Dear Customer

Welcome to our Allergen Guide. We have produced this guide to assist you in making your decision of the food and drinks we have on offer, with regards to allergens. It highlights which allergens are contained in the ingredients, dishes and drinks.

Our menu is refreshed on a frequent basis and may vary by location. Please ensure you check the matrix every time you visit to ensure you have the latest allergen information.

How to use: find your dish, ingredient or drink and on the same row information on contains (Y) and may contain (M) will be displayed.

Due to our food and drink being prepared in a café kitchen environment and using shared equipment there is a high risk of cross contamination.

Every care has been taken to minimise cross contamination however we cannot guarantee that our food and drink is free from any allergens. Products suitable for vegans may not be suitable for people with allergies

Please remember that within The Café kitchen and drinks preparation area we use products containing;

- **Cereals containing Gluten *(Wheat, Rye, Barley, Oats)***
- **Crustaceans**
- **Eggs**
- **Fish**
- **Peanuts**
- **Soya**
- **Milk**
- **Nuts *(Almonds, Hazelnut, Walnut, Cashew Nut, Pecan Nut, Brazil Nuts, Pistachio, Macadamia Nuts)***
- **Celery**
- **Mustard**
- **Sesame**
- **Sulphur Dioxide/Sulphites**
- **Lupin**
- **Molluscs**

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Hopefully this information will help you to be more informed in your food and drink selection. Colleagues can assist with how to use this document but the final decision will always need to be made by yourself, the customer.

The Café

Allergens – Drinks

kcal are declared per serving. Adults need around 2000 kcal per day
Y = Product/dish contains relevant allergen.
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Drinks	kcal per serving Small/Medium	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Americano (Black)	10 kcal																										
Americano with Semi Skimmed Cow's Milk	30 kcal											Y															
Americano with Skimmed Cow's Milk	25 kcal											Y															
Americano with Coconut	20 kcal										Y		M														
Americano with Oat	30 kcal	Y				Y																					
Americano with Soya	25 kcal										Y																
Babyccino with Semi Skimmed Cow's Milk	50 kcal											Y															
Babyccino with Skimmed Cow's Milk	35 kcal											Y															
Babyccino with Coconut *(no cocoa)*	35 kcal										Y		M														
Babyccino with Oat *(no cocoa)*	60 kcal	Y				Y																					
Babyccino with Soya *(no cocoa)*	40 kcal										Y																
Black Forest Iced Chocolate with Semi-Skimmed Cow's Milk	330 kcal										Y	Y													Y		
Black Forest Iced Chocolate with Skimmed Cow's Milk	315 kcal										Y	Y													Y		
Black Forest Iced Chocolate with Coconut *(no cream or toppings)*	230 kcal										Y	M	M														
Black Forest Iced Chocolate with Oat *(no cream or toppings)*	255 kcal	Y				Y						M															
Black Forest Iced Chocolate with Soya *(no cream or toppings)*	235 kcal										Y	M															
Breakfast Tea *(Black)*	0 kcal																										
Breakfast Tea with Semi Skimmed Cow's Milk	15 kcal											Y															
Breakfast Tea with Skimmed Cow's Milk	10 kcal											Y															
Breakfast Tea with Coconut	10 kcal										Y		M														
Breakfast Tea with Oat	10 kcal	Y				Y																					

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Breakfast Tea with Soya	10 kcal										Y																
Brown Sugar	–																										
Cappuccino with Semi Skimmed Cow's Milk	100/130 kcal											Y															
Cappuccino with Skimmed Cow's Milk	75/95 kcal											Y															
Cappuccino with Coconut	90/110 kcal										Y	M	M														
Cappuccino with Oat	120/155 kcal	Y				Y						M															
Cappuccino with Soya	85/110 kcal										Y	M															
Caramel Syrup	50/75 kcal																										
Chai Latte with Semi Skimmed Cow's Milk	195/255 kcal											Y															
Chai Latte with Skimmed Cow's Milk	160/215 kcal											Y															
Chai Latte with Coconut	155/210 kcal										Y		M														
Chai Latte with Oat	220/280 kcal	Y				Y																					
Chai Latte with Soya	180/235 kcal										Y																
Cocoa Dusting	5 kcal											M															
Decaf Tea *(Black)*	0 kcal																										
Decaf Tea with Semi Skimmed Cow's Milk	15 kcal											Y															
Decaf Tea with Skimmed Cow's Milk	10 kcal											Y															
Decaf Tea with Coconut	10 kcal										Y		M														
Decaf Tea with Oat	10 kcal	Y				Y																					
Decaf Tea with Soya	10 kcal										Y																
Double Choc Shake *(cannot be made dairy free)*	285 kcal							M			Y	Y	M														
Dragon Fruit & Mango Cooler	40 kcal																										
Earl Grey *(Black)*	0 kcal																										

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Earl Grey with Semi Skimmed Cow's Milk	15 kcal											Y															
Earl Grey with Skimmed Cow's Milk	10 kcal											Y															
Earl Grey with Coconut	10 kcal										Y		M														
Earl Grey with Oat	10 kcal	Y				Y																					
Earl Grey with Soya	10 kcal										Y																
Espresso	10 kcal																										
Espresso with Semi Skimmed Cow's Milk	15 kcal											Y															
Espresso with Skimmed Cow's Milk	10 kcal											Y															
Espresso with Coconut	10 kcal										Y		M														
Espresso with Oat	10 kcal	Y				Y																					
Espresso with Soya	10 kcal										Y																
Flat White with Semi Skimmed Cow's Milk	110 kcal											Y															
Flat White with Skimmed Cow's Milk	80 kcal											Y															
Flat White with Coconut	75 kcal										Y		M														
Flat White with Oat	135 kcal	Y				Y																					
Flat White with Soya	95 kcal										Y																
French Vanilla Syrup	50/75 kcal																										
Gingerbread Latte with Semi-Skimmed Cow's Milk	385 kcal	Y	Y									Y															
Gingerbread Latte with Semi-Skimmed Cow's Milk	340 kcal	Y	Y									Y															
Gingerbread Latte with Coconut *(no cream or toppings)*	185 kcal										Y		M														
Gingerbread Latte with Oat *(no cream or toppings)*	250 kcal	Y				Y																					
Gingerbread Latte with Soya *(no cream or toppings)*	210 kcal										Y																

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Gingerbread Shake *(cannot be made dairy free)*	450 kcal	Y	Y					M				Y															
Green Tea	0 kcal																										
Hazelnut Syrup *(syrup is free from nuts)*	50/75 kcal																										
Hot Chocolate with Semi Skimmed Cow's Milk	265/340 kcal											Y															
Hot Chocolate with Skimmed Cow's Milk	230/295 kcal											Y															
Hot Chocolate with Coconut	220/290 kcal										Y	M	M														
Hot Chocolate with Oat	285/370 kcal	Y				Y						M															
Hot Chocolate with Soya	245/270 kcal										Y	M															
Iced Americano (black)	10 kcal																										
Iced Americano with Semi Skimmed Cow's Milk	30 kcal											Y															
Iced Americano with Skimmed Cow's Milk	25 kcal											Y															
Iced Americano with Coconut	20 kcal										Y		M														
Iced Americano with Oat	30 kcal	Y				Y																					
Iced Americano with Soya	25 kcal										Y																
Iced Cappuccino with Semi Skimmed Cow's Milk	70 kcal											Y															
Iced Chai Latte with Semi Skimmed Milk	130 kcal											Y															
Iced Chai Latte with Skimmed Milk	115 kcal											Y															
Iced Chai Latte with Oat	140 kcal	Y				Y																					
Iced Chai Latte with Coconut	110 kcal										Y		M														
Iced Chai Latte with Soya	120 kcal										Y																
Iced Chai Latte with Skimmed Milk	250 kcal											Y															

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Iced Flat White with Semi Skimmed Cow's Milk	55 kcal											Y															
Iced Flat White with Skimmed Cow's Milk	40 kcal											Y															
Iced Flat White with Coconut	40 kcal										Y		M														
Iced Flat White with Oat	60 kcal	Y				Y																					
Iced Flat White with Soya	50 kcal										Y																
Iced Frosted White Chocolate Matcha with Semi Skimmed Cow's Milk	355 kcal											Y															
Iced Frosted White Chocolate Matcha with Skimmed Cow's Milk	340 kcal											Y															
Iced Frosted White Chocolate Matcha with Coconut	335 kcal										Y		M														
Iced Frosted White Chocolate Matcha with Oat	365 kcal	Y				Y																					
Iced Frosted White Chocolate Matcha with Soya	350 kcal										Y																
Iced Latte with Semi Skimmed Cow's Milk	70 kcal											Y															
Iced Latte with Skimmed Cow's Milk	50 kcal											Y															
Iced Latte with Coconut	50 kcal										Y		M														
Iced Latte with Oat	75 kcal	Y				Y																					
Iced Latte with Soya	60 kcal										Y																
Iced Mango Crush	130 kcal																										
Iced Matcha Latte with Semi Skimmed Milk	75 kcal											Y															
Iced Matcha Latte with Skimmed Milk	55 kcal											Y															
Iced Matcha Latte with Coconut	55 kcal										Y		M														
Iced Matcha Latte with Oat	85 kcal	Y				Y																					
Iced Matcha Latte with Soya	65 kcal										Y																

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Iced Mocha with Semi Skimmed Cow's Milk	165 kcal											Y															
Iced Mocha with Skimmed Cow's Milk	145 kcal											Y															
Iced Mocha with Coconut	145 kcal										Y	M	M														
Iced Mocha with Oat	175 kcal	Y				Y						M															
Iced Mocha with Soya	155 kcal										Y	M															
Iced Strawberry Matcha Latte with Semi Skimmed Milk	140 kcal											Y															
Iced Strawberry Matcha Latte with Skimmed Milk	120 kcal											Y															
Iced Strawberry Matcha Latte with Coconut	120 kcal										Y		M														
Iced Strawberry Matcha Latte with Oat	150 kcal	Y				Y																					
Iced Strawberry Matcha Latte with Soya	130 kcal										Y																
Latte with Semi Skimmed Cow's Milk	130/160 kcal											Y															
Latte with Skimmed Cow's Milk	95/115 kcal											Y															
Latte with Coconut	90/110 kcal										Y		M														
Latte with Oat	155/195 kcal	Y				Y																					
Latte with Soya	110/135 kcal										Y																
Matcha Latte with Semi Skimmed Cow's Milk	110 kcal											Y															
Matcha Latte with Skimmed Cow's Milk	85 kcal											Y															
Matcha Latte with Coconut	80 kcal										Y		M														
Matcha Latte with Oat	125 kcal	Y				Y																					
Matcha Latte with Soya	100 kcal										Y																
Marshmallows	15 kcal																										

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Mocha with Semi Skimmed Cow's Milk	275/355 kcal											Y															
Mocha with Skimmed Cow's Milk	240/310 kcal											Y															
Mocha with Coconut	230/300 kcal										Y	M	M														
Mocha with Oat	295/380 kcal	Y				Y						M															
Mocha with Soya	255/330 kcal										Y	M															
Peach Iced Tea	90 kcal																										
Peppermint Tea	0 kcal																										
Pistachio Syrup *(syrup is free from nuts)*	50/75 kcal																										
Red Berry Tea	0 kcal																										
Single cream for coffee	70 kcal											Y															
Spray Dairy Cream	70 kcal											Y															
Sugar Free Caramel Syrup	15/20 kcal																										
Sugar Free French Vanilla Syrup	15/20 kcal																										
Sugar Free Hazelnut Syrup *(syrup is free from nuts)*	15/20 kcal																										
Sugar Free Vanilla Syrup	15/20 kcal																										
Sweetener	-											Y															
Topped Hot Chocolate with Semi Skimmed Milk *(cannot be made dairy free)*	430 kcal										Y	Y															
Vanilla Cold Foam	50 kcal																										
Vanilla Syrup	50 / 75 kcal																										
White Sugar	–																										

Allergens – Breakfast

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Breakfast	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Bacon Bap	495 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon Sandwich on Multiseed Bread	515 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon Sandwich on White Bread	490 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon Sandwich on Wholemeal Bread	460 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Banoffee Pie French Toast	730 kcal	Y	Y			Y		Y		M	Y	Y	M														
Berry & Granola Bowl	445 kcal	Y	Y	Y	Y	Y				M	M	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y		M	M	Y		
Black Forest French Toast	520 kcal	Y	Y					Y			Y	Y	M														
Black Pudding	90 kcal	Y	Y		Y	Y																					
Bap & Butter	320 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Multiseed Bread	410 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Sourdough Bread	270 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - White Bread	380 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Wholemeal Bread	370 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Breakfast Wrap	635 kcal	Y	Y					Y			Y	Y										Y	Y		Y		
Butter Portion	75 kcal											Y															
Buttered Mushrooms on Sourdough	460 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Festive Breakfast Brioche with Parmesan Hash Brown Bites	1150 kcal	Y	Y	Y				Y			Y	Y												M	Y		
Fried Egg Bap	465 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Egg Sandwich on Multiseed Bread	415 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Egg Sandwich on White Bread	355 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Egg Sandwich on Wholemeal Bread	350 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Eggs on White Toast	455 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Eggs On Sourdough Toast	380 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			

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Fried Eggs On Multiseed Toast	450 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Eggs On Wholemeal Toast	430 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried White Bread	425 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Gluten-Free Bread & Butter	280 kcal											Y															
Lorne Sausage	245 kcal	Y	Y		M	M					Y	M													Y		
Lorne Sausage Bap	560 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Lorne Sausage Sandwich on Multiseed Bread	580 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Lorne Sausage Sandwich on White Bread	555 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Lorne Sausage Sandwich on Wholemeal Bread	525 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Poached Eggs on White Toast	440 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Eggs On Sourdough Toast	360 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Eggs On Multiseed Toast	465 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Eggs On Wholemeal Toast	410 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
POD Bacon Bap	405 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
POD Extra Bacon	45 kcal																										
POD Sausage Bap	595 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
POD Extra Sausage	140 kcal	Y	Y								Y														Y		
Pork Sausage Bap	510 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage Sandwich on Multiseed Bread	530 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage Sandwich on White Bread	500 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage Sandwich on Wholemeal Bread	470 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Scrambled Eggs On White Toast	460 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Scrambled Eggs On Sourdough Toast	380 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			

Allergens – Breakfast

The Café

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Breakfast	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Scrambled Eggs On Multiseed Toast	490 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Scrambled Eggs On Wholemeal Toast	430 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Smashed Avo on Sourdough Toast With Tomato, Chilli & Lime	250 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Smashed Avo on Sourdough with, Feta & Sundried Tomatoes	380 kcal	Y	Y	Y	Y	Y		M	M	M	Y	Y	M									M	M	Y	Y		
Smashed Avo on Sourdough with Fried Egg & Streaky Bacon	440 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Smoked Salmon Bagel Plate	370 kcal	Y	Y	Y	Y	Y		M	Y	M	Y	Y	M										M	Y	Y		
The Breakfast With White Toast	750 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Multiseed Toast	740 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Sourdough Toast	760 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Wholemeal Toast	715 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Fried Bread	965 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast with Tattie Scone *(Scotland)*	665 kcal	Y	Y					Y			Y	Y	M											M	Y		
The Breakfast With Gluten-Free Bread	820 kcal							Y				Y													Y		
The Big Breakfast With White Toast	1110 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Multiseed Toast	1110 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Sourdough Toast	1110 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Wholemeal Toast	1080 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Fried Bread	1330 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast with Tattie Scone *(Scotland)*	1030 kcal	Y	Y					Y			Y	Y	M											M	Y		

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Breakfast	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
The Big Breakfast With Gluten-Free Bread	1180 kcal							Y				Y													Y		
Toast & Butter - White Toast	380 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toast & Butter - Multiseed Toast	410 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toast & Butter - Wholemeal Toast	370 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toast & Butter - Sourdough Toast	270 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toasted Teacake with Butter & Jam	335 kcal	Y	Y		M			M		M	Y	Y	M											M			
Vegan Breakfast with Multiseed Toast	490 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Vegan Breakfast with Sourdough Toast	590 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Vegan Breakfast with Gluten-Free Bread	660 kcal							M			Y	M															
Veggie Sausage Bap	485 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Veggie Breakfast with Fried Bread	950 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Veggie Breakfast with Multiseed Toast	720 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Veggie Breakfast with Sourdough Toast	735 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Veggie Breakfast with Tattie Scone (Scotland)	650 kcal	Y	Y					Y			Y	Y	M											M			
Veggie Breakfast with White Toast	735 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Veggie Breakfast with Wholemeal Toast	715 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Veggie Breakfast with Gluten-Free Bread	805 kcal							Y			Y	Y															
Vegetarian Sausage Sandwich on Multiseed Bread	475 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Vegetarian Sausage Sandwich on White Bread	480 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Vegetarian Sausage Sandwich on Wholemeal Bread	450 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			

Allergens – Breakfast Extras

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Breakfast Extras	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Avocado	80 kcal																										
Bacon	90 kcal																										
Baked Beans	70 kcal																										
Black Pudding	90 kcal	Y	Y		Y	Y																					
Butter Portion	75 kcal											Y															
Chorizo	100 kcal																										
Fried Egg	75 kcal							Y																			
Fried White Bread	425 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Hash Browns	210 kcal																										
Halloumi	95 kcal											Y															
Jam Portion	55 kcal																										
Lorne Sausage	245 kcal	Y	Y		M	M					Y	M													Y		
Marmalade	50 kcal																							Y	Y		
Flat Mushroom	10 kcal																										
Poached Egg	65 kcal							Y																			
Pork Sausage	95 kcal																								Y		
Plum Tomatoes	40 kcal																										
Roast Tomato	20 kcal																										
Smoked Salmon	95 kcal								Y																		
Scrambled Eggs	150 kcal							Y				Y															
Sliced Mushrooms	50 kcal											Y															
Streaky Bacon	115 kcal																										
Tattie Scone	125 kcal	Y	Y					M			M	Y	M											M			
Vegan Sausage	85 kcal							M			Y	M															
Vegan Spread Portion	60 kcal											M															

Allergens – Mains

The Café

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Mains	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Beans Jacket Potato	420 kcal											Y															
Cheese Jacket Potato	680 kcal											Y															
Cheese & Beans Jacket Potato	660 kcal											Y															
Cheddar & Spring Onion Toastie	575 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Chicken & Bacon Club with Seasoned Fries	1140 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M									Y	Y	Y	M		
Coronation Chicken Jacket Potato	845 kcal							Y			Y	Y											Y		Y		
Cream of Tomato Soup & Sourdough	450 kcal	Y	Y	Y	Y	Y		M			M	Y	M											M			
Cream of Tomato Soup & GF Add On	490 kcal							M				Y															
Cream of Tomato Soup *(Toastie Add-On)*	240 kcal							M				Y															
Crispy Chicken & Bacon Caesar Salad	615 kcal	Y	Y		Y			Y	Y		Y	Y											Y				
Fish Finger Wrap	470 kcal	Y	Y					Y	Y			Y											Y				
Fried Chicken & Crumpets	520 kcal	Y	Y					M		M	M	M	M									Y	Y	M	Y		
Halloumi & Grain Bowl	625 kcal	Y	Y		Y						Y	Y												Y	Y		
Hand-Battered Fish & Chips with Peas and Tartare Sauce	805 kcal	Y	Y					Y	Y		Y	Y											Y				
Honey Roast Ham & Cheddar Toastie	500 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Hot Honey Fried Chicken Wrap	450 kcal	Y	Y		M			Y		M	Y	Y	M									Y	Y	M	M		
Korean Crispy Chicken Burger & Seasoned Fries	935 kcal	Y	Y	Y	Y			Y		M	Y	Y	M									Y	Y	Y			M
Korean Chicken & Sticky Rice Bowl	555 kcal	Y	Y		Y					M	Y	Y											Y	Y	Y		M
Melted Brie & Cranberry Toastie	625 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											M			
Pigs In Blankets Mac & Cheese	1005 kcal	Y	Y								M	Y											Y		Y		
Pigs Under Blankets Toastie	725 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											M	Y		
Plain Jacket Potato	350 kcal											Y															

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Mains	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Scampi & Chips with Peas & Tartare Sauce	825 kcal	Y	Y			Y	Y	Y	M			Y											Y				M
Signature Mac & Cheese	775 kcal	Y	Y								M	Y											Y				
Southern Fried Chicken & Cheese Wrap	565 kcal	Y	Y		Y					M	Y	Y	M									Y	Y	Y			
Streaky Bacon Add On	115 kcal																										
Tuna Mayo & Spring Onion Jacket Potato	525 kcal	M						Y	Y		M	Y										M	Y		M		
Extra Tuna, Mayo & Spring Onion	125 kcal	M						Y	Y		M	Y										M	Y		M		
Tuna Mayo, Cheddar & Spring Onion Toastie	585 kcal	Y	Y	Y	Y	Y		Y	Y	M	Y	Y	M									M	Y	Y	M		
Ultimate Cheeseboard Roll	600 kcal	Y	Y		Y			Y		M	M	Y	M									M	Y	M	M		

Allergens – Kids

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Kids	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Baked Beans	70 kcal																										
Baked Chicken Strips	160 kcal	Y	Y		M																	Y	Y				
Cheese Sandwich *(Made In-House)*	310 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											M			
Ham Sandwich *(Made In-House)*	230 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											M			
Beans and Soldiers	210 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Broccoli	25 kcal																										
Chips	150 kcal																										
Egg and Soldiers	200 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Garlic Bread Side	110 kcal	Y	Y								M	Y															
Little Breakfast with Bacon	450 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Little Breakfast with Sausage	455 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Mashed Potato	110 kcal	M										Y															
Milk Drink *(cow's milk)*	100 kcal											Y															
Mini Pizza	325 kcal	Y	Y								Y	Y															
Omega 3 Fish Fingers	240 kcal	Y	Y						Y																		
Pancakes with Banana	200 kcal	Y	Y					Y			Y	Y															
Pancakes with Blueberries	210 kcal	Y	Y					Y			Y	Y															
Peas	60 kcal																										
Pork Sausages	190 kcal																								Y		
Sweetcorn	65 kcal																										
Tomato Pasta	250 kcal	Y	Y																								
Veg Sticks	20 kcal																										
Veggie Sausages	190 kcal										Y																
Yoghurt with Banana	125 kcal											Y															
Yoghurt with Blueberries	135 kcal											Y															

Allergens – Snacks & Bakery

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Snacks & Bakery	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Caramel Shortbread	280 kcal	Y	Y		M	M		M			Y	Y	M												M		
Carrot Cake	460 kcal	Y	Y		M	M		Y			Y	M	Y			Y									M		
Chocolate Orange Round Cake	565 kcal	Y	Y		M	M		Y			Y	Y	M												M		
Clotted Cream	165 kcal											Y															
Cream	70 kcal											Y															
Croissant	250 kcal	Y	Y					Y		M	M	Y	M											M			
Finest Fruit Scone with Butter & Jam	515 kcal	Y	Y		M	M		Y				Y															
Finest Mince Pie *(contains alcohol)*	205 kcal	Y	Y							M		Y	M														
Fruit Toast with Butter	275 kcal	Y	Y					M			Y	Y												M	Y		
Honey	65 kcal																										
Jammie Shortbread Biscuit	340 kcal	Y	Y		M	M		M			M	Y	M												M		
Pain Au Chocolat	280 kcal	Y	Y					Y		M	Y	Y	M														
Pistachio Créme Cookie	455 kcal	Y	Y		Y			Y			Y	Y	Y		M					Y	M						
Rudolph Shortbread Biscuit	330 kcal	Y	Y		M	M		M			M	Y	M												M		
Sicilian Lemon Curd Muffin	390 kcal	Y	Y	M	M	M		Y			M	Y	M												Y		
Tunnocks Teacake	106 kcal	Y	Y					Y			Y	Y	M														
Ultimate Brownie	365 kcal	Y	Y		M	M		Y			Y	Y	M														
Viennese Swirl Mince Pie	350 kcal	Y	Y					Y			M	M	M											M			
Victoria Sponge Muffin	390 kcal	Y	Y	M	M	M		Y			M	Y	M														
Welsh Cakes	280 kcal	Y	Y					Y			M	Y											M		Y		
Whipped Cream *(Spray Cream for Bakery)*	30 kcal											Y															
White Chocolate & Hazelnut Créme Cookie	450 kcal	Y	Y		Y			Y			Y	Y	Y		Y					M	M						
Winter Bakewell	300 kcal	Y	Y		M	M		Y			M	M	M												Y		

Allergens – Sides and Condiments

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Sides	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Baked Beans	70 kcal																										
BBQ Sauce	-	Y	Y		Y					M	Y		M									Y	Y	M			
Brown Sauce	-	Y		Y	Y			M			M											M	M		M		
Butter portion	75 kcal											Y															
Caesar Sauce	110 kcal	Y			Y			Y	Y		Y	Y											Y				
Camembert Bites & Red Onion Chutney	515 kcal	Y	Y		Y							Y															
Chilli Jam	40 kcal									M			M											M	Y		
Chunky Chips	295 kcal	Y	Y																								
Coleslaw	95 kcal							Y				Y											Y				
English Mustard	-	Y	Y		M			M			M											M	Y		M		
Garlic Bread	220 kcal	Y	Y								M	Y															
Garlic Sauce	55 kcal							Y				Y											Y				
Gluten-Free Bread & Butter	155 kcal											Y															
Grated Cheese	165 kcal											Y															
Houmous	70 kcal																							Y			
Mac & Cheese Bites & Chilli Jam	320 kcal	Y	Y							M		Y	M										Y	M	Y		
Mini Hash Browns	360 kcal																										
Ketchup	-	M						M			M											Y	M		M		
Korean BBQ Sauce	55 kcal	Y	Y		Y					M	Y												Y	Y			M
Mayonnaise	-	M						Y			M	Y										M	Y		M		
Mushy Peas	120 kcal																										
Parmesan Fries	425 kcal							Y				Y															
Parmesan Hash Brown Bites	400 kcal							Y				Y															
Peas	120 kcal																										
Pepper	-																										
Red Onion Chutney	80 kcal	Y			Y																						

Allergens – Sides and Condiments

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Every care has been taken to minimise cross contamination of ingredients. If you have any questions please ask a team member.
Please note colleagues cannot amend dishes or ingredients to cater for individual allergen requirements. If an ingredient can be removed from a dish, we cannot guarantee it is allergen free.
If gluten-free bread is selected as a swap, we cannot guarantee that the whole dish is free from gluten.

Due to our food and drink being prepared in a kitchen environment and using shared equipment we cannot guarantee that any of our food or drink is free from allergens. Products suitable for vegans may not be suitable for people with allergies.

Sides	kcal per serving	Gluten :	Wheat	Rye	Barley	Oats	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts :	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Salt	-																										
Seasoned Fries	400 kcal																					Y					
Side Salad	15 kcal																										
Sriracha Mayo	40 kcal	M						Y		M	M	Y	M									M	Y	M	M		
Sweetener	-											Y															
Tartare Sauce	80 kcal	Y	Y					Y				Y											Y				
Tomato Chutney	40 kcal									M			M									Y	Y				
Vegan Spread Portion	60 kcal											M															
Vinegar	-	Y			Y																						