

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.), allergen information can be found on the product 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

Please note: Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

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		*	
	Croissant	*	*	*	P			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 <small>(made with cow's milk)</small>	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	Fruit Scone	*	P	P	P			P		P						*	*
	Fruit Scone with butter	*	P	*	P			P		P						*	
	Fruit Scone with butter & jam	*	P	*	P			P		P						*	
	Fruit Scone with clotted cream & jam	*	P	*	P			P		P						*	
	Fruit Scone with vitalite	*	P	P	P			P		P						*	*
	Fruit 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 Farmhouse Slice	*						*								*	*
	Harvester Farmhouse Slice	*														*	*

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 & Yogurt with Blueberry & Honey	*		*	*	*								*		*	
	Granola & Yogurt with Banana & Honey	*		*	*	*								*		*	
	Yogurt & Seeds with Banana			*												*	
	Yogurt & Seeds with Blueberry			*												*	

CAKES	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						*	*
	NEW Cappuccino Cake	P	*	*	P	P		*		P				P		*	
	Cinnamon Bun	*			P			*		P						*	*
	Chocolate & Orange Cake	*	P	P	P			*								*	*
	Pineapple, Banana & Cinnamon Loaf	*	P	P	P	P		*		P				P		*	*
	Lemon Drizzle Cake	*	*	*	P	P		P		P						*	
	Ultimate Carrot Cake	*	P	P	*	P		*		P						*	*
	Victoria Sponge		*	*	P											*	
	Welsh Cake	*	*	*												*	

MUFFINS	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Blueberry Muffin**	*	*	*												*	
	Sicilian Lemon Curd Muffin	*	*	*						*						*	

**PLEASE NOTE: We have updated the recipe for our Blueberry & Oat Muffin and changed the product name. This has different allergen, ingredient and nutritional information. Check in store which one they have in stock before your purchase.

CUPCAKES	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Halloween Cupcake	*	*	*	P			P		P						*	

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TRAYBAKES	Blackcurrant Crumble (made with GF Oats)**	*	P	P	P	P		P		P				P	*	*
	Caramel Shortbread	*	P	*	P			*							*	
	Chocolate Tiffin	*	P	P	P			*							*	*
	Dark Chocolate Tray Cake	*	P	P	P			*							*	*
	Maple Syrup Flapjack	*	P	*	P			P							*	
	Summer Berry Crumble Cake (made with GF Oats)**	*	P	P	P	P		P		P					*	*
	Super Dark Brownie	*		P	P	P		P		*					*	*
	Triple Chocolate Brownie	P	*	*	P	P		*		P					*	
	Yoghurt Apple & Blackcurrant Flapjack	*		*							P				*	

** Our Summer Berry Crumble and Blackcurrant crumble are made with Gluten Free Oats. Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain a protein called Avenin which some people are sensitive to.

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
TARTS	Portuguese Tart	*	*	*	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
DESSERTS	Banoffee Cream Pie	*		*	P		*		P						*	
	Cookies & Cream Cheesecake	*	*	*	P		*									
	Lotus Biscoff Cheesecake	*	*	*	P		*								*	
	Salted Caramel Slice	*	*	*	P		*		*							
	Caramel Apple Crumble	*	*	*	P			P							*	

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
SOUP	Pea & Mint Soup			*					*						*	

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
SNACKS	Chocolate Chip Mini Bean Cookie	*	*	*	P		*								*	
	Oat & Raisin Cookie	*	*	*	P										*	
	Cheddar & Onion Crisps			*											*	
	Cider Vinegar & Sea Salt Crisps			*											*	
	Halloween Gingerbread Man	*	*	*	P		*								*	
	Lightly Sea Salted Crisps														*	*
	Gingerbread Man	*	*	*	P		*								*	
	Lotus Biscuit Twin Pack	*		P			*								*	*

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

	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)	Product Name															
	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			*				*							*		

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

	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)	Product Name															
	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			*			*								*		

SPECIALTY DRINKS <small>(made with Whole Milk)</small>	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			*													*	
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 Drink							*									*	*
Whole Milk			*													*	

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