

## Autumn 24 ALLERGEN INFORMATION UPDATED 04.09.24

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	$\checkmark$				$\checkmark$	$\checkmark$					$\checkmark$			$\checkmark$			$\checkmark$		$\checkmark$		$\checkmark$							
Almond Croissant	1				√	√					~			√			✓	✓	√		√	✓	✓	~	√	✓	✓	√
Chocolate & Hazelnut Cruffin	1				√	~					~			√			✓	✓	✓		✓	$\checkmark$	✓	✓	√	✓	√	✓
Brown Butter, Maple & Pecan Bun	√				√	√		✓	✓		1			√					✓			✓	✓		√	✓		✓
Chocolate Twist	√				√	√					√			√			✓		√		√	√	√	√	✓	✓	√	$\checkmark$
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	Macadam	ia Almonds
Triple Chocolate Muffin	$\checkmark$				$\checkmark$	$\checkmark$					$\checkmark$			$\checkmark$					$\checkmark$									
Blueberry Muffin	$\checkmark$				$\checkmark$	$\checkmark$					$\checkmark$			$\checkmark$					$\checkmark$									
Lemon Muffin	$\checkmark$				$\checkmark$	$\checkmark$					$\checkmark$			$\checkmark$					$\checkmark$	$\checkmark$								
Toffee Apple Muffin	~				√	√		<b>√</b>	1		1			√					~			<b>√</b>	✓		✓	<b>√</b>		✓
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	Macadam	ia Almonds
Chocolate Chunk Cookie					√	√			√		√			✓			<b>√</b>		√	✓	✓	✓	√	✓	✓	✓	√	✓
Brookie	1				√	1		<b>√</b>	1		1			√					1	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>	✓		✓
Raspberry Mallow Top	1				√	1		1	1		1			√					1			<b>√</b>	<b>√</b>		<b>√</b>	✓		√
Raspberry & White Chocolate Cookie	1				√	1	✓	1	1		1			√			<b>√</b>		√	✓	✓	<b>√</b>	✓	✓	✓	✓	✓	✓
Dulce de Leche Chocolate Cookie	1				√	√		1	1		1			√					√			<b>√</b>	✓		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	Macadam	ia Almonds
Carrot Cake Loaf	1				√	√					√			√					√		✓	<b>√</b>	√	✓	✓	✓	√	✓
Victoria Triple Layer Sponge	1				√	1			1		1			√					<b>√</b>	1	✓	<b>√</b>	✓	✓	✓	1		✓
Raspberry & Coconut Loaf Cake	1				√	<b>√</b>		1	1		1			√					1			<b>√</b>	✓		1	1		√
Coffee & Walnut Loaf	1				1	1	√	1	1		1			√			1		1	√	1	✓	1	1	1	1	1	✓
Bar cakes	Suitable for vegetarians		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	Macadan	ia Almonds
Fifteens					√	√	✓	√	1		<b>√</b>			√			<b>√</b>		✓	√		✓	√		✓			✓
Twizzle Stick White Chocolate Marshmallow					√	√								√			✓		√				✓					$\checkmark$
Twizzle Stick Chocolate Marshmallow														√			✓		√				$\checkmark$					$\checkmark$
Snicker Doodle	1				√	<b>√</b>		1			1			√			1		√	✓	✓	<b>√</b>	✓	✓	1	1	1	✓
Biscoff Biscuit Cake	1				√	1	✓	1	1		1			√			1		1	✓	✓	<b>√</b>	<b>√</b>	✓	1	1	1	✓
Lemon & White Chocolate Tartlet	1				√	<b>√</b>			1		1			√					√	√	✓	<b>√</b>	√	✓	✓	✓		✓
Banoffee Tart	1				√	1			1		1			√					1	<b>√</b>	✓	<b>√</b>	<b>√</b>	✓	✓	1		✓
Malteser Slice	1				1	1		1			1			1			1		1	1	<b>√</b>	<b>√</b>	<b>√</b>	✓	1	1	1	✓
Chocolate Caramel Brownie	1				1	1	1	1	1		1			1			1		1	1	1	<b>√</b>	<b>√</b>	✓	1	1	1	<b>√</b>
Pink Pop	1				1	1					1			1					1			<b>√</b>	<b>√</b>		1	1		<b>√</b>
Bueno Quispie					√	1		1	1		1			√			1	1	1	1		1	✓					✓
Neapolitan Slice	1				√	1		1	1		1			√					1	1	✓	1	✓	✓	1	1	1	✓
Chocolate Pop	1				1	1		1	1		1			1					1			<b>√</b>	<b>√</b>	İ	1	1		
Cookies and Cream Caramel Brownie	1				1	1	1	1	1		1			1			1		1	1	<b>√</b>	<b>√</b>	<b>√</b>	✓	1	1	1	✓
Cookie Dough Millionaire	1				1	1	1	1	1		1			1			1		1	1	<b>√</b>	<b>√</b>	<b>√</b>	✓	1	1	1	✓
Raspberry & Pistachio Loaf				✓	√	1	✓	1	1		1			√			1	✓	1	<b>√</b>	<b>√</b>	<b>√</b>	✓	<b>√</b>	1	√	1	✓

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Biscoff Quispie	/				V (	V /	V V	V	×		V (			V			×	~	v	~	1	V	V		1	<u> </u>	+	
Gingerbread Black Cat & Pumpkin Cookie	- V				<b>√</b>	V V	✓ ✓	✓	✓ ✓		V										<b>v</b>	✓	V	<b>v</b>	V	<u> </u>	<b>_</b>	<u> </u>
Bueno Biscuit Cake	~				V	~	~	~	~		~			~			~		~	✓	<b>√</b>	~	✓	<b>√</b>	~	<b>~</b>	<b>_</b>	<b></b>
Cookies & Cream Pop	~				~	√					√			~					~			✓	✓		√	✓		✓
Apple & Caramel Crumble Tartlet	√				1	√			√		✓			√					√		✓	√	✓	✓	√	✓		✓
Pumpkin Shaped Brownie	$\checkmark$				√	√	✓	✓	✓		√			√					√			✓	✓		✓	✓		✓
Breakfast	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadam	mia Almonds
Porridge Made With Water	$\checkmark$	$\checkmark$			$\checkmark$				$\checkmark$																		-	
Porridge Made With Semi-Skimmed Milk	$\checkmark$				√				1					1													-	
Granola Pot Blueberry	1				~	<b>√</b>		1	1				<b>√</b>	1		1			1							1		
Granola Pot Raspberry	1				1	1		1	1				1	1		1			1									
Ham And Emmental Croissant			1	(	J	J		-	-	1	1	1		1		J	1	1	1	1	1	1	1	1	1	1	1	1
Cheese & Mushroom Croissant	./			/	• ./	•					•			•			•			•	·	•	•	•		· · ·	<u> </u>	
	•	-	v v		×	×		1		×	V I	×		ľ	-	v l	/	×	×		v /		·		· ·	· · · ·	+	<b>—</b>
All day Breakfast Panini			ľ,		V	v ,	v	~		V.	V ,	×.				v	<b>v</b>	V	×	v	V	V.	V	V	V	<u> </u>	<b>-</b>	<b></b>
Brunch Burrito			✓		V	V				✓	V	✓		V		<b>√</b>	<b>√</b>	<b>√</b>	✓	✓	<b>√</b>	✓	✓	<b>√</b>	~	<b>√</b>	<b>~</b>	<b>√</b>
Sandwiches	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadam	mia Almonds
Chicken Salad Sandwich			<b>√</b>	(	√	√		√		√	√	<b>√</b>		✓		√	√	✓	<b>√</b>	<b>√</b>	√	<b>√</b>	<b>√</b>	✓	√	<b>√</b>	<b>v</b>	✓
Lemon Chicken Sandwich			✓ ✓	(			1			1	1	1		1		1	<b>√</b>	<b>√</b>	✓	<b>√</b>	✓	<b>√</b>	1	<b>√</b>	✓	<b>√</b>	✓	<ul> <li>Image: A start of the start of</li></ul>
Italian Chicken Flatbread		1		(	1	1	1		1	<b>√</b>	1	<b>√</b>	1	1	1	1	1	1	1	1	<b>√</b>	1	1	<b>√</b>	✓	<b>v</b>	<b>√</b>	<b>_</b>
	1			(	1	<b>√</b>	1	1		<b>√</b>	1	1		1		1	1	<b>v</b>	1	1	1	1	1	<b>√</b>	<b>√</b>	<b>√</b>	<b>_</b>	
Double Egg & Cress Sandwich	- ŀ			(							1			1					<b>v</b>	J	, ,					<u> </u>	1	
Chicken & Stuffing Sandwich			•		•	v		v		•	v	•		v			•	•	v		•	•	•	•	•			
Toasties	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadam	mia Almonds
Ham & Cheese Toastie			√	(	√	√	√			1	1			√		1	1	1	1	1	1	√	✓	√	1	<b>√</b>	<b>√</b>	<ul> <li>✓</li> </ul>
Tuna Melt Toastie			<b>√</b>	/	1	<b>√</b>	1			<b>V</b>	1	1		1		1	<b>v</b>	<b>√</b>	1	<b>V</b>	1	<b>v</b>	<b>v</b>	<b>v</b>	1	<b>V</b>	<b>_</b>	
					Cereals															Sulphur								
Panini	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery		Wheat	Rye	Barley	Oat	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	dioxide and sulphites	Brazil	Hazelnut	Walnut	Cashew	Pecan	Pistachio	Macadam	mia Almonds
Ham And Cheese Panini			√	(	√	√				√	✓	√		√			✓	√	✓	√	✓	✓	✓	✓	√	✓	✓	<b>√</b>
Вар	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadam	mia Almonds
Sausage Bap			✓	(	√	√				✓	✓	√		√			✓	√	✓	✓	✓	✓	✓	✓	✓	✓	<b>√</b>	<b>√</b>
Focaccia	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadam	nia Almonds
Mediterranean Focaccia	1		1	(	sincen	1				1	1	<b>√</b>		1		1	1	1	1	J	1	1	1	1	1			
	•			/	v ./	•				•	•			•					•	•	·	•	•	•		· · ·	<u> </u>	
Chorizo, Mozzarella & Red Pepper Romana			v		v	v		v		v	•	v		v		•	•	•	•	•	•	v	•	•	•			
Wraps	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadam	mia Almonds
Chicken & Bacon Caesar Wrap			√	(	$\checkmark$	$\checkmark$		$\checkmark$		√	$\checkmark$	1		$\checkmark$		$\checkmark$	$\checkmark$	$\checkmark$	√	√	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	✓
Chicken Fajita Burrito				/	1	1	1	1	1	<b>√</b>	1	1		1	1	1	1	1	1	1	1	1	1	<b>v</b>	<b>√</b>	✓	✓	
Green Thai Chicken Wrap				/	1	√				<b>√</b>	1	1		1		1	1	1	1	1	<b>√</b>	1	1	1	✓	<b>√</b>	<b>√</b>	
Sweet Chilli Chickpea Wrap	1	V		/	1	<b>v</b>				<b>v</b>	1	1	1	1	1	1	<b>v</b>	<b>v</b>	1	1	<b>√</b>	<b>√</b>	1	<b>√</b>	1	<b>√</b>		
		·			Cereals													-		Sulphur						, in the second se		
Pretzel Rolls	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadam	mia Almonds
Bacon & Eggs Benedict Pretzel Roll			✓	(	√	1				✓	1	✓		1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	$\checkmark$	✓	$\checkmark$
Chicken, Bacon & Smoky Cheese Pretzel Roll			✓	(	√	√				✓	1	✓		1		<b>√</b>	✓	✓	1	√	✓	<b>√</b>	1	✓	✓	✓	✓	<b>√</b>
NY Deli Pretzel Roll			✓	(	√	√	1			1	1	1		1		1	<b>√</b>	<b>√</b>	✓	1	✓	<b>√</b>	1	<b>√</b>	✓	<b>√</b>	✓	<ul> <li>Image: A start of the start of</li></ul>
Impulse Items	Suitable for vegetarians	Suitable for vegans	Gluten Free Ce	elery	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	Macadan	mia Almonds
Ponching	1				Sincell									1						suprites								
Popchips	√ 		$\left  \right $							+				V V	+					-					+	+	+	_ <b>_</b>
O'Donnell's Crisps - Cheese & Onion	v								<u> </u>					~	<u> </u>											<b></b>	<b>_</b>	<u> </u>
O'Donnell's Crisps - Salt & Vinegar	<b>√</b>				<u> </u>	<u> </u>	<u> </u>				<u> </u>														-	<b>_</b>	4	
Iced Gingerbread Biscuit	√				$\checkmark$	$\checkmark$					$\checkmark$												1	_		<u> </u>	<u> </u>	
Cookie Straw	$\checkmark$	1			$\checkmark$	$\checkmark$					$\checkmark$	1	1	$\checkmark$	1	1			1	1		1	1	1				
	-	-													_													
Dark Chocolate Bar	✓ ✓	$\checkmark$																										

	-	1		1	-	1	1	1	-	1	1	1	-	-	1	1	1	1					1	-	1			
Dark Peanut Cups	$\checkmark$	$\checkmark$															$\checkmark$		$\checkmark$									
Roasted & Salted Nuts	$\checkmark$	$\checkmark$															$\checkmark$					$\checkmark$		$\checkmark$				$\checkmark$
Chocolate Gold Coin	$\checkmark$													$\checkmark$														
Shortbread Biscuits	$\checkmark$				$\checkmark$	$\checkmark$								$\checkmark$														
Gold Coin	$\checkmark$													$\checkmark$														
Caramel Waffles	$\checkmark$				$\checkmark$	$\checkmark$								$\checkmark$					$\checkmark$									
GF Fruit & Nut Bar	√		$\checkmark$								$\checkmark$			$\checkmark$					$\checkmark$			$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$		$\checkmark$
Bottled Beverages	Suitable for vegetarians	Suitable for vegans	r 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	√	√	√																									
VITHIT Sparkling Mango & Pineapple	√	√	√																									
Innocent Apple Raspberry	$\checkmark$	$\checkmark$	$\checkmark$																									
Innocent Berry Energise Smoothie	√	√	√																									
Innocent Invigorate Super Smoothie 300ml	√	1	1																									
Innocent Strawberry And Raspberry Kids	1	1	1																									
Innocent orange juice 330ml	$\checkmark$	$\checkmark$	$\checkmark$																						1			