

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	*	*	*	*										
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 packaging.

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.

Coffee#1

KEY	
*	Allergen in product
P	Possibility of allergen

Category	Product Name	This Product Contains														Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
PASTRIES	Almond Croissant	*	P	*	*	P		P						P		*	
	Apricot Croissant	*	*	*	P			P								*	
	Croissant	*	*	*	P			P								*	
	Chocolate Twist	*	*	*	P			*								*	
	Pain au Chocolate	*	*	*	P			*								*	
	Pain au Raisin	*	*	*	P			P						P		*	
	Raspberry Vegan Croissant	*	P	P	P			P						P		*	*
PORRIDGE (made with cow's milk)	Porridge with Banana & Cinnamon	*		*												*	
	Porridge with Blueberries, Seeds & Maple Syrup	*		*												*	
	Porridge with Chocolate Chips	*		*				*								*	
	Plain Porridge	*		*												*	
TEA CAKES	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	Vegan Scone	*	P	P	P			*								*	*
	Vegan Scone with butter	*	P	*	P			*								*	
	Vegan Scone with butter & jam	*	P	*	P			*								*	
	Vegan Scone with clotted cream & jam	*	P	*	P			*								*	
	Vegan Scone with vitalite	*	P	P	P			*		P						*	*
	Vegan Scone with vitalite & jam	*	P	P	P			*		P						*	*
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						*	*

TOTAL ALLERGEN GUIDE

Effective 9th November 2020

Category	Product Name	This Product Contains													Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian
CAKES & MUFFINS	Belgian Chocolate Cake	*	*	*	P			*							*	
	Blueberry Muffin	*	*	*	P			P							*	
	Cappuccino Cake GF		*	*	P			*							*	
	Carrot & Walnut Cake	*	*	*	*	P		P							*	
	Jewelled Fruit Cake	*	*	*	*					*					*	
	Lemon Drizzle Cake	*	*	*	P	P		P							*	
	Mini Filled Doughnuts	*	*	*	P										*	
	Victoria Sponge GF		*	*	P										*	
Welsh Cake	*	*	*											*		
TRAYBAKES	Blackcurrant Crumble		P	P	P			P							*	*
	Caramel Shortbread	*	P	*	P			*							*	
	Chocolate Crunch	*	P	*		P		P		P					*	
	Maple Syrup Flapjack	*	*	*	P	P		P							*	
	Mince Pie	*	P	P	P						P				*	*
	Super Dark Triangle	*		P	P	P		*		*					*	*
	Protein Bar	P	P	P	P	P		P							*	*
	Triple Chocolate Brownie	P	*	*	P	P		*		P					*	
White Choc Chai Blondie	*	*	*	P	P		*		P					*		
TARTS	Cinnamon Portuguese Tart	*	*	*											*	
	Chocolate & Blood Orange Tart	*						*		*					*	
	Portuguese Tarts	*	*	*				P							*	
	Raspberry Portuguese Tarts	*	*	*											*	
	Tart au Citron	*	*	*	P	P		P	P	P	P				*	
DESSERTS	Cookies & Cream Cheesecake	*	*	*	P			*							*	
	Cranberry & Orange Cheesecake	*	*	*	P										*	
	Eton Mess Cheesecake	*	*	*	P					P					*	
	Lemon & Blueberry Cheesecake		*	*	P										*	
	Lotus Biscoff Cheesecake	*	*	*				*							*	
SNACKS	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			*											*	

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EXTRAS	Butter Portion			*												*	
	Honey															*	
	Icing Sugar											*				*	*
	Maple Syrup															*	*
	Marmalade															*	*
	Marmite	*							*							*	*
	Preserve Blackcurrant															*	*
	Preserve Strawberry															*	*
	Rhoddas Clotted Cream			*												*	*
	Vitalite										P					*	*
Whipping Cream			*												*		
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			*					*							*		
HOT DRINKS (made with Whole Milk as standard)	Babyccino			*					P							*	
	Babychoc			*					P							*	
	Hot Apple & Cinnamon (without milk)															*	*
	Hot Chocolate			*					P							*	
	Hot Chocolate Deluxe			*	P				P							*	
	Teas (without milk)															*	*
	White Hot Chocolate			*					*							*	
White Hot Chocolate Deluxe			*					*							*		
SPECIALITY 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.

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ICED DRINKS	Classic Lemonade															*	*
	Peach Iced Tea															*	*
	Rhubarb Lemonade															*	*
FRAPPES (made with Whole Milk as standard)	Babyshake			*												*	
	Caramel Frappe			*				P								*	
	Espresso Frappe			*				P								*	
	Mocha Frappe			*				P								*	
	Salted Pretzel Frappe	*		*				P								*	
	Strawberry Frappe			*				P								*	
	White Mint Choc Frappe			*	P			P								*	
<i>Drinks made with Whole Milk as standard can be made with other milk alternatives.</i>																	
SMOOTHIES	Avo Go Go															*	*
	Breakfast															*	*
	El Nino															*	*
	Pina Colada															*	*
	Pip Me Up															*	*
	Summerset															*	*
MILK & DAIRY ALTERNATIVES	Coconut Drink															*	*
	Oat Drink															*	*
	Skimmed Milk			*												*	
	Soya Milk							*								*	*
	Whole Milk			*												*	
EXTRAS	Cream Fresh Whipping			*												*	
	Dark Chocolate Curls			*				P								*	
	Mini Marshmallows							P								*	
	Sweetbird Syrups (all flavours)															*	*
	White Chocolate Curls			*				P								*	