





ALLERGEN CARD

Recipe	Allergens													
														
	Celery	Cereals With Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Nuts from Trees	Sesame	Soybeans	Sulphur D02/Sulphites
BACON BAGUETTE SMALL SEC		MC Barley ✓ Wheat					✓					MC		
Quorn Sausage Pattie Cheese and Egg Muffin SEC	✓	✓ Barley ✓ Wheat		✓			✓					MC	✓	
Bacon & Egg English Muffin SEC		✓ Wheat		✓			✓					MC	✓	
Bacon Bap Sec		✓ Wheat					✓					MC		
Bacon and Egg Bap SEC	✓	✓ Wheat		✓			✓					MC		
Ham and Cheese Bagel SEC		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
Banana and Honey Bagel SEC		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
BBQ Chicken Bagel SEC		✓ Barley ✓ Rye ✓ Wheat		MC	MC		✓					MC	MC	
Turkey Cheese and Apple Bagel SEC		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
Toast 50 50		MC Barley ✓ Wheat					✓					MC	✓	

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- Our busy kitchens endeavour to take all reasonable steps to avoid any risk of cross contamination however we cannot guarantee that our food is 100% free from a specific allergen















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Toasted Crumpets MMB		✓ Wheat					✓						✓	
Bagel With Spread		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
Jam portion														
Toasted Teacake		✓ Wheat					MC					MC		
Cinnamon & Raisin Bagel		✓ Barley MC Rye ✓ Wheat					✓					MC		
Multigrain Bagel With Spread		✓ Barley ✓ Rye ✓ Wheat					✓					MC		
CORNFLAKES WITH MILK		✓ Barley					✓							
Rice Crispies with Milk		✓ Barley					✓							
Weetabix with Milk		✓ Barley ✓ Wheat					✓							
Strawberry Overnight Oats SEC		MC Barley ✓ Oats MC Wheat					✓							

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CHOC ORANGE OVERNIGHT OATS SEC		MC Barley ✓ Oats MC Wheat												
Chocoalet and Banana Overnight Oats SEC		MC Barley ✓ Oats MC Wheat					✓							
PORRIDGE		MC Barley ✓ Oats MC Wheat					✓							
PORRIDGE TOPPERS SULTANAS														
PORRIDGE TOPPERS BANANA														
PORRIDGE TOPPERS APRICOTS														✓
TRATTORIA 14 MARGHERITA STONE BAKE PIZZA		✓ Wheat		MC			✓							
Trattoria Cajun Chicken Sizzler Pizza SEC	✓	✓ Barley ✓ Wheat		MC			✓							
TRATTORIA VEGGIE HOT ONE SBAKE PIZZA SEC		✓ Wheat		MC			✓							
TRATTORIA HAWAIIAN STONE BAKED PIZZA SEC		✓ Wheat		MC			✓							
Vegan Traattoria Margherita Pizza SEC		✓ Wheat		MC			MC							

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CHEESE SANDWICH ON WHITE		MC Barley ✓ Wheat					✓						✓	
HAM SANDWICH ON WHITE		MC Barley ✓ Wheat					✓						✓	
BLT SANDWICH ON WHITE		MC Barley ✓ Wheat		✓			✓						✓	
CHICKEN AND BACON SANDWICH WHITE SEC		MC Barley ✓ Wheat		✓	MC		✓					MC	✓	
CHEESE PLOUGHMANS SANDWICH WHITE SEC		✓ Barley ✓ Wheat		✓			✓						✓	✓
EGG MAYONNAISE SANDWICH ON WHITE		MC Barley ✓ Wheat		✓			✓						✓	
CHICKEN MAYONNAISE SANDWICH ON WHITE		MC Barley ✓ Wheat		✓	MC		✓					MC	✓	
TUNA MAYONNAISE SANDWICH ON WHITE		MC Barley ✓ Wheat		✓	✓		✓						✓	✓
Veagn Cheese Sandwich White SEC		MC Barley ✓ Wheat											✓	
Chicken Teryaki Sub SEC		✓ Wheat		MC	MC		MC					MC	✓	
VEGEBALL MARINARA SUB ROLL SEC	✓	✓ Wheat												

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Chicken Tikka Sub		✓ Wheat		MC	MC		✓					MC	MC	
Ham and Chicken Melt Sub SEC		✓ Wheat		MC	MC		✓					MC	MC	
Ham and Cheese Panini SEC		✓ Wheat					✓						✓	
CHEESE AND TOMATO SAUCE PANINI SEC		✓ Wheat					✓						✓	
BBQ CHICKEN PANINI SEC		✓ Wheat		MC	MC		✓					MC	✓	
Tuna and Cheese Melt Panini SEC		✓ Wheat			✓		✓						✓	
CHICKEN AND BACON TOASTIE SEC		MC Barley ✓ Wheat		MC	MC		✓					MC	✓	
Cheese & Bean Toastie		MC Barley ✓ Wheat					✓						✓	
HAM AND CHEESE TOASTIE ON WHITE SEC		MC Barley ✓ Wheat					✓						✓	
Chicken Teriyaki Panini Sec		✓ Wheat		MC	MC		✓					MC	✓	
Vegan Cheese and Toamto Sauce Panini SEC		✓ Wheat											✓	
Vegan Cheese and Bean Toastie Sec		MC Barley ✓ Wheat											✓	
Chicken Mayo Baguette SEC		MC Barley ✓ Wheat		✓	MC		✓					MC	MC	
BLT BAGUETTE ON WHITE		MC Barley ✓ Wheat		✓			✓					MC		

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CHEESE AND PICKLE BAGUETTE ON WHITE		✓ Barley ✓ Wheat					✓					MC		✓
HAM SALAD BAGUETTE ON WHITE		MC Barley ✓ Wheat		✓			✓					MC		
TUNA AND CUCUMBER BAGUETTE ON WHITE		MC Barley ✓ Wheat		✓	✓		✓					MC		✓
Vegan Cheese and Pickle Baguette SEC		✓ Barley ✓ Wheat										MC		✓
Half Portion Chicken Teriyaki Sub SEC		✓ Wheat		MC	MC		MC					MC	✓	
Half Portion Veggieball Marinara Sub Roll SEC	✓	✓ Wheat												
Half Portion Chicken Tikka Sub SEC		✓ Wheat		MC	MC		✓					MC	MC	
Half Portion Ham and Chicken Melt Sub SEC		✓ Wheat		MC	MC		✓					MC	MC	
Half Portion Ham and Cheese Panini SEC		✓ Wheat					✓						✓	
Half Portion Cheese and Tomato Sauce Panini SEC		✓ Wheat					✓						✓	
Half Portion BBQ Chicken Panini SEC		✓ Wheat		MC	MC		✓					MC	✓	
Half Portion Ham and Cheese Toastie SEC		MC Barley ✓ Wheat					✓						✓	

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Half Portion Chicken And Bacon Toastie SEC		MC Barley ✓ Wheat		MC	MC		✓					MC	✓	
Half Portion Cheese and Bean Toastie Sec		MC Barley ✓ Wheat					✓						✓	
Half Portion Tuna and Cheese Melt Panini SEC		✓ Wheat			✓		✓						✓	
Half Portion Chicken Teriyaki Panini Sec		✓ Wheat		MC	MC		✓					MC	✓	
Half Portion Vegan Cheese and Toamto Sauce Panini SEC		✓ Wheat											✓	
Half Portion Vegan Cheese and Bean Toastie Sec		MC Barley ✓ Wheat											✓	
Half Chicken Mayo Baguette White SEC		MC Barley ✓ Wheat		✓	MC		✓					MC	MC	
Half BLT Baguette White SEC		MC Barley ✓ Wheat		✓			✓					MC		
Half Chicken Mayo Baguette White SEC		MC Barley ✓ Wheat		✓	MC		✓					MC	MC	
Half Cheese and Pickle Baguette White SEC		✓ Barley ✓ Wheat					✓					MC		✓
Half Tuna and Cucumber Baguette SEC		MC Barley ✓ Wheat		✓	✓		✓					MC		✓

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Half Vegan Cheese and Pickle Baguette SEC		✓ Barley ✓ Wheat										MC		✓

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Mixed Fruit Pot Sec														
Pineapple Pot Sec														
Grape Pot Sec														
Fruit and Strawberry Yoghurt Pot Sec							✓							
Cucumber With Houmous SEC												✓		
Carrot With Houmous SEC												✓		
Watermelon Pot Sec														
Fruit and Cherry Yoghurt Pot Sec							✓							
Crudite With Houmous SEC												✓		

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