1