

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.

ALLERGEN GUIDE

NOVEMBER 2023

Product Name	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
NEW Pigs in Blankets Wrap	*		*	P	P		P	P	*	P	P	P	P	P		
NEW Grilled Carrot and Spiced Stuffing Wrap	*	P	P			P	P	P	P	*		P	P		*	*
NEW Turkey, Bacon and Cranberry seeded panini	*	P	P			P	P	P	*	P		P	P			
NEW Brie and Cranberry Sourdough Panini	*	P	*			P	P	P	P	P		P	P		*	
NEW Jewelled Fruit Cake		*	P	*			P		*						*	
NEW Cranberry & Orange Cheesecake	*	*	*	P			P		P						*	
NEW Black Forest Roulade	*	*	*	P			*								*	
NEW Mince Pie	*	P	P	P			P		P						*	*
NEW Christmas Tree Cupcake	*	*	*	P			P		P						*	
NEW Midnight Mint Brownie	*	P	P	P	P		*		P				P		*	*
NEW Cinnamon Portuguese Tart	*	*	*	P	P		P		P				P		*	
NEW Christmas Santa Gingerbread	*	*	*	P			*								*	
NEW Christmas Rudolf Gingerbread	*	*	*	P			*								*	

FESTIVE