



Full Name	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Nuts	Ingredients		Suitable for vegetarians	Suitable for vegans
Bakery																		
Butter Croissant		Yes (Wheat)		Yes			Yes								Wheat Flour, Fine Butter (23%) (MILK), Water, Yeast, Sugar, Eggs, Salt, Wheat Gluten, Flour Treatment Agents (Alpha-amylases, Hemicellulases, Ascorbic Acid).	Yes		
Chocolate Twist		Yes (Wheat)		Yes			Yes					Yes			Water, Wheat Flour, Chocolate Chips (16%) (Sugar, Cocoa Mass, Cocoa Butter, Fat-Reduced Cocoa, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Butter (MILK), Sugar, Yeast, Modified Starch, Eggs, Salt, Whey Powder (MILK), Wheat Gluten, Skimmed MILK Powder, Stabilisers (Calcium Acetate, Tetrasodium Diphosphate, Disodium Phosphate), Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Natural Colours (Carrot Extract, Turmeric Extract, Paprika Extract), Natural Flavouring.	Yes		
Pain au Chocolate		Yes (Wheat)		Yes			Yes					Yes			WHEAT Flour, Butter (MILK) 21%, Water, Chocolate 9% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavouring), Yeast, Sugar, EGGS, Salt, WHEAT Gluten, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid).	Yes		
Fruit Toast		Yes (Wheat)		Yes			Yes				Yes	Yes			Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sulphates (7%), Cranberry (7%), Currants (7%), Vegetable Oil (Palm - Rapeseed), Sugar, Invert Sugar Syrup, Dried Whole Cow's Milk Powder, Salt, Fresh Whole Hen Egg, Yeast, Orange Peel, Lemon Peel, Glucose Syrup, Emulsifiers (Sodium Stearoyl-2-Lactylate, Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), Antioxidant (Tocopherol-Rich Extract), Flavouring, Flour Treatment Agent (Ascorbic Acid), Acidity Regulators (Citric Acid, Sorbic Acid).	Yes		
Cinnamon Swirl		Yes (Wheat)		Yes			Yes								Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, sugar, free range pasteurised whole EGG, sultanas (5%), palm stearin, rapeseed oil, yeast, ground cinnamon, dextrose, invert sugar, emulsifiers: mono- and diglycerides of fatty acids, mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids, sodium stearoyl-2-lactylate, sorbitan monostearate; WHEAT starch, skimmed MILK powder, salt, orange zest, raising agents: monocalcium phosphate, disodium phosphate, sodium bicarbonate; natural flavouring, colour: carotenes; flour treatment agent: ascorbic acid; glucose syrup, whey protein concentrate (MILK), creme fraiche powder (MILK), acidity regulators: citric acid, acetic acid, potassium hydroxide; stabilisers: agar, locust bean gum, xanthan gum; sunflower oil, WHEAT flour, skimmed MILK powder, orange concentrate, natural flavouring, butter (MILK), gelling agent: pectin.	Yes		
Sea Salted Caramel Pecan Swirl		Yes (Wheat)		Yes			Yes							Yes (Pecan)	Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), salted caramel icing (13% (sweetened condensed milk (MILK), sugar, lactose (MILK), partially inverted refiners syrup, glucose syrup, palm kernel oil, water, unsalted butter (MILK), sugar, palm oil, gelling agent: pectin (E440); emulsifiers: rapeseed lecithin (E322), sorbitan tristearate (E492); dried glucose syrup, salt, sea salt, colour: beta carotene (E160a); preservative: potassium sorbate (E202)) sugar, free range pasteurised whole EGG, water, butter (MILK), PECAN pieces, palm oil, fresh yeast, partially invert sugar syrup, dextrose, rapeseed oil, salt, natural flavouring, creamised sugar, emulsifiers: mono- and diglycerides of fatty acids (E471); free range whole EGG powder; stabiliser: guar gum (E412), free range EGG white powder, colour: beta carotene (E160a), raising agents: potassium and sodium diphosphates (E450), potassium hydrogen carbonate (E501), sodium bicarbonate (E500); skimmed MILK powder, ascorbic acid.	Yes		
Triple Chocolate Muffin		Yes (Wheat)		Yes			Yes					Yes			Sugar, WHEAT flour (WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), Non-hydrogenated vegetable oil (rapeseed), water, cocoa filling(9%)sugar, non hydrogenated vegetable fat(100%palm, rapeseed), fat reduced cocoa powder, lactose(MILK), emulsifier E322(SOYA), natural vanilla flavouring), free range liquid EGG, plain chocolate chips(4.6%)sugar, cocoa mass, cocoa butter, emulsifier E322(SOYA), natural vanilla flavouring), MILK chocolate (4.4%)sugar, whole MILK powder, cocoa butter, cocoa mass, emulsifier E322(SOYA), natural vanilla flavouring), cocoa powder(3.9%), chocolate curls(2.7%)sugar, cocoa butter, whole MILK powder, cocoa mass, LACTOSE, emulsifier E322(SOYA), natural vanilla flavouring), MILK chocolate drizzle(2.7%)sugar, palm oil, whey powder(MILK), rapeseed oil, WHEAT flour(WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), fat reduced cocoa powder, emulsifier E322(SOYA), E476, natural flavouring), WHEAT starch, raising agents (E501, E450, E341), MILK proteins, modified maize starch, emulsifiers (E475, E471), salt, stabiliser E415, acidity regulator E330, natural flavouring.	Yes		
Blueberry Muffin		Yes (Wheat)		Yes			Yes								WHEAT flour (WHEAT flour, Calcium Carbonate, Iron, Nicotinamide, Thiamin), free range liquid EGG, blueberry (10.1%), non-hydrogenated vegetable oil (rapeseed, palm), sugar, blueberry filling (9%) (blueberries, water, sugar, thickener: E1422, preservative: E202, natural flavour, acidity regulator E330), insulin(5.2%), BUTTER(MILK)(5.2%), streusel(2.7%)(WHEAT flour(WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), coarse sugar, margarine(non hydrogenated vegetable oils(palm, rapeseed), water, salt, natural flavouring), muscovado sugar, unsalted butter(MILK), glucose syrup, raising agents (E501, E450, E341), water, MILK proteins, WHEAT starch, emulsifiers (E475, E471), salt, modified maize starch, preservative E202, stabiliser E415, humectants (E420, E422), natural flavourings, acidity regulator E330, colour E160a.	Yes		
Chocolate Chunk Cookie		Yes (Wheat)		Yes			Yes					Yes			Fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), dark chocolate (24%) (cocoa mass, sugar, cocoa butter, emulsifier: SOYA lecithin; natural vanilla flavouring), sugar, butter (MILK), free range pasteurised EGG, raising agents: monocalcium phosphate, potassium hydrogen carbonate; WHEAT flour, lactose powder (MILK), glucose fructose syrup, whey powder (MILK), natural flavouring, invert sugar, salt, rapeseed oil.	Yes		
Brownie				Yes			Yes					Yes		Almonds	Dark chocolate (23%) (sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract), pasteurised free range EGG, sugar, salted butter (Butter (MILK), salt), milk chocolate chips (12%) (sugar, whole MILK powder, cocoa butter, cocoa mass, whey powder (MILK), emulsifier: SOYA lecithin, vanilla extract), milk chocolate (6%) (sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract), ground ALMONDS (NUTS), tapioca starch, potato starch, sorghum flour, natural vanilla flavouring, cocoa powder, baking powder (raising agents: disodium diphosphate, potassium hydrogen carbonate), stabiliser: xanthan gum.	Yes		
Millionaire Shortbread		Yes (Wheat)					Yes					Yes			Salted butter (Butter (MILK), salt), wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), milk chocolate (sugar, cocoa butter, whole MILK powder), cocoa mass, emulsifier: SOYA lecithin, vanilla flavouring), sweetened condensed milk (MILK, sugar), icing sugar, golden syrup, white chocolate (sugar, cocoa butter, whole milk powder (MILK), emulsifier: SOYA lecithin, vanilla flavouring), palm oil, cocoa butter, whey powder (MILK), vanilla flavouring, emulsifier: mono- and diglycerides of fatty acids.	Yes		

Caramel Crispie		Yes (Barley)		Yes		Yes		Yes		Brazil, Hazelnut, Walnut, Cashew, Pecan, Pistachio, Macadamia, Almonds	Milk Chocolate (50%) [Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier (Soya Lecithin), Flavouring], Caramel (10%) [Sweetened Condensed Skimmed Milk (Skimmed Milk, Sugar), Glucose Syrup, Golden Syrup, Palm Oil, Butter (Milk), Salt, Sugar, Stabiliser (Pectin), Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids)], Salted Butter (Butter (Milk), Salt), Rice Crispies (12%) [Rice Flour, Wheat Flour, Sugar, Malted Barley Flour, Rapeseed Oil, Emulsifier (Soya Lecithin)], Honeycomb Granules (5.1%) [Sugar, Glucose Syrup, Raising Agent (Sodium Carbonates)], Rapeseed Oil MAY CONTAIN TRACES OF EGG AND NUTS		
Fifteens		Yes (Wheat)				Yes			Yes		Sweetened Condensed Milk (36%): Milk (56%) (Milk), Granulated Sugar (44%), Lactose Trace. Biscuit Crumb (26%): Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), and Wholemeal Flour, Vegetable Oil (Palm Oil), Rapeseed Oil, Sugar, Invert Sugar Syrup, Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Marshmallows (25%): Sugar, Glucose Syrup, Water, Cornflour, Beef Gelatine, Flavourings, Natural Colour (Beetroot Red), Cherries (12%): Whole and Broken Cherries, Glucose/Fructose Syrup, Sugar, Citric Acid (E330), Colour: Anthocyanin, Sulphur Dioxide. Desiccated Coconut (1%).		
Banana Bread Loaf		Yes (Wheat)		Yes						Walnut, Pecan	Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), sugar, banana pulp (14%) [banana, antioxidant: ascorbic acid], pasteurised free range EGG, rapeseed oil, banana (7%), PEANUTS (8%), WALNUTS (8%), light soft brown sugar, sweetened dried banana coles (1%) [banana, coconut oil, sugar, natural banana flavouring], baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], raising agent: sodium bicarbonate; salt, preservative: potassium sorbate.	Yes	
White Twizzle Stick		Yes (Wheat)				Yes			Yes		Marshmallow: (Sugar, glucose syrup, water, maize starch, beef gelatine, flavourings, natural colour: beetroot red), White Chocolate: (Milk 20% (Milk solids, sugar, cocoa butter, full cream milk powder, emulsifier: soya lecithin) Non pareils (sugar, wheat starch, glucose syrup, colours E100, E120, E131, E160a, red beet juice concentrate)	Yes	
Milk Twizzle Stick						Yes			Yes		Marshmallow (Sugar, glucose syrup, water, maize starch, beef gelatine, flavourings, natural colour; beetroot red), Milk Chocolate (Cocoa Solids 33.6% Minimum, Milk Solids 22% Minimum, Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier: Soya Lecithin, Flavouring: Vanillin) White chocolate stars (sugar, cocoa butter, whole milk powder, emulsifier; E442)	Yes	
Cherry Crown		Yes (Wheat)								Almonds	Wheat Flour, Water, Chopped Cherries (16%), Non-Hydrogenated Rapeseed Oil, Sugar, Coconut Oil, Hydrogenated Rapeseed Oil, Linseeds, Yeast, Modified Starch, Glucose Syrup, Ground Apricot Kernels, Firming Agent (Isomalt), Salt, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Stabilisers (Pectin, Guar Gum, Xanthan Gum, Calcium Alginate, Diphosphates, Sodium Phosphate), Acidity Regulator (Citric Acid), Elderberry Extract, Natural Flavouring, Vinegar, Flour Treatment Agents (Amylases, Hemicellulases, Ascorbic Acid), Dried Glucose Syrup, Almonds, Gelling Agent (Agar), Colours (Calcium Carbonate, Beta-Carotene), Sea Salt, Pea Protein, Sourdough Culture.	Yes	Yes
Coconut Brownie		Yes (Wheat)		Yes		Yes			Yes		Brownie (54%) [Caster Sugar, Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dark Chocolate (Cocoa Mass, Sugar, Fat-Reduced Cocoa Powder, Emulsifier (Soya Lecithin), Natural Vanilla Flavouring), Pasteurised Liquid Egg, Unsalted Butter (Milk), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids)), Natural Flavour, Acid (Citric Acid), Colour (Carotenes)], Coconut Centre (35%) (Desiccated Coconut, Coconut Oil, Sweetened Condensed Milk (Whole Milk, Skimmed Milk, Sugar)), Chocolate Flavoured Topping (11%) (Bakers Chocolate (Sugar, Palm Oil, Whey Powder (Milk), Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Fat Reduced Cocoa Powder, Emulsifier (Soya Lecithin), Natural Flavouring), Milk Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier (Soya Lecithin), Vanillin, Fat Free Cocoa Solids, Milk Fat, Dry Milk Solids)].	Yes	
Bakewell Slice		Yes (Wheat)		Yes		Yes				Almonds	Sweet pastry base (14%) [Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), Sugar, Pasteurised Liquid EGG], MILK, Vanilla Essence (Water, Humectants (Glycerol, Propylene Glycol), Raspberry Jam (5.3%) (Glucose and Fructose Syrup, Raspberry (35%), Sugar, Thickener (Pectin), Acidifying Agent (Citric Acid), Acidity Regulator (Sodium Citrate)), Topping (80%) (Sugar, Ground ALMONDS, Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (Polyglycerol Esters of Fatty Acids)), Natural Flavouring, Acid (Citric Acid), Colour (Carotenes)), Pasteurised Liquid EGG, Flaked ALMONDS, Almond Extract (ALMOND Essential Oil, Alcohol)].	Yes	
Lemon Muffin		Yes (Wheat)		Yes		Yes			Yes		WHEAT flour (WHEAT flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), free range liquid EGG, blueberry (10.1%, non-hydrogenated vegetable oil (rapeseed, palm), sugar, blueberry (filling (9%) blueberries, water, sugar, thickener E1422, preservative: E202, natural flavour, acidity regulator E330), insulin(6.2%), BUTTER(MILK: 2%), streusel(2.7%)(WHEAT flour(WHEAT flour, calcium carbonate, iron, nicotinamide, thiamin), coarse sugar, margarine(non hydrogenated vegetable oils(palm, rapeseed), water, salt, natural flavouring), muscovado sugar, unsalted butter(MILK)), glucose syrup, raising agents (E501, E450, E341), water, MILK proteins, WHEAT starch, emulsifiers (E475, E471), salt, modified maize starch, preservative E202, stabiliser E415, humectants (E420, E422), natural flavourings, acidity regulator E330, colour E160a.	Yes	
Coconut Lime Mini Cake		Yes (Wheat)						Yes			Caster sugar, orange juice, fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), icing sugar, lime curd (10%) [lime juice, glucose syrup, sugar, coconut oil, modified maize starch, lemon comminute, gelling agent: pectin; natural flavouring, acidity regulator: trisodium citrate, colours: spinach extract, lutein], dairy free yogurt [coconut cream, coconut water, lactobacilli, lactobacillus], desiccated coconut (7%), olive oil, courgette, wholemeal WHEAT flour, margarine, coconut chips (2%), coconut milk (1.6%) [coconut extract], lime zest (1.3%), SOYA protein, alpha dextrin, lime juice (0.3%), baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate; fortified wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin)], salt, raising agent: sodium bicarbonate; preservative: potassium sorbate; modified maize starch; gelling agent: xanthan gum; acidity regulator: citric acid.	Yes	Yes

Chocolate Truffle Loaf Cake		Yes (Wheat, Barley)		Yes		Yes						Yes	Almonds		Pasteurised free range EGG , sugar, rapeseed oil, water, soft light brown sugar, wheat flour [WHEAT Flour, calcium carbonate, iron, niacin, thiamin], dark chocolate chunks (8%) [cocoa mass, sugar, emulsifier: SOYA lecithin, vanilla extract], cocoa powder, king sugar, ALMONDS , full fat soft cheese (MILK), milk chocolate (2%) [sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier: SOYA lecithin, vanilla extract], salted butter [butter (MILK), salt], cream (MILK), emulsifiers: native starch, mono and diglycerides of fatty acids, polyglycerol ester of fatty acids, glucose syrup, natural vanilla flavouring, white chocolate shaving (1%) [sugar, cocoa butter, whole MILK powder, whey powder (MILK), lactose (MILK), emulsifier: SOYA lecithin, vanilla extract], humectant: glycerine, dark chocolate (1%) [sugar, cocoa mass, cocoa butter, fat-reduced cocoa powder, emulsifier: SOYA lecithin, vanilla extract], raising agent: sodium bicarbonate, baking powder [raising agents: disodium diphosphate, potassium hydrogen carbonate], malt extract [malted BARLEY , water], preservative: potassium sorbate, salt, stabiliser: xanthan gum.	Yes	
Fresh Food	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Nuts	Ingredients	Suitable for vegetarians	Suitable for vegans
Everest - Blueberry Granola Yogurt		Yes (Wheat, Oat)		Yes			Yes								Vanilla flavoured Greek Style Yoghurt (75%) [Greek Style Yoghurt (MILK, Live Cultures) Vanilla Preparation (15%) (Water, Sugar, Modified Maize Starch, Madagascar Vanilla Extract (0.15%), Lemon Concentrate, Madagascar Vanilla Particles (0.15%), Sugar, Blueberry Preparation (13%) (Blueberry, Sugar, Water, Modified Starch E1442 (Tapioca), Lemon Concentrate, Natural Flavouring), Granola (13%) (OATS, Inulin, Buckwheat Hubs Granulated Sugar, Desiccated Coconut, Sunflower Seeds, Cranberries, Maple Syrup, Rapeseed Oil, Pumpkin Seeds, Water, Brown Linseed).		
Breakfast Panini		Yes (wheat)		Yes					Yes				Yes		Clabatta (50%) [WHEAT Flour, Water, Extra Virgin Olive Oil, Salt, Yeast, Malted WHEAT Flour, Flour Treatment Agent (Ascorbic Acid)], Egg Mayo (25%) [Eggs (77%) EGG , Water, Citric Acid and Trisodium Citrate], Gourmet Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulators (Acetic Acid, Citric Acid), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate)], Sausage (18%) [Pork (62%), Water, WHEAT Flour, Salt, raising agent (ammonium bicarbonate)], Pork Rind, Pork Fat, Potato starch, Seasoning (Salt, WHEAT Protein, Dextrose, Stabiliser (Tri phosphate), Spices, Preservative (Sodium Metabisulphate) (SULPHITES), Spice Extract, Antioxidant (Sodium Ascorbate), Streaky Bacon (6%) (Pork, Water, Salt, Sugar, Sodium Tri-phosphate, Smoke Flavour, Sodium Nitrite)], Black pepper (Cracked black peppercorns)		
Ham And Cheese Croissant		Yes (wheat)		Yes			Yes								Croissant (54%) [WHEAT Flour, Water, Butter (MILK), Yeast, Sugar, EGG , Salt, WHEAT Gluten, Enzymes (Amylase, Hemicellulase), Flour Treatment Agent (Ascorbic Acid)], Ham formed from select cuts of pork with added water (28%) (Pork, Water, Potato Starch, Salt, Sugars (Dried Glucose, Maltodextrin), Stabilisers (Diphosphates, Triphosphates, Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Emmental Cheese (19%) (MILK)		
Omelette & Tomato Croissant		Yes (wheat)		Yes			Yes								Croissant (41%) [WHEAT Flour, Water, Butter (MILK), Yeast, Sugar, EGG , Salt, WHEAT Gluten, Enzymes (Amylase, Hemicellulase), Flour Treatment Agent (Ascorbic Acid)], Omelette (35%) [EGG , MILK , Rapeseed Oil, Salt, Thickener (Xanthan Gum), Pepper], Emmental Cheese (14%) (MILK), Semi Dried Tomatoes (7%) (Tomato, Canola Oil, Salt, Garlic Granules, Oregano, Spinach (3%), Black Pepper.	Yes	
Chicken & Stuffing Sandwich		Yes (Wheat, Barley)		Yes			Yes	Yes				Yes			Malted Bread (44%) [WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Mixed Grains (Malted WHEAT , Toasted WHEAT Flakes, Malt Flour (BARLEY , WHEAT Bran), Yeast, WHEAT Gluten, Salt, Vegetable Oil (Palm, Rapeseed) Emulsifiers (Diacetyl Tartaric Acid Esters of Mono- and Diglycerides, Sodium Stearoyl Lactylate), Preservative (Calcium Propionate), Malt Extract (BARLEY), Flour Treatment Agent (Ascorbic Acid)], Chicken Mayonnaise Mix (37%) (Chicken, (Chicken Breast, Salt)], Mayonnaise (37%) [Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulators (Acetic Acid, Citric Acid), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)], Herb Stuffing (14%) (Breadcrumbs (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Mixed Grains (Malted WHEAT , Toasted WHEAT Flakes, Malt Flour (BARLEY , WHEAT Bran), Water, Yeast, WHEAT Gluten, Salt, SOYA Flour, Dextrose, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl Lactylate), Preservative (Calcium Propionate), Vegetable Oil (Palm, Rapeseed), Malt Extract (BARLEY), Flour Treatment Agent (Ascorbic Acid)], Vegetable Fat Spread (Vegetable Oils (Rapeseed Oil, Palm Oil), Water, Reconstituted Buttermilk (MILK), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Acidity Regulator (Lactic Acid), Flavourings, Vitamin A, Colour (Beta Carotene), Vitamin D), Onion, Sage & Onion Stuffing Mix (WHEAT Flour, Dried Onion, Salt, Vegetable Oils (Rapeseed, Palm, Sunflower), Dried Sage, Dried Parsley, Raising Agents (Ammonium Carbonate, Sodium Carbonate), Malt Extract (BARLEY), Water, Mixed Dried Herbs)], Mayonnaise (5%) [Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulators (Acetic Acid, Citric Acid), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)].		
Smoked Cheddar & Carrot Chilli Jam Sandwich		Yes (Wheat, Barley)					Yes								Malted Bread (51%) [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Mixed Grains (Malted WHEAT , Toasted WHEAT Flakes, Malt Flour (BARLEY , WHEAT Bran), Yeast, WHEAT Gluten, Salt, Vegetable Oils (Palm, Rapeseed), Emulsifiers (Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl Lactylate), Preservative (Calcium Propionate), Malt Extract (BARLEY), Flour Treatment Agent (Ascorbic Acid)], Carrot and Chilli Jam (22%) [Carrots, Sweet Chilli Sauce (Water, Sugar, Acidity Regulator (Acetic Acid), Tomato Puree, Modified Potato Starch, Garlic Puree (Garlic Puree, Acidity Regulator (Citric Acid)), Onion, Salt, Chillies, Stabiliser (Xanthan Gum), Antioxidant (Ascorbic Acid), Preservative (Potassium Sorbate), Ginger Puree (Ginger, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate)), Colour (Paprika Extract), Spice], Smoked Flavoured Cheddar (16%) [Cheddar Cheese (MILK), Natural Smoke Flavouring, Paprika Powder], Rocket, Vegetable Fat Spread (Vegetable Oils (Rapeseed, Palm, Sunflower), Water, Reconstituted Buttermilk (MILK), Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Acid (Citric Acid), Natural Flavouring, Vitamin A, Vitamin D, Colour (Beta Carotene)].	Yes	
Vegan Pesto, Chickpea & Red Pepper Sandwich		Yes (Wheat, Barley)										Yes			Seeded Bread (51%) [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Seed Mix (Toasted Brown Linseed, Toasted Sunflower Seeds, Pumpkin Seeds, Sunflower Seeds, Millet Seeds, Golden Linseed, Popped Seeds), Yeast, WHEAT Protein, Salt, SOYA Flour, Caramelised Sugar, Malted BARLEY Flour, BARLEY Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), BARLEY Fibre, Flour Treatment Agent (Ascorbic Acid)], Pesto Chickpea and Pepper Mix (38%) [Chickpeas, Mayonnaise (Rapeseed Oil, Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser (Xanthan Gum), Flavouring, Colour (Carotene), Antioxidant (Calcium Disodium EDTA), Mixed Peppers, Pesto (Basil, Rapeseed Oil, Salt), Sunflower Seeds], Rocket (5%), Semi dried Tomato Tapenade (5%) (Tomato, Canola Oil, Salt, Garlic Granules, Oregano).	Yes	Yes
Bella Mozzarella Panini		Yes (Wheat, Rye)					Yes								Clabatta (45%) [WHEAT Flour, Water, RYE Flour, Iodized Salt, Yeast, Dextrose, WHEAT Malt Flour], Mozzarella (27%) (MILK), Tomato (16%), Green Pesto (7%) (Basil Puree (Basil, Sunflower Oil, Salt), Sunflower Oil, Medium Fat Hard Cheese (MILK), Spinach (5%), Black Pepper.	Yes	
Ham And Cheese Panini		Yes (Wheat)					Yes								Large Clabatta (49%) (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Extra Virgin Olive Oil, Fermented WHEAT Flour, Salt, Yeast, Malted WHEAT Flour, WHEAT Flour), Emmental Cheese (29%) [Pasteurised Cow's MILK , Salt, Lactic Starter, Rennet (Microbial)], Sliced Ham (22%) (Pork, Water, Salt, baking Flavouring, Sugar (Maize, Potato), Stabilisers (Sodium Di, Tri & Polyphosphates), Sugars, Pork Protein, Antioxidant (Sodium Erythorbate), Flavouring, Preservative (Sodium Nitrite)		
Chicken Caesar Wrap		Yes (Wheat, Barley)		Yes			Yes	Yes							Chicken Caesar Mix (48%) [Chicken (Chicken Breast, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG , Acidity Regulators (Acetic Acid, Citric Acid), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)], Caesar Dressing (Rapeseed Oil, Water, Acidity Regulator (Acetic Acid), Pasteurised Liquid EGG Yolk, Sugar, Salt, Garlic Puree, Garlic, Lemon Concentrate, Black Pepper, Worcesters Sauce (Malt Vinegar (BARLEY), Water, Spirit Vinegar, Tamarind Extract, Sugar, Molasses Powder (Caramel), Onion Powder, Garlic Powder, White Pepper, Cloves, Paprika), MUSTARD Flour, Natural Cheese Flavouring (MILK), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)], Bar Market Tortilla (36%) [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (Sodium Carbonates, Diphosphates, Maltic Acid), Salt, Smoked Bacon (7%) (Pork, Salt, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)], Mixed Leaf (6%), Italian Medium Fat Hard Cheese (2%) (MILK , Preservative (EGG Lysosyme).		

Lemongrass Chicken Wrap	Yes	Yes (Wheat)		Yes					Yes								Spinach Wrap (36%) [Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Thiamin, Niacin), Water, Spinach Powder, Palm Oil, Palm Stearin, Humectant (Glycerol), Rapeseed Oil, Raising Agents (Potassium and Sodium Di-Phosphates, Sodium Bicarbonate), Preservatives (Calcium Propionate, Potassium Sorbate), Acidity Regulator (Malic Acid), Salt, Spirit Vinegar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), WHEAT Starch], Lemongrass Chicken Mayonnaise (32%) (Chicken (Chicken Breast, Salt), Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators (Acetic Acid, Citric Acid), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)), Lemongrass Dressing (Vegetable Oils (Rapeseed, Sunflower), Spices (Coriander, Chillies, Lemongrass, Pepper, Dill Seed, CELERY Seed), Natural Flavourings, Garlic, Salt, Turmeric Extract, Dill), Carrot (4%), Mango Chutney (4%) (Sugar, Mango, Salt, Acidity Regulator (Acetic Acid), Ground Chillies, Ground Ginger), Sugar Snap Peas (4%), Mayonnaise (Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators (Acetic Acid, Citric Acid), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)), Spinach, Fresh Coriander.		
Gluten Free Ham, Cheese & Salad Sandwich				Yes			Yes		Yes								Gluten Free Seeded Brown Bread (42%) [Water, Tapioca Starch, Potato Starch, Sunflower Seeds, Rapeseed Oil, Corn Starch, Potato Protein, Linseed, Humectant (Glycerol), Brown Rice Flour, Brown Teff Flour, Thickening Agents (Hydroxypropyl Methylcellulose, Xanthan Gum, Cellulose, Agar Agar, Carboxy Methylcellulose), Yeast, Poppy Seeds, Apple Fibre, Psyllium Husk, Millet Seeds, Buckwheat Flour, Treacle, Emulsifier (Mono & Diglycerides of Fatty Acids), Rice Bran, Pea Protein, Cultured Dextrose, Salt, Sourdough (Fermented Quinoa, Rice and Maize Flour), Anticaking Agent (Calcium Sulphate), Acidity Regulators (Citric Acid, Malic Acid)], Ham (formed from select cuts of pork with added water (12%) (Pork Leg Meat, Water, Salt, Potato Starch, Pea Starch, Glucose Syrup, Dextrose, Stabilisers (Potassium and Sodium Tri-Phosphates, Potassium and Sodium Di-Phosphates, Polyphosphates), Gelling Agent (Carrageenan), Antioxidant (Ascorbic Acid), Preservative (Sodium Nitrite)), Tomato (12%), Emmental Cheese (10%) (MILK), Mayonnaise (7%) (Rapeseed Oil, Water, Pasteurised Liquid EGG, Acidity Regulators (Acetic Acid, Citric Acid), Sugar, Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)), Cucumber (7%), Mixed Lettuce (6%) (Radichio, Endive, Lollo Rossa), Apple Chutney (2%) (Apples, Sugar, White Wine Vinegar, Onion, Raisins, Yellow MUSTARD Seeds, Gelling Agent (Pectin), Spices, Salt), Spring Onion (2%). ALLERGY ADVICE: In our Production Area we also handle Gluten, Fish, Crustaceans, Celery, Sesame, Soya, Sulphites. May contain traces of Peanuts, Tree Nuts and Sesame. CAUTION: Although every care has been taken to remove all bones, some small fragments may remain.		
Jerk Chicken Ciabatta	Yes	Yes (Wheat, Rye, Barley)					Yes		Yes								Ciabatta (42%) [WHEAT Flour, Water, RYE Flour, Iodised Salt (Salt, Potassium Iodate), Yeast, Dextrose, WHEAT Malt Flour, Flour Treatment Agent (Ascorbic Acid)], Jerk Chicken (33%) [Cooked Chicken (Chicken Breast, Salt), Jerk Sauce (Water, Sugar, Acidity Regulator (Acetic Acid), Tomato Purée, Modified Maize Starch, Salt, Malt Vinegar (BARLEY), Worcester Sauce (Malt Vinegar (BARLEY), Water, Spirit Vinegar, Tamarind Extract, Sugar, Molasses, Colour (Caramel), Onion Powder, Garlic Powder, White Pepper, Cloves, Paprika), Onion, Chipotle Chillies, Lime Concentrate, Caramel Sugar, Spice (MUSTARD), Smoke Flavouring, Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Spice Mix (Thyme, Cumin, Star Anise, Cinnamon, Cloves, Fennel, Black Pepper)], Cheese Sauce (13%) [White Sauce (Water, Rapeseed Oil, Modified Potato Starch, Salt, Whey Protein Concentrate (MILK), Sugar, Vegetable Stock (Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, CELERY, Lovage), Acidity Regulator (Lactic Acid), Stabilisers (Xanthan Gum, Guar Gum), Preservative (Potassium Sorbate), Spices), Mozzarella Cheese (MILK), Cheddar Cheese (MILK)], Rainbow Slaw (13%) (Red Cabbage, White Cabbage, Carrot). ALLERGY ADVICE: In our Production Area we also handle Fish, Crustaceans, Egg, Sesame, Sulphites, Soya. May contain traces of Peanuts and Tree Nuts.		
Tuna Protein Salad Bowl				Yes	Yes		Yes		Yes								Salt, Modified Maize Starch, Spice (MUSTARD), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Sweet Chili Sauce (Water, Sugar, Acidity Regulator (Acetic Acid), Tomato Purée, Modified Potato Starch, Garlic Purée (Garlic, Acidity Regulator (Citric Acid), Onion, Salt, Chillies, Stabiliser (Xanthan Gum), Antioxidant (Ascorbic Acid), Preservative (Potassium Sorbate), Ginger Purée (Ginger, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Colour (Paprika Extract), Spice), Water, Lime, Coriander), Kidney Beans (10%), Chickpeas (10%), Free Range Hard Boiled EGG (9%), Cucumber (6%), Feta Cheese (Sheep's MILK, Goat's MILK) (2%), Black Onion Seeds. ALLERGY ADVICE: In our Production Area we also handle Gluten, Crustaceans, Sesame, Celery, Soya, Sulphites. Although every care has been taken to remove bones and shell, some small fragments may remain. May contain traces of Peanuts and Tree Nuts.		
Impulse Items	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Nuts	Ingredients	Suitable for vegetarians	Suitable for vegans		
O'Donnells Crisps - Ballymaloe Relish															See back of packaging for details				
O'Donnells Crisps - Cheese & Onion															See back of packaging for details				
O'Donnells Crisps - Salt & Vinegar															See back of packaging for details				
Caramel Waffle		Yes (Wheat)					Yes					Yes			See back of packaging for details				
Shortbread Cookies		Yes (Wheat)					Yes								See back of packaging for details				
Almonds Biscotti		Yes (Wheat)					Yes							Yes (Almonds)	See back of packaging for details				
Smoked Almonds		Yes (Wheat)							Yes					Yes (Almonds)	See back of packaging for details				
Almonds, Cashews, Cranberries & Raisins													Yes	Yes (Cashew, Almonds)	See back of packaging for details				
Ginger Biscuit		Yes (Wheat)					Yes								See back of packaging for details				
Milk Chocolate Bar							Yes								See back of packaging for details				
Dark Chocolate Bar															See back of packaging for details				
Chocolate Gold Coin							Yes								See back of packaging for details				
Trio of favourites		Yes (Wheat)		Yes			Yes					Yes		Yes (Almonds)	See back of packaging for details				
Bottled Beverages	Celery	Cereals containing gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Nuts	Ingredients	Suitable for vegetarians	Suitable for vegans		
Innocent Bubble Lemon, Lime, & Apple															See back of packaging for details				
Ballygowan Still 500ml															See back of packaging for details				
Ballygowan Sparkling 500ml															See back of packaging for details				
Ballygowan Sportscap 750ml															See back of packaging for details				
Innocent Apple Raspberry															See back of packaging for details				
Innocent orange juice 330ml															See back of packaging for details				