



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

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	
<b>Bakery</b>																													
Butter Croissant	✓				✓						✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pain au Chocolate	✓				✓						✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cinnamon Swirl	✓				✓						✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Luxury Fruit Bread	✓				✓						✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fruit Scone	✓				✓						✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Almond Croissant	✓				✓						✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate & Hazelnut Cruffin	✓				✓						✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Muffins</b>																													
Double Chocolate Muffin	✓				✓	✓					✓			✓					✓										
Blueberry Muffin	✓				✓	✓					✓			✓					✓										
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓									
Strawberry & Cream Muffin	✓				✓	✓					✓			✓					✓										
Toffee Apple Muffin	✓				✓	✓			✓		✓			✓					✓										
<b>Cookies</b>																													
Chocolate Chunk Cookie	✓				✓	✓					✓			✓					✓										
Double Dipped Chocolate Cookie	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cookies & Cream Sandwich	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & White Chocolate Cookie Sandwich	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coconut & Jam Cookie Sandwich	✓				✓	✓					✓			✓					✓										
Skeleton Gingerbread Cookie	✓				✓	✓		✓	✓		✓			✓					✓										
Biscoff Cookie Sandwich	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Loaf Cakes</b>																													
Biscoffee Loaf Cake	✓				✓	✓					✓			✓					✓										
Carrot Cake Loaf	✓				✓	✓					✓			✓					✓										
Pumpkin Swirl Loaf	✓				✓	✓					✓			✓					✓										
<b>Bar cakes</b>																													
Fifteens					✓	✓	✓	✓	✓		✓			✓					✓										
White Twizzle Stick					✓	✓					✓			✓					✓										
Milk Twizzle Stick					✓	✓					✓			✓					✓										
Millionaire Shortbread	✓				✓	✓		✓	✓		✓			✓					✓										
Classic Chocolate Brownie	✓				✓	✓		✓	✓		✓			✓					✓										
Chocolate Caramel Quispie					✓	✓		✓			✓			✓					✓										
Snickers Doodle	✓				✓	✓		✓			✓			✓					✓										
Salted Caramel Cookie Dough	✓				✓	✓		✓			✓			✓					✓										
Smores Brownie					✓	✓		✓			✓			✓					✓										
Cookies and Cream Biscuit	✓				✓	✓	✓	✓			✓			✓					✓										
Coffee & Caramel Brownie	✓				✓	✓		✓			✓			✓					✓										
Raspberry & Cream Brownie	✓				✓	✓		✓			✓			✓					✓										
Jamie Bakewell	✓				✓	✓		✓			✓			✓					✓										
Seasonal Chocolate Brownie	✓				✓	✓		✓			✓			✓					✓										
<b>Breakfast</b>																													
Porridge Made With Water	✓	✓			✓				✓																				
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					✓															
Granola Pot Apple & Cinnamon	✓				✓				✓				✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Raspberry	✓				✓				✓				✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ham & Cheese Croissant					✓	✓					✓			✓					✓										
Cheese & Mushroom Croissant	✓				✓	✓					✓			✓					✓										
All day Breakfast Panini					✓	✓	✓	✓			✓			✓					✓										
Omelette & Semi-Dried Tomato Rustique	✓				✓	✓		✓			✓			✓					✓										
<b>Sandwiches</b>																													
Chicken & Salad Sandwich					✓	✓		✓			✓			✓					✓										
Egg Mayo GF Sandwich	✓		✓		✓	✓					✓			✓					✓										
Ham & Cheese Sandwich					✓	✓		✓			✓			✓					✓										
Tuna Salad Slimbo					✓	✓	✓	✓	✓		✓			✓					✓										
<b>Toasties</b>																													
Chicken & Chorizo Toastie					✓	✓	✓	✓			✓			✓					✓										
Goats Cheese Toastie	✓				✓	✓	✓	✓			✓			✓					✓										
<b>Panini</b>																													
Ham And Cheese Panini					✓	✓	✓	✓			✓			✓					✓										
Cuban Panini					✓	✓	✓	✓			✓			✓					✓										
Chicken & Pesto Rustique					✓	✓		✓			✓			✓					✓										
<b>Bap</b>																													
Sausage Bap					✓	✓					✓			✓					✓										
<b>Focaccia</b>																													
Mediterranean Focaccia	✓				✓	✓					✓			✓					✓										
<b>Wraps</b>																													
Chicken & Bacon Caesar Wrap					✓	✓		✓			✓			✓					✓										
Moroccan Wrap	✓	✓			✓	✓					✓			✓					✓										
BBQ Pulled Pork Wrap					✓	✓		✓			✓			✓					✓										
<b>Pretzel Rolls</b>																													
Bacon & Egg Pretzel Roll					✓	✓					✓			✓					✓										
<b>Impulse Items</b>																													
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	✓				✓	✓					✓			✓					✓										
Cookie Straw	✓																												