



WINTER FY22 FOOD ALLERGEN INFORMATION
Updated 06.01.22

WE CANNOT GUARANTEE THAT OUR PRODUCTS ARE FREE FROM ANY ALLERGENS AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM.
SOME BEVERAGE INGREDIENTS MAY BE PRODUCED IN AN ENVIRONMENT WHERE ALLERGENS ARE PRESENT.

KEY: ✓ = Allergen is present

| 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 | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Chocolate Twist | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Pain au Chocolate | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Pain Aux Raisin | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Maple Pecan Plait | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | ✓ | | | | | | |
| Cinnamon Swirl | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Raspberry & Almond Scone | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | ✓ | | |
| Fruit Scone | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Sea Salted Caramel Pecan Swirl | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | ✓ | | | | | | |
| Muffins | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Orange Chocolate Muffin | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Triple Chocolate Muffin | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Blueberry Muffin | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Cookies | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chocolate Chunk Cookie | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Chocolate Chunk Shortbread | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Caramel & Date Cookie | ✓ | ✓ | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | | | ✓ | ✓ | | ✓ | | | | ✓ | | |
| Be My Valentine Shortbread | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Birthday Cake Cookie | ✓ | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | | | ✓ | ✓ | | ✓ | | | | | | |
| Loaf Cakes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Raspberry & Coconut Loaf | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Lemon & Blueberry Loaf | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Orange & Polenta Loaf | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Carrot & Walnut Cake PB | ✓ | ✓ | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | ✓ | | | | | | | | |
| Barcakes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fifteens | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| White Twizzle Stick | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Milk Twizzle Stick | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Millionaire Shortbread | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Salted Caramel Biscuit Cake | ✓ | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Golden Caramel Crispie | ✓ | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Chocolate Brownie | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Toffee Latte Cupcake | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | ✓ | | | | | | | | | |
| Pecan & Caramel Brownie | ✓ | ✓ | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | ✓ | | | | | | |
| Cookie Dough Brownie | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Cookies & Cream | ✓ | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Bakewell | ✓ | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Breakfast | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Everest - Blueberry Granola Yogurt | | | | | ✓ | | | | ✓ | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Ham And Cheese Croissant | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Sandwiches | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken & Stuffing Sandwich | | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | ✓ | | | | | | | | | | | | |
| Ham, cheese & salad sandwich | | | ✓ | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Egg & Cress Sandwich | ✓ | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Panini | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bella Mozzarella Panini | ✓ | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Breakfast Panini | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | ✓ | | | | | | | | | | | |
| Ham And Cheese Panini | | | | | ✓ | ✓ | | | | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Wraps | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chicken Caesar Wrap | | | | | ✓ | ✓ | | | ✓ | | ✓ | | | ✓ | | | | | | | | | | | | | | | | | |
| Savoury Seasonal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

