SUMMER FY22 ALLERGEN INFORMATION
UPDATED 07.07.22

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
Bakery																												
Butter Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Twist	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Pain au Chocolate	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Pain Aux Raisin	✓				✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Cinnamon Swirl	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Fruit Scone	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Iced Raspberry Swirl	✓				✓	✓					✓			✓						✓								✓
Muffins																												
Triple Chocolate Muffin	✓				✓	✓					✓			✓					✓	✓								
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Strawberry & Cream Muffin	✓				✓	✓		✓	✓		✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Cookies																												
Chocolate Chunk Cookie	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Triple Chocolate Cookie	✓				✓	✓					✓			✓					✓			✓	✓		✓			✓
Confetti Cookie Sandwich	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes																												
Carrot Cake	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Lemon Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Banoffee Mini Loaf	✓	✓			✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Bar cakes																												
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	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast																												
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	✓				✓	✓					✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Sandwiches																												
Chicken & Salad Sandwich					✓	✓		✓			✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Tuna & Sweetcorn Sandwich					✓	✓		✓			✓	✓				✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
BLT Sandwich					✓	✓		✓			✓					✓	✓				✓	✓	✓	✓	✓	✓	✓	✓
Egg Mayo GF Sandwich	✓		✓								✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓

Panini																											
Breakfast Panini					✓	✓	✓	✓			✓					✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Ham And Cheese Panini					✓	✓	✓	✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Focaccia																											
Mediterranean Focaccia	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓
Wraps																											
Chicken & Bacon Caesar Wrap					✓	✓		✓			✓			✓		✓											
Baked Ham & Cheddar Wrap					✓	✓								✓		✓											
Lemon Pepper Chicken					✓	✓					✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓
Katsu Wrap	✓	✓			✓	✓		✓											✓								
Pretzel Rolls																											
Bacon & Egg Pretzel Roll					✓	✓					✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓
New York Beef Pretzel Roll					✓	✓					✓			✓		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Salads																											
Pesto Pasta & Rocket Salad	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓
Impulse Items																											
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	✓	✓			✓				✓								✓		✓					✓			
Roasted & Salted Nuts	✓	✓															✓					✓		✓			✓
Chocolate Gold Coin	✓													✓													
Shortbread Biscuits	✓				✓	✓								✓													
Gold Coin	✓													✓													
Caramel Waffles	✓				✓	✓								✓					✓								
Trio of favourites	✓				✓	✓					✓			✓					✓								✓
Bottled Beverages																											
Innocent Bubble Lemon, Lime, & Apple	✓	✓	✓																								
Ballygowan Still 500ml	✓	✓	✓																								
Ballygowan Sparkling 500ml	✓	✓	✓																								
Ballygowan Sportscap 750ml	✓	✓	✓																								
Innocent Apple Raspberry	✓	✓	✓																								
Innocent Invigorate Super Smoothie 300ml	✓	✓	✓																								
Innocent orange juice 330ml	✓	✓	✓																								