Summer FY26 ALLERGEN INFORMATION
UPDATED 290426

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	Vegetarian	Vegan	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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Irish Fruit Scone	✓				✓	✓					✓			✓														
Pain au Chocolat	✓				✓	✓					✓	✓		✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Biscoff Croissant	✓				✓	✓					✓	✓		✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Almondine Croissant	✓				✓	✓					✓	✓		✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Muffins & Donuts	**Vegetarian**	**Vegan**	**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 Muffin	✓				✓	✓					✓			✓					✓									
Blueberry Muffin	✓				✓	✓					✓			✓					✓									
Lemon Muffin	✓				✓	✓					✓			✓					✓	✓								
S'mores Muffin					✓	✓					✓			✓					✓									
Caramelised Biscuit Donut	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Strawberry Cheesecake Donut	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cookies	**Vegetarian**	**Vegan**	**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					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Speculoos Cookie	✓				✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lemon Blossom Shortbread	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Salted Caramel Stuffed Cookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate Hazelnut Stuffed Cookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Loaf Cakes	**Vegetarian**	**Vegan**	**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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Pistachio Latte Loaf	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Salted Caramel Swiss Roll	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramelised Biscuit Cube Cake	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Raspberry & Coconut Cube Cake	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Bar cakes	**Vegetarian**	**Vegan**	**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	✓													✓			✓		✓			✓	✓					✓
Pink Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Millionaire Shortbread	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ultimate Chocolate Brownie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pistachio Pop	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Chocolate & Hazelnut Brookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Snickerdoodle Crispie	✓				✓	✓		✓			✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramel & Chocolate Brownie	✓				✓	✓					✓			✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Teaser Slice	✓				✓	✓					✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Egg-Cellent Chocolate Brownie	✓				✓	✓					✓			✓			✓		✓		✓		✓		✓		✓	✓
Chocolate Orange Tartlet	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Summer Bear Cake Pop	✓				✓	✓					✓			✓					✓		✓	✓		✓	✓		✓	✓
Cookies & Cream Biscuit Cake	✓				✓	✓					✓			✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Breakfast	**Vegetarian**	**Vegan**	**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 Cheese Croissant					✓	✓					✓	✓		✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
All day Breakfast Ciabatta					✓	✓					✓			✓		✓												
Italian Style Caprese Croissant	✓				✓	✓					✓	✓		✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Protein Breakfast Muffin					✓	✓	✓	✓			✓			✓														
Gourmet Sausage Roll					✓	✓		✓	✓		✓			✓		✓												
Sandwiches	**Vegetarian**	**Vegan**	**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**
Protein Chicken & Stuffing Sandwich					✓	✓		✓			✓					✓			✓									
Double Free Range Egg & Rocket Sandwich	✓				✓	✓		✓			✓					✓			✓									
Toasties/ Croques	**Vegetarian**	**Vegan**	**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 Croque Monsieur					✓	✓	✓							✓				✓	✓									
Spicy Cajun Chicken & Jalapeno Croque					✓	✓					✓			✓		✓		✓	✓									
Paninis/ Ciabatta	**Vegetarian**	**Vegan**	**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 Ciabatta					✓	✓								✓					✓									
Tuna Melt Panini					✓	✓					✓	✓		✓		✓												
Bap	**Vegetarian**	**Vegan**	**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**
Artisan Sausage Blaa					✓	✓					✓			✓		✓		✓	✓									
NY Style Reuben Bagel					✓	✓		✓						✓		✓			✓									
Gluten Free Double Cheddar & Caramelised Onion Bagel	✓		✓								✓			✓														
Focaccia	**Vegetarian**	**Vegan**	**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**
Chorizo, Mozzarella & Red Pepper Romana					✓	✓								✓		✓			✓									
Wraps	**Vegetarian**	**Vegan**	**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 Caesar Wrap with Crunchy Dipper					✓	✓					✓			✓		✓												
Vegan Onion Bhaji Wrap with Mint Raita Dipper	✓	✓			✓	✓										✓												
Protein Chicken & Chipotle Avocado Flatbread					✓	✓					✓					✓												
Impulse Items	**Vegetarian**	**Vegan**	**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	✓	✓												✓							✓	✓	✓	✓	✓	✓	✓	✓
Roasted & Salted Nuts	✓	✓															✓					✓		✓				✓
Chocolate Gold Coin	✓													✓			✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Shortbread Biscuits	✓				✓	✓			✓					✓														
Caramel Waffles	✓				✓	✓								✓					✓									
Gluten Free Chocolate Brownie	✓		✓								✓			✓							✓	✓	✓	✓	✓	✓	✓	✓

Gluten Free Fruit & Nut Bar	✓		✓						✓		✓			✓			✓		✓			✓	✓		✓	✓		✓
Gluten Free Macaroon	✓		✓								✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Peanut Caramel Bar	✓				✓	✓		✓			✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
High Protein Brownie	✓				✓	✓								✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bottled Beverages	**Vegetarian**	**Vegan**	**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	✓	✓	✓																								