

KEY: ✓ = Allergen is present ✓ = May Contain Traces

	Summer FY26 ALLERGEN INFORMATION UPDATED 070726																											
	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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Luxury Fruit Scone (New Recipe)	✓				✓	✓					✓			✓														
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					✓	✓			✓		✓			✓			✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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	✓				✓	✓					✓			✓					✓		✓	✓	✓	✓	✓	✓	✓	✓
Salted Caramel Swiss Roll	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramelised Biscuit Cube Cake	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Raspberry & Coconut Cube Cake	✓				✓	✓					✓			✓					✓			✓	✓		✓	✓		✓
Chocolate Banana Loaf 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	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chocolate & Hazelnut Brookie	✓				✓	✓					✓			✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Caramel & 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	✓				✓	✓					✓	✓		✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Italian Style Caprese Croissant (New Recipe)	✓				✓	✓					✓	✓		✓		✓		✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
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/Rolls	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					✓	✓					✓	✓		✓		✓												
Italian Caprese Style Rye Seeded Roll	✓				✓	✓	✓	✓						✓														
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					✓	✓					✓					✓												
Southern Fried Chicken BBQ Wrap					✓	✓					✓			✓		✓												
Savoury Snacks	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
Egg Pot	✓										✓																	
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

[illegible]