Winter 25 ALLERGEN INFORMATION
UPDATED 07.01.25

WE CANNOT GUARANTEE THAT ANY ITEMS ARE 100% FREE FROM ALLERGENS AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM.
KEY: ✓ = Allergen is present ✓ = May Contain Traces

Product Name	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Bakery																												
Butter Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Pain au Chocolate	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Cinnamon Swirl	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Luxury Fruit Bread	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Fruit Scone	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Almond Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Brown Butter, Maple & Pecan Bun	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Chocolate Twist	✓				✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Chocolate & Hazelnut Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Muffins	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Triple Chocolate Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
Caramel Waffle Muffin	✓				✓	✓		✓	✓		✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Plant-Based Chocolate & Caramel Muffin	✓	✓			✓	✓		✓											✓			✓	✓		✓	✓		✓
Cookies	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chocolate Chunk Cookie					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dulce de Leche Chocolate Cookie	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Viennesse Swirl	✓				✓	✓					✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mikado Cookie					✓	✓			✓		✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Red Velvet Cookie Sandwich					✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pistachio & Raspberry Cookie	✓				✓	✓			✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Carrot Cake Loaf	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Coffee & Walnut Loaf	✓				✓	✓	✓	✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sticky Toffee Sponge	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Fruit Cake	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Orange Slice	✓				✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Loaf	✓				✓	✓		✓	✓		✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Bar cakes	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Fifteens					✓	✓	✓	✓	✓		✓			✓			✓		✓	✓		✓	✓		✓			✓
Twizzle Stick White Chocolate Marshmallow					✓	✓								✓			✓		✓				✓					✓
Twizzle Stick Chocolate Marshmallow														✓			✓		✓				✓					✓
Teaser Slice	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pink Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Cookies & Cream Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Apple & Caramel Crumble Tartlet	✓				✓	✓			✓		✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Mince Pie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramelised Bickie Brookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ferrero Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Irish Cream Crispie	✓				✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Rolo Millionaire	✓				✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

S'mores Brownie					✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramelised Biscuit Cake	✓				✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Salted Caramel Florentine	✓				✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Polarbear Cakepop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Millionaire Shortbread	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coffee & Caramel Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bakewell Macaroon Tartlet	✓				✓	✓					✓			✓					✓	✓		✓	✓	✓	✓	✓	✓	✓
Breakfast	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Porridge Made With Water	✓	✓			✓				✓																			
Porridge Made With Semi-Skimmed Milk	✓				✓				✓					✓														
Granola Pot Strawberry	✓				✓				✓				✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Granola Pot Blueberry	✓				✓				✓				✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham And Emmental Croissant					✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	✓
Cheese & Mushroom Croissant	✓			✓	✓	✓					✓			✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
All day Breakfast Panini				✓	✓	✓	✓	✓		✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mushroom, Brie & Cranberry Croissant	✓				✓	✓								✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Pigs Under Blanket Onion Roll					✓	✓								✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Sandwiches	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Chicken & Stuffing Sandwich				✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Turkey Feast Sandwich				✓	✓	✓		✓			✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Festive Ploughman's Sandwich	✓				✓	✓		✓						✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Gluten Free Egg & Tomato Tapenade Sandwich	✓		✓								✓					✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Tuna Salad Sandwich				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Toasties	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Ham & Cheese Toastie				✓	✓	✓	✓			✓	✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Holiday Ham & Cheese Toastie					✓	✓	✓							✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Bacon, Brie & Cranberry Toastie					✓	✓	✓							✓			✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Sliced Turkey, Stuffing & Cranberry Croque					✓	✓	✓	✓						✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chicken & Bacon Croque				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Breakfast Toastie				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Panini	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Ham And Cheese Panini				✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bap	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Sausage Bap				✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vegan Chestnut Roll	✓	✓			✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Vegan Harissa Sweetcorn Fritter Onion Roll	✓	✓		✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Focaccia	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Mediterranean Focaccia	✓			✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chorizo, Mozzarella & Red Pepper Romana				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wraps	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Chicken & Bacon Caesar Wrap				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chicken Fajita Burrito				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pretzel Rolls	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Bacon & Eggs Benedict Pretzel Roll				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
NY Deli Pretzel Roll				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Buffalo Chicken Pretzel Roll				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Impulse Items	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Popchips	✓													✓														

O'Donnell's Crisps - Cheese & Onion	✓													✓														
O'Donnell's Crisps - Salt & Vinegar	✓																											
Iced Gingerbread Biscuit	✓				✓	✓					✓																	
Cookie Straw	✓				✓	✓					✓			✓														
Swiss Chocolate Dark	✓	✓												✓							✓	✓	✓	✓	✓	✓	✓	✓
Swiss Chocolate Milk	✓													✓							✓	✓	✓	✓	✓	✓	✓	✓
Roasted & Salted Nuts	✓	✓															✓					✓		✓				✓
Chocolate Gold Coin	✓													✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Shortbread Biscuits	✓				✓	✓			✓					✓														
Caramel Waffles	✓				✓	✓								✓					✓									
GF Apricot & Yogurt Bar	✓		✓		✓				✓		✓			✓					✓			✓	✓		✓	✓		✓
Bottled Beverages	**Suitable for vegetarians**	**Suitable for vegans**	**Gluten Free**	**Celery**	**Cereals containing gluten**	**Wheat**	**Rye**	**Barley**	**Oat**	**Crustaceans**	**Egg**	**Fish**	**Lupin**	**Milk**	**Molluscs**	**Mustard**	**Peanuts**	**Sesame**	**Soya**	**Sulphur dioxide and sulphites**	**Brazil**	**Hazelnut**	**Walnut**	**Cashew**	**Pecan**	**Pistachio**	**Macadamia**	**Almonds**
Ballygowan Still 500ml	✓	✓	✓																									
Ballygowan Sparkling 500ml	✓	✓	✓																									
Ballygowan Sportscap 750ml	✓	✓	✓																									
VITHIT Sparkling Pink Grapefruit	✓	✓	✓																									
VITHIT Sparkling Raspberry & Grapefruit	✓	✓	✓																									
VITHIT Sparkling Mango & Pineapple	✓	✓	✓																									
Innocent Berry Energise Smoothie	✓	✓	✓																									
Innocent Invigorate Super Smoothie 300ml	✓	✓	✓																									
Innocent Strawberry And Raspberry Kids	✓	✓	✓																									
Innocent orange juice 330ml	✓	✓	✓																									