

Holidays Food ALLERGEN INFORMATION UPDATED 27.10.23

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
Butter Croissant	√				√	√					√			√			√	√	√		√	√	√	√	√	√	√	√
Pain au Chocolate Cinnamon Swirl	√ √				√ √	√ √					√ √			√ √			√	√	√ ✓		√ √	✓ ✓	√ √	√ √	✓	√ √	✓ ✓	✓ ✓
Luxury Fruit Bread Fruit Scone	✓ ✓				✓ ✓	✓ ✓					√			✓			√		✓ ✓		√ √	✓ ✓	√ √	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓
Almond Croissant	√ ✓				1	1					√ ✓			√ /			√ ./	√	1		√ /	√ ✓	√ ✓	1	√ /	√ ✓	√ ./	√
Chocolate & Hazelnut Cruffin Strawberry & Custard Cruffin	√ √				√ √	√ √					√ √			√ √			✓ ✓	√ √	√ √		√ √	✓	√ √	√ √	✓ ✓	√ √	✓ ✓	✓ ✓
Muffins Double Chocolate Muffin	√				√	√					√			√					√									
Blueberry Muffin Lemon Muffin	√ ./				√ ./	√ ./					√ ./			√ ./					√ ./	./								
Caramel Waffle Muffin	√				√	√			√		√			√			√		√	V	√	✓	√	√	✓	√		√
Cookies Chocolate Chunk Cookie	√				√	√					√			√					√		√	√	√	√	√	√	√	√
Double Dipped Chocolate Cookie Double Dipped Chocolate Cookie (Xmas	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	√	✓	✓	✓	✓
edition)	./			./	./	./					./			./		1	./	./		./	./	./	1	./	./	./	./	1
Wreath Shortbread Toffee Nut Cookie	√			V	√	√					V			√		V	√	V		V	√	√	√ ✓	√ ✓	√	√ ✓	√	√
Bearista Santa Bear Cookie Loaf Cakes	√				✓ 	✓ 	√	√	√		√								√		√	√			√			V
Carrot Cake Loaf Chocolate Triple Layer Sponge	√ √				√ √	√ √			✓		√ √			√ √					√ √	✓	√ √	√ √	✓ ✓	√ √	√ √	√ √	✓	√ √
Biscoff Triple Layer Sponge	√				√	√			✓		√			✓					√	✓	✓	✓	✓	✓	✓	✓		✓
Bar cakes Fifteens					√	√	√	√	√		√			√			√		√	√		√	√		√			√
White Twizzle Stick Milk Twizzle Stick					✓	✓								√ √			√ √		√ √				✓ ✓					✓ ✓
Classic Chocolate Brownie	√				1	√ ./		./			√			√ ./			√ ./		1	√ ./	√ ./	√ ./	√ ./	1	√ ./	1	√ ./	1
Chocolate Caramel Quispie Snicker Doodle	√				✓ ✓	√		√			✓			√			√	V	√	✓	√	√	√	√	√	√	√	√
Chocolate & Hazelnut Brownie Irish Cream Brownie	✓ ✓				✓ ✓	✓ ✓	✓	✓	✓		✓ ✓			√ √			✓		✓ ✓	✓ ✓	√ √	✓ ✓	✓ ✓	✓ ✓	√ √	✓ ✓	✓ ✓	✓ ✓
Peanut Butter & Jelly Ruffle	√				√	√	1	√	/		√			√ /			√		V	√	√ /	√ ./	√	1	√ /	1	√ ./	√
Biscoff Biscuit Cake Tiramisu Shortbread	✓ ✓				√ √	√ √	✓ ✓	✓ ✓	✓ ✓		✓ ✓			√ √			✓ ✓		√ √	✓ ✓	√ √	✓ ✓	✓ ✓	√ ✓	✓ ✓	√ √	✓ ✓	✓ ✓
Double Chocolate Brownie Salted Caramel Caramac Brownie	✓				√ √	√ √	√ √	✓ ✓	✓ ✓		✓ ✓			√			✓ ✓		√ √	✓ ✓	√ √	✓ ✓	✓ ✓	√ ✓	√ √	√ ✓	✓ ✓	✓ ✓
Mince Pie Tartlet	√				√ ·	√ ·			√		√			√					√ ·	√	√	√	√	√	√	1		√
Lemon & White Chocolate Tartlet Salted Caramale Millionaire Tartlet	✓ ✓				√ √	√ √			✓ ✓		✓ ✓			√ √					√ √	✓ ✓	√ √	✓ ✓	✓ ✓	√ √	√ √	√ √		✓ ✓
Dime Bar Breakfast	✓				√	√								✓					√	✓	✓	✓	✓	√	√	√		√
Porridge Made With Water	√	√			√				√																			
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					√														
Granola Pot Apple & Cinnamon Granola Pot Raspberry	√ √				√ ✓				√ √				√	√ √		√	✓ ✓	√	√ ✓		<u>√</u>	√ √	√ √	√ ✓	√ √	√ ✓	√ √	✓ ✓
Ham & Cheese Croissant Cheese & Mushroom Croissant	J			<i>J</i>	√ √	√ √					√ √			√ √		<i>J</i>	✓	/	1		√ √	√ √	√ √	√ √	√ √	√ √	√ √	√ √
All day Breakfast Panini	,			ľ	√ ✓	√ ✓	√	√			√ ✓			,			√	√ ✓	•		<u>√</u>	✓ ✓	√	√ ✓	√	√ ✓	√	✓
Omelette & Semi-Dried Tomato Rustique Sandwiches	√				✓ 	✓ 		√			√			√			√	✓			√	√	√	√	✓	√	√	V
Egg Mayo GF Sandwich Turkey Feast Sandwich	✓		✓		√	√		√		√	√ √	√		√		√ √	√ √	✓ ✓	√	√	<u>√</u>	√ √	√ √	√ ✓	√ √	✓ ✓	√ √	✓ ✓
Prawn Sandwich					√	√	,	√		√	√	√		√ /		√	√	√	√	√	√ /	√	√	√	√	√	√ 	√
Turkey Club Slimbo Toasties					V	V	V	V	V	V	V	V		V		V	V	V	V	V	<u> </u>	V	V	V	V	V	V	V
Beef Wellington Toastie Holiday Ham & Cheese Toastie				√ √	√	√ √	✓ ✓	✓		✓ ✓	✓ ✓	✓ ✓		√		✓ ✓	✓ ✓	√ √	√ √	✓ ✓	<u>√</u>	✓ ✓	✓ ✓	√ ✓	√ √	√ √	√ √	✓ ✓
Bacon, Brie & Cranberry Toastie Panini				✓	√	√	√			✓	✓	✓		✓		✓	✓	√	√	✓	✓	✓	√	√	√	√	✓	√
Ham And Cheese Panini					√	√	√	√						√			√	√			√	√	√	√	√	√	√	√
Cuban Panini Chicken & Pesto Rustique				✓ ✓	√ ✓	√ ✓	√	√ √		√ √	√	√ √		√ √		✓ ✓	√ √	√ ✓	√ ✓	√ √	<u>√</u> √	√ √	√ √	√ ✓	✓ ✓	√ ✓	✓ ✓	✓ ✓
Bap Sausage Bap					./	./								./			1	./			./	1	./	./	1	./	1	1
Salmon Royale Bagel					√ ✓	√		√		√	√	√		√		√	√ ✓	√	√	√	<u>√</u>	✓	✓	✓	√	✓	✓	/
Focaccia Mediterranean Focaccia	√				√	√								√			√	√			√	√	√	√	√	√	✓	✓
Wraps Chicken & Bacon Caesar Wrap					√	√		√			√			√		√	√	√			<u>√</u>	√	√	√	√	✓	√	✓
Onion Bhaji Vegan Wrap	√	√		√	1	1				√	√ 	√		√ /		√ 	√ 		√	√	√ /	√ 	√ ·	√ 	√ 	√ 	√ 	√
BBQ Pulled Pork Wrap Pretzel Rolls				V	V	V		V		V	V	V		V		V	V	V	V	V	<u> </u>	V	V	V	V	V	V	V
Bacon & Egg Pretzel Roll Turkey Cracker Pretzel Roll					√ √	√ √		√			✓ ✓	✓		√		✓	✓ ✓	√ √	√	√	<u>√</u>	✓ ✓	✓ ✓	√ ✓	√ √	√ ✓	✓ ✓	✓ ✓
Impulse Items Eat Real Hummus Chips	1	./	1																									
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	√ √				J	J								√ √														
Gold Coin	√ ✓				,	,								<u>√</u>														
Caramel Waffles Trio of favourites	✓				√ √	√ √					√			✓ ✓					√ √									√
GF Fruit & Nut Bar Bottled Beverages	√		√								√			√					√			✓	√		√	√		√
Ballygowan Still 500ml	√	√	√																									
Ballygowan Sparkling 500ml Ballygowan Sportscap 750ml	√ √	√ √	√																									
VITHIT Sparkling Pink Grapefruit VITHIT Sparkling Raspberry & Grapefruit	√ √	√	√ √																									
VITHIT Sparkling Mango & Pineapple	√ √	√	√ √																									
Innocent Apple Raspberry Innocent Berry Energise Smoothie	√	√	√																									
Innocent Invigorate Super Smoothie 300ml	√	√	√																									
Innocent Strawberry And Raspberry Kids	√	/	√																									
Innocent orange juice 330ml	√	√	 √		<u> </u>													<u> </u>	<u> </u>					1		1		