HOW TO USE THIS GUIDE

PASTRIES					_		This Pro	duct Co	ontains					
Product Name	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.

PORRIDGE

ALLERGEN GUIDE

MAY 2024

								This l	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Almond Croissant	*	*	*	*			Р						Р		*	
IES	Croissant	*	*	*	Р			P								*	
	Pain au Chocolate	*	*	*	P			*								*	
Ϋ́Α	Pain aux Raisin	*	*	*	Р			P						Р		*	
	Raspberry Vegan Croissant	*	Р	P	P			P						Р		*	*
	Cinnamon Bun	*			P			*		P						*	*
	Chocolate Nemesis	*	Р	Р	Р	P		*		Р				Р		*	*
	NEW Lemon & Raspberry Bun	*	Р	P	P			*		P						*	*

_								This I	Product	Contains						Suitable	for
nik)	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
v's r	Porridge with Banana &	*		*												*	
ò	Cinnamon																
itho	Porridge with Blueberries, Seeds	*		*												*	
. <u>Š</u>	& Maple Syrup																
ade	Porridge with Chocolate Chips	*		*				*								*	
ŭ	Plain Porridge	*		*												*	

								This I	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Toasted Tea Cake	*			Р									Р		*	*
ES	Toasted Tea Cake with butter	*		*	P									P		*	
ACAK	Toasted Tea Cake with butter & jam/marmalade	*		*	Р									Р		*	
μ	Toasted Tea Cake with vitalite	*			P					P				Р		*	*
	Toasted Tea Cake with vitalite & jam/marmalade	*			Р					Р				Р		*	*

								This I	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Fruit Scone	*	Р	P	Р			Р		P						*	*
ES	Fruit Scone with butter	*	Р	*	Р			Р		P						*	
ð	Fruit Scone with butter & jam	*	Р	*	Р			P		Р						*	
SC	Fruit Scone with clotted cream &	*	Р	*	в			в		Р						*	
	jam		r		r			r		r							
	Fruit Scone with vitalite	*	Р	P	P			P		P						*	*
	Fruit Scone with vitalite & jam	*	Р	P	Р			P		P						*	*

_								This I	Product	Contains						Suitable	for
AST	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
õ	White Farmhouse Slice	*						*								*	*
•	Harvester Farmhouse Slice	*														*	*

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								This I	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
OLA HURT	Granola & Yogurt with Blueberry	*		*	*	*								*		*	
ΡĘ	& Honey																
	Granola & Yogurt with Banana &	*		*	*	*								*		*	
S CR	Honey																
ిత	Yogurt & Seeds with Banana			*												*	
	Yogurt & Seeds with Blueberry			*												*	

							This l	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	*	Р	Р	Р			*		Р						*	*
Cappuccino Cake **	P	*	*	Р	P		*		Р				P		*	
Chocolate & Orange Cake	*	Р	Р	Р			*								*	*
Lemon Drizzle Cake	*	*	*	Р	P		P		P						*	
Ultimate Carrot Cake	*	Р	Р	*	P		*		Р						*	*
Welsh Cake	*	*	*												*	
Victoria Sponge Cake**	Р	*	*	Р	P		Р		Р				Р		*	
NEW Lemon Poppyseed &	*	*	*				•		*				-		*	
Blueberry Load Cake				٢	۳ I		۲		-10				۲			
	Banana & Chocolate Loaf Cappuccino Cake ** Chocolate & Orange Cake Lemon Drizzle Cake Ultimate Carrot Cake Welsh Cake Victoria Sponge Cake** NEW Lemon Poppyseed &	Banana & Chocolate Loaf*Cappuccino Cake **PChocolate & Orange Cake*Lemon Drizzle Cake*Ultimate Carrot Cake*Welsh Cake*Victoria Sponge Cake**PNEW Lemon Poppyseed &*	Banana & Chocolate Loaf*PCappuccino Cake **P*Chocolate & Orange Cake*PLemon Drizzle Cake**Ultimate Carrot Cake*PWelsh Cake**Victoria Sponge Cake**P*NEW Lemon Poppyseed &**	Banana & Chocolate Loaf*PCappuccino Cake **P*Chocolate & Orange Cake*PLemon Drizzle Cake**Ultimate Carrot Cake*PWelsh Cake**Victoria Sponge Cake**P*NEW Lemon Poppyseed &**	Banana & Chocolate Loaf*PPCappuccino Cake **P**Chocolate & Orange Cake*PPLemon Drizzle Cake***Ultimate Carrot Cake*PPWelsh Cake***Victoria Sponge Cake**P**NEW Lemon Poppyseed &***	Banana & Chocolate Loaf*PPPCappuccino Cake **P**PPChocolate & Orange Cake*PPPLemon Drizzle Cake***PPUltimate Carrot Cake**PPWelsh Cake****Victoria Sponge Cake**P**PNEW Lemon Poppyseed &****	Banana & Chocolate Loaf*PPPCappuccino Cake **P**PPChocolate & Orange Cake*PPPLemon Drizzle Cake***PPUltimate Carrot Cake**PPWelsh Cake****Victoria Sponge Cake**P**PNEW Lemon Poppyseed &****	Product NameGlutenEggsMilkNutsPeanutsFishSoyaBanana & Chocolate Loaf*PPP*Cappuccino Cake **P**PP*Chocolate & Orange Cake*PPP*Lemon Drizzle Cake***PPPUltimate Carrot Cake*PP**Velsh Cake***PPPVictoria Sponge Cake**P**PPNEW Lemon Poppyseed &***PP	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCeleryBanana & Chocolate Loaf*PPP**Cappuccino Cake **P**PP*Chocolate & Orange Cake*PPP*Lemon Drizzle Cake***PPUltimate Carrot Cake*PP**Welsh Cake***PPVictoria Sponge Cake**P*PPNEW Lemon Poppyseed &***P	Banana & Chocolate Loaf*PPP*PCappuccino Cake **P*PP*PChocolate & Orange Cake*PPP*PChocolate & Orange Cake*PPP*PLemon Drizzle Cake***PPPUltimate Carrot Cake***PPPWelsh Cake****PPVictoria Sponge Cake**P**PPNEW Lemon Poppyseed &***PP	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardBanana & Chocolate Loaf*PPP*PPCappuccino Cake **P*PPP*PChocolate & Orange Cake*PPP*PLemon Drizzle Cake**PPPPUltimate Carrot Cake*PP*PVictoria Sponge Cake**P*PPPNEW Lemon Poppyseed &***PP	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinBanana & Chocolate Loaf*PPP**PP*PPCappuccino Cake **P**PPP*PP*PPChocolate & Orange Cake*PPP**PP*PPLemon Drizzle Cake***PPPPPPPUltimate Carrot Cake*PP*P*PPPWelsh Cake***PPPPPPVictoria Sponge Cake**P**PPP*PNEW Lemon Poppyseed &***PP****	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansBanana & Chocolate Loaf*PPP**PP*PPCappuccino Cake **P**PP*PP*PPChocolate & Orange Cake*PPP**PP*PPLemon Drizzle Cake**PP<	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameBanana & Chocolate Loaf*PPP*PPP <td>Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameMolluscsBanana & Chocolate Loaf*PPPP*PP<</td> <td>Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameMolluscsVegetarianBanana & Chocolate Loaf*PPPP**PPPPP**P**P***PPPPP***PP*******PP*****************PP***<t< td=""></t<></td>	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameMolluscsBanana & Chocolate Loaf*PPPP*PP<	Product NameGlutenEggsMilkNutsPeanutsFishSoyaCelerySulphitesMustardLupinCrustaceansSesameMolluscsVegetarianBanana & Chocolate Loaf*PPPP**PPPPP**P**P***PPPPP***PP*******PP*****************PP*** <t< td=""></t<>

** 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.

								This I	Product	Contains						Suitable	for
	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Blueberry Muffin	*	*	*												*	
표 입	Sicilian Lemon Curd Muffin	*	*	*						*						*	
₹ D	Mini Egg Cupcake	*	*	*	Р			*		Р						*	
	NEW '99' Cupcake	*	*	*	Р			*		*						*	

TRAYBAKES

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							This	Product	Contains						Suitable	for
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish				Mustard	Lupin	Crustaceans	Sesame	Molluscs		
Blackcurrant Crumble (made with GF Oats)**	*	P	Р	P	P		P	-	P		•		Р		*	*
Caramel Shortbread	*	Р	*	Р			*								*	
Chocolate Tiffin	*	Р	Р	Р			*								*	*
Maple Syrup Flapjack	*	Р	*	Р			P								*	
Super Dark Brownie	*		Р	Р	Р		P		*						*	*
Triple Chocolate Brownie**	P	*	*	Р	P		*		Р						*	
Yoghurt Apple & Blackcurrant Flapjack	*		*						Р						*	
NEW Rocky Road	*	Р	*	Р			*		*							

** 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 I	Product	Contains						Suitable	for
S	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
ARI	Portuguese Tart	*	*	*	Р	P		P		Р				Р		*	
ŕ	NEW Apricot Frangipane Tart	*	*	*	*			P								*	

								This I	Product	Contains						Suitable	for
IS	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
Ë	Banoffee Cream Pie	*		*	P			*		P						*	
ESS	Cookies & Cream Cheesecake	*	*	*	Р			*									i
Δ	Lotus Biscoff Cheesecake	*	*	*	P			*								*	
	Salted Caramel Slice	*	*	*	Р			*		*							
	Caramel Apple Crumble	*	*	*	P			P								*	
	NEW Lemon & White Chocolate Meringue	Р	*	*	Р			*		Р						*	
	NEW Raspberry & White Chocolate Roulade	*	*	*	Р			*								*	

								This I	Product	Contains						Suitable	for
7	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
z	Brie & Bacon Panini	*	P	*							Р						
Z	Chicken & Pesto Panini	*	*	*							Р						
2	Mozzarella & Tomato Panini	*	Р	*							Р					*	
	Ham & Cheese Panini	*	P	*					*		Р						
	Tuna Melt Panini	*	*	*			*			*	Р						

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ALLERGEN GUIDE

Suitable for...

MAY 2024

This Product Contains

Ham & Cheese Toastie*PMushroom & Emmental Toastie*PNEW Cheese & Tomato Toastie*P	*	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
Mushroom & Emmental Toastie*PNEW Cheese & Tomato Toastie*P	*				*	*		Р							
NEW Cheese & Tomato Toastie * P	*				*	*		P					*		
	*				*	*		Р					*		
P Feta and Tomato Sourdough * *	*						*	Р					*		
Reuben Sourdough Toastie - * * *	*							*							
V					This I	Product	Contains						Suitable	for	
Ŭ V Product Name Gluten Eggs	Milk	Nuts	Peanuts	Fish				Mustard	Lupin	Crustaceans	Sesame	Molluses			
Product NameGlutenEggsChicken and Tomato Focaccia**	*	11013		11311	Joya			P	Lopin	Crostaceans	Jesume	Monoses	regeranan	Vegun	
	This Product Contains Suitable for														
Product Name Gluten Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
Bacon Bap * P	*					_	•	Р	•				Ū		
Sausage Bap * P	*							Р							
					This l	Product	Contains						Suitable	for	
Product Name Gluten Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
Vegan 'Meatball' Wrap * P	Р						*	P					*	*	
Yegan 'Meatball' Wrap * P All Day Breakfast Wrap * * NEW Falafel Wrap * P	*					*		P							
NEW Falafel Wrap * P	P	Р	P	Р	P		*	P		Р	P		*	*	
					-		Contains						Suitable		
Product Name Gluten Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan	
	*	Р			*								*		
Chocolate Chip Mini Bean	1														
Chocolate Chip Mini Bean	*	P											*		
Chocolate Chip Mini Bean * *	*	P			*								*		
Chocolate Chip Mini Bean	*	P P			* *										
Chocolate Chip Mini Bean Cookie Oat & Raisin Cookie Ginger Dunkers *		•			-								*		
Chocolate Chip Mini Bean Cookie Oat & Raisin Cookie Ginger Dunkers Gingerbread Man		P			-								*	*	

								This I	Product	Contains						Suitable	for
∾ X	Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
2 <u>S</u>	Lightly Sea Salted Crisps															*	*
RIS PO	Lightly Sea Salted Crisps Cider Vinegar & Sea Salt Crisps															*	*
ပပ္စ	Cheddar & Onion Crisps			*												*	
	Sweet 'n' Salt Popcorn															*	*

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