

Holiday FY25 ALLERGEN INFORMATION UPDATED 051125

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	0, _	0, _	Ŭ	Ŭ														٥,	٥,	0, 10								
Butter Croissant	√				√	✓					✓			√			√	✓	✓		√	√	✓	✓	√	√	√	√
Cinnamon Swirl	V		1		√	√		√	√	1	✓			✓					✓	1		√	✓		✓	✓		✓
Luxury Fruit Bread	√				✓	√					√			√					√		✓	√	✓	✓	√	√	√	✓
Fruit Scone	√				✓	✓					✓			✓			✓		✓		✓	√	✓	√	✓	✓	✓	√
Almond Croissant	√				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Twist	√				✓	✓					✓			✓			✓				✓	✓	✓	✓	✓	✓	✓	√
Chocolate & Hazelnut Croissant	✓				✓	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Babka	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Pistachio Croissant	✓				√	✓					✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Muffins & Donuts	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	✓				✓	✓					✓			✓					✓	✓								
Boston Cream Muffin	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
S'mores Muffin					✓	✓					✓			✓					✓									
Caramel & Cream Donut	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Strawberry & Cream Viennese Swirl	√				√	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	√	✓
Speculoos Cookie	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Jaffa Cookie Sandwich	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Viennesse Swirl	✓				✓	✓					✓			√				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Vanilla Blueberry Loaf	√				√	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓		/
Pistachio & White Chocolate Loaf Cake	✓				√	✓					✓			✓					✓			✓	✓		✓	✓		✓
Red Velvet Loaf	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Black Forest Yule Log	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Raspberry & White Chocolate Yule Log	√				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	√				√	✓								√			√		1				√					✓
Twizzle Stick Chocolate Marshmallow	√													√ <u> </u>			√		✓			√	✓					√
Pink Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Millionaire Shortbread	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ultimate Chocolate Brownie	✓				✓	✓					✓		1	✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dubai Style Pistachio Brownie	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	V	✓	✓	✓	V
Caramel Crunch Oatie	√				√	√			✓		√			✓		1	√		√	1.	√	√	✓	√	√	✓	√	V
Bueno Crispie	√				√	√		√		1	V		1	√		1	✓		√	√	√	V	√	√	√	√	√	V
Cookies & Cream Pop	√				√	V					√			V	-	-		-	/	1	,	V	√	1	√	V		Y
Bakewell Tartlet	✓				✓	√					✓			✓					✓	✓	✓	✓	✓	✓	√	✓	✓	✓

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Pecan Pie Tartlet	· ·				V	V		-			· ·		-	V .					V	·	√	· ·	V	V	V	V	<u> </u>	· ·
Cookies & Cream Brookie	· /				V .	·		-	-		· ·	_		V .					V	V	√	· ·	√	V	√	V	-	<u> </u>
Mummy Cake Pop	√				√	√			<u> </u>		V			√			-		√		✓	√	√	✓	√	√	<u> </u>	√
Mince Pie	√				√	√			<u> </u>		V			√			-		√	V		√	√	-	√	√		<u> </u>
Polar Bear Cake Pop	· ·				√	√		ļ. —	<u> </u>		-			V			ļ. —		√			√	√	1	√	√		<u> </u>
Chocolate Orange Biscuit Cake	√ ./				V .	·		<u>۷</u>	-			_		V .			√		V		√	√	√	V	√	V	-	<u> </u>
Speculoos & Caramel Crispie	V				√	√		V	<u> </u>		· ·			V			√	√	√	√	√	√	√	√	√	√	<u> </u>	<u> </u>
Salted Caramel Brownie					√	√					√			√			✓	✓	✓	✓	✓	✓	✓	✓	✓	√	√	<u> </u>
Breakfast	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s 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				1	√	√	√	√		√	√	√				√	√	√	√	√	√	√	√	√	√	√	/	✓
Bacon, Egg & Quinoa Burrito				1	✓	√				√	1	✓		✓		√	√	√	√	√	√	✓	√	✓	✓	√	/	✓
	Cuitanhi	Suitable 6			Cereals															Sulphur								
Sandwiches	Suitable for vegetarians	vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chicken & Stuffing Sandwich				✓	✓	✓		✓		✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Chicken Sandwich			✓								✓			✓			✓	✓	1		✓	✓	✓	✓	✓	✓	✓	✓
Italian Style Chicken Flatbread					✓	✓	✓				✓			✓			✓	✓	1		✓	✓	✓	✓	✓	✓	✓	✓
Double Egg & Cress Sandwich	✓				✓	✓		✓			✓			✓		✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓
Turkey & Ham Feast Sandwich				✓	✓	✓		✓			✓			✓			✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Toasties	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Ham & Cheese Toastie				√	√	√	√			√	√			√		√	√	✓	√	✓	√	√	✓	√	√	✓	√	√
Breakfast Toastie				√	✓	√				√	√	√		✓		√	✓	√	√	√	✓	√	✓	√	√	√	✓	✓
Chicken Pesto Toastie				√	✓	√	✓			√	√	√		√		√	✓	√	√	√	✓	√	✓	√	√	√	✓	✓
Tuna Melt Toastie				√	✓	✓	✓			√	√	√		✓		√	✓	✓	✓	√	✓	√	✓	✓	✓	√	✓	✓
Holiday Ham & Cheese Croque				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	√	✓	✓
Bacon, Brie & Cranberry Croque				✓	✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Turkey, Stuffing & Cranberry Croque				✓	✓	✓	✓	✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	√
Panini	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s 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				J	√	J				J	√	√		J			1	√	✓	√	√	J	√	1	1	√	√	✓
Beetroot, Roasted Veg and Hummus Ciabatta	-	1		· /	<u> </u>	· /	1	1	1	· /	· /	· /	+	· /	-	 	1	· ✓	· /	· /	√ ✓	· /	· ✓	1	1	· /	· /	<u>'</u>
Sections, nousted veg and manimus stability					Cereals		·					•		·						Sulphur	·			·	·			
Вар	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Sausage Bap				✓	✓	✓				✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tuna Rustique				✓	✓	✓		✓		✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Focaccia	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Mediterranean Focaccia	√			√	_	✓				√	√	√		✓		√	√	√	√	✓	√	√	√	√	√	√	√	√
	+	+		· /		√		1	1	· /	· /	· /	+	,	-	7	1	<i>'</i>	· /	1	·	· /	, ,	1	1	<u>,</u>	'	'
Chorizo, Mozzarella & Red Pepper Romana					Cereals	-				•	·	•					·			Sulphur		•		,				
Wraps	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Chicken & Bacon Caesar Wrap				✓	✓	√		✓		✓	✓	✓		✓		✓	√	√	√	✓	✓	✓	√	√	√	√	✓	√
Curried Chickpea Wrap	✓	✓		✓	✓	✓				√	✓	✓				✓	✓	✓	✓	✓	✓	√	✓	✓	✓	✓	✓	√
Pretzel Rolls	Suitable for vegetarians	Suitable for vegans	Gluten Free	Celery	Cereals containing gluten	Wheat	Rye	Barley	Oat	Crustacean	s Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadamia	Almonds
Page 9 Eggs Repodict Protect Pall				./	./	./				./	./	./		./		./	./	./	./	./	./	./	./	./	./	./	./	1
Bacon & Eggs Benedict Pretzel Roll	./	+		<u>'</u>	· /	1	 	1		1	1/	1	+	· /	1	1	1	'	1	1	,/	y	, ,	1	1	1	1	1
NY Deli Pretzel Roll Impulse Items	Suitable for	Suitable for	Glu <u>ten Free</u>	Celery	Cereals containing	Wheat	Rye	Barley	Oat	√ Crustacean	s Egg	√ Fish	Lupin	Milk	Molluscs	√ Mustard	Peanuts	Sesame	Soya	Sulphur dioxide and	Brazil	√ Hazelnut	√ Walnut	Cashew	Pecan	V Pistachio	Macadamia	Almonds
	regetarians	vegans			gluten						- 50									sulphites								
Popchips	✓								1					✓		1	1		1	1			I	1				

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	✓				✓	✓								✓					✓									
Gluten Free Chocolate Brownie	✓		✓								✓			✓							✓	✓	✓	✓	✓	✓	✓	✓
Gluten Free Fruit & Nut 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	√	√	✓																									
		1																										
Innocent Strawberry And Raspberry Kids	√	√	√																									