



Summer 25 ALLERGEN INFORMATION
UPDATED 18.08.25

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	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	
Bakery																													
Butter Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
Cinnamon Swirl	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓	
Luxury Fruit Bread	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓	
Fruit Scone	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	
Almond Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
Chocolate Twist	✓				✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	
Chocolate & Hazelnut Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	
Muffins	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	
Triple Chocolate Muffin	✓				✓	✓					✓			✓					✓										
Blueberry Muffin	✓				✓	✓					✓			✓					✓										
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓									
Unicorn Muffin	✓				✓	✓					✓			✓					✓										
Boston Cream 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					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Viennese Swirl	✓				✓	✓					✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Pistachio & Raspberry Cookie	✓				✓	✓			✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Elderflower & Lemon Cookie Sandwich	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Strawberry & Cream Viennese Swirl	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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 sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds	
Carrot Cake Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓	
Chocolate Orange Slice	✓				✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Raspberry & Coconut Loaf	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓	
Pistachio & White Chocolate Loaf Cake	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓	
Matcha & Strawberry Loaf	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Bar 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 sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds	
Fifteens					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓		✓	✓		✓			✓	
Fifteens (New Recipe)	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Twizzle Stick White Chocolate Marshmallow					✓	✓								✓			✓		✓				✓					✓	
Twizzle Stick White Chocolate Marshmallow (New Recipe)	✓				✓	✓								✓			✓		✓				✓					✓	
Twizzle Stick Chocolate Marshmallow														✓			✓		✓				✓					✓	
Twizzle Stick Chocolate Marshmallow (New Recipe)	✓													✓			✓		✓			✓	✓					✓	
Teaser Slice	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Pink Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓	
Cookies & Cream Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓	
Caramelised Bickie Brookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Caramelised Biscuit Cake	✓				✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Coffee & Caramel Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Bakewell Macaroon Tartlet	✓				✓	✓					✓			✓					✓	✓		✓	✓	✓	✓	✓	✓	✓	

Easter Crispie	✓				✓	✓	✓	✓		✓			✓						✓			✓	✓	✓	✓		✓	
Lemon & White Chocolate Tartlet	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓		✓	
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	Crustaceans	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	Crustaceans	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	✓		✓								✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	
Tuna Salad Sandwich				✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Lemon Chicken Sandwich			✓								✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	
Italian Style Chicken Flatbread					✓	✓	✓				✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	
Double Egg & Cress Sandwich	✓				✓	✓		✓			✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	
Toasties	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
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	Crustaceans	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				✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Bap	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
Sausage Bap				✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Tuna Rustique				✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Focaccia	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
Mediterranean Focaccia	✓			✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Chorizo, Mozzarella & Red Pepper Romana				✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Wraps	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
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	Crustaceans	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				✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Omelette Tomato Pretzel Roll	✓			✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Impulse Items	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
Popchips	✓													✓														

[illegible]