Spring 25 ALLERGEN INFORMATION
UPDATED 07.04.25

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	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Cinnamon Swirl	✓				✓	✓		✓	✓		✓			✓					✓			✓	✓		✓	✓		✓
Luxury Fruit Bread	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Fruit Scone	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Almond Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
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	✓				✓	✓					✓			✓					✓	✓								
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					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Viennesse Swirl	✓				✓	✓					✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pistachio & Raspberry Cookie	✓				✓	✓			✓		✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Elderflower & Lemon Cookie Sandwich	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Orange Slice	✓				✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Loaf	✓				✓	✓		✓	✓		✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Raspberry & Coconut Loaf	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Lavender & Lemon Triple Layer Sponge	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	✓				✓	✓			✓		✓			✓					✓		✓	✓	✓	✓	✓	✓		✓
Caramelised Bickie Brookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
S'mores Brownie					✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramelised Biscuit Cake	✓				✓	✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Millionaire Shortbread	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coffee & Caramel Brownie	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bakewell Macaroon Tartlet	✓				✓	✓					✓			✓					✓	✓		✓	✓	✓	✓	✓	✓	✓
Toffee Popcorn Tiffin	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry Ruffle	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Easter Crispie	✓				✓	✓	✓	✓	✓		✓			✓					✓				✓	✓	✓	✓		✓
Salted Caramel Florentine	✓				✓	✓					✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon & White Chocolate Tartlet	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓

Raspberry & Cream Ruffle	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Banoffee Tartlet	✓				✓	✓			✓		✓			✓					✓	✓	✓	✓	✓	✓	✓	✓		✓
Ultimate Chocolate Brownie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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				✓	✓	✓	✓	✓		✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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				✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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				✓	✓	✓	✓			✓	✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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 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				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Curied Chickpea Wrap	✓	✓		✓	✓	✓				✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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				✓	✓	✓				✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	✓		✓						✓		✓			✓					✓			✓	✓		✓	✓		✓
Gluten Free Chocolate Brownie	✓		✓								✓			✓							✓	✓	✓	✓	✓	✓	✓	✓

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	✓	✓	✓																									