AUTUMN FY22 ALLERGEN INFORMATION
UPDATED 02.09.22

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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Luxury Fruit Bread	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Fruit Scone	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Sea Salted Caramel & Pecan Swirl	✓				✓	✓					✓			✓					✓						✓			
Muffins																												
Double Chocolate Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
Toffee Apple Mufffin	✓				✓	✓	✓	✓	✓		✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Cookies																												
Chocolate Chunk Cookie	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Nutchoc Cookie Sandwich	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓		✓						
Double Dipped Chocolate Cookie	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pumpkin Spice Cookie	✓	✓			✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes																												
Carrot Cake	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & Coconut Loaf	✓				✓	✓	✓	✓	✓		✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Bar cakes																												
Fifteens					✓	✓								✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
White Twizzle Stick					✓	✓								✓			✓		✓				✓					✓
Milk Twizzle Stick														✓			✓		✓				✓					✓
Millionaire Shortbread	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bountiful Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cookie Bash Brownie	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Jaffa Slice	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coffee Cake Slice	✓				✓	✓	✓	✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Cookie Dough Biscuit Cake	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast																												
Porridge Made With Water	✓				✓				✓					✓														
Granola Pot Raspberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Lemon	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham & Cheese Croissant					✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Cheese & Mushroom Croissant	✓			✓	✓	✓					✓			✓				✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Sausage Bap					✓	✓								✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
All day spiced bean & cheese burrito	✓				✓	✓					✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Sandwiches																												
Chicken & Salad Sandwich					✓	✓		✓			✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Egg Mayo GF Sandwich	✓		✓								✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Ham, Cheese & Coleslaw Sandwich					✓	✓		✓			✓			✓		✓												
GF Ham, Cheese & Salad Sandwich											✓			✓		✓	✓				✓	✓	✓	✓	✓	✓	✓	✓
Toasties																												
Chicken & Bacon Croque				✓	✓	✓	✓							✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Toasted Special Croque				✓	✓	✓	✓							✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓

Sourdough Bacon & Mushroom Toastie					✓	✓					✓			✓		✓		✓									
Panini																											
Breakfast Panini					✓	✓	✓	✓			✓					✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham And Cheese Panini					✓	✓	✓	✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓
Bap																											
New York Beef Onion Bap					✓	✓					✓			✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓
Focaccia																											
Mediterranean Focaccia	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓
Tuna Nicoise Focaccia					✓	✓		✓			✓	✓		✓		✓		✓			✓	✓	✓	✓	✓	✓	✓
Wraps																											
Chicken & Bacon Caesar Wrap					✓	✓		✓			✓			✓		✓	✓				✓	✓	✓	✓	✓	✓	✓
Katsu Wrap	✓	✓			✓	✓		✓											✓								
Chipotle Chicken Burrito					✓	✓		✓						✓		✓		✓			✓	✓	✓	✓	✓	✓	✓
Pretzel Rolls																											
Bacon & Egg Pretzel Roll					✓	✓					✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓
All Day Eggs Pretzel Roll	✓				✓	✓					✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓
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	✓				✓	✓					✓			✓					✓								✓
GF Fruit & Nut Bar	✓		✓								✓			✓					✓			✓	✓		✓	✓		✓
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	✓	✓	✓																								