

SUMMER 23 ALLERGEN INFORMATION UPDATED 23.05.23

WE CANNOT GUARANTEE THAT ANY ITEMS ARE 100% FREE FROM ALLERGENS AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM. KEY:  $\sqrt{}$  = Allergen is present  $\sqrt{}$  = May Contain Traces

Product Name	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans E88	Fish	Lupin	Viik	Molluscs	Mustard	Peanuts	ssame	oya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	lacadamia	monds
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Bakery Butter Croissant	1				1	1				1			J			1	1	1		/	1	1	1	/	1		
Chocolate Twist	V V				v V	V (				✓ ✓			v J			V /	<b>v</b>	V (		<u> </u>	V (	V	V (	V /	V J	V	V V
Pain au Chocolate	V V				v V	v ./				v 			v V			v v	1	V I		v ./	v ./	V III	v ./	•	× ./	•	V ./
Pain Aux Raisin	V V				v V	v V				v ✓			v V			V /	×	ľ		V /	v /	V V	V /	•	▼ √	V	v ./
	V V				v V	v /				v 			v V			×		1		<u> </u>	v /	V V	V (	•	v ./	V	V III
Cinnamon Swirl	V V				v ./	v ./				v /			v					V		v ./	v ./	V III	v ./	v ./	v ./		V ./
Luxury Fruit Bread Fruit Scone	V V				v ./	v /				v ./			V V			1		V (		<u>v</u>	v /	V (	v /	v /	v /		V
Muffins	•				v	v				v			v			V		V		<u>v</u>	•	•	v	v	v		<b>`</b>
Double Chocolate Muffin	1				./	./							./					./									
Blueberry Muffin	▼ √				v ./	v ./				v _√			v ./					v v								+	<u> </u>
Lemon Muffin	V ./				v ./	v ./				v 1			v ./					V ./	1							+	<u> </u>
Carrot Cake Muffin	V				v ./	V /				V 			V /					V .(	₩ 							+	<u> </u>
Strawberry & Cream Muffin	v _/				v ./	* ./				▼ ./			v ./					1			1	1	1	1	1	+	
Cookies	v				v	v				v			v					v			•	×	ľ	•	×	+	ř.
Cookies Chocolate Chunk Cookie	1				./								./					1		./		1	1	./			1
	V V				v /	v /			/	v V			v /			1		V I	1	<u>v</u>	v (		V III	v /	×		V III
Double Dipped Chocolate Cookie Cookies & Cream Sandwich	V (				v /	v /			×	×			v /			v (		V I	v /	<b>v</b>	v /	V I	V /	<b>v</b>	v /		
	×				v	~				<b>↓</b>			×			×		~	~	<b>v</b>	~	~	<b>v</b>	<b>v</b>	<b>v</b>	- · · ·	×
Raspberry & White Chocolate Cookie Sandwich	$\checkmark$				<b>√</b>	~			1	1			~			✓		1	✓	√	✓	✓	√	✓	✓	✓	$\checkmark$
Loaf Cakes																											
Biscoffee Loaf Cake					1	1				1			1					1			1	1	1		1		1
Lemon Meringue Mini Loaf Cake	v ./				v ./	v ./				v ./			v ./			./		v ./		•	• ./	v ./	•	•	<b>`</b>		ř –
Chocolate Chip Mini Loaf Cake	v ./				v ./	v ./				• 			v ./			•	v ./	V ./	• ./		• ./	v ./				+	1
Apple & Custard Crumble	•				•	•	1		1	•			•			• ./	• ./	•	v ./		•	×		./			×
Bar cakes	•				v	v	·	V	v	v			v			·	v	, v	v		•	•		v			·
Fifteens					1		1		1	1			1			1		1	1		1	1		1			1
White Twizzle Stick					• ./	•	•	•	•	•			• ./			•		•	l l		•	•		•			•
Milk Twizzle Stick					•	v							v ./			· ./		× ./				·					×
Millionaire Shortbread	./				./	./	./	1	1				v ./			v ./		V V	1	./	./	V	./	./	./		v ./
Chocolate Brownie (Improved Receipe)	V 1/				V J	v ./	·	•	•	√			v ./			v ./		V V	× √	v ./	v ./	V 1	v J	▼ √	× √		× ./
Chocolate Caramel Quispie	•				v ./	•		./		•			• ./			•	./	•	• •	• ./	•	v ./	•	•	•		×
Raspberry & White Chocolate Biscuit Cake					• ./	•		v ./		•			• ./			• ./	· ./	• ./	·	• ./	• ./	·	•	•	•		× ./
Malteser Slice	1				• ./	•		v ./		1			•			· ./	•	•	1	•	•	·	•	•	•		× ./
Snicker Doodle	v ./				v ./	•		v ./		• •			• ./			• ./		v ./	× ./	• ./	• ./	×	• ./	• ./	• ./		× ./
Salted Caramel Cookie Dough	v ./				• ./	•		•	./				• ./			• ./		•	· ./	• ./	• ./	·	•	•	•		·
Smores Brownie	•				• ./	• ./			•	↓ ↓			• ./			• √		• _/	· /	• ./	• ./	· ./	•	•	• ./		· /
Caramel Crunch	1				• ./	•		1					•			· /		• ./	· ./	• ./	• ./	·	•	•	• ./		·
Ruby Rocky Road	•				v ./	• ./	./	v ./	1	v 1			× ./			·		v ./	×	• ./	• ./	×	• ./	• ./	• •/		×
Breakfast					•	•	•	•	•	v			•			·		•	•	•	*	·	•	•	•		i de la constante de la consta
Porridge Made With Water	1	./			./				./																		
Porridge Made With Semi-Skimmed Milk	V V	<u>۲</u>			v V				v J				1					-				+				+	
Granola Pot Mandarin & Lime	v _/				v ./				v ./				v V			1	1			1	1	1	1	1	1		
Granola Pot Mandarin & Lime Granola Pot Raspberry	v ./				v ./				v ./				v ./			· /	·	1		•	·	×	× ./	• ./	×		
Ham & Cheese Croissant	<b>*</b>				v ./	./			* 	✓ ✓			v ./					ľ		× ./		×	×	• ./	×		×
Cheese & Mushroom Croissant	1			./	V V	v ./				✓ ✓			V ./		1	ř –	1	1		× ./	v ./	N.	× ./	× ./	× ./		V J
All day Breakfast Panini	×			×	V V	v ./	./	J		✓ ✓			×		×	1	v v	×		× ./	v ./	N N	× ./	v ./	× ./	•	V V
	1				V ./	V ./	×	V		✓ ✓			1			V V	v v			<b>▼</b>	<b>V</b>	×	× ./	<b>v</b>	<b>v</b>	•	✓ √
Omelette & Semi-Dried Tomato Rustique	<b>v</b>				l <sup>™</sup>	Y .		V I					Y			<b>v</b>	<b>v</b>			v	<b>*</b>	v	<b>v</b>	v	<b>v</b>	<b>_</b>	×

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Sandwiches						-					-																	
Classic Club					~	V					✓ ✓					V	~	✓	V		<b>√</b>	✓	✓	~	✓	~	~	✓
Chicken Italiano					~	~	~	√	~		~			~			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chicken & Salad Sandwich					~	~		√			~						✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Egg Mayo GF Sandwich	~		1								1					√	✓	✓			<b>√</b>	✓	✓	✓	✓	~	√	✓
Toasties																												
Ham & Cheese Toastie				$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$							$\checkmark$			$\checkmark$	$\checkmark$			$\checkmark$							
Panini																												
Ham And Cheese Panini					$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$						$\checkmark$			$\checkmark$	$\checkmark$			$\checkmark$							
Вар																												
Sausage Bap					$\checkmark$	$\checkmark$								$\checkmark$			$\checkmark$	$\checkmark$			$\checkmark$							
Focaccia																												
Mediterranean Focaccia	$\checkmark$				$\checkmark$	$\checkmark$								$\checkmark$			~	$\checkmark$			$\checkmark$							
Tuna Focaccia					√	√		~			1	√		~			<b>√</b>	<b>√</b>			✓	✓	✓	✓	✓	<b>√</b>	✓	✓
Wraps																												
Chicken & Bacon Caesar Wrap					$\checkmark$	$\checkmark$		$\checkmark$			$\checkmark$			$\checkmark$		$\checkmark$	$\checkmark$	$\checkmark$			>	$\checkmark$						
Curried Chickpea wrap	$\checkmark$	$\checkmark$			$\checkmark$	$\checkmark$										$\checkmark$	$\checkmark$	$\checkmark$		$\checkmark$	<b>&gt;</b>	$\checkmark$						
Greek Style Chicken Wrap					$\checkmark$	$\checkmark$					√			$\checkmark$			$\checkmark$	$\checkmark$			$\checkmark$							
Korean BBQ Chicken wrap					$\checkmark$	√											✓	$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$	✓	$\checkmark$	$\checkmark$	$\checkmark$	✓	$\checkmark$
Pretzel Rolls																												
New York Beef Pretzel Roll					$\checkmark$	√					$\checkmark$			$\checkmark$		√	✓	$\checkmark$		$\checkmark$	$\checkmark$	$\checkmark$	<b>√</b>	$\checkmark$	✓	$\checkmark$	✓	$\checkmark$
Bacon & Egg Pretzel Roll					√	√					1			1		√	1	✓			✓	<b>√</b>	✓	<b>√</b>	✓	<b>√</b>	√	<b>√</b>
Impulse Items																												
Eat Real Hummus Chips	<b>√</b>	√	<b>√</b>																									
Nudi Snacks - Cauliflower Crisps Cheese &	1	1	1										1															
Caramelised Onion	v	×	×																									
O'Donnell's Crisps - Cheese & Onion	$\checkmark$																											
O'Donnell's Crisps - Salt & Vinegar	$\checkmark$																											
Iced Gingerbread Biscuit	$\checkmark$				$\checkmark$	$\checkmark$					$\checkmark$																	
Cookie Straw	$\checkmark$				$\checkmark$	$\checkmark$					$\checkmark$			$\checkmark$														
Dark Chocolate Bar	$\checkmark$	$\checkmark$																										
Milk Chocolate Bar	$\checkmark$													$\checkmark$														
Peanut Butter Cup	$\checkmark$	$\checkmark$			$\checkmark$				$\checkmark$								$\checkmark$		$\checkmark$					$\checkmark$				
Roasted & Salted Nuts	$\checkmark$	$\checkmark$															$\checkmark$					$\checkmark$		$\checkmark$				$\checkmark$
Chocolate Gold Coin	$\checkmark$													$\checkmark$														
Shortbread Biscuits	$\checkmark$				$\checkmark$	$\checkmark$								$\checkmark$														
	$\checkmark$													$\checkmark$														
Caramel Waffles	$\checkmark$				$\checkmark$	$\checkmark$								$\checkmark$					$\checkmark$									
Trio of favourites	$\checkmark$				$\checkmark$	√					√			$\checkmark$					$\checkmark$									$\checkmark$
GF Fruit & Nut Bar	√		$\checkmark$								$\checkmark$			$\checkmark$					$\checkmark$			$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$
Bottled Beverages																												
Innocent Bubble Lemon, Lime, & Apple	√	√	$\checkmark$																									
Ballygowan Still 500ml	√	√	√				1																					
Ballygowan Sparkling 500ml	$\checkmark$	√	1				1											1	1				1					
Ballygowan Sportscap 750ml	√	√	√															1	1				1			1		
Innocent Apple Raspberry	√	√	√	1			1		İ	1		1		İ	İ	1	1	1	1			1	1		1			
Innocent Invigorate Super Smoothie 300ml	~	1	√																									
Innocent orange juice 330ml	√	√	$\checkmark$																									