Spring 24 ALLERGEN INFORMATION
UPDATED 15.04.24

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	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Blueberry Cruffin	✓				✓	✓					✓			✓				✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Lemon Curd Cruffin	✓				✓	✓					✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Muffins																												
Double Chocolate Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
Salted Caramel Muffin	✓				✓	✓					✓			✓					✓									
Cookies																												
Chocolate Chunk Cookie	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Double Dipped Chocolate Cookie (updated edition)					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Biscotti Cookie	✓				✓	✓								✓					✓			✓	✓		✓	✓		✓
Brookie	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Raspberry & Pistachio Shortbread	✓				✓	✓					✓			✓				✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Lemon Curd Shortbread	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes																												
Carrot Cake Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Triple Layer Sponge	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Biscoff Triple Layer Sponge	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Banana Nut	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Caramel Spiced Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Bar cakes																												
Fifteens					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓		✓	✓		✓			✓
Twizzle Stick White Chocolate Marshmallow					✓	✓								✓			✓		✓				✓					✓
Twizzle Stick Chocolate Marshmallow														✓			✓		✓				✓					✓
Classic Chocolate Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Snicker Doodle	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Biscoff Biscuit Cake	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coffee Caramel Shortbread	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Chocolate Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salted Caramel Brownie					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon & White Chocolate Tartlet	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Salted Caramel Millionaire Tartlet	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Malteser Slice	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Golden Toffee Tiffin					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Caramel Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fruit & Nut Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pink Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Easter Crispie	✓				✓	✓	✓	✓	✓		✓			✓					✓				✓	✓	✓	✓		✓
Chocolate Caramel Quispie					✓	✓		✓			✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Bueno Quispie					✓	✓		✓			✓			✓			✓	✓	✓	✓		✓	✓					✓
Breakfast																												
Porridge Made With Water	✓	✓			✓				✓																			
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					✓														
Granola Pot Blueberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Raspberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham & Cheese Croissant					✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Cheese & Mushroom Croissant	✓			✓	✓	✓					✓			✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
All day Breakfast Panini					✓	✓	✓	✓			✓						✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Brunch Burrito					✓	✓					✓			✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Bacon Ciabatta					✓	✓								✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Sandwiches																												
Egg Mayo GF Sandwich	✓		✓								✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Tuna Sandwich					✓	✓		✓			✓	✓					✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Chicken Salad					✓	✓		✓			✓						✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Toasties																												
Ham & Cheese Toastie				✓	✓	✓	✓				✓			✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chicken & Chorizo Toastie				✓	✓	✓	✓	✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Panini																												
Ham And Cheese Panini					✓	✓	✓	✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Chicken & Pesto Rustique				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bap																												
Sausage Bap					✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Focaccia																												
Mediterranean Focaccia	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Wraps																												
Chicken & Bacon Caesar Wrap					✓	✓		✓			✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Salted Chilli Chicken Wrap					✓	✓					✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken Fajita Burrito					✓	✓		✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Curried Chickpea Wrap	✓	✓			✓	✓										✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Pretzel Rolls																												
Philly Beef Pretzel Roll					✓	✓								✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Impulse Items																												
Popchips	✓													✓														
Eat Real Hummus Chips	✓	✓	✓																									
O'Donnell's Crisps - Cheese & Onion	✓													✓														
O'Donnell's Crisps - Salt & Vinegar	✓																											
Bearista Bear/ Iced Latte Cookie	✓				✓	✓					✓																	
Cookie Straw	✓				✓	✓					✓			✓														
Dark Chocolate Bar	✓	✓																										
Milk Chocolate Bar	✓													✓														
Dark Peanut Cups	✓	✓			✓				✓								✓		✓					✓				
Roasted & Salted Nuts	✓	✓															✓					✓		✓				✓
Chocolate Gold Coin	✓													✓														
Shortbread Biscuits	✓				✓	✓								✓														
Gold Coin	✓													✓														
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	✓	✓	✓																									