

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 risk of that allergen cross contamination may be present.

**E.G. the Almond Croissant above contains Gluten, Egg, Milk and Nuts.
The Butter Croissant and Cinnamon Swirl contain Gluten, Egg and Milk.**

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

**Although some of our products may contain gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.

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		*	*
	Cinnamon Bun	*			P			*		P						*	*
	Chocolate Nemesis	*	P	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	*														*	*

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

		This Product Contains													Suitable for...		
Product Name		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
CAKES	Banana & Chocolate Loaf	*	P	P	P			*		P						*	*
	Cappuccino Cake **	P	*	*	P	P		*		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						*	*
	Welsh Cake	*	*	*												*	
Victoria Sponge Cake**	P	*	*	P	P		P		P				P		*		

** Cappuccino Cake contains gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.

**Victoria Sponge Cake is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.

		This Product Contains													Suitable for...		
Product Name		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
MUFFINS & CUPCAKES	Blueberry Muffin	*	*	*												*	
	Sicilian Lemon Curd Muffin	*	*	*						*						*	
	Red Velvet Cupcake	*	*	*	P			P		P							
	NEW Mini Egg Cupcake	*	*	*	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
TRAYBAKES	Blackcurrant Crumble (made with GF Oats)**	*	P	P	P	P		P		P				P		*	*
	Caramel Shortbread	*	P	*	P			*								*	
	Chocolate Tiffin	*	P	P	P			*								*	*
	Maple Syrup Flapjack	*	P	*	P			P								*	
	Super Dark Brownie	*		P	P	P		P		*						*	*
	Triple Chocolate Brownie**	P	*	*	P	P		*		P						*	
Yoghurt Apple & Blackcurrant Flapjack	*		*							P					*		

** Blackcurrant Crumble contains gluten free oats, we list OATS as an allergen as they contain protein called Avenin which some people are sensitive to. Also, they may not be suitable for people with coeliacs disease/gluten allergy due to manufacturing processes and in-store handling methods.

**Triple Chocolate Brownie is made with gluten free flour, this may not be suitable for people with coeliac/gluten allergy due to manufacturing and instore handling methods.

		This Product Contains														Suitable for...			
	Product Name	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...			
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...			
PANINI	Brie & Bacon Panini	*	P	*							P								
	Chicken & Pesto Panini	*	*	*							P								
	Mozzarella & Tomato Panini	*	P	*							P						*		
	Ham & Cheese Panini	*	P	*						*		P							
	Tuna Melt Panini	*	*	*			*			*		P							
		This Product Contains														Suitable for...			
TOASTIE	Double Cheese Toastie	*	P	*				*	*	*	*						*		
	Ham & Cheese Toastie	*	P	*				*	*		P								
	Mushroom & Emmental Toastie	*	P	*				*	*		P						*		
	NEW Feta and Tomato Sourdough Toastie	*	*	*							*	P						*	
	NEW Reuben Sourdough Toastie - Made with Pastrami	*	*	*								*							
		This Product Contains														Suitable for...			
FOCACCIA	NEW Chicken and Tomato Focaccia	*	*	*								P							
	NEW Sweet Potato & Harissa Focaccia	*	*	*								P					*		
		This Product Contains														Suitable for...			
BAPS	Bacon Bap	*	P	*								P							
	Sausage Bap	*	P	*								P							

	This Product Contains														Suitable for...		
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
WRAPS	Product Name																
	Vegan 'Meatball' Wrap	*	P	P					*		P				*	*	
	All Day Breakfast Wrap	*	*	*				*		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 Mini Bean Cookie	*	*	*	P			*								*	
	Oat & Raisin Cookie	*	*	*	P											*	
	Ginger Dunkers	*	*					*								*	
	Gingerbread Man	*	*	*	P			*								*	
	NEW Gingerbread Lamb	*	*		P											*	
Lotus Biscuit Twin Pack	*		P				*								*	*	
	Shortbread	*		*											*		
CRISPS & POPCORN	This Product Contains														Suitable for...		
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Lightly Sea Salted Crisps															*	*
	Cider Vinegar & Sea Salt Crisps															*	*
	Cheddar & Onion Crisps			*												*	
	Sweet 'n' Salt Popcorn														*	*	
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						*	*	
Vegan Whipped Cream															*	*	
	Whipping Cream			*											*		

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

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

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

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

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

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

***Although made with Gluten-Free oats, this product may not be suitable for people with coeliac disease/gluten allergy due to in-store handling methods.*

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