

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	a Almonds
Chocolate Chunk Cookie	√				✓	√					✓			✓					√		✓	✓	✓	✓	✓	√	√	√
Chocolate Chunk Cookie (new recipe)					✓	✓			✓		√			√			√		✓	✓	✓	√	✓	√	√	√	√	✓
Double Dipped Chocolate Cookie (updated edition)					4	1	√	✓	√		1			✓			1		√	√	√	√	√	√	√	√	✓	✓
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	a 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	√				√	✓			✓		✓			✓					✓	√	✓	✓	✓	✓	✓	✓	1	✓
Salted Caramel Millionaire Tartlet	√				√	✓			✓		✓			✓					✓	✓	✓	✓	✓	√	✓	√	1	✓
Banoffee Tart	√				√	✓			√		✓			√					√	✓	✓	✓	✓	√	✓	√	1	✓
Malteser Slice	√	1	1		√	✓		✓	1	1	✓	1		✓	1	1	✓	1	√	✓	✓	✓	✓	√	✓	√	✓	✓
Golden Toffee Tiffin	1		1	İ	√	✓	✓	√	√	1	✓	İ		√	1		√	1	√	✓	√	√	✓	√	√	√	✓	✓
Chocolate Caramel Brownie	√				√	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	√	✓	√	✓	√	✓	√

Fruit & Nut Brownie	✓				√	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	√
Pink Pop	✓				√	√					✓			✓					✓			✓	√		✓	✓		✓
Chocolate Caramel Quispie					✓	√		√			√			√			✓	✓	√	✓	√	√	✓	✓	✓	√	✓	✓
Bueno Quispie					✓	√		√			√			√			✓	✓	√	✓		√	√					√
Neapolitan Slice	✓				√	√		√			√			✓					✓	✓	✓	✓	√	✓	✓	✓	√	✓
Toffee Popcorn Tiffin	✓				✓	√		1			√			√					√		√	√	✓	✓	✓	√	✓	✓
Chocolate Pop	√				√	√		√	√		√			✓					√			✓	√		✓	√		
Cookies and Cream Caramel Brownie	√				√	√	√	√	√		√			√			✓		✓	✓	√	√	√	√	✓	√	✓	√
Cookie Dough Millionaire	✓				√	✓	√	√	√		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	√	√	✓
Raspberry & Pistachio Loaf				√	√	✓	✓	✓	✓		✓			✓			✓	√	✓	✓	✓	✓	✓	√	✓	√	√	✓
	Cuitable for	Cuitable for			Cereals															Sulphur								
Breakfast	Suitable for vegetarians	vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Porridge Made With Water	1	./			./				./											Su.p.iites								
Porridge Made With Semi-Skimmed Milk	./	*		<u> </u>	./				./	+				./				1					1	+				
Granola Pot Blueberry	1				./				./	+		+		1			1	+	1		1	1	1	1	1	1	1	1
Granola Pot Raspberry	-/			<u> </u>	./				./	+				./			./	1	./		./	./	./	./	./		./	1
Granola Pot Blueberry (New Recipe)	./				./	./		./	./			+	./	./		./	•		./		•	•	<u> </u>	<u> </u>	•	•	· ·	•
Granola Pot Bideberry (New Recipe)	1				./	./		1	1	+		+	./	1		./		+	1				<u> </u>	+				
Ham & Cheese Croissant	†			1	,	y	<u> </u>	i	 	1	/	1		, ,		1	1	1	<i>J</i>	J	1	1	1	1	1	1	1	1
Cheese & Mushroom Croissant	1			1	<u>/</u>	1	<u> </u>		1	1	<u>,</u>	· /		<u>,</u>		1	1	1	<i>,</i>	J	1	1	<u>/</u>	1	1	1	1	1
All day Breakfast Panini	+			1	1	1	1	1	1	1	<i>y</i>	· /		'		1	./	1	<i>,</i>		1	1	1	1	1	1	1	1
Brunch Burrito	+	 	 	1	7	,	 	 	+	· /	7	· /		/		1	,	7	, /		<i>'</i>	7	1	7	<i>y</i>	7	7	'
Bacon Ciabatta	+			1	·	√	<u> </u>	1	1	√ ·	√	✓		√		√	√ ·	/	√ ·	√	√	√ ·	√ ·	√ ·	√ ·	· /	·	/
				•	Cereals	·				•	•					,			•	Sulphur				·	·		•	•
Sandwiches	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
					gluten											-				sulphites	_							
Chicken Salad				√	✓	√		/		✓	V	✓		√		✓	✓	√	√	√	✓	√	V	√	✓	√	✓	✓
Lemon Chicken Sandwich			√	√	ļ. —				-	V	√	√		√		√	√	√	√	√	√	√	√	√	√	√	√	√
Italian Chicken Flatbread				√	√	√	√	ļ		√	√	√		√		√	√	√	√	√	√	√	√	√	✓	√	√	√
Double Egg & Cress Sandwich	✓			√	✓	√		✓		✓	✓	✓		✓		√	✓	√	✓	✓	✓	✓	√	✓	✓	✓	✓	✓
Toasties	Suitable for	Suitable for	Gluten Free	Celery	Cereals containing	Wheat	Rye	Barley	Oat	Crustaceans	Fee	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Tousties	vegetarians	vegans	Giuten i i e	ceiciy	gluten	Wilcut	n,c	Duricy	Out	Crustaccuris	-66	11311	Lupiii	TT III	Wionases	Mastara	Cunuts	Jesume	3014	sulphites	Didzii	Hazemat	Wallat	Cusiicw	r ccuii	ristacino	Macadamia	Amonds
Ham & Cheese Toastie				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Suitable for vegetarians	Suitable for			Cereals															Sulphur								
Panini	vegetarians	vegans	Gluten Free	e Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ham And Cheese Panini				J	1	1	J	1		J	J	J		1		J	1	1	J	J	1	1	1	1	1	1	1	1
Train And Cheese Family				·	Cereals	•	•	·		•	•			·		•		•	•	Sulphur		•		•	•		•	
Вар	Suitable for vegetarians		Gluten Free	Celery	containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame		dioxide and	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
	regetarians	reguins			gluten															sulphites								
Sausage Bap				✓	√	√				✓	✓	✓		✓		✓	✓	✓	✓	√	✓	✓	✓	✓	✓	✓	✓	✓
Focaccia	Suitable for vegetarians	Suitable for	Cluton Fron	Colony	Cereals containing	Wheat	Puo	Barley	Oat	Crustaceans	Eaa	Eich	Lunia	Milk	Molluscs	Mustard	Dognuts	Facama		Sulphur dioxide and	Provil	Hazelnut	Walnut	Cachour	Docon	Distachio	Macadamia	Almondo
rocaccia	vegetarians	vegans	Gluten Free	celely	gluten	wileat	Rye	barrey	Oat	Crustaceans	ERR	Fish	Lupin	IVIIIK	Ivioliuses	Iviustalu	realiuts	Sesame	30ya	sulphites	DIAZII	nazemut	waiiiut	Cashew	Pecan	Pistaciiio	Iviacauaiiiia	Allifolius
Mediterranean Focaccia	√			√	✓	√				✓	✓	✓		√		√	✓	✓	✓	✓	√	✓	✓	√	✓	√	✓	√
Chorizo, Mozzarella & Red Pepper Romana				√	√	√		√		√	√	✓		√		√	✓	√	√	√	√	✓	√	√	✓	√	✓	√
and the second s	Culturble Com	Culturble Con			Cereals															Sulphur								
Wraps	Suitable for vegetarians	vegans	Gluten Free	Celery	containing	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chieken & Basen Cassar Wran				1	gluten	J		J		1	/	1		/		J	/	/	/	sulphites	/	/	/	/	/	/	/	/
Chicken & Bacon Caesar Wrap		-		· /	V /	v	-	V .	-	· ·	v	· ·		v		v	v	V /	,	/	v	v	v	V /	v	V /	v	V
Chicken Fajita Burrito				· ·	,	,	-	V	+	· ·	,	· ·		,		v	,	· ·	·	′	′	·	,	· ·	,	· ·	· ·	,
C The Children William				IV	V	▼				~	v	v		·		v	·	· ·	·	·	·	·	v	· ·	· ·	V .	V	V
Green Thai Chicken Wrap		,		,	,	,				,	1	1				v	V	IV										
Green Thai Chicken Wrap Sweet Chilli Chickpea Wrap	√	✓		✓	✓	✓				✓	✓	✓		V				-	•	V	√	✓	√	✓	✓	√	✓	√
·	✓ Suitable for	✓ Suitable for	Gluten Free	√ e Celery	✓ Cereals containing	√ Wheat	Rye	Barley	Oat	√ Crustaceans	√ Egg	√ Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and	√ Brazil	√ Hazelnut	Walnut	Cashew	Pecan	√ Pistachio	√ Macadamia	Almonds
Sweet Chilli Chickpea Wrap	✓ Suitable for vegetarians	✓ Suitable for vegans	Gluten Free	√ e Celery		√ Wheat	Rye	Barley	Oat	√ Crustaceans	√ Egg	√ Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya		√ Brazil	√ Hazelnut	Walnut	Cashew	Pecan	Pistachio	√ Macadamia	Almonds
Sweet Chilli Chickpea Wrap	Suitable for vegetarians	Suitable for vegans	Gluten Free	✓ Celery	containing	√ Wheat √	Rye	Barley	Oat	√ Crustaceans	√ Egg √	√ Fish	Lupin	Milk	Molluscs	Mustard ✓	Peanuts ✓	Sesame <	Soya	dioxide and	√ Brazil	√ Hazelnut	√ Walnut	√ Cashew	Pecan	Pistachio	√ Macadamia	Almonds
Sweet Chilli Chickpea Wrap Pretzel Rolls	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing	√ Wheat √	Rye	Barley	Oat	√ Crustaceans	√ Egg √	Fish	Lupin	Milk ✓	Molluscs	Mustard √	Peanuts ✓	Sesame √	Soya √	dioxide and	Brazil ✓	✓ Hazelnut ✓	√ Walnut	Cashew	Pecan ✓	Pistachio	✓ Macadamia ✓	Almonds
Sweet Chilli Chickpea Wrap Pretzel Rolls Bacon & Eggs Benedict Pretzel Roll Chicken, Bacon & Smoky Cheese Pretzel Roll	regetanans	reguns		√ √	containing gluten Cereals	√ √				√ √	√ √	✓ ✓		√ √		√ √	√ √	√ √	√ √	dioxide and sulphites Sulphur	√ √	√ √	√ √	√ ✓	√ √	√ √	√ √	√ √
Sweet Chilli Chickpea Wrap Pretzel Rolls Bacon & Eggs Benedict Pretzel Roll	Suitable for vegetarians Suitable for vegetarians	Suitable for		√ √	containing gluten	√ √			Oat	√ Crustaceans √ ✓ Crustaceans	√ √	Fish Fish		Milk		Mustard √ ✓ Mustard	√ √	√ √	Soya ✓ Soya	dioxide and sulphites	√ √	√ √	Walnut √ √ Walnut	√ ✓	Pecan V Pecan	√ √	Macadamia	√ √
Sweet Chilli Chickpea Wrap Pretzel Rolls Bacon & Eggs Benedict Pretzel Roll Chicken, Bacon & Smoky Cheese Pretzel Roll Impulse Items	Suitable for	Suitable for		√ √	containing gluten Cereals containing	√ √				√ √	√ √	✓ ✓		√ √		√ √	√ √	√ √	√ √	dioxide and sulphites Sulphur dioxide and	√ √	√ √	√ √	√ ✓	√ √	√ √	√ √	√ √
Sweet Chilli Chickpea Wrap Pretzel Rolls Bacon & Eggs Benedict Pretzel Roll Chicken, Bacon & Smoky Cheese Pretzel Roll Impulse Items PopChips	Suitable for	Suitable for		√ √	containing gluten Cereals containing	√ √				√ √	√ √	✓ ✓		√ √		√ √	√ √	√ √	√ √	dioxide and sulphites Sulphur dioxide and	√ √	√ √	√ √	√ ✓	√ √	√ √	√ √	√ √
Sweet Chilli Chickpea Wrap Pretzel Rolls Bacon & Eggs Benedict Pretzel Roll Chicken, Bacon & Smoky Cheese Pretzel Roll Impulse Items PopChips O'Donnell's Crisps - Cheese & Onion	Suitable for vegetarians	Suitable for		√ √	containing gluten Cereals containing	√ √				√ √	√ √	✓ ✓		√ √		√ √	√ √	√ √	√ √	dioxide and sulphites Sulphur dioxide and	√ √	√ √	√ √	√ ✓	√ √	√ √	√ √	√ √
Pretzel Rolls Bacon & Eggs Benedict Pretzel Roll Chicken, Bacon & Smoky Cheese Pretzel Roll Impulse Items PopChips O'Donnell's Crisps - Cheese & Onion O'Donnell's Crisps - Salt & Vinegar	Suitable for vegetarians	Suitable for		√ √	containing gluten Cereals containing gluten	√ √				√ √	√ √	✓ ✓		√ √		√ √	√ √	√ √	√ √	dioxide and sulphites Sulphur dioxide and	√ √	√ √	√ √	√ ✓	√ √	√ √	√ √	√ √
Pretzel Rolls Bacon & Eggs Benedict Pretzel Roll Chicken, Bacon & Smoky Cheese Pretzel Roll Impulse Items PopChips O'Donnell's Crisps - Cheese & Onion	Suitable for vegetarians	Suitable for		√ √	containing gluten Cereals containing gluten	√ √ Wheat				√ √	√ √ Egg	✓ ✓		√ √		√ √	√ √	√ √	√ √	dioxide and sulphites Sulphur dioxide and	√ √	√ √	√ √	√ ✓	√ √	√ √	√ √	√ √

Dark Chocolate Bar	1	1/	1	1	1	1	1	1	1		1		1	1	1	1	1	1	1	1	ı	1	1	1				
	\ <u>'</u>	V		-			+	+		_				,									-	+				
Milk Chocolate Bar	<u> </u>			1			+							V										+				
Dark Peanut Cups	✓	✓															✓		√									<u> </u>
Roasted & Salted Nuts	✓	✓															✓					✓		✓				✓
Chocolate Gold Coin	✓													✓														
Shortbread Biscuits	✓				✓	✓								✓														
Gold Coin	✓													✓														
Caramel Waffles	✓				✓	✓								✓					✓									
Trio of favourites	✓				✓	✓					✓			✓					✓									✓
GF Fruit & Nut Bar	✓		✓								✓			✓					✓			✓	✓		✓	✓		✓
Bottled Beverages	Suitable for vegetarians		Gluten Free	e 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	✓	√	✓																									
				1		_						-	1		1				1						_		1	
Innocent Strawberry And Raspberry Kids	✓	✓	✓																1									