

Allergen Information October 2019/2020

Y – Contains

M – May Contain

Our suppliers and kitchen handle numerous ingredients and allergens. Unfortunately, it is not possible for us to guarantee that our products will be 100% allergen or contamination free.

| | Celery | Cereals Containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|--------------------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| Breads | | | | | | | | | | | | | | |
| Baguettes | | Y | | | | | M | | M | M | | Y | | |
| Sandwich bread | | Y | | | | | M | | | M | | | Y | |
| Wraps | | Y | | | | | | | | | | | | |
| Pretzel roll | | Y | | | | | | | | | | | | M |
| Crusty bread | | Y | | | | | M | | | M | | | | Y |
| Little roll selection | | Y | | Y | | | | | | M | | | | Y |
| Ciabatta | | Y | | | | | M | | | M | | | | M |
| Pumpkin & multigrain ciabatta | | Y | | M | | | M | | | | | Y | | M |
| Gluten free rolls | | | | Y | | | | | | | | | | |
| Sandwich Fillings | | | | | | | | | | | | | | |
| Bacon, lettuce and tomato | | | | Y | | | Y | | | | | | | |
| Beef, Rocket & English Mustard | | Y | | Y | | | | | Y | | | | | |
| Turkey salad | | | | Y | | | | | Y | | | | | |
| Ham salad | | | | | | | | | | | | | | |
| Tuna & cucumber | | | | Y | Y | | Y | | | | | | | |
| Prawn salad | | Y | Y | Y | | | Y | | | | | | | |
| Smoked salmon & cream cheese | | | | | Y | | Y | | | | | | | |
| Chinese chicken & salad | | Y | | | | | | | | | | | Y | Y |
| Chicken tikka & minted yoghurt | | Y | | | | | Y | | Y | | | | | Y |
| Brie and cranberry | | | | | | | Y | | | | | | | |
| Egg mayonnaise | | | | Y | | | Y | | | | | | | |
| Hummus | | | | | | | | | | | | Y | | |
| Mature cheddar & pickle | | | | | | | Y | | | | | | | |
| Roasted vegetable & feta | | | | | | | Y | | | | | | | |
| Pastrami, mustard mayo & rocket | | Y | | Y | | | | | Y | | | | | |
| Cheese & spring onion | | | | Y | | | Y | | | | | | | |
| Cakes & Desserts | | | | | | | | | | | | | | |
| Chocolate brownie | | Y | | Y | | | Y | | | Y | | | Y | |
| Victoria Sponge | | Y | | Y | | | Y | | | M | | | Y | |
| Shortbread | | Y | | | | | Y | | | | | | | |
| Rocky road | | Y | | | | | Y | | | M | | | | |
| Flapjack | | Y | | | | | Y | | | M | | | | |
| Mini doughnuts | | Y | | Y | | | Y | | | Y | | | | |
| Popdots doughnuts | | Y | | M | | | Y | | | Y | | | Y | |
| Biscoff lemon cheesecake | | Y | | | | | Y | | | M | | | Y | |
| Peaches & raspberry cornflake sundae | | | | | | | Y | | | | | | | |

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|--|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|

Salads

| | | | | | | | | | | | | | | |
|--|---|---|--|---|---|--|---|--|---|---|--|---|---|---|
| Mixed quinoa, edamame, green bean & feta Salad | | Y | | | | | Y | | Y | | | | | Y |
| Chargrilled Chinese chicken salad | M | | | | | | M | | M | | | | M | M |
| Coleslaw | | | | Y | | | Y | | | | | | | |
| Caesar salad | | Y | | Y | Y | | Y | | Y | | | | | |
| Roasted potato salad | | | | Y | | | Y | | | | | | | |
| Orzo pasta salad | | Y | | | | | | | | | | | | |
| Watercress & mint salad | | | | | | | Y | | | | | | | |
| Tuna niçoise salad | | | | Y | Y | | Y | | | | | | | |
| Roasted veg & couscous salad | | Y | | | | | | | | | | | | |
| Prawn salad | | Y | | | Y | | Y | | | | | | | |
| Ham & feta salad | | | | | | | Y | | | | | | | |
| Falafel & hummus salad | | Y | | | | | | | | M | | Y | | |
| Poached salmon salad | | | | | Y | | | | | | | | | |
| Gluten free pasta salad | | | | Y | | | | | | | | | | |

Hot Food

| | | | | | | | | | | | | | | |
|---------------------------|---|---|--|---|--|--|---|--|---|---|---|---|---|---|
| Vegetable soups | Y | | | | | | | | | | | | Y | |
| Chilli con carne | | | | | | | | | | | | | | |
| Lasagne | | Y | | Y | | | Y | | | | | | | |
| Shepherd's pie | | Y | | | | | Y | | | | | | | |
| Chicken curry | | | | | | | Y | | Y | | M | M | | |
| Beef bourguignon | | Y | | | | | | | | | | | | Y |
| Spanish chicken & chorizo | | | | | | | | | | | | | | Y |
| Chicken supreme | Y | Y | | | | | Y | | | | | | | Y |
| Mini popadoms & chutney | | Y | | | | | M | | M | M | M | M | M | |
| Naan bread | | Y | | | | | | | | | | | | |
| Cornflake tart | | Y | | Y | | | Y | | | | | | | |
| Treacle sponge | | Y | | Y | | | Y | | | | | | | |
| Apple crumble | | Y | | | | | Y | | | M | M | M | | |
| Custard & pouring cream | | | | | | | Y | | | | | | | |
| Hot rice | | Y | | | | | Y | | | | | | | |