

HOW TO USE THIS GUIDE

PASTRIES					This Product Contains									
Product Name	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.

	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								*	
	Cheese & Onion Twist	*	*	*	P			P		P						*	
	Chocolate Twist	*	*	*	P			*								*	
	Pain au Chocolate	*	*	*	P			*								*	
	Pain aux Raisin	*	*	*	P			P						P		*	
	Raspberry Vegan Croissant	*	P	P	P			P						P		*	*
	Product Name	This Product Contains														Suitable for...	
		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	*		*												*	
	Product Name	This Product Contains														Suitable for...	
		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		*	*
	Product Name	This Product Contains														Suitable for...	
		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						*	*
	Product Name	This Product Contains														Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TOAST	White Farmhouse Slice	*						*								*	*
	Harvester Farmhouse Slice	*														*	*
	Product Name	This Product Contains														Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
GRANOLA & YOGHURT	Granola & Yogurt with Blueberry & Honey	*		*	*	*								*		*	
	Granola & Yogurt with Banana & Honey	*		*	*	*								*		*	
	Yogurt & Seeds with Banana			*												*	
	Yogurt & Seeds with Blueberry			*												*	

CAKES & MUFFINS

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Angel Cake	*	*	*	P			*								*	
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								*	
Christmas Fruit Loaf	*	*	*				*		*						*	
Cinnamon Bun	*			P			*		P						*	*
Chocolate Candied Orange Friand	*	*	*	P	P		*		P						*	
Giant Mince Pie	*														*	*
Irish Cream Roulade	*	*	*	P			*								*	
Jewelled Fruit Cake	*	*	*	*					*						*	
Lemon Curd Muffin	*	*	*						*						*	
Lemon Drizzle Cake	*	*	*	P	P		P								*	
Mini Filled Doughnuts	*	*	*	P											*	
Raspberry & White Chocolate Loaf Cake	*	*	*	P	P		*		P						*	
Sticky Toffee Cake*	*	*	*	*												
Sticky Toffee Cake (Gluten Free Recipe) *		*					*								*	
Victoria Sponge (Gluten Free Recipe)		*	*	P											*	
Welsh Cake	*	*	*												*	

* we have two types of Sticky Toffee Cake in our store. These have different allergen, ingredient and nutritional information. Please check in store which one they have in stock before your purchase.

TRAYBAKES

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Apricot Flapjack	*								*						*	*
Blackcurrant Crumble		P	P	P			P								*	*
Blueberry Lemon & Almond Bakewell	*	P	P	*	P		*		P						*	*
Caramel Shortbread	*	P	*	P			*								*	
Halloween Crunch	*	P	*	P	P		*		P						*	
Maple Syrup Flapjack	*		*	P	P		P								*	
Protein Bar	P	P	P	P	P		P								*	*
Rhubarb & Custard Slice	*	*	*	P	P		*		P						*	
Super Dark Brownie	*		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	*	*	*												*	
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											*	
Fruits of the Forest Cheesecake	*	*	*	P			*								*	
Lotus Biscoff Cheesecake	*	*	*	P			*								*	
Salted Caramel Slice	*	*	*	P			*		*							

SNACKS

	This Product Contains														Suitable for...	
Product Name	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			*												*	

HOT POTS

	This Product Contains														Suitable for...	
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Mac N Cheese	*		*												*	
Sausage Casserole	*		*					*	*							

SOUP

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

SAVOURY PASTRIES

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

EXTRAS

	This Product Contains														Suitable for...	
Product Name	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			*												*	

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

HOT DRINKS (made with Whole Milk as standard)	This Product Contains															Suitable for...	
	Product Name	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)	This Product Contains															Suitable for...	
	Product Name	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	This Product Contains															Suitable for...	
	Product Name	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	This Product Contains															Suitable for...	
	Product Name	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								*	