

Autumn 23 ALLERGEN INFORMATION UPDATED 05.07.23

## 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

																		0							
	or ns	'n	ee		ьо					ans								Soya Sulphur dioxide and sulphites							<u>a</u> .
Product Name	Suitable for vegetarians	Suitable for vegans	en Free	≥	als aining en	at		٨		ace		E		nscs	tard	nuts	me	hur di		lnut	Ę	e W	c	Pistachio	adamia
	Suita vege	Suita vega	Gluten	Celery	Cereals contain gluten	Wheat	Rye	Barley	Oat	Crust Egg	Fish	Lupin	Milk	Mollu	Must	Pean	Sesal	Soya Sulpł	Brazil	Hazelnut	Walnut	Cash	Peca	Pista	Mac
Bakery Butter Croissant																		,							
Pain au Chocolate	✓ ✓				v √	<ul> <li>✓</li> </ul>				✓ ✓			v √			<ul> <li>✓</li> </ul>	✓ ✓	,	✓ ✓	✓ ✓	<ul> <li>✓</li> </ul>	<ul> <li>✓</li> </ul>	$\checkmark$		✓ ✓
Cinnamon Swirl Luxury Fruit Bread	$\checkmark$				$\checkmark$	√ √				$\checkmark$			$\checkmark$					,	√ √	√ √	$\checkmark$	√ √			✓ ✓
Fruit Scone	✓ ✓				√ √	✓ ✓				√ 			√			$\checkmark$		,	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓		✓ ✓
Almond Croissant Chocolate & Hazelnut Cruffin	$\checkmark$				$\checkmark$	$\checkmark$				✓ ✓			$\checkmark$			$\checkmark$			✓ ✓	✓ ✓	$\checkmark$	$\checkmark$	$\checkmark$ $\checkmark$		✓ ✓
Muffins					•					· ·			•			•					·	•			
Double Chocolate Muffin Blueberry Muffin	$\checkmark$				$\checkmark$	$\checkmark$				$\checkmark$			$\checkmark$					,							
Lemon Muffin	√ 				$\checkmark$	√ √				√ 			$\checkmark$				✓ ✓	∕ ✓							
Strawberry & Cream Muffin Toffee Apple Muffin	✓ ✓				$\checkmark$	$\checkmark$			√	✓ ✓			√ √				✓ ✓			✓ ✓	$\checkmark$	$\checkmark$	✓ ✓ ✓ ✓	, ,	✓ ✓
Cookies									•	· · ·			•				·			•		•			
Chocolate Chunk Cookie Double Dipped Chocolate Cookie	$\checkmark$				$\checkmark$	√ √			√	$\checkmark$			$\checkmark$			$\checkmark$			√ √	✓ ✓	$\checkmark$	$\checkmark$	$\checkmark$		✓ ✓
Cookies & Cream Sandwich	✓ ✓				✓ ✓	<b>√</b>				✓ ✓			<b>√</b>			✓	√	✓ ✓	✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	/ /	✓
Raspberry & White Chocolate Cookie Sandwich	$\checkmark$				$\checkmark$	$\checkmark$			$\checkmark$	$\checkmark$			$\checkmark$			$\checkmark$	✓	$\checkmark$	~	~	$\checkmark$	$\checkmark$	✓ ✓	<ul> <li>✓</li> </ul>	$\checkmark$
Coconut & Jam Cookie Sandwich	✓				√	✓				✓								✓							
Skeleton Gingerbread Cookie	V				✓ 	V		✓ 	✓	✓ 			✓ 				✓ 		~	~	✓ 		✓ ✓	, 	~
Biscoff Cookie Sandwich	$\checkmark$				$\checkmark$	$\checkmark$			$\checkmark$	$\checkmark$			$\checkmark$			$\checkmark$	✓	$\checkmark$	~	~	✓	✓	✓ ✓		$\checkmark$
Loaf Cakes																									
Biscoffee Loaf Cake Carrot Cake Loaf	<ul> <li>✓</li> </ul>				v √	v √				✓ ✓			<ul><li>✓</li></ul>						✓ ✓	✓ ✓	✓ ✓	<ul> <li>✓</li> </ul>	▼		✓ ✓
Pumpkin Swirl Loaf	√				√	$\checkmark$				$\checkmark$			√				<b>√</b>		✓	✓	✓	✓	✓ ✓	·	$\checkmark$
<b>Bar cakes</b> Fifteens					✓	√	✓	✓	✓	✓			✓			✓	✓	√		✓	✓		✓		√
White Twizzle Stick					$\checkmark$	$\checkmark$							$\checkmark$			$\checkmark$	<b>↓</b>	,			$\checkmark$				$\checkmark$
Milk Twizzle Stick Millionaire Shortbread	✓				$\checkmark$	$\checkmark$	✓ ✓	$\checkmark$	✓	✓			v √			✓ ✓		✓ ✓	✓	✓	$\checkmark$	$\checkmark$	✓ v	/ /	✓ ✓
Classic Chocolate Brownie	√				√ √	√ ./				✓ ✓			√ √			√ √	✓ ✓	✓ ✓	$\checkmark$	√ √	√ √	√ √	✓ ✓		✓ ✓
Chocolate Caramel Quispie Snicker Doodle	✓				$\checkmark$	✓ ✓		$\checkmark$		✓ ✓			✓ ✓			✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓ ✓ ✓	✓ ✓ ✓ ✓	✓ ✓
Salted Caramel Cookie Dough	✓ 				$\checkmark$	$\checkmark$			✓	√ 			$\checkmark$			√ √	✓ ✓	✓ ✓	√ √	$\checkmark$	$\checkmark$	$\checkmark$	√ √		✓ ✓
Smores Brownie Cookies and Cream Biscuit	✓				$\checkmark$	✓ ✓	✓	✓	✓	✓ ✓			✓ ✓			✓ ✓		✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓ ✓ ✓		✓ ✓
Coffee & Caramel Brownie	$\checkmark$				$\checkmark$	√ √				√ 			$\checkmark$			$\checkmark$	✓ ✓	✓	√ √	√ √	✓ ✓	$\checkmark$	√ √		√ 
Raspberry & Cream Brownie Jamie Bakewell	✓ ✓				$\checkmark$	✓ ✓				✓ ✓			$\checkmark$			✓ ✓		✓	✓ ✓	✓ ✓	$\checkmark$	✓ ✓	✓ ✓ ✓ ✓		✓ ✓
Seasonal Chocolate Brownie	✓ 				√	√		√	✓	✓			√				√			✓	✓		✓ ✓	/	~
Breakfast Porridge Made With Water	$\checkmark$				√				√																
Porridge Made With Semi-Skimmed Milk	1				$\checkmark$				$\checkmark$				$\checkmark$												
Granola Pot Apple & Cinnamon	✓				✓				$\checkmark$			✓	$\checkmark$		✓	✓	✓ ✓		✓	✓	✓	✓	✓ ✓	✓ ✓	✓
Granola Pot Raspberry Ham & Cheese Croissant	✓ 				$\checkmark$	✓ ✓			√	√			$\checkmark$			$\checkmark$	✓ ✓		✓ ✓	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$ $\checkmark$		✓ ✓
Cheese & Mushroom Croissant	✓			$\checkmark$	$\checkmark$	√ √				✓ ✓			$\checkmark$		✓		✓ ✓	,	✓ ✓	✓ ✓	$\checkmark$	$\checkmark$	✓ v		✓ ✓
All day Breakfast Panini Omelette & Semi-Dried Tomato Rustique	✓				$\checkmark$	$\checkmark$		$\checkmark$		$\checkmark$			$\checkmark$			$\checkmark$	$\checkmark$		✓ ✓	$\checkmark$	$\checkmark$	$\checkmark$	✓ v ✓ v		✓ ✓
Sandwiches																									
Chicken & Salad Sandwich Egg Mayo GF Sandwich	✓		,		✓ 	✓ 		√		$\checkmark$					✓	$\checkmark$	$\checkmark$		✓ ✓	$\checkmark$	$\checkmark$	$\checkmark$			✓ ✓
Ham & Cheese Sandwich				✓ ✓	√ 	√ 		√ √		√ √	✓ ✓		√ √		✓ ✓	√ 	✓ ✓	✓ ✓	√ 	√ 	✓ ✓	√ 	✓ ✓	✓ ✓	√
Tuna Salad Slimbo Toasties				✓ 	✓	✓	✓ 	✓ 	✓	✓ ✓			✓ 		✓ 	✓ 	✓ ✓	✓ 	✓	✓ 	✓ 	✓ 	✓ ✓		~
Chicken & Chorizo Toastie	,			√ √	√	√ √	√ 	√		√ √ √	✓ ✓		V		√ 	√ √	✓ ✓	✓ ✓	√ 	√ 	√ √	<b>√</b>	✓ ✓	<ul> <li>✓</li> <li>✓</li> </ul>	√
Goats Cheese Toastie Panini	V			✓ 	✓ 	✓ 	✓			✓ ✓	✓		✓ 		✓ 	✓ 	V V	<u></u>	✓	✓ 	✓ 	✓ 	✓ ✓	✓ ✓	~
Ham And Cheese Panini					$\checkmark$	✓ ✓	<b>√</b>	$\checkmark$					√ √			<b>√</b>	✓ ✓		<b>√</b>	<b>√</b>	$\checkmark$	<b>√</b>	V v		✓ ✓
Cuban Panini Chicken & Pesto Rustique				✓ ✓	✓ ✓	✓ ✓		$\checkmark$		✓ ✓ ✓ ✓	✓ ✓		✓ ✓		✓ ✓	✓ ✓	✓ ✓ ✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓	/ /	✓ ✓
Вар																									
Sausage Bap Focaccia					<b>√</b>	<b>√</b>							✓			✓ 	✓ 			✓ 	✓ 	✓ 	✓		~
Mediterranean Focaccia	✓				$\checkmark$	$\checkmark$							$\checkmark$			$\checkmark$	✓		<b>√</b>	<b>√</b>	$\checkmark$	✓	√ v	/ /	✓
Wraps Chicken & Bacon Caesar Wrap					$\checkmark$	√		$\checkmark$		√			$\checkmark$		√	$\checkmark$	✓ ✓		✓	<ul> <li>✓</li> </ul>	$\checkmark$	$\checkmark$	✓ v	/ /	✓
Moroccan Wrap	✓ ✓			√ √	$\checkmark$	$\checkmark$				$\checkmark$ $\checkmark$	√ √		✓ ✓		√ √	$\checkmark$	$\checkmark$ $\checkmark$	$\checkmark$	√ 	$\checkmark$	√ √	$\checkmark$	√ √		✓ ✓
BBQ Pulled Pork Wrap Pretzel Rolls				~	~	✓		V		V V	✓ 		~		~	~	V V	✓ 	✓	✓	~	V	v v		~
Bacon & Egg Pretzel Roll					√	✓				✓			√		√	✓	✓		✓	✓	✓	✓	✓ ✓	✓ ✓	~
Impulse Items Eat Real Hummus Chips	✓ ✓	√	,																						
Nudi Snacks - Cauliflower Crisps Cheese & Caramelised Onion		~	/																						
O'Donnell's Crisps - Cheese & Onion	✓																								
O'Donnell's Crisps - Salt & Vinegar Iced Gingerbread Biscuit	$\checkmark$																								
Cookie Straw	✓ ✓				v √	v √				✓ ✓			$\checkmark$												
Dark Chocolate Bar Milk Chocolate Bar	$\checkmark$ $\checkmark$																								
Peanut Butter Cup	$\checkmark$				$\checkmark$				$\checkmark$				v			$\checkmark$	√	,				$\checkmark$			
	$\checkmark$ $\checkmark$															$\checkmark$				<b>√</b>		$\checkmark$			✓
Roasted & Salted Nuts Chocolate Gold Coin					$\checkmark$	$\checkmark$	-					<b> </b>	✓ ✓							<b> </b>					
Roasted & Salted Nuts Chocolate Gold Coin Shortbread Biscuits	•				./	./							$\checkmark$					,							
Chocolate Gold Coin Shortbread Biscuits Gold Coin		1			V I	✓ ✓				√			v √					,							√
Chocolate Gold Coin Shortbread Biscuits	√ ✓ ✓ ✓				V		т					T	1	T	Γ	I		,			1	Т			
Chocolate Gold Coin Shortbread Biscuits Gold Coin Caramel Waffles Trio of favourites GF Fruit & Nut Bar		~	/		V					✓			V				V			✓	V		√ v	/	$\checkmark$
Chocolate Gold Coin Shortbread Biscuits Gold Coin Caramel Waffles Trio of favourites		~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	/																	✓ 			✓ ✓	/	✓ 
Chocolate Gold Coin Shortbread Biscuits Gold Coin Caramel Waffles Trio of favourites GF Fruit & Nut Bar <b>Bottled Beverages</b> Innocent Bubble Lemon, Lime, & Apple Ballygowan Still 500ml		v																							
Chocolate Gold Coin Shortbread Biscuits Gold Coin Caramel Waffles Trio of favourites GF Fruit & Nut Bar Bottled Beverages Innocent Bubble Lemon, Lime, & Apple																									
Chocolate Gold Coin Shortbread Biscuits Gold Coin Caramel Waffles Trio of favourites GF Fruit & Nut Bar <b>Bottled Beverages</b> Innocent Bubble Lemon, Lime, & Apple Ballygowan Still 500ml Ballygowan Sparkling 500ml	$\begin{array}{c c} \cdot \\ \cdot $																								
Chocolate Gold Coin Shortbread Biscuits Gold Coin Caramel Waffles Trio of favourites GF Fruit & Nut Bar <b>Bottled Beverages</b> Innocent Bubble Lemon, Lime, & Apple Ballygowan Still 500ml Ballygowan Sparkling 500ml Ballygowan Sportscap 750ml																									