Summer 24 ALLERGEN INFORMATION
UPDATED 07.05.24

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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Cinnamon Swirl (updated recipe)	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Luxury Fruit Bread	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Luxury Fruit Bread (updated recipe)	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Fruit Scone	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Almond Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate & Hazelnut Cruffin	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Blueberry Cruffin	✓				✓	✓					✓			✓				✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Lemon Curd Cruffin	✓				✓	✓					✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Muffins	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
Double Chocolate Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
Salted Caramel Muffin	✓				✓	✓					✓			✓					✓									
Cookies	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
Chocolate Chunk Cookie	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Chunk Cookie (new recipe)					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Double Dipped Chocolate Cookie (updated edition)					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Brookie	✓				✓	✓		✓	✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Raspberry & Pistachio Shortbread	✓				✓	✓					✓			✓				✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Lemon Curd Shortbread	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry Mallow Top	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Loaf Cakes	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
Carrot Cake Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Banana Nut	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Victoria Triple Layer Sponge	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Bar cakes	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
Fifteens					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓		✓	✓		✓			✓
Twizzle Stick White Chocolate Marshmallow					✓	✓								✓			✓		✓				✓					✓
Twizzle Stick Chocolate Marshmallow														✓			✓		✓				✓					✓
Classic Chocolate Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Snicker Doodle	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Biscoff Biscuit Cake	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Chocolate Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salted Caramel Brownie					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon & White Chocolate Tartlet	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Salted Caramel Millionaire Tartlet	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Banoffee Tart	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Malteser Slice	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Golden Toffee Tiffin					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Caramel Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Fruit & Nut Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pink Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Chocolate Caramel Quispie					✓	✓		✓			✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bueno Quispie					✓	✓		✓			✓			✓			✓	✓	✓	✓		✓	✓					✓
Neapolitan Slice	✓				✓	✓		✓			✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Toffee Popcorn Tiffin	✓				✓	✓		✓			✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Pop	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		
Cookies and Cream Caramel Brownie	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cookie Dough Millionaire	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & Pistachio Loaf				✓	✓	✓	✓	✓	✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast	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
Porridge Made With Water	✓	✓			✓				✓																			
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					✓														
Granola Pot Blueberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Raspberry	✓				✓				✓					✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Blueberry (New Recipe)	✓				✓	✓		✓	✓				✓	✓		✓			✓									
Granola Pot Raspberry (New Recipe)	✓				✓	✓		✓	✓				✓	✓		✓			✓									
Ham & Cheese Croissant				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cheese & Mushroom Croissant	✓			✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
All day Breakfast Panini				✓	✓	✓	✓	✓		✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Brunch Burrito				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bacon Ciabatta				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sandwiches	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
Chicken Salad				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Chicken Sandwich			✓	✓						✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Italian Chicken Flatbread				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Double Egg & Cress Sandwich	✓			✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Toasties	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
Ham & Cheese Toastie				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Panini	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
Ham And Cheese Panini				✓	✓	✓	✓	✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bap	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
Sausage Bap				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Focaccia	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
Mediterranean Focaccia	✓			✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chorizo, Mozzarella & Red Pepper Romana				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wraps	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
Chicken & Bacon Caesar Wrap				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken Fajita Burrito				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Green Thai Chicken Wrap				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sweet Chilli Chickpea Wrap	✓	✓		✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pretzel Rolls	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
Bacon & Eggs Benedict Pretzel Roll				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken, Bacon & Smoky Cheese Pretzel Roll				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Impulse Items	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
PopChips	✓													✓														
O'Donnell's Crisps - Cheese & Onion	✓													✓														
O'Donnell's Crisps - Salt & Vinegar	✓																											
Iced Gingerbread Biscuit	✓				✓	✓					✓																	
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	**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**
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	✓	✓	✓																									