

### HOW TO USE THIS GUIDE

PASTRIES	This Product Contains													
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Almond Croissant	*	P	*	*										
Butter Croissant	*	*	*											
Cinnamon Swirl	*	*	*											



An \* in a box means that the product contains that allergen.  
 A P in a box means that the product does not contain that allergen but has been made in a factory where the allergen is present.

For pre-packaged food (e.g. panini & biscuits etc.), the Allergen information can be found on the product's

**NEVER GUESS - Always use this guide to help answer any customer queries.**

The allergens that are featured in this guide are in accordance with the EU Food Information Regulations:

- Cereals containing gluten: including wheat, rye, barley, oats
- Eggs
- Milk
- Tree nuts - including almonds, hazelnuts, pistachios, walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur dioxide and sulphites
- Mustard
- Lupin
- Crustaceans e.g. prawns
- Sesame seeds
- Molluscs e.g. mussels

**WE TAKE CARE TO LIST ALL INGREDIENTS IN OUR FOOD AND DRINKS, HOWEVER WE CANNOT GUARANTEE A 100% ALLERGEN FREE ENVIRONMENT AS WE USE SHARED EQUIPMENT TO DISPLAY, PREPARE AND SERVE.**

PASTRIES	Product Name	This Product Contains												Suitable for...			
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Almond Croissant	*	P	*	*	P		P						P		*	
	Apricot Croissant	*	*	*	P			P								*	
	Croissant	*	*	*	P			P								*	
	Chocolate Twist	*	*	*	P			*								*	
	Pain au Chocolate	*	*	*	P			*								*	
	Pain aux Raisin	*	*	*	P			P						P		*	
	Raspberry Vegan Croissant	*	P	P	P			P						P		*	*

PORRIDGE (made with cow's milk)	Product Name	This Product Contains												Suitable for...			
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Porridge with Banana & Cinnamon	*		*												*	
	Porridge with Blueberries, Seeds & Maple Syrup	*		*												*	
	Porridge with Chocolate Chips	*		*				*								*	
	Plain Porridge	*		*												*	

TEACAKES	Product Name	This Product Contains												Suitable for...			
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Toasted Tea Cake	*			P									P		*	*
	Toasted Tea Cake with butter	*		*	P									P		*	
	Toasted Tea Cake with butter & jam/marmalade	*		*	P									P		*	
	Toasted Tea Cake with vitalite	*			P					P				P		*	*
	Toasted Tea Cake with vitalite & jam/marmalade	*			P					P				P		*	*

SCONES	Product Name	This Product Contains												Suitable for...			
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Vegan Scone	*	P	P	P			P		P						*	*
	Vegan Scone with butter	*	P	*	P			P		P						*	
	Vegan Scone with butter & jam	*	P	*	P			P		P						*	
	Vegan Scone with clotted cream & jam	*	P	*	P			P		P						*	
	Vegan Scone with vitalite	*	P	P	P			P		P						*	*
	Vegan Scone with vitalite & jam	*	P	P	P			P		P						*	*

	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TOAST	White or Malted bloomer toast plain	*						*								*	*
	White or Malted bloomer toast with butter	*		*				*								*	
	White or Malted bloomer toast with vitalite	*						*		P						*	*
	White or Malted bloomer toast with butter & jam/marmalade	*		*				*								*	
	White or Malted bloomer toast with vitalite & jam/marmalade	*						*		P						*	*
	White or Malted bloomer toast with butter & marmite	*	P	*				*	*							*	
	White or Malted bloomer toast with vitalite & marmite	*	P					*	*	P						*	*
GRANOLA & YOGHURT	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Granola & Yoghurt with Blueberry & Honey	*		*	*	*								*		*	
Granola & Yoghurt with Banana & Honey	*		*	*	*								*		*		
CAKES & MUFFINS	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Banana & Chocolate Loaf	*	P	P	P			*		P						*	*
	Belgian Chocolate Cake	*	*	*	P			*								*	
	Blueberry Muffin	*	*	*	P			P								*	
	Cappuccino Cake (Gluten Free Recipe)		*	*	P			*								*	
	Carrot & Walnut Cake	*	*	*	*	P		P								*	
	Cinnamon Bun	*			P			*		P						*	*
	Jewelled Fruit Cake	*	*	*	*					*						*	
	Lemon Drizzle Cake	*	*	*	P	P		P								*	
	Mini Filled Doughnuts	*	*	*	P											*	
	Orange & Chocolate Loaf	*	*	P	P			P		P						*	
	Raspberry & White Chocolate Loaf Cake	*	*	*	P	P		*		P						*	
	Raspberry Rocky Road	*	P	*	P			*		P						*	
Victoria Sponge (Gluten Free Recipe)		*	*	P											*		
Welsh Cake	*	*	*												*		
TRAYBAKES	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Blackcurrant Crumble		P	P	P			P								*	*
	Caramel Shortbread	*	P	*	P			*								*	
	Maple Syrup Flapjack	*		*	P	P		P								*	
	Protein Bar	P	P	P	P	P		P								*	*
	Super Dark Triangle	*		P	P	P		*		*						*	*
Triple Chocolate Brownie	P	*	*	P	P		*		P						*		

## TARTS

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Cinnamon Portuguese Tart	*	*	*												*	
Chocolate & Blood Orange Tart	*						*			*					*	*
Portuguese Tart	*	*	*				P								*	
Raspberry Portuguese Tart	*	*	*												*	
Strawberry Tart	*	*	*	P			*									
Tart au Citron	*	*	*	P											*	

## DESSERTS

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Banoffee Pie	*	*	*	P			*									
Cookies & Cream Cheesecake	*	*	*	P			*									
Cranberry & Orange Cheesecake	*	*	*	P											*	
Eton Mess Cheesecake	*	*	*	P												
Lemon & Ginger Cheesecake (GF Recipe)		*	*	P											*	
Lotus Biscoff Cheesecake	*	*	*	P			*								*	
Malted Milk Slice	*	*	*	P			*									
Passion Fruit & Orange Cheesecake		*	*	P					*						*	

## SNACKS

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Chocolate Chip Cookie	*		*	P			*								*	
Cheddar & Onion Crisps			*												*	
Cider Vinegar & Sea Salt Crisps			*												*	
Lightly Sea Salted Crisps															*	*
Gingerbread Man	*	*	*	P			*								*	
Locker Wafer	*		*	*			*								*	
Lotus Biscuit Twin Pack	*		P				*								*	*
Almond Biscotti	*	*	*	*	P										*	
Shortbread	*		*												*	
Toffee Waffles	*	*	*				*								*	
Willies Dark Choc Venezuelan Gold															*	*
Willies Dark Chocolate Orange															*	*
Willies Milk Chocolate			*												*	

## EXTRAS

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Butter Portion			*												*	
Honey															*	
Icing Sugar									*						*	*
Maple Syrup															*	*
Marmalade															*	*
Marmite	*							*							*	*
Preserve Blackcurrant															*	*
Preserve Strawberry															*	*
Rhoddas Clotted Cream			*												*	
Vitalite										P					*	*
Whipping Cream			*												*	

For Allergen information for Iced Beverage, please refer to the 'Coffee#1 Iced Beverage Allergen & Nutritional Information 2021'.

	Product Name	This Product Contains													Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
COFFEE (made with Whole Milk as standard)	Americano (without milk)															*	*
	Cappuccino			*												*	
	Caramel Macchiato			*												*	
	Espresso															*	*
	Filter Coffee (without milk)															*	*
	Flat White			*												*	
	Latte			*												*	
	Macchiato			*												*	
	Mocha			*				P								*	
	Mocha Deluxe			*	P			P								*	
Piccolo			*												*		
White Chocolate Mocha			*				*								*		

	Product Name	This Product Contains													Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
HOT DRINKS (made with Whole Milk as standard)	Babyccino			*				P								*	
	Babychoc			*				P								*	
	Hot Apple & Cinnamon (no milk)															*	*
	Hot Chocolate			*				P								*	
	Hot Chocolate Deluxe			*	P			P								*	
	Teas (without milk)															*	*
	White Hot Chocolate			*				*								*	
	White Hot Chocolate Deluxe			*				*								*	

	Product Name	This Product Contains													Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
SPECIALTY DRINKS (made with Whole Milk as standard)	Tumeric Latte			*												*	
	Beetroot Latte			*												*	
	Matcha Latte			*												*	
	Spiced Chai Latte			*												*	

Drinks made with Whole Milk as standard can be made with other milk alternatives.

	Product Name	This Product Contains													Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
MILK & DAIRY ALTERNATIVES	Coconut Drink															*	*
	Oat Drink															*	*
	Skimmed Milk			*												*	
	Soya Milk							*								*	*
	Whole Milk			*												*	

	Product Name	This Product Contains													Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
EXTRAS	Fresh Cream			*												*	
	Dark Chocolate Curls			*				P								*	
	Mini Marshmallows							P									
	Sweetbird Syrups (all flavours)															*	*
	White Chocolate Curls			*				P								*	