



**SUMMER FY22 ALLERGEN INFORMATION**  
**UPDATED 05.05.22**

**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 |   |
|---|--------------------------|---------------------|-------------|--------|---------------------------|-------|-----|--------|-----|-------------|-----|------|-------|------|----------|---------|---------|--------|------|-------------------------------|--------|----------|--------|--------|-------|-----------|-----------|---------|---|
| <b>Bakery</b>   |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Butter Croissant  | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    |                               | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Chocolate Twist   | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    |                               | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Pain au Chocolate   | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    |                               | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Pain Aux Raisin   | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    |                               | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Cinnamon Swirl  | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    |                               | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Lemon & Poppyseed Scone                                     | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    |                               | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Fruit Scone   | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    |                               | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Iced Raspberry Swirl  | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         | ✓       | ✓      | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Muffins</b>  |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Triple Chocolate Muffin                                     | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             |        |          |        |        |       |           |           |         |   |
| Blueberry Muffin  | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             |        |          |        |        |       |           |           |         |   |
| Strawberry & Cream Muffin                                   | ✓                        |                     |             |        | ✓                         | ✓     |     | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Cookies</b>  |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Chocolate Chunk Cookie                                      | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Triple Chocolate Cookie                                     | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Confetti Cookie Sandwich                                    | ✓                        |                     |             |        | ✓                         | ✓     |     |        | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Loaf Cakes</b>   |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Carrot Cake   | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Lemon Loaf  | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Banoffee Mini Loaf  | ✓                        | ✓                   |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Bar cakes</b>  |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Fifteens  |                          |                     |             |        | ✓                         | ✓     |     |        |     |             |     |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| White Twizzle Stick   |                          |                     |             |        | ✓                         | ✓     |     |        |     |             |     |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Milk Twizzle Stick  |                          |                     |             |        | ✓                         | ✓     |     |        |     |             |     |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Millionaire Shortbread                                      | ✓                        |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Golden Caramel Crispie                                      |                          |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Chocolate Brownie   | ✓                        |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Ruby Rocky Road   |                          |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Bueno Tiffin  | ✓                        |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Roll With it Brownie  | ✓                        |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| White Chocolate & Raspberry Blondie                         | ✓                        |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Mango & Berry Granola                                       | ✓                        |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Lemon Meringue Slice  |                          |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Strawberry Shortcake  | ✓                        |                     |             |        | ✓                         | ✓     | ✓   | ✓      | ✓   |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Mallow Madness  |                          |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Breakfast</b>  |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Porridge Made With Water                                    | ✓                        | ✓                   |             |        | ✓                         |       |     |        | ✓   |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Porridge Made With Semi-Skimmed Milk                        | ✓                        |                     |             |        | ✓                         |       |     |        | ✓   |             |     |      |       | ✓    |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Granola Pot Raspberry                                       | ✓                        |                     |             |        | ✓                         |       |     |        | ✓   |             |     |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Granola Pot Lemon   | ✓                        |                     |             |        | ✓                         |       |     |        | ✓   |             |     |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Ham & Cheese Croissant                                      |                          |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Omelette, Sundried Tomato Croissant                         | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Sausage Bap   |                          |                     |             | ✓      | ✓                         | ✓     |     |        |     | ✓           | ✓   | ✓    |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| All day spiced bean & cheese burrito                        | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Sandwiches</b>   |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Chicken & Salad Sandwich                                    |                          |                     |             |        | ✓                         | ✓     |     | ✓      |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Tuna & Sweetcorn Sandwich                                   |                          |                     |             |        | ✓                         | ✓     |     | ✓      |     |             | ✓   | ✓    |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| BLT Sandwich  |                          |                     |             |        | ✓                         | ✓     |     | ✓      |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Egg Mayo GF Sandwich  | ✓                        |                     | ✓           |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Panini</b>   |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Breakfast Panini  |                          |                     |             |        | ✓                         | ✓     | ✓   | ✓      |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Ham And Cheese Panini                                       |                          |                     |             |        | ✓                         | ✓     | ✓   | ✓      |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Focaccia</b>   |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Mediterranean Focaccia                                      | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Wraps</b>  |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Chicken & Bacon Caesar Wrap                                 |                          |                     |             |        | ✓                         | ✓     |     | ✓      |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Baked Ham & Cheddar Wrap                                    |                          |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Sweet Potato Pakora Wrap                                    | ✓                        | ✓                   |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| Lemon Pepper Chicken  |                          |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Pretzel Rolls</b>  |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Bacon & Egg Pretzel Roll                                    |                          |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| New York Beef Pretzel Roll                                  |                          |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Salads</b>   |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Pesto Pasta & Rocket Salad                                  | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        | ✓    | ✓                             | ✓      | ✓        | ✓      | ✓      | ✓     | ✓         | ✓         | ✓       | ✓ |
| <b>Impulse Items</b>  |                          |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Nudi Snacks - Cauliflower Crisps Cheese & Caramelised Onion | ✓                        | ✓                   | ✓           |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| O'Donnell's Crisps - Cheese & Onion                         | ✓                        |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| O'Donnell's Crisps - Salt & Vinegar                         | ✓                        |                     |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Iced Gingerbread Biscuit                                    | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Cookie Straw  | ✓                        |                     |             |        | ✓                         | ✓     |     |        |     |             | ✓   |      |       | ✓    |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Dark Chocolate Bar  | ✓                        | ✓                   |             |        |                           |       |     |        |     |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Milk Chocolate Bar  | ✓                        |                     |             |        |                           |       |     |        |     |             |     |      |       | ✓    |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |
| Peanut Butter Cup   | ✓                        | ✓                   |             |        | ✓                         |       |     |        | ✓   |             |     |      |       |      |          |         |         |        |      |                               |        |          |        |        |       |           |           |         |   |