

### 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	*	<b>P</b>	*	*											
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 Pie	*	P	P	P					*						*	*
NEW Star Mince Pies	*			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 on Blankets Bap	*	*	P						P	P						