

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 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.

	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						*	*

TOAST	Product Name	This Product Contains														Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	White Farmhouse Slice	*						*								*	*
	Harvester Farmhouse Slice	*														*	*

GRANOLA & YOGHURT	Product Name	This Product Contains														Suitable for...	
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	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						*	*
	Blueberry Muffin	*	*	*	P			P								*	
	Cappuccino Cake (Gluten Free Recipe)		*	*	P			*								*	
	Carrot & Walnut Cake	*	*	*	*	P		P								*	
	Cinnamon Bun	*			P			*		P						*	*
	Coconut & Lime Loaf Cake	*	*	*	P	P		P		P						*	
	Jubilee Cake	*	*	*				*		*						*	
	Lemon Curd Muffin	*	*	*						*						*	
	Lemon Drizzle Cake	*	*	*	P	P		P								*	
	Mini Filled Doughnuts	*	*	*	P											*	
	Passionfruit Slice	*	*	*	*											*	
	Peach Melba	*	*	*	P	P		P		P						*	
	Raspberry & White Chocolate Loaf Cake	*	*	*	P	P		*		P						*	
	Sticky Toffee Cake*	*	*	*	*												
	Sticky Toffee Cake (Gluten Free Recipe) *		*					*								*	
	Summer Berry Bakewell	*	*	*	*	P		P		P						*	
	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.

		This Product Contains														Suitable for...	
Product Name		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TRAYBAKES	Apricot Flapjack	*								*						*	*
	Blackcurrant Crumble		P	P	P			P								*	*
	Blueberry Lemon & Almond Bakewell	*	P	P	*	P		*		P						*	*
	Caramel Shortbread	*	P	*	P			*								*	
	Maple Syrup Flapjack	*		*	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						*	
		This Product Contains														Suitable for...	
Product Name		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TARTS	Berry Tart	*	*	*				*								*	
	Cinnamon Portuguese Tart	*	*	*												*	
	Portuguese Tart	*	*	*				P								*	
	Raspberry Portuguese Tart	*	*	*												*	
		This Product Contains														Suitable for...	
Product Name		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
DESSERTS	Cookies & Cream Cheesecake	*	*	*	P			*								*	
	Fruits of the Forest Cheesecake	*	*	*	P			*								*	
	Lemon Meringue Slice	*	*	*	P			P		P						*	
	Lotus Biscoff Cheesecake	*	*	*	P			*								*	
	Salted Caramel Slice	*	*	*	P			*		*						*	
	Baked Strawberry Cheesecake	*	*	*	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
SNACKS	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				*								*	*
	Shortbread	*		*												*	
Toffee Waffles	*	*	*				*								*		

	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
HOT POTS	Mac N Cheese	*		*												*	
	Sausage Casserole	*		*					*	*							
SOUP	Carrot & Coriander Soup															*	*
	Carrot & Coriander Soup (served in bread bowl)	*												*		*	*
SAVOURY PASTRIES	Sausage Roll	*		*	P			*									
	Premium Sausage Roll	*		*				*									
	Vegan Vegetable 'Sausage' Roll	*														*	*
EXTRAS	Butter Portion			*												*	
	Honey															*	
	Icing Sugar									*						*	*
	Maple Syrup															*	*
	Marmalade															*	*
	Marmite	*							*							*	*
	Preserve Blackcurrant															*	*
	Preserve Strawberry															*	*
	Rhoddas Clotted Cream			*												*	
	Vitalite									P						*	*
	Vegan Whipped Cream															*	*
Whipping Cream			*												*		

COFFEE (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
	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															*	*
	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)	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	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								*	