

Winter 25 ALLERGEN INFORMATION UPDATED 05.02.25

WE CANNOT GUARANTEE THAT ANY ITEMS ARE 100% FREE FROM ALLERGENS AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM. KEY: $\sqrt{}$ = Allergen is present $\sqrt{}$ = 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	\checkmark				\checkmark	\checkmark					\checkmark			\checkmark			\checkmark	\checkmark	\checkmark		\checkmark							
Cinnamon Swirl	√				√	√		✓	✓		~			√					✓			✓	√		✓	√		✓
Luxury Fruit Bread	√				√	√					√			√					✓		√	✓	√	✓	✓	√	✓	✓
Fruit Scone	\checkmark				\checkmark	\checkmark					\checkmark	_		\checkmark			\checkmark		\checkmark		\checkmark	✓	\checkmark	\checkmark	\checkmark	✓	\checkmark	\checkmark
Almond Croissant	√	-			~	~		ļ	-	-	~	-		~			~	✓	~		~	~	✓	~	~	~	✓	✓
Brown Butter, Maple & Pecan Bun	√	-			~	~		 	✓	-	~	-		~				-	~			~	✓		~	~		✓
Chocolate Twist	√				√	~					√			√			~				✓	✓	✓	✓	✓	✓	✓	✓
Chocolate & Hazelnut Croissant	V				\checkmark	√					√			\checkmark			√	✓	√		✓	V	\checkmark	✓	✓	√	✓	✓
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	\checkmark				\checkmark	\checkmark					\checkmark			\checkmark					\checkmark									
Blueberry Muffin	\checkmark				\checkmark	√					\checkmark			\checkmark					\checkmark									
Lemon Muffin	\checkmark				\checkmark	\checkmark					\checkmark			\checkmark					✓	\checkmark								
Caramel Waffle Muffin	\checkmark				√	~		√	√		√			\checkmark					~		√	v	√	√	√	v		✓
Plant-Based Chocolate & Caramel Muffin	\checkmark	√			\checkmark	√		√											√			✓	1		✓	v		✓
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					V	√			√		√			√			√		√	√	√	√	\checkmark	√	√	\checkmark	\checkmark	\checkmark
Dulce de Leche Chocolate Cookie	√				√	√		√	✓		√			√					1			√	✓		✓	✓		✓
Viennesse Swirl	√				√	√					✓			1				✓	1	√	✓	√	✓	√	✓	✓	✓	✓
Mikado Cookie					√	√			1		1			√		1	1	✓	1	√	✓	1	1	✓	✓	1	√	✓
Red Velvet Cookie Sandwich					1	√					1			1		1	1	✓	1	1	✓	1	1	√	✓	1	√	✓
Pistachio & Raspberry Cookie	√				√	1			√		√			√			✓	✓	1	✓	✓	✓	✓	✓	✓	~	✓	✓
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	\checkmark				√	√					1			√					√		✓	√	√	√	√	1	\checkmark	\checkmark
Coffee & Walnut Loaf	1				1	1	1	1	1		1			1			1		1	1	1	1	√	1	1	1	√	√
Sticky Toffee Sponge	1				√	1					√			1					1		√	√	√	√	√	v	√	√
Fruit Cake	1				√	√					√			1					1	1	✓	√	√	1	✓	✓	✓	√
Chocolate Orange Slice	1				√	√					1			1		1	1	✓	1	✓	✓	1	1	✓	✓	1	√	✓
Lemon Loaf	√				1	√		✓	1		1			√					✓		√	✓	√	✓	✓	√		√
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					V	√	✓	1	✓		√			\checkmark			√		√	\checkmark		√	\checkmark		1			✓
Twizzle Stick White Chocolate Marshmallow					√	√		1						1			√		√				\checkmark					✓
Twizzle Stick Chocolate Marshmallow								1						1			√		√				\checkmark					✓
Teaser Slice	1				1	1		1			√			1			1		1	1	1	1	1	√	✓	1	√	√
Pink Pop	1		1		1	√	1				1			1			1		~			✓	✓		√	~		√
Cookies & Cream Pop	\checkmark				√	√					1			√					√			✓	\checkmark		✓	✓		✓
Apple & Caramel Crumble Tartlet	\checkmark				√	√			√		✓			√					√		✓	✓	\checkmark	✓	✓	✓		✓
Mince Pie	√				√	√					✓			√					✓	√	✓	✓	\checkmark	✓	✓	✓	✓	✓
Caramelised Bickie Brookie	\checkmark				√	√					√			√					1	✓	✓	✓	✓	✓	✓	\checkmark	✓	✓
Ferrero Brownie	\checkmark				\checkmark	√					√			√			✓		~	✓	✓	\checkmark	✓	✓	✓	\checkmark	✓	✓
Irish Cream Crispie	\checkmark				√	√		√			✓			√		✓	✓	✓	~	✓	✓	✓	✓	✓	✓	\checkmark	✓	✓
Rolo Millionaire	√				√	√					✓			\checkmark		✓	✓	✓	1	✓	✓	✓	√	✓	✓	√	✓	✓

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S'mores Brownie					V ./	✓ ✓					V			V.		V	V	V	V .	V	✓ ✓	V	×	V	✓ ✓	×	V	V
Caramelised Biscuit Cake					•			v			V			V.		V	V	V	V.	V	✓ ✓	V	×	V	✓ ✓	V	V	✓ ✓
Salted Caramel Florentine	√				•	√ ∕					✓ ✓			V V		×	v	V	V V	✓	~	V	✓ ✓	~	✓ ✓	V	✓	V
Polarbear Cakepop	×	-			•	√ √		-			V .	-	-	V V					V .			×	×		×	×		v
Millionaire Shortbread	×	-			•	v v		-			v	-	-	V V			v	×	V .	V	×	×	×	×	×	×	✓ ✓	v
Coffee & Caramel Brownie	×	-			•	√ √		-			V V	-	-	V V			v		V .	V	~	×	×	×	×	×	✓ ✓	✓ ✓
Bakewell Macaroon Tartlet	V				•	v ./					V (V V					V (V	(V (×	v	v (V	v (v (
Raspberry Ruffle	v				v	v					v			v					v	v	~	V	~	V	~	v	V	~
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	\checkmark	\checkmark			\checkmark				\checkmark																			
Porridge Made With Semi-Skimmed Milk	\checkmark				\checkmark				√					\checkmark														
Granola Pot Strawberry	1				1				1				1	1		1	✓	1	✓		√	√	✓	✓	✓	✓	√	✓
Granola Pot Blueberry	1				1				1				1	1		✓	✓	1	✓		✓	✓	✓	✓	✓	✓	✓	✓
Ham And Emmental Croissant					~	√					√			1			√				✓	✓	✓	✓	√	✓	✓	✓
Cheese & Mushroom Croissant	~			~	~	√					√			1		\checkmark		✓	√		v	✓	✓	✓	√	✓	√	✓
All day Breakfast Panini				√	\checkmark	\checkmark	\checkmark	\checkmark		✓	\checkmark	✓				✓	\checkmark	\checkmark	√	✓	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	✓	\checkmark
Mushroom, Brie & Cranberry Croissant	√				√	√								√			✓	√			√	✓	✓	✓	✓	✓	v	✓
Pigs Under Blanket Onion Roll					\checkmark	√								\checkmark			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	\checkmark
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				\checkmark	1	1		1		1	1	1		1			√	√	\checkmark	\checkmark	✓	√	√	√	\checkmark	\checkmark	1	\checkmark
Chicken & Stuffing Sandwich Turkey Feast Sandwich		1	1	· •	✓	v V		V	1	1	✓	1	1			1	·	√ 	V	1	V	V	✓	✓	· ✓	V	✓ ✓	· ✓
Festive Ploughman's Sandwich	1			-	√ √	√		√						V			· ✓	√ 	-		V	√ 	✓	✓	· •	√ 	√	· ✓
Gluten Free Egg & Tomato Tapenade Sandwich	V		1			-					1					1	· ✓	✓			V	√ 	✓	✓	· •	√ 	√	· ✓
Tuna Salad Sandwich	-			1	1	✓		√		1	1	√		1		✓	1	√	1	√	1	✓	✓ ✓	✓ ✓	✓	✓	√ √	✓ ✓
				-	Cereals	-		-		-		-					-		-	Sulphur			-		-	-		
Toasties	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ham & Cheese Toastie				√	~	1	~			✓	✓			~		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Holiday Ham & Cheese Toastie					√	1	~							1			✓	√			√	✓	✓	✓	✓	✓	✓	✓
Bacon, Brie & Cranberry Toastie					~	√	~							~			✓	✓			√	✓	✓	✓	✓	✓	√	✓
Sliced Turkey, Stuffing & Cranberry Croque					~	√	~	√						~			✓	✓	~		√	✓	✓	✓	✓	✓	√	✓
Chicken & Bacon Croque	_			✓ ✓	V	✓	V			✓	✓ ✓	~		V		~	✓ ✓	✓	✓ ✓	✓	~	~	~	✓	~	~	✓	✓
Breakfast Toastie				✓	\checkmark	\checkmark				✓	\checkmark	\checkmark		✓		\checkmark	✓	\checkmark	\checkmark	✓	✓	\checkmark	✓	\checkmark	~	\checkmark	✓	✓
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				✓	1	1				√	√	1		1			✓	√	✓	✓	√	√	✓	✓	✓	✓	√	✓
	Suitable for vegetarians	Suitable for			Cereals															Sulphur								
Вар	vegetarians	vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Sausage Bap				1	о	J				1	1	1		1			1	1	1	J	1	1	1	1	1	1	1	J
Vegan Chestnut Roll	1	1			1							ŀ					· ✓	· ✓	·	· ·		·		1	· ✓	·		· ✓
Vegan Harissa Sweetcorn Fritter Onion Roll	✓	√ 		1	√ √	V				1	√ √	√		✓ ✓		1	√ 	✓	√ 	√	√	✓	✓	√ 	✓	✓	√ √	✓ ✓
	-			-	Cereals												-		-	Sulphur					-			
Focaccia	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Mediterranean Focaccia	\checkmark			√	-	√				√	✓	✓		\checkmark		\checkmark	\checkmark	\checkmark	✓	\checkmark	✓	✓	✓	\checkmark	√	\checkmark	\checkmark	\checkmark
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				√	-	\checkmark		\checkmark		√	\checkmark	✓		\checkmark		\checkmark	\checkmark	\checkmark	✓	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark
Chicken Fajita Burrito		1	1	· •	•	▼		V	1	✓		✓ ✓	1			v.	1	v.	✓	·	· ✓	· •	· √	·	· ✓	· ✓	✓	· ✓
					Cereals															Sulphur	 		 					
Pretzel Rolls	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Bacon & Eggs Benedict Pretzel Roll				✓	•	√				✓	~	✓		~		✓	✓	✓	✓	 ✓ 	✓	✓	✓	✓	✓	✓	✓	✓
NY Deli Pretzel Roll				1	•	√				✓	√	 ✓ 		~		✓	✓	✓	✓	V	✓	✓	✓	✓	✓	✓	✓	✓
Buffalo Chicken Pretzel Roll				✓	✓	√				✓	√	✓		√		√	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Suitable for	Suitable for	Gluter Fr	Colem	Cereals	Wheet	Pue	Parley	0.01	Crusterer	Faa	Fich	Lunia	NAIL	Mollum	Mushaud	Poprute	Foreme	Source	Sulphur	Prosil	Handlaut	Wolaut	Casharr	Doeser	Distachia	Macadami	Almende
Impulse Items	vegetarians	vegans	Gluten Frée	Celery	containing gluten	wneat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Wustard	Peanuts	Sesame	зоуа	dioxide and sulphites	Brazil	Hazelnut	walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds

	1.	T	1	-	-		1	1	-	1	1			1.				1	1	1	-	1	-		 		1	
Popchips	√													√														
O'Donnell's Crisps - Cheese & Onion	\checkmark													√														
O'Donnell's Crisps - Salt & Vinegar	\checkmark																											
Iced Gingerbread Biscuit	\checkmark				\checkmark	\checkmark					\checkmark																	
Cookie Straw	\checkmark				\checkmark	\checkmark					\checkmark			\checkmark														
Swiss Chocolate Dark	√	√												✓							✓	✓	✓	✓	✓	✓	✓	✓
Swiss Chocolate Milk	√													1							✓	✓	✓	✓	✓	✓	✓	✓
Roasted & Salted Nuts	\checkmark	\checkmark															\checkmark					\checkmark		\checkmark				\checkmark
Chocolate Gold Coin	√													1			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Shortbread Biscuits	\checkmark				\checkmark	\checkmark			✓					\checkmark														
Caramel Waffles	\checkmark				\checkmark	\checkmark								\checkmark					\checkmark									
GF Apricot & Yogurt Bar	√		√		\checkmark				\checkmark		√			1					√			✓	✓		√	✓		✓
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	\checkmark	\checkmark	\checkmark																									
Ballygowan Sparkling 500ml	\checkmark	\checkmark	\checkmark																									
Ballygowan Sportscap 750ml	\checkmark	\checkmark	\checkmark																									
VITHIT Sparkling Pink Grapefruit	√	1	~																									
VITHIT Sparkling Raspberry & Grapefruit	√	1	√																									
VITHIT Sparkling Mango & Pineapple	√	1	~																									
Innocent Berry Energise Smoothie	√	1	√																									
Innocent Invigorate Super Smoothie 300ml	√	~	~																									
Innocent Strawberry And Raspberry Kids	√	1	1																									
Innocent orange juice 330ml			1	1																								T