WINTER 23 ALLERGEN INFORMATION
UPDATED 05.01.23

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	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Muffins																												
Double Chocolate Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
Carrot Cake Muffin	✓				✓	✓					✓			✓					✓									
Cookies																												
Chocolate Chunk Cookie	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Double Dipped Chocolate Cookie	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & White Chocolate Sandwich Cookie	✓				✓	✓					✓			✓					✓									
Salted Caramel Cookie Sandwich	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Winter Spice Cookie	✓	✓			✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes																												
Carrot Cake	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Biscoffee Loaf Cake	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Raspberry & White chocolate Loaf	✓				✓	✓	✓	✓	✓		✓			✓			✓	✓	✓	✓		✓	✓		✓			✓
Apple & Custard Crumble	✓				✓	✓	✓	✓	✓		✓			✓			✓	✓	✓	✓		✓	✓		✓			✓
Bar cakes																												
Fifteens					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓		✓	✓		✓			✓
White Twizzle Stick					✓	✓								✓			✓		✓				✓					✓
Milk Twizzle Stick														✓			✓		✓				✓					✓
Millionaire Shortbread	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
After Dark Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Brownie (Improved Receipe)	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Peanut Heavan	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dime Bar	✓				✓	✓								✓					✓	✓								✓
Chocolate Caramel Quispie					✓	✓		✓			✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dark Chocolate Bosch-Plant Based	✓	✓			✓	✓		✓						✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cookie Dough Biscuit Cake	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Jaffa Slice	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mango & Berry Granola	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Meringue Slice					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast																												
Porridge Made With Water	✓	✓			✓				✓																			
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					✓														
Granola Pot Raspberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola pot blueberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham & Cheese Croissant					✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Cheese & Mushroom Croissant	✓			✓	✓	✓					✓			✓				✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
All day spiced bean & cheese burrito	✓				✓	✓					✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
All day Breakfast Panini					✓	✓	✓	✓			✓					✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Sandwiches																												
Classic Club					✓	✓					✓					✓			✓									

Chicken & stuffing					✓	✓		✓			✓					✓	✓				✓	✓	✓	✓	✓	✓	✓	✓
Gluten Free Ham, Cheese & Salad			✓								✓			✓		✓		✓			✓	✓	✓	✓	✓	✓	✓	✓
Toasties																												
Chicken & Bacon Croque				✓	✓	✓	✓							✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Toasted Special Croque				✓	✓	✓	✓							✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Panini																												
Breakfast Panini					✓	✓	✓	✓			✓					✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Ham And Cheese Panini					✓	✓	✓	✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Bap																												
New York Beef Onion Bap					✓	✓					✓					✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Coronation Chicken Bap					✓	✓					✓					✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Sausage Bap					✓	✓								✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Focaccia																												
Mediterranean Focaccia	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Wraps																												
Chicken & Bacon Caesar Wrap					✓	✓		✓			✓			✓		✓	✓				✓	✓	✓	✓	✓	✓	✓	✓
Katsu Wrap	✓	✓			✓	✓		✓											✓									
Cajun Wrap	✓	✓			✓	✓													✓									
Pulled Beef Burrito					✓	✓		✓						✓		✓												
Pretzel Rolls																												
New York Beef 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	✓	✓	✓																									