

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...	
	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		*	*
NEW Lemon & Raspberry Bun	*	P	P	P		*		P						*	*	

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	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...	
	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...	
	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...	
	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	Product Name	This Product Contains													Suitable for...		
		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	Product Name	This Product Contains													Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Banana & Chocolate Loaf	*	P	P	P			*		P						*	*
	Cappuccino Cake **	P	*	*	P	P		*		P				P		*	
	Chocolate & Orange Cake	*	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				P		*	
	NEW Lemon Poppyseed & Blueberry Load Cake	*	*	*	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.

MUFFINS & CUPCAKES	Product Name	This Product Contains													Suitable for...		
		Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphites	Mustard	Lupin	Crustaceans	Sesame	Molluscs	Vegetarian	Vegan
	Blueberry Muffin	*	*	*												*	
	Sicilian Lemon Curd Muffin	*	*	*						*						*	
	Mini Egg Cupcake	*	*	*	P			*		P						*	
	NEW '99' Cupcake	*	*	*	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						*	
NEW Rocky Road	*	P	*	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		*	
	NEW Apricot Frangipane Tart	*	*	*	*			P								*	

	This Product Contains														Suitable for...		
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DESSERTS	Banoffee Cream Pie	*		*	P			*		P						*	
	Cookies & Cream Cheesecake	*	*	*	P			*									
	Lotus Biscoff Cheesecake	*	*	*	P			*								*	
	Salted Caramel Slice	*	*	*	P			*		*							
	Caramel Apple Crumble	*	*	*	P			P								*	
	NEW Lemon & White Chocolate Meringue	P	*	*	P			*		P						*	
	NEW Raspberry & White Chocolate Roulade	*	*	*	P			*								*	

	This Product Contains														Suitable for...		
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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...		
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					*	
	NEW Cheese & Tomato Toastie	*	P	*				*	*		P					*	
	Feta and Tomato Sourdough Toastie	*	*	*						*	P					*	
	Reuben Sourdough Toastie - Made with Pastrami	*	*	*							*						
		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						
		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...		
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WRAPS	Vegan 'Meatball' Wrap	*	P	P						*	P					*	*
	All Day Breakfast Wrap	*	*	*					*		P						
	NEW Falafel Wrap	*	P	P	P	P	P	P		*	P		P	P		*	*
		This Product Contains													Suitable for...		
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SNACKS	Chocolate Chip Mini Bean Cookie	*	*	*	P			*								*	
	Oat & Raisin Cookie	*	*	*	P											*	
	Ginger Dunkers	*	*					*								*	
	Gingerbread Man	*	*	*	P			*								*	
	Gingerbread Lamb	*	*		P											*	
	Lotus Biscuit Twin Pack	*		P				*								*	*
	Shortbread	*		*												*	
		This Product Contains													Suitable for...		
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CRISPS & POPCORN	Lightly Sea Salted Crisps															*	*
	Cider Vinegar & Sea Salt Crisps															*	*
	Cheddar & Onion Crisps			*												*	
	Sweet 'n' Salt Popcorn															*	*

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EXTRAS	Butter Portion			*											*	
	Honey														*	
	Icing Sugar								*						*	*
	Maple Syrup														*	*
	Marmalade														*	*
	Marmite	*							*						*	*
	Preserve Blackcurrant														*	*
	Preserve Strawberry														*	*
	Rhoddas Clotted Cream			*											*	
	Vitalite										P				*	*
	Vegan Whipped Cream														*	*
	Whipping Cream			*											*	