HOLIDAY FY22 ALLERGEN INFORMATION
UPDATED 27.10.22

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 Nut Muffin	✓				✓	✓					✓			✓					✓			✓						
Black Forest Muffin	✓				✓	✓					✓			✓					✓		✓		✓	✓	✓	✓		✓
Cookies																												
Chocolate Chunk Cookie	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Double Dipped Chocolate Cookie	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
South Pole Sam	✓				✓	✓	✓	✓			✓			✓					✓			✓	✓			✓		✓
North Pole Nat	✓				✓	✓	✓	✓			✓			✓					✓			✓	✓			✓		✓
Santa Gingerbread Bearista	✓				✓	✓	✓	✓	✓		✓								✓		✓	✓			✓			✓
Raspberry & White Chocolate Sandwich Coo	✓				✓	✓					✓			✓					✓									
Snowflake Cookie	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes																												
Carrot Cake	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Marble Loaf Cake	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Ginger Mini Loaf	✓				✓	✓	✓	✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Bar cakes																												
Fifteens					✓	✓								✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
White Twizzle Stick					✓	✓								✓			✓		✓				✓					✓
Milk Twizzle Stick														✓			✓		✓				✓					✓
Millionaire Shortbread	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Quispies					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓			✓	✓	✓			✓
Mince Pie	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Biscoffy Rocky Road					✓	✓		✓			✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Pistachio & Raspberry Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Snowball Brownie					✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mint Tiffin	✓				✓	✓		✓			✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Plant-Based Crispy	✓	✓			✓	✓		✓						✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salted Caramel Tiffin Bar	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast																												
Porridge Made With Water	✓	✓			✓				✓																			
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					✓														
Granola Pot Raspberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Lemon	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham & Cheese Croissant					✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Cheese & Mushroom Croissant	✓			✓	✓	✓					✓			✓				✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
All day spiced bean & cheese burrito	✓				✓	✓					✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓

Sandwiches																											
Goats cheese & Sundried Tomato Rustique	✓				✓	✓		✓			✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Gluten Free Turkey & Ham Feast			✓								✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Prawn Bloomer					✓	✓				✓	✓					✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Turkey Feast Sandwich					✓	✓		✓			✓			✓					✓									
Toasties																												
Sourdough Bacon & Mushroom Toastie					✓	✓					✓			✓		✓		✓										
Cranberry & Brie Croque	✓			✓	✓	✓	✓	✓						✓					✓									
Christmas Croque					✓	✓	✓	✓			✓			✓		✓			✓									
Panini																												
Breakfast Panini					✓	✓	✓	✓			✓					✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Ham And Cheese Panini					✓	✓	✓	✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Bap																												
New York Beef Onion Bap					✓	✓					✓			✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Sausage & Caramelized Onion Blaa				✓	✓	✓								✓		✓												
Focaccia																												
Mediterranean Focaccia	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Pulled Turkey Focaccia					✓	✓		✓			✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Wraps																												
Chicken & Bacon Caesar Wrap					✓	✓		✓			✓			✓		✓	✓				✓	✓	✓	✓	✓	✓	✓	✓
Vegan Peking Wrap	✓	✓			✓	✓		✓									✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Pretzel Rolls																												
Pulled Beef & Cheese 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	✓	✓	✓																									