

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.

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

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
GRANOLA & YOGHURT	Granola & Yoghurt with Blueberry & Honey	*		*	*	*							*		*	
	Granola & Yoghurt with Banana & Honey	*		*	*	*							*		*	

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
CAKES & MUFFINS	Angel Cake	*	*	*	P		*								*	
	Banana & Chocolate Loaf	*	P	P	P		*		P						*	*
	Belgian Chocolate Cake	*	*	*	P		*								*	
	Blueberry Muffin	*	*	*	P		*								*	
	Cappuccino Cake (Gluten Free Recipe)		*	*	P		*								*	
	Carrot & Walnut Cake	*	*	*	*	P	*								*	
	Cinnamon Bun	*			P		*		P						*	*
	Chocolate Candied Orange Friand	*	*	*	P	P	*		P						*	
	Jewelled Fruit Cake	*	*	*	*				*						*	
	Lemon Drizzle Cake	*	*	*	P	P	*								*	
	Mini Filled Doughnuts	*	*	*	P										*	
	Orange & Chocolate Loaf	*	*	P	P		*		P						*	
	Raspberry & White Chocolate Loaf Cake	*	*	*	P	P	*		P						*	
	Sticky Toffee Cake	*	*	*	*										*	
Victoria Sponge (Gluten Free Recipe)		*	*	P										*		
Welsh Cake	*	*	*											*		

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TRAYBAKES	Blackcurrant Crumble		P	P	P		P								*	*
	Caramel Shortbread	*	P	*	P		*								*	
	Halloween Crunch	*	P	*	P	P	*		P						*	
	Maple Syrup Flapjack	*		*	P	P	*								*	
	Protein Bar	P	P	P	P	P	*								*	*
	Raspberry Rocky Road	*	P	*	P		*		P						*	
	Super Dark Triangle	*		P	P	P	*		*						*	*
	Triple Chocolate Brownie	P	*	*	P	P	*		P						*	
	Yoghurt Apple & Blackcurrant Flapjack	*		*						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	*	*	*												*	
	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
	Cookies & Cream Cheesecake	*	*	*	P			*								*	
	Cranberry & Orange Cheesecake	*	*	*	P											*	
	Efon Mess Cheesecake	*	*	*	P											*	
	Fruits of the Forest Cheesecake	*	*	*	P			*								*	
	Lotus Biscoff Cheesecake	*	*	*	P			*								*	
	Passion Fruit & Orange Cheesecake		*	*	P					*						*	
	Salted Caramel Slice	*	*	*	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			*								*	
	Loacker Wafer	*		*	*			*								*	
	Lotus Biscuit Twin Pack	*		P				*								*	*
	Almond Biscotti	*	*	*	*	P										*	
	Shortbread	*		*												*	
	Toffee Waffles	*	*	*				*								*	
	Willies Dark Choc Venezuelan Gold															*	*
	Willies Dark Chocolate Orange															*	*
	Willies Milk Chocolate			*												*	

SAVOURY PASTRIES	Product Name	This Product Contains														Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Sausage Roll	*		*	P			*								*	

SOUP	Product Name	This Product Contains														Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Carrot & Coriander Soup															*	*
	Pea & Ham Soup			*													
	Carrot & Coriander Soup (served in bread bowl)	*												*		*	*
	Pea & Ham Soup (served in bread bowl)	*		*										*			

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
EXTRAS	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'.

	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			*				*							*	

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

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

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

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

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