

### 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						*	*
	Lemon & Raspberry Bun	*	P	P	P			*		P						*	*
<b>NEW</b> Chocolate & Orange Bun	*	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 flora	*			P					P				P		*	*
	Toasted Tea Cake with flora & 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 flora	*	P	P	P			P		P						*	*
	Fruit Scone with flora & 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	*														*	*

	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			*												*	

	Product Name	This Product Contains												Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian
CAKES	Banana & Chocolate Loaf	*	P	P	P			*		P					*	*
	Cappuccino Cake **	P	*	*	P	P		*		P				P	*	
	Lemon Drizzle Cake	*	*	*	P	P				P					*	
	Ultimate Carrot Cake	*	P	P	*	P		*		P					*	*
	Welsh Cake	*	*	*											*	
	Victoria Sponge Cake**	P	*	*	P	P				P				P	*	
	Lemon Poppyseed & Blueberry Load Cake	*	*	*	P	P				P				P	*	
	<b>NEW</b> Caramel Chouxnut with Crème Pat	*	*	*	P			*							*	
	<b>NEW</b> Pecan Pie	*	P	P	*					P					*	*
	<b>NEW</b> Sticky Ginger Loaf	*	*	*	P	P				P				P	*	
<b>NEW</b> Coffee and Caramel Cake	*	P	P	P	P		*		P				P	*	*	

\*\* Cappuccino 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.

\*\*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.

	Product Name	This Product Contains												Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian
MUFFINS & CUPCAKES	Blueberry Muffin	*	*	*											*	
	Sicilian Lemon Curd Muffin	*	*	*							*				*	
	99' Cupcake	*	*	*	P			*		*					*	
	<b>NEW</b> Halloween Chocolate Muffin	*	*	*	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			*		*					*	
	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					*	
	Rocky Road	*	P	*				*		*						
	<b>NEW</b> Blackberry & Apple Crumble Jack (made with GF Oats)**	*	P	P	P	P		P		P				P	*	*
	<b>NEW</b> Honeycomb Tiffin	*	P	*	P			*		P					*	
<b>NEW</b> Halloween Crispy	*	P	*	P	P		*		P				P	*		

\*\*Blackcurrant Crumble and Blackberry & Apple Crumble 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.

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

	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	*	
	Apricot Frangipane Tart	*	*	*	*			P							*	

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
DESSERTS	Cookies & Cream Slice	*	*	*	P		*									
	Lotus Biscoff Cheesecake	*	*	*	P		*								*	
	Salted Caramel Slice	*	*	*	P		*									
	Lemon & White Chocolate Meringue	P	*	*	P		*		P						*	
	Raspberry & White Chocolate Roulade	*	*	*	P		*								*	

	This Product Contains														Suitable for...	
	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
PANINI	Brie & Bacon Panini	*	P	*						P						
	Chicken & Pesto Panini	*	*	*						P						
	Mozzarella & Tomato Panini	*	P	*						P					*	
	Ham & Cheese Panini	*	P	*					*	P						
	Tuna Melt Panini	*	*	*			*		*	P						
	<b>NEW</b> Coronation Chicken Panini	*	*	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
TOASTIE	Ham & Cheese Toastie	*	P	*				*	*		P						
	Mushroom & Emmental Toastie	*	P	*				*	*		P					*	
	Cheese & Tomato Toastie	*	P	*				*	*		P					*	
	Feta and Tomato Sourdough Toastie	*	*	*						*	P					*	
	Reuben Sourdough Toastie - Made with Pastrami	*	*	*							*						
	<b>NEW</b> BBQ Pulled Pork Sourdough Toastie	*	*	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
FOCACCIA	Chicken and Tomato Focaccia	*	*	*							P						
	<b>NEW</b> Mortadella Sausage & Mushrrom Focaccia	*	*	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
BAPS	Bacon Bap	*	P	*							P						
	Sausage Bap	*	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
WRAPS	Vegan 'Meatball' Wrap	*	P	P						*	P					*	*
	All Day Breakfast Wrap	*	*	*							P						
	Falafel Wrap	*	P	P	P	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
BISCUITS & SNACKS	Chocolate Chip Mini Bean Cookie	*	*	*	P			*								*	
	Oat & Raisin Cookie	*	*	*	P											*	
	Ginger Dunkers	*	*	*				*								*	
	Gingerbread Man	*	*	*	P			*								*	
	Lotus Biscuit Twin Pack	*		P				*								*	*
	Shortbread	*		*												*	
	Toffee Waffle	*	*	*				*								*	
	<b>NEW</b> Gianduiotto Mini Chocolate			P	*			*								*	*
<b>NEW</b> Halloween Gingerbread	*	*	*	P			*								*		

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															*	
	Maple Syrup															*	*
	Icing Sugar									*						*	*
	Maple Syrup															*	*
	Marmalade															*	*
	Marmite	*							*							*	*
	Preserve Blackcurrant															*	*
	Preserve Strawberry															*	*
	Rhoddas Clotted Cream			*												*	
	Flora															*	*
	Vegan Whipped Cream															*	*
	Whipping Cream			*												*	