



Autumn FY25 ALLERGEN INFORMATION
UPDATED 03.09.25

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	✓				✓	✓					✓			✓					✓	✓								
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					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pistachio & Raspberry Cookie	✓				✓	✓			✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Strawberry & Cream Viennese Swirl	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Chocolate Cookies & Cream	✓				✓	✓			✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Speculoos Cookie	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Jaffa Cookie Sandwich	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Vanilla Blueberry Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Pistachio & White Chocolate Loaf Cake	✓				✓	✓					✓			✓					✓		✓	✓		✓	✓		✓	✓
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	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Twizzle Stick White Chocolate Marshmallow	✓				✓	✓								✓			✓		✓			✓						✓
Twizzle Stick Chocolate Marshmallow	✓													✓			✓		✓			✓	✓					✓
Teaser Slice	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pink Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Caramelised Bickie Brookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Millionaire Shortbread	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & White Chocolate Tiffin	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ultimate Chocolate Brownie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Berry Sundae Tartlet	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dubai Style Pistachio Brownie	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramel Crunch Oatie	✓				✓	✓			✓		✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Bueno Crispie	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Cookies & Cream Pop	✓				✓	✓					✓			✓				✓			✓	✓		✓	✓		✓	
Pecan Pie Tartlet	✓				✓	✓					✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Cookies & Cream Brookie	✓				✓	✓					✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Mummy Cake Pop	✓				✓	✓					✓			✓				✓		✓	✓	✓	✓	✓	✓	✓	✓	
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				✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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				✓	✓	✓	✓			✓	✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Breakfast Toastie				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Chicken Pesto Toastie				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Tuna Melt 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				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Curried Chickpea 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				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
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	✓													✓														
O'Donnell's Crisps - Cheese & Onion	✓													✓														
O'Donnell's Crisps - Salt & Vinegar	✓																											
Iced Gingerbread Biscuit					✓	✓					✓																	
Cookie Straw	✓				✓	✓					✓			✓														
Swiss Chocolate Dark	✓	✓												✓							✓	✓	✓	✓	✓	✓	✓	
Swiss Chocolate Milk	✓													✓							✓	✓	✓	✓	✓	✓	✓	
Roasted & Salted Nuts	✓	✓															✓					✓		✓			✓	

[illegible]