

## 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 what 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 cafe 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 Cafe 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**

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.



# Allergens – Seasonal Soup



Y = Product/dish contains relevant allergen.

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Seasonal Soup	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
Bread Side with Butter Large White Bap, White Bread, Wholemeal Bread or Seeded Bread	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Broccoli & Stilton Soup											Y											Y				
Butternut Squash Soup																						Y				
Carrot & Coriander Soup																										
Chicken & Vegetable Soup	Y			Y																		Y				
Leek & Potato Soup											Y											Y				
Minestrone Soup	Y	Y																				Y				
Pea & Mint Soup																						Y				
Cream of Tomato and Basil Soup											Y															
Vegetable Soup	Y			Y																		Y				

# Allergens – Drinks



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Drinks	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																										
Americano with Almond												Y	Y													
Americano with Cow's Milk											Y															
Americano with Lactose Free Milk											Y															
Americano with Soya										Y																
Americano with Coconut Soya										Y		M														
Babyccino with Almond												Y	Y													
Babyccino with Cow's Milk											Y															
Babyccino with Lactose Free Milk											Y															
Babyccino with Soya										Y																
Babyccino with Coconut Soya										Y		M														
Berry Tea																										
Breakfast Banana Smoothie with Cow's Milk	Y	Y			Y						Y															
Breakfast Banana Smoothie with Soya	Y	Y			Y					Y																
Breakfast Banana Smoothie with Coconut Soya	Y	Y			Y					Y		M														
Cappuccino with Almond												Y	Y													
Cappuccino with Cow's Milk											Y															
Cappuccino with Lactose Free Milk											Y															
Cappuccino with Soya										Y																
Cappuccino with Coconut Soya										Y		M														
Caramel Syrup																										
Chai Latte (cannot be made dairy free)											Y															
Cloudy Lemonade																										
Cocoa Dusting											Y															

# Allergens – Drinks



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Drinks	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
Decaf Tea with Almond												Y	Y													
Decaf Tea (Black)																										
Decaf Tea with Cow's Milk											Y															
Decaf Tea with Lactose Free Milk											Y															
Decaf Tea with Soya										Y																
Decaf Tea with Coconut Soya										Y		M														
Earl Grey with Almond												Y	Y													
Earl Grey (Black)																										
Earl Grey with Cow's Milk											Y															
Earl Grey with Lactose Free Milk											Y															
Earl Grey with Soya										Y																
Earl Grey with Coconut Soya										Y		M														
Espresso																										
Espresso with Almond												Y	Y													
Espresso with Cow's Milk											Y															
Espresso with Lactose Free Milk											Y															
Espresso with Soya										Y																
Espresso with Coconut Soya										Y		M														
Flat White with Almond												Y	Y													
Flat White with Cow's Milk											Y															
Flat White with Lactose Free Milk											Y															
Flat White with Soya										Y																
Flat White with Coconut Soya										Y		M														
Fresh Lemon Infusion																										
Fresh Mint Infusion																										
Green Tea																										
Green Tea with Jasmine																										

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Drinks	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
Hazelnut Syrup																										
Hot Chocolate (no cream) with Almond												Y	Y													
Hot Chocolate with Cow's Milk											Y															
Hot Chocolate with Lactose Free Milk (No Cream)											Y															
Hot Chocolate with Cream and Marshmallows											Y															
Hot Chocolate with Soya with Marshmallows (No Cream)										Y																
Hot Chocolate with Coconut Soya with Marshmallows (No Cream)										Y		M														
Iced Latte with Almond												Y	Y													
Iced Latte with Cow's Milk											Y															
Iced Latte with Lactose Free Milk											Y															
Iced Latte with Soya										Y																
Iced Latte with Coconut Soya										Y		M														
Latte with Almond												Y	Y													
Latte with Cow's Milk											Y															
Latte with Lactose Free Milk											Y															
Latte with Soya										Y																
Latte with Coconut Soya										Y		M														
Lemon & Ginger Tea																										
Macchiato with Almond												Y	Y													
Macchiato with Cow's Milk											Y															
Macchiato with Lactose Free Milk											Y															
Macchiato with Soya										Y																
Macchiato with Coconut Soya										Y		M														

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Drinks	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
Mango Smoothie																										
Marshmallows																										
Mocha with Almond												Y	Y													
Mocha with Cow's Milk											Y															
Mocha with Lactose Free Milk											Y															
Mocha with Soya										Y																
Mocha with Coconut Soya										Y		M														
Peppermint Tea																										
Red Berry Smoothie																										
Salted Caramel Chocolate Milkshake (Cannot be made dairy free)										Y	Y															
Salted Caramel Syrup																										
Single cream for coffee											Y															
Spray Dairy Cream											Y															
Sugar Free Caramel Syrup																										
Sugar Free Hazelnut Syrup																										
Sugar Free Salted Caramel Syrup																										
Sugar Free Vanilla Syrup																										
Tea with Almond												Y	Y													
Tea with Cow's Milk											Y															
Tea with Lactose Free Milk											Y															
Tea with Soya										Y																
Tea with Coconut Soya										Y		M														
Vanilla Syrup																										

# Allergens – Breakfast



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Breakfast	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 on Toast	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Bacon																										
Bacon Bap/Roll	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Beans																										
Black Pudding	Y	Y		Y	Y																					
Breakfast Wrap	Y	Y					Y			Y	Y										Y	Y		Y		
Butter Portion											Y															
Dairy Free Spread Portion																										
Egg Bap / Roll	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Bread	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Fried Egg							Y																			
Fried Eggs on Toast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Ham & Cheese Omelette	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Halloumi											Y															
Hash Brown																										
Jam Portion																										
Lorne Sausage	Y	Y																						Y		
Lorne Sausage Bap	Y	Y	Y	Y	Y		M		M	Y	M	M											Y	Y		
Mushroom																										
Poached Eggs on Toast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Egg							Y																			
POD Bacon Bap	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
POD Sausage Bap	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage	Y	Y								Y	M													Y		
Pork Sausage Bap	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Potato Farls	Y	Y					M			M	Y												M			
Scrambled Eggs							Y				Y															



# Allergens – Breakfast



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Breakfast	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 Toast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Smashed Avocado & Halloumi Muffin	Y	Y		M					M	Y	Y	M									Y	Y	M			
Smoked Salmon & Scrambled Egg Bagel	Y	Y	Y	Y			Y	Y		Y	Y												M			
Soda Farls	Y	Y								M	Y															
Spinach																										
Tattie Scones	Y	Y					M			M	Y	M											M			
The Breakfast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Toast, Jam & Butter	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toasted Teacake with Butter & Jam	Y	Y		M			M		M	Y	Y	M											M			
Tomato																										
Ultimate Breakfast Bap	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
All Day Fry (NI)	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Scottish Breakfast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Vegan Breakfast	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Vegan Sausage										Y																
Vegetarian Sausage Bap	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			

# Allergens – Mains



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Mains	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											Y															
British Steak & Mushroom Pie	Y	Y		Y	M		Y	M		Y	Y										Y	M		M		
Cheese Jacket Potato											Y															
Cheese & Bean Jacket Potato											Y															
Chilli Con Carne Jacket Potato	Y	Y		Y					M		Y	M												M		
Finest Beef Burger	Y	Y	M	Y			Y		M	Y	Y	M										Y	M			
Finest Beef Burger with Cheese	Y	Y	M	Y			Y		M	Y	Y	M										Y	M			
Finest Beef Burger & Chips	Y	Y	M	Y			Y		M	Y	Y	M										Y	M			
Finest Beef Burger & Chips with Cheese	Y	Y	M	Y			Y		M	Y	Y	M										Y	M			
Hand Battered Fish and Chips	Y	Y				M	Y	Y		M	Y											Y				
Macaroni Cheese	Y	Y	M	M	M		M		M	M	Y	M									M	Y		M		
Plain Jacket Potato											Y															
Tuna Mayo & Spring Onion Jacket Potato							Y	Y			Y											Y				
Vegan Spicy Bean Burger with Chips & Onion Rings	Y	Y	Y	Y	Y		M		M	Y	M	M									Y	Y	Y			
Veggie Sausage & Mash with Gravy	Y	Y		Y						Y	Y										Y					
Wholetail Scampi, Chips & Peas	Y	Y			Y	Y	Y	M			Y											Y				M

# Allergens – Kids



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Kids	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																										
The Little Breakfast	Y	Y					Y			Y	Y													Y		
Cheese Sandwich	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Chicken Nuggets & Chips	Y	Y					M																			
Fish Fingers & Chips	Y	Y						Y																		
Garlic Bread Side	Y	Y								M	Y															
Ham Sandwich	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Milk Drink (cow's milk)											Y															
Peas																										
Pizza	Y	Y									Y											M				
Sausage and Carrot & Swede Mash	Y	Y		Y						Y	Y											Y		Y		
Veg Sticks																										

# Allergens – Wraps, Toasties & Paninis



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Wraps, Toasties & Paninis	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
BBQ Chicken & Bacon Toastie	Y	Y	Y	Y	Y		Y	M	M	Y	Y	M									Y	Y	Y	Y		
Cheese & Tomato Toastie	Y	Y	Y	Y	Y		Y		M	Y	Y	M									M	Y	Y	M		
Chicken & Chorizo Panini	Y	Y	Y	Y	Y		M	M	M	Y	Y	M									Y	Y	Y	M		
Egg Mayonnaise Sandwich	Y	Y	Y	Y	Y		Y		M	Y	M	M										Y	Y			
Fish Finger Wrap	Y	Y					Y	Y			Y											Y				
Goats Cheese & Red Onion Chutney Panini	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Ham and Cheese Panini	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Ham & Cheese Toastie	Y	Y	Y	Y	Y		Y		M	Y	Y	M									M	Y	Y	M		
Sausage & Onion Toastie	Y	Y	Y	Y	Y		Y	M	M	Y	Y	M									M	Y	Y	Y		
Southern Fried Chicken Wrap	Y	Y									Y										Y	Y				
Tuna Melt Panini	Y	Y	Y	Y	Y		Y	Y	M	Y	Y	M										Y	Y			

# Allergens – Snacks & Bakery



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Snacks & Bakery	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
Blueberry Muffin	Y	Y		M	Y		Y			M	M	M												M		
Caramel Shortbread	Y	Y	M	M	M		Y		M	Y	Y	M												M		
Cherry Bakewell Muffin	Y	Y		M	M		Y			M	M	Y	Y											Y		
Clotted Cream											Y															
Cream											Y															
Finest Cheese Scone with Butter	Y	Y					Y				Y															
Finest Fruit Scone with Butter & Jam	Y	Y					Y				Y															
Finest Plain Scone with Butter & Jam	Y	Y					Y				Y															
Finest* Triple Belgian Chocolate Cookie	Y	Y					M		M	Y	Y	M	M	M									M			
Finest* Triple Chocolate Shortbread	Y	Y					M		M	Y	Y	M											M			
Handmade Granola Slice	Y	M		M	Y		M			M	Y	Y	Y				Y							Y		
Lemon & Elderflower Loaf Cake	Y	Y					Y			M	Y	M												M		
Lemon & White Chocolate Cake	Y	Y		M	M		Y		M	Y	Y	M												M		
Salted Caramel Chocolate Fudge Cake	M	M		M	M		Y			Y	M	M												M		
Sicilian Lemon Curd Muffin	Y	Y		M	M		Y			M	Y	M												Y		
Triple Chocolate Muffin	Y	Y		M	M		Y			Y	Y	M												M		
Triple Tier Victoria Sponge	Y	Y		M	M		Y		M	M	Y	M												M		
Tunnocks Teacake	Y	Y					Y			Y	Y	M														
Ultimate Brownie	Y	Y		M	M		Y			Y	Y	M												M		
Welsh Cakes	Y	Y					Y	Y		M	Y											M		Y		

# Allergens – Sides



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Sides	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
BBQ Sauce	Y			Y						Y											Y	Y		Y		
Beans																										
Bread & Butter	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Brown Sauce	Y		Y	Y																						
Butter portion											Y															
Chips	Y	Y																								
Dairy Free Spread Portion																										
Garlic Bread	Y	Y								M	Y															
Grated Cheese											Y															
Gravy	Y	Y		Y						Y	Y										Y					
Jam Portion																										
Ketchup																					Y					
Marmalade Portion																										
Mash Potato											Y															
Mayonnaise							Y				Y											Y				
Mushy Peas																										
Mustard	Y	Y		M			M			M											M	Y		Y		
Onion Rings	Y	Y	M	Y																						
Oven Baked Chips	Y	Y																								
Peas																										
Side Salad																										
Sweet Potato Fries	Y	Y																								
Tartare Sauce	Y	Y					Y				Y											Y				
Vinegar	Y			Y																						