Autumn 23 ALLERGEN INFORMATION
UPDATED 07.09.23

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	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Pain au Chocolate	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Cinnamon Swirl	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Luxury Fruit Bread	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Fruit Scone	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Almond Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate & Hazelnut Cruffin	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Muffins																												
Double Chocolate Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
Strawberry & Cream Muffin	✓				✓	✓					✓			✓					✓			✓	✓	✓	✓	✓		✓
Toffee Apple Muffin	✓				✓	✓			✓		✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Cookies																												
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	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes																												
Biscoffee Loaf Cake	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Carrot Cake Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Pumpkin Swirl Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Bar cakes																												
Fifteens					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓		✓	✓		✓			✓
White Twizzle Stick					✓	✓								✓			✓		✓				✓					✓
Milk Twizzle Stick														✓			✓		✓				✓					✓
Millionaire Shortbread	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Classic Chocolate Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Caramel Quispie					✓	✓		✓			✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Snicker Doodle	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salted Caramel Cookie Dough	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Smores Brownie					✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cookies and Cream Biscuit	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coffee & Caramel Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & Cream Brownie	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Jamie Bakewell	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Seasonal Chocolate Brownie	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Breakfast																												
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	✓				✓	✓		✓			✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Sandwiches																												
Chicken & Salad Sandwich					✓	✓		✓			✓						✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Egg Mayo GF Sandwich	✓		✓								✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Ham & Cheese Sandwich				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuna Salad Slimbo				✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Toasties																												
Chicken & Chorizo Toastie				✓	✓	✓	✓	✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Goats Cheese Toastie	✓			✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Panini																												
Ham And Cheese Panini					✓	✓	✓	✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Cuban Panini				✓	✓	✓	✓	✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken & Pesto Rustique				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bap																												
Sausage Bap					✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Focaccia																												
Mediterranean Focaccia	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Wraps																												
Chicken & Bacon Caesar Wrap					✓	✓		✓			✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Moroccan Wrap	✓	✓		✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
BBQ Pulled Pork Wrap				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pretzel Rolls																												
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	✓				✓	✓					✓																	
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	✓	✓	✓																									