

## Summer 25 ALLERGEN INFORMATION UPDATED 23.06.25

## 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

												🔻 –	Allergen	.s p. csc		iay Contain Tra										
Product Name	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Sesame	Sulphur dioxide	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Bakery Butter Croissant	√ -	<b>V</b> , 2			<i>J</i>	-				Ŭ	-			-		./	1 1	Ţ,	./	-/	./	./	-		-	
Cinnamon Swirl	1				<b>v</b>	1		1	<b>/</b>		<b>√</b>			<b>v</b>		V	V V		•	<b>v</b>	<b>v</b>	•	<b>√</b>	<b>v</b>		<b>√</b>
Luxury Fruit Bread Fruit Scone	<b>✓</b>				<b>√</b>	<b>√</b>					√ √			<b>✓</b>		<b>✓</b>	✓ ✓		√ √	✓ ✓	✓ ✓	<b>√</b>	√ √	√ √	•	<u>√</u> √
Almond Croissant Chocolate Twist	1				1	1					1			√ √		1	1 1		1	1	1	1	1	1		√ √
Chocolate & Hazelnut Croissant	√				✓	1					· •			· ✓		<i>'</i>	<b>✓ ✓</b>		· /	<b>√</b>	<i>'</i>	<b>√</b>	√ ✓	<i>'</i>		<b>√</b>
Muffins	Suitable for vegetarians	Suitable for vegans	r Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya	Sulphur dioxide a sulphite:	and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Triple Chocolate Muffin	<b>√</b>				✓	<b>√</b>					√			<b>√</b>			<b>√</b>									
Blueberry Muffin Lemon Muffin	<b>√</b>				<b>√</b>	<b>√</b>					√ √			<b>√</b>			✓ ✓	<b>√</b>								
Unicorn Muffin	✓				✓ Cereals	✓					✓			✓			✓	Sulphur								
Cookies	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya	dioxide a	and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chocolate Chunk Cookie Viennesse Swirl	1				<b>√</b>	1			1		<b>√</b>			<b>√</b>		<b>*</b>	<b>4</b>	<b>4</b>	1	1	1	1	√ √	< <	•	<b>√</b>
Pistachio & Raspberry Cookie	1				<b>V</b>	1			<b>✓</b>		<b>√</b>			<b>/</b>		<b>/</b>	1 1	<b>V</b>	<b>V</b>	<b>V</b>	<b>V</b>	1	√	<b>/</b>	1	1
Elderflower & Lemon Cookie Sandwich Strawberry & Cream Viennese Swirl	✓ ✓				√ ✓	1					✓ ✓			√ √			✓ ✓	<b>✓</b>	✓ ✓	✓ ✓	✓ ✓	1	√ √	1	•	√ √
Triple Chocolate Cookies & Cream	✓				✓ Cereals	✓			✓		✓			✓		✓	<b>√</b>	√ Sulphur	✓	✓	✓	✓	✓	✓	✓	√
Loaf Cakes	Suitable for vegetarians	Suitable for vegans	Gluten Free	e Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya		and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Carrot Cake Loaf Chocolate Orange Slice	1				√ ✓	1					√ √			√ √		<i>y y</i>	<b>y</b>	_	<b>V</b>	<b>V</b>	<b>✓</b>	1	<b>√</b>	< <	•	√ √
Raspberry & Coconut Loaf	1				<i>'</i>	1					·			1			1		·	<b>V</b>	<i>y</i>		·	1		<b>/</b>
Pistachio & White Chocolate Loaf Cake  Matcha & Strawberry Loaf	✓ ✓				✓ ✓	1					√ √			✓ ✓		<b>✓</b>	✓ ✓	<b>✓</b>	<b>✓</b>	✓ ✓	✓ ✓	<b>✓</b>	√ √	<b>✓</b>		<b>√</b>
Bar cakes	Suitable for vegetarians	Suitable for	r Gluten Free	e Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya		and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Fifteens					gluten ✓	<b>√</b>	✓	<b>√</b>	<b>✓</b>		<b>√</b>			<b>√</b>		<b>✓</b>	<b>✓</b>	sulphite:	5	✓	<b>✓</b>		✓			<b>√</b>
Fifteens (New Recipe) Twizzle Stick White Chocolate Marshmallow	<b>√</b>				√ ✓	1					<b>√</b>			√ √		,	<b>*</b>	<b>✓</b>	<b>v</b>	<b>✓</b>	√ √	<b>V</b>	<b>√</b>	<b>√</b>	-	√ √
Twizzle Stick White Chocolate Marshmallow	1				<b>√</b>	1								1		· ·	1				✓					<u> </u>
(New Recipe) Twizzle Stick Chocolate Marshmallow														1		<b>v</b>	<b>/</b>				<b>✓</b>					<b>✓</b>
Twizzle Stick Chocolate Marshmallow (New Recipe)	1													<b>√</b>		<b>~</b>	1			✓	✓					/
Teaser Slice Pink Pop	1				✓ ✓	<b>1</b>		1			<b>√</b>			✓ ✓		<b>V</b>	<i>y</i>	<b>√</b>	<b>v</b>	✓ ✓	✓ ✓	<b>✓</b>	✓ ✓	<b>/</b>		√ √
Cookies & Cream Pop	1				1	1					<i>'</i>			1			<b>V</b>	,		1	1	1	1	1		<u>,                                     </u>
Caramelised Biscuit Cake	<b>√</b>				<b>√</b>	1		1			√			<b>√</b>		✓ ✓	<b>✓</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>4</b>	<b>v</b>	√ ✓	<b>√</b>	•	<b>√</b>
Coffee & Caramel Brownie Bakewell Macaroon Tartlet	<b>✓</b>				<b>✓</b>	1					✓ ✓			✓ ✓		<b>~</b>	✓ ✓	<b>✓</b>	<b>✓</b>	✓ ✓	√ √	√ √	√ √	<b>✓</b>	•	<u>√</u> ✓
Easter Crispie Lemon & White Chocolate Tartlet	<b>V</b>				<b>v</b>	1	<b>√</b>	1	1		<b>/</b>			<b>√</b>			<b>V</b>	,	,	,	1	1	<b>√</b>	<b>/</b>		/
Raspberry & Cream Ruffle	<b>✓</b>				<b>√</b>	<b>✓</b>			<b>V</b>		✓ ✓			<b>√</b>		<b>✓</b>	<b>✓</b>	<b>√</b>	<b>✓</b>	<b>✓</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>✓</b>	<b>✓</b>	<del>/</del>
Millionaire Shortbread  Raspberry & White Chocolate Tiffin	✓ ✓				<b>√</b>	1					✓ ✓			✓ ✓		<b>/</b>	✓ ✓	<b>√</b>	<b>✓</b>	✓ ✓	<b>√</b>	✓ ✓	√ √	1	<b>√</b>	<u>√</u> √
Ultimate Chocolate Brownie Bickie Pop	1				<b>√</b>	1					1			<b>√</b>			<b>V</b>	<b>√</b>	<b>V</b>	1	<b>√</b>	1	<b>√</b>	1	<b>√</b>	/
Berry Sundae Tartlet	√ ·				<b>v</b>	<b>'</b>					<b>✓</b>			<b>v</b>			· ·	<b>V</b>	· /	<b>v</b>	<b>v</b>	1	<b>√</b>	·	<b>v</b>	<b>√</b>
Dubai Style Pistachio Brownie	√ Culturble (co.	Cultable for			✓ Cereals	<b>√</b>					✓			✓		<b>✓</b>	<b>√</b>	√ Sulphur	<b>√</b>	✓	<b>√</b>	✓	✓	✓	✓	<b>✓</b>
Breakfast	Suitable for vegetarians	vegans	Gluten Free	e Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya	dioxide a sulphite	and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Porridge Made With Water Porridge Made With Semi-Skimmed Milk	<b>√</b>	<b>√</b>			<b>√</b>				<b>√</b>					<b>√</b>												
Granola Pot Strawberry	1				<b>√</b>				<b>4</b>				1	<b>4</b>		<b>v v</b>	1 1		<b>V</b>	1	<b>√</b>	1	<b>√</b>	1	<b>√</b>	/
Granola Pot Blueberry  Ham And Emmental Croissant					<b>v</b>	1			<b>Y</b>		<b>✓</b>		<b>V</b>	<b>v</b>		<b>V V</b>	V V		<b>√</b>	<b>✓</b>	<b>v</b>	<b>v</b>	<b>√</b>	<b>v</b>	<b>√</b>	<i>,</i>
Cheese & Mushroom Croissant All day Breakfast Panini	<b>✓</b>			✓ ✓	<b>√</b>	✓ ✓	<b>✓</b>	<b>✓</b>		<b>✓</b>	✓ ✓	✓		<b>✓</b>		<i>y</i>	<i>y y</i>	<b>/</b>	✓ ✓	✓ ✓	✓ ✓	<b>✓</b>	√ √	<b>√</b>	•	<u>√</u>
Sandwiches	Suitable for vegetarians	Suitable for vegans	r Gluten Free	e Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya		and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chicken & Stuffing Sandwich	vegetarians	vegans		<b>√</b>	gluten ✓	1		<b>√</b>		<b>√</b>	<b>√</b>	✓		✓		<b>✓</b>	<b>√</b> ✓	sulphite:	· ✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
Gluten Free Egg & Tomato Tapenade Sandwich Tuna Salad Sandwich	1		1	1	,	1		1		1	√ √	,		√ √		<b>d d</b>	<i>y</i>	<i>y</i>	1	<b>V</b>	<b>4</b>	1	√ √	1	*	√ √
Lemon Chicken Sandwich			1		i.						·			<b>/</b>		· /	<b>V</b>		· /	<b>V</b>	<b>V</b>	<b>V</b>	· •	<i>V</i>	· •	7
Italian Style Chicken Flatbread  Double Egg & Cress Sandwich	1				√ ✓	1	7	1			√ √			✓ ✓		<i>y</i>	✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	√ √	1	√ ✓	<del>/</del>
Toasties	Suitable for vegetarians	Suitable for	r Gluten Free	e Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya		and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ham & Cheese Toastie				<b>√</b>	gluten ✓	✓	<b>√</b>			<b>√</b>	<b>√</b>			✓		<b>√</b>	<b>v</b>	sulphite:	✓	<b>√</b>	<b>√</b>	✓	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
Chicken & Bacon Croque Breakfast Toastie				✓ ✓	<b>√</b>	1	1			✓ ✓	✓ ✓	√ √		✓ ✓		<i>y y y</i>	<b>/ /</b>	<b>√</b>	✓ ✓	<b>√</b>	<b>√</b>	√ ✓	√ √	<b>√</b>	•	√ √
Chicken Pesto Toastie				✓	✓	1	1			<b>√</b>	<b>√</b>	✓		✓		<b>√</b> ✓	<b>v</b>	✓	✓	✓	✓	✓	✓	<b>√</b>	✓	1
Panini	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 a sulphite	and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ham And Cheese Panini				✓	✓	✓				✓	✓	✓		✓		✓	<b>√</b> ✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Вар	Suitable for vegetarians	Suitable for vegans	Gluten Free	e Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya	Sulphur dioxide a sulphite	and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Sausage Bap				<b>V</b>	<b>√</b>	<b>1</b>		,		1	<b>√</b>	<b>✓</b>		<b>√</b>		· ·	<b>V V</b>	<b>V</b>	<b>V</b>	<b>V</b>	<b>V</b>	<b>V</b>	<b>√</b>	<b>1</b>	1	1
Tuna Rustique	Suitable for	Suitable for		<b>v</b>	Cereals	v		•		v	•	·		<b>V</b>		•	•	Sulphur	· ·	•	· · · · · ·	•	·	v	v	
Focaccia		vegans	Gluten Free	e Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya	dioxide a sulphite:	and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Mediterranean Focaccia Chorizo, Mozzarella & Red Pepper Romana	<b>√</b>			✓ ✓	<b>√</b>	<b>√</b>		1		√ ✓	<b>✓</b>	✓ ✓		<b>√</b>		<b>y y</b>	<b>y y</b>	<b>√</b>	<b>v</b>	<b>√</b>	<b>✓</b>	<b>v</b>	<b>✓</b>	<b>v</b>	<b>√</b>	<u>/</u>
Wraps	Suitable for vegetarians	Suitable for	r Gluten Free	e Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya		and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chicken & Bacon Caesar Wrap	g. corrolls	.8.11.2		<b>√</b>	gluten ✓	<b>√</b>		<b>√</b>		<b>√</b>	<b>√</b>	✓		<b>√</b>		<b>√</b>	<b>√</b> ✓	sulphite:	<b>√</b>	✓	✓	<b>√</b>	✓	✓	<b>√</b>	<b>√</b>
Chicken Fajita Burrito Curied Chickpea Wrap	<b>v</b>	✓		✓ ✓	√ ✓	<b>V</b>		1		1	√ ✓	√ √		<b>√</b>		<b>v v</b>	<i>y y y</i>	✓ ✓	<b>V</b>	√ ✓	<b>4</b>	<b>V</b>	√ √	1	•	√ √
Salted Chilli Chicken Wrap	,			<b>✓</b>	1	<b>v</b>				<b>√</b>	1	<b>√</b>		<b>√</b>		<i>,</i>	<b>v v</b>	<b>√</b>	<b>/</b>	✓	<b>√</b>	✓	<b>√</b>	<b>√</b>	<b>√</b>	/
Pretzel Rolls	Suitable for vegetarians	Suitable for vegans	r Gluten Free	e Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya	Sulphur dioxide a sulphite	and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Bacon & Eggs Benedict Pretzel Roll				<b>V</b>	gluten ✓	1				<b>V</b>	<b>√</b>	<b>V</b>		<b>√</b>		<b>/ /</b>	<b>v v</b>	✓.	<b>V</b>	<b>V</b>	<b>√</b>	<b>V</b>	<b>V</b>	<b>V</b>	<b>√</b>	<b>/</b>
Buffalo Chicken Pretzel Roll Omelette Tomato Pretzel Roll	1			✓ ✓	<b>√</b>	<b>√</b>				✓ ✓	√ √	<b>✓</b>		<b>√</b>		✓ ✓ ✓ ✓	√ √ √ √	✓ ✓	<b>✓</b>	<b>✓</b>	✓ ✓	<b>✓</b>	✓ ✓	<b>✓</b>	•	√ √
Impulse Items	Suitable for vegetarians	Suitable for	r Gluten Free	e Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard Peanuts	Sesame Soya		and Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Popchips	vegetarians ✓	vegans			gluten									1				sulphite								
O'Donnell's Crisps - Cheese & Onion	<i>y</i>													<b>√</b>												
O'Donnell's Crisps - Salt & Vinegar Iced Gingerbread Biscuit					1	<b>√</b>					<b>V</b>															
Cookie Straw Swiss Chocolate Dark	<b>√</b>	1			<b>✓</b>	<b>√</b>					✓			✓ ✓				_	<b>/</b>	1	<b>/</b>	1	✓	/	<b>√</b>	<i>,</i>
Swiss Chocolate Milk	1	· •												<i>,</i>		<i>J</i>			<b>√</b>	<i>J</i>	<b>√</b>	1	✓	<b>✓</b>	· •	· /
Roasted & Salted Nuts Chocolate Gold Coin	1	<b>v</b>												<b>√</b>		<b>V</b>	1		<b>/</b>	✓ ✓	<b>✓</b>	<b>√</b>	<b>√</b>	1		<b>√</b>
Shortbread Biscuits Caramel Waffles	√ √				√ √	√ √			1					<b>√</b>			1									
GF Apricot & Yogurt Bar	1		1			-			<b>√</b>		<b>/</b>			<i>'</i>			1			<b>V</b>	<b>V</b>	,	<b>V</b>	1		<b>√</b>
Gluten Free Chocolate Brownie	✓		✓			]					✓			✓	1				✓	✓	✓	<b>V</b>	✓	✓	✓	✓

Bottled Beverages	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing Wheat gluten	Rye	Barley	Oat	Crustacean	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ballygowan Still 500ml	✓	✓	✓																								
Ballygowan Sparkling 500ml	<b>√</b>	✓	✓																								
Ballygowan Sportscap 750ml	<b>√</b>	✓	✓																								
/ITHIT Sparkling Pink Grapefruit	✓	✓	✓																								
/ITHIT Sparkling Raspberry & Grapefruit	✓	✓	<b>√</b>																								
/ITHIT Sparkling Mango & Pineapple	✓	<b>√</b>	✓																								
nnocent Berry Energise Smoothie	✓	✓	✓																								
nnocent Invigorate Super Smoothie 300ml	<b>√</b>	✓	✓																								
nnocent Strawberry And Raspberry Kids	✓	✓	✓																								
nnocent orange juice 330ml	<b>√</b>	<b>✓</b>	<b>√</b>																								