

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.

| | | This Product Contains | | | | | | | | | | | | | Suitable for... | | |
|-----------------|----------------------------------|-----------------------|------|------|------|---------|------|------|--------|-----------|---------|-------|-------------|--------|-----------------|------------|-------|
| Product Name | | Gluten | Eggs | Milk | Nuts | Peanuts | Fish | Soya | Celery | Sulphites | Mustard | Lupin | Crustaceans | Sesame | Molluscs | Vegetarian | Vegan |
| FESTIVE SWEET | NEW Cinnamon Portugese Tart | * | * | * | P | P | | P | | P | | | | P | | * | |
| | NEW Black Forest Roulade | * | * | * | P | | | * | | | | | | | | * | |
| | NEW Christmas Caramel Crispy | * | P | * | P | P | | * | | P | | | | P | | * | |
| | NEW Christmas Fruit Loaf | * | P | * | * | | | * | | * | | | | | | * | |
| | NEW Christmas Rudolf Gingerbread | * | * | * | P | | | * | | | | | | | | * | |
| | NEW Christmas Santa Gingerbread | * | * | * | P | | | * | | | | | | | | * | |
| | NEW Christmas Tree Cupcake | * | * | * | P | | | | | * | | | | | | * | |
| | NEW Mince Pies | * | 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 |
| FESTIVE SAVOURY | NEW Brie & Cranberry Panini | * | P | * | | | | P | | * | P | | | | | * | |
| | NEW Turkey Feast Focaccia | * | * | P | | | | P | | * | P | | | | | | |
| | NEW Pigs in Blankets Bap | * | * | P | | | | | | P | P | | | | | | |