

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.

Allergen Update: Please note our hot chocolate & mocha drinks may contain traces of milk.

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

Colleagues cannot amend dishes and their ingredients in order to cater to individual allergen requirements.

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 – Drinks

Allergen Update: Please note our hot chocolate & mocha drinks may contain traces of milk

The
Café

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	10 kcal																										
Americano with Almond	20 kcal												Y	Y													
Americano with Semi Skimmed Cow's Milk	40 kcal											Y															
Americano with Skimmed Cow's Milk	30 kcal											Y															
Americano with Lactose Free Milk	30 kcal											Y															
Americano with Oat	40 kcal	Y				Y																					
Americano with Soya	30 kcal										Y																
Babyccino with Almond (no cocoa)	25 kcal												Y	Y													
Babyccino with Semi Skimmed Cow's Milk	50 kcal											Y															
Babyccino with Skimmed Cow's Milk	35 kcal											Y															
Babyccino with Lactose Free Milk (no cocoa)	35 kcal											Y															
Babyccino with Oat (no cocoa)	60 kcal	Y				Y																					
Babyccino with Soya (no cocoa)	40 kcal										Y																
Berry Tea	0 kcal																										
Cappuccino with Almond (no cocoa)	55/70 kcal												Y	Y													
Cappuccino with Semi Skimmed Cow's Milk	100/130 kcal											Y															
Cappuccino with Skimmed Cow's Milk	75/95 kcal											Y															
Cappuccino with Lactose Free Milk (no cocoa dusting)	80/100 kcal											Y															
Cappuccino with Oat (no cocoa)	120/155 kcal	Y				Y																					
Cappuccino with Soya (no cocoa)	85/110 kcal										Y																
Caramel Syrup	25 kcal																										

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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
Chai Latte with Almond	135/180 kcal												Y	Y													
Chai Latte with Semi Skimmed Cow's Milk	195/255 kcal											Y															
Chai Latte with Skimmed Cow's Milk	160/210 kcal											Y															
Chai Latte with Lactose Free Milk	165/220 kcal											Y															
Chai Latte with Oat	225/290 kcal	Y				Y																					
Chai Latte with Soya	175/235 kcal										Y																
Chocolate Milkshake (cannot be made dairy free)	220kcal										Y	Y															
Cloudy Lemonade	85 kcal																										
Cocoa Dusting	5 kcal											M															
Cookies & Cream Frappe (cannot be made dairy free)	430 kcal	Y	Y								Y	Y															
Decaf Tea with Almond	10 kcal												Y	Y													
Decaf Tea (Black)	0 kcal																										
Decaf Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Decaf Tea with Skimmed Cow's Milk	20 kcal											Y															
Decaf Tea with Lactose Free Milk	20 kcal											Y															
Decaf Tea with Oat	30 kcal	Y				Y																					
Decaf Tea with Soya	20 kcal										Y																
Dragonfruit & Mango Cooler	40 kcal																										
Earl Grey with Almond	10 kcal												Y	Y													
Earl Grey (Black)	0 kcal																										
Earl Grey with Semi Skimmed Cow's Milk	30 kcal											Y															
Earl Grey with Skimmed Cow's Milk	20 kcal											Y															

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Earl Grey with Lactose Free Milk	20 kcal											Y															
Earl Grey with Oat	30 kcal	Y				Y																					
Earl Grey with Soya	20 kcal										Y																
Espresso	10 kcal																										
Espresso with Almond	20 kcal												Y	Y													
Espresso with Semi Skimmed Cow's Milk	40 kcal											Y															
Espresso with Skimmed Cow's Milk	30 kcal											Y															
Espresso with Lactose Free Milk	30 kcal											Y															
Espresso with Oat	40 kcal	Y				Y																					
Espresso with Soya	30 kcal										Y																
Finest Assam Tea with Almond	10 kcal												Y	Y													
Finest Assam Tea (Black)	0 kcal																										
Finest Assam Tea with Lactose Free Milk	20 kcal											Y															
Finest Assam Tea with Oat	30 kcal	Y				Y																					
Finest Assam Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Assam Tea with Skimmed Cow's Milk	20 kcal											Y															
Finest Assam Tea with Soya	20 kcal										Y																
Finest Breakfast Tea with Almond	10 kcal												Y	Y													
Finest Breakfast Tea (black)	0 kcal																										
Finest Breakfast Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Breakfast Tea with Skimmed Cow's Milk	20 kcal											Y															
Finest Breakfast Tea with Lactose Free Milk	20 kcal											Y															

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Finest Breakfast Tea with Oat	30 kcal	Y				Y																					
Finest Breakfast Tea with Soya	20 kcal										Y																
Finest Ceylon Tea with Almond	10 kcal												Y	Y													
Finest Ceylon Tea (Black)	0 kcal																										
Finest Ceylon Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Ceylon Tea with Skimmed Cow's Milk	20 kcal											Y															
Finest Ceylon Tea with Lactose Free Milk	20 kcal											Y															
Finest Ceylon Tea with Oat	30 kcal	Y				Y																					
Finest Ceylon Tea with Soya	20 kcal										Y																
Finest Darjeeling Tea with Almond	10 kcal												Y	Y													
Finest Darjeeling Tea (Black)	0 kcal																										
Finest Darjeeling Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Darjeeling Tea with Skimmed Cow's Milk	20 kcal											Y															
Finest Darjeeling Tea with Lactose Free Milk	20 kcal											Y															
Finest Darjeeling Tea with Oat	30 kcal	Y				Y																					
Finest Darjeeling Tea with Soya	20 kcal										Y																
Finest Vanilla Chai Tea with Almond	10 kcal												Y	Y													
Finest Vanilla Chai Tea (Black)	0 kcal																										
Finest Vanilla Chai Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Vanilla Chai Tea with Skimmed Cow's Milk	20 kcal											Y															
Finest Vanilla Chai Tea with Lactose Free Milk	20 kcal											Y															

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Finest Vanilla Chai Tea with Oat	30 kcal	Y				Y																					
Finest Vanilla Chai Tea with Soya	20 kcal										Y																
Flat White with Almond	60 kcal												Y	Y													
Flat White with Semi Skimmed Cow's Milk	110 kcal											Y															
Flat White with Skimmed Cow's Milk	70 kcal											Y															
Flat White with Lactose Free Milk	85 kcal											Y															
Flat White with Oat	135 kcal	Y				Y																					
Flat White with Soya	95 kcal										Y																
Green Tea	0 kcal																										
Green Tea with Jasmine	0 kcal																										
Hazelnut Syrup	25 kcal																										
Hot Chocolate with Almond	165/180 kcal											M	Y	Y													
Hot Chocolate with Semi Skimmed Cow's Milk	230/260 kcal											Y															
Hot Chocolate with Skimmed Cow's Milk	195/215 kcal											Y															
Hot Chocolate with Lactose Free Milk	200/220 kcal											Y															
Hot Chocolate with Oat	255/295 kcal	Y				Y						M															
Hot Chocolate with Soya	210/235 kcal										Y	M															
Iced Latte with Almond	35 kcal												Y	Y													
Iced Latte with Semi Skimmed Cow's Milk	65 kcal											Y															
Iced Latte with Skimmed Cow's Milk	60 kcal											Y															
Iced Latte with Lactose Free Milk	50 kcal											Y															
Iced Latte with Oat	75 kcal	Y				Y																					
Iced Latte with Soya	55 kcal										Y																

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Latte with Almond	70/80 kcal												Y	Y													
Latte with Semi Skimmed Cow's Milk	130/160 kcal											Y															
Latte with Skimmed Cow's Milk	95/115 kcal											Y															
Latte with Lactose Free Milk	100/120 kcal											Y															
Latte with Oat	155/195 kcal	Y				Y																					
Latte with Soya	110/135 kcal										Y																
Lemon & Ginger Tea	0 kcal																										
Macchiato with Almond	15 kcal												Y	Y													
Macchiato with Semi Skimmed Cow's Milk	15 kcal											Y															
Macchiato with Skimmed Cow's Milk	15 kcal											Y															
Macchiato with Lactose Free Milk	15 kcal											Y															
Macchiato with Oat	15 kcal	Y				Y																					
Macchiato with Soya	15 kcal										Y																
Mango Smoothie	110 kcal																										
Marshmallows	15 kcal																										
Mocha with Almond	180/190 kcal											M	Y	Y													
Mocha with Semi Skimmed Cow's Milk	240/270 kcal											Y															
Mocha with Skimmed Cow's Milk	205/225 kcal											Y															
Mocha with Lactose Free Milk	210/230 kcal											Y															
Mocha with Oat	265/305 kcal	Y				Y						M															
Mocha with Soya	220/245 kcal										Y	M															
Peppermint Tea	0 kcal																										
Rooibos Tea with Almond	10 kcal												Y	Y													
Rooibos Tea (Black)	0 kcal																										

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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
Rooibos Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Rooibos Tea with Skimmed Cow's Milk	20 kcal											Y															
Rooibos Tea with Lactose Free Milk	20 kcal											Y															
Rooibos Tea with Oat	30 kcal	Y				Y																					
Rooibos Tea with Soya	20 kcal										Y																
Salted Caramel Syrup	20 kcal																										
Single cream for coffee	70 kcal											Y															
Spray Dairy Cream	70 kcal											Y															
Strawberries & Cream Frappe (cannot be made dairy free)	325 kcal											Y															
Sugar Free Caramel Syrup	0 kcal																										
Sugar Free Hazelnut Syrup	0 kcal																										
Sugar Free Salted Caramel Syrup	0 kcal																										
Sugar Free Vanilla Syrup	0 kcal																										
Vanilla Syrup	25 kcal																										
Watermelon Crush	220 kcal										Y																

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
Avocado	80 kcal																										
Avocado & Halloumi Muffin	510 kcal	Y	Y		M					M	Y	Y	M									Y	Y	M			
Bacon	90 kcal																										
Bacon Bap	470 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon & Maple Waffles	635 kcal	Y	Y					Y			Y	Y															
Bacon Sandwich on Multiseed Bread	520 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon Sandwich on White Bread	465 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			
Baked Beans	70 kcal																										
Black Pudding	90 kcal	Y	Y		Y	Y																					
Bread Roll & Butter	290 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Multiseed Bread	415 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Sourdough Bread	315 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - White Bread	365 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Wholemeal Bread	355 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Breakfast Wrap	555 kcal	Y	Y					Y			Y	Y										Y	Y		Y		
Butter Portion	75 kcal											Y															
Chorizo Breakfast Eggs on Sourdough	515 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Egg & Bacon Brioche	540 kcal	Y	Y	Y	Y			Y			Y	Y	M										Y	M	Y		
Fried Egg	75 kcal							Y																			
Fried Egg Bap	365 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			

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Fried Egg Sandwich on Wholemeal Bread	350 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Eggs on White Toast	435 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Eggs On Sourdough Toast	395 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Eggs On Multiseed Toast	490 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			
Granola, Berries & Yoghurt Loaded Waffles	665 kcal	Y	Y		M	Y		Y		M	Y	Y	Y	Y													
Granola & Yoghurt Bowl	565 kcal	Y	Y		M	Y				M		Y	Y	Y													
Ham & Cheese Omelette	555 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Halloumi	115 kcal											Y															
Hash Brown	105 kcal	M	M									M															
Jam Portion	55 kcal																										
Lorne Sausage	245 kcal	Y	Y		M	M					Y	M													Y		
Lorne Sausage Bap	535 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Lorne Sausage Sandwich on Multiseed Bread	585 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Lorne Sausage Sandwich on White Bread	530 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		
Marmalade	50 kcal																										
Mushroom	10 kcal																										
Plum Tomato	20 kcal																										
Poached Eggs on White Toast	410 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Eggs On Sourdough Toast	370 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	405 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			

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The
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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
Poached Egg	65 kcal							Y																			
POD Bacon Bap	380 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
POD Sausage Bap	490 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage	95 kcal	Y	Y								Y														Y		
Pork Sausage Bap	480 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	475 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		
Roast Tomato	10 kcal																										
Scrambled Eggs	135 kcal							Y				Y															
Scrambled Eggs on White Toast	555 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Scrambled Eggs On Sourdough Toast	515 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Scrambled Eggs On Multiseed Toast	610 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Scrambled Eggs On Wholemeal Toast	550 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Shakshuka Style Eggs with Sourdough	595 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Smashed Avocado on Sourdough Toast	255 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Smoked Salmon & Scrambled Egg Bagel	495 kcal	Y	Y	Y	Y			Y	Y		Y	Y												M			
Spinach	15 kcal																										
Tattie Scones	125 kcal	Y	Y					M			M	Y	M											M			
The Breakfast With White Toast	760 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Multiseed Toast	790 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Sourdough Toast	825 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		

Allergens – Breakfast

kcal are declared per serving. Adults need around 2000 kcal per day

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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 Breakfast With Wholemeal Toast	755 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Brunch	695 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
The Scottish Breakfast with Tattie Scone	710 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Scottish Breakfast with White Toast	760 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Scottish Breakfast with Wholemeal Toast	755 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Scottish Breakfast with Multiseed Toast	790 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Scottish Breakfast with Sourdough Toast	825 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Toast & Butter - White Toast	365 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toast & Butter - Multiseed Toast	415 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toast & Butter - Wholemeal Toast	355 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toast & Butter - Sourdough Toast	315 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Toasted Teacake & Butter	360 kcal	Y	Y		M			M		M	Y	Y	M											M			
Ultimate Breakfast Bap	750 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Vegan Breakfast with Multiseed Toast	565 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Vegan Breakfast with Sourdough Toast	600 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Vegan Sausage	95 kcal										Y																
Vegan Spread Portion	60 kcal											M															
Vegetarian Sausage Bap	480 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Vegetarian Sausage Sandwich on Multiseed Bread	530 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Vegetarian Sausage Sandwich on White Bread	475 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Vegetarian Sausage Sandwich on Wholemeal Bread	470 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			

Allergens – Mains

kcal are declared per serving. Adults need around 2000 kcal per day

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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	275 kcal											Y															
Cheese Jacket Potato	650 kcal											Y															
Cheese & Beans Jacket Potato	440 kcal											Y															
Chicken Burger	505 kcal	Y	Y	Y	Y		M	Y	M	M	Y	Y	M									Y	Y	Y	Y		
Chicken Burger with Fries	905 kcal	Y	Y	Y	Y		M	Y	M	M	Y	Y	M									Y	Y	Y	Y		
Chicken Burger with Sweet Potato Fries	870 kcal	Y	Y	Y	Y		M	Y	M	M	Y	Y	M									Y	Y	Y	Y		
Crispy Chicken Strips & Fries with Coleslaw	890 kcal	Y	Y					Y				Y										Y	Y				
Crispy Chicken Strips & Sweet Potato Fries with Coleslaw	855 kcal	Y	Y					Y			Y	Y										Y	Y				
Halloumi Burger with Fries	905 kcal	Y	Y					Y			Y	Y	M									Y	Y	M	Y		
Halloumi Burger with Sweet Potato Fries	870 kcal	Y	Y					Y			Y	Y	M									Y	Y	M	Y		
Hand Battered Fish & Chips with Peas and Tartare Sauce	990 kcal	Y	Y				M	Y	Y		Y	Y											Y				
Katsu Chicken Rice Bowl	470 kcal	Y	Y	Y	Y						Y	Y															
Loaded Fries	655 kcal											Y															
Loaded Nachos	665 kcal	Y	Y		M			Y			M	Y															
Macaroni Cheese	645 kcal	Y	Y								M	Y	M										Y				
Plain Jacket Potato	260 kcal											Y															
Tuna Mayo & Spring Onion Jacket Potato	320 kcal	M						Y	Y		M	Y										M	Y		M		
Wholetail Scampi & Chips with Peas & Tartare Sauce	825 kcal	Y	Y			Y	Y	Y	M			Y											Y				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																										
Carrot & Swede Mash	50 kcal											Y															
Chicken Goujons	160 kcal	Y	Y		M																	Y	Y				
Chocolate Milkshake (with skimmed cows milk)	75 kcal											Y															
Chunky Chips	150 kcal	Y	Y																								
Fish Fingers	165 kcal	Y	Y						Y																		
Garlic Bread Side	110 kcal	Y	Y								M	Y															
Hidden Veg Mac n Cheese	255 kcal	Y	Y									Y	M														
Little Avocado on Toast (no butter)	185 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Little Beans on Toast	215 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Little Eggs on Toast	275 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Milk Drink (cow's milk)	100 kcal											Y															
Peas	70 kcal																										
Pork Sausages	190 kcal	Y	Y								Y														Y		
Skin on Fries	200 kcal																										
Strawberry Milkshake (with skimmed cows milk)	75 kcal											Y															
Sweetcorn	50 kcal																										
Sweet Potato Fries	180 kcal	Y	Y								Y																
Veg Sticks	25 kcal																										
Veggie Sausages	190 kcal										Y																

Allergens – Wraps, Toasties & Paninis



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Wraps, Toasties & Paninis	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
Cheese & Tomato Sourdough Toastie	490 kcal	Y	Y	Y	Y	Y		Y	M	M	Y	Y	M									M	Y	Y	M		
Fish Finger Wrap	415 kcal	Y	Y					Y	Y			Y											Y				
Goats Cheese & Red Onion Chutney Toastie	410 kcal	Y	Y	Y	Y	Y		Y	M	M	Y	Y	M									M	Y	Y	M		
Ham & Cheese Sourdough Toastie	410 kcal	Y	Y	Y	Y	Y		Y	M	M	Y	Y	M									M	Y	Y	M		
Mozzarella, Tomato & Pesto Toastie	500 kcal	Y	Y	Y	Y	Y		Y	M	M	Y	Y	Y				Y					M	Y	Y	M		
Southern Fried Chicken Wrap	570 kcal	Y	Y		Y					M	Y	Y	M									Y	Y	Y	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
Belgian Chocolate Fudge Cake	565 kcal	Y	Y		M	M		Y		M	Y	Y	M												M		
Blueberry Muffin	370 kcal	Y	Y		M	Y		Y			M	Y	M														
Caramel Shortbread	320 kcal	Y	Y					M			Y	Y	M														
Clotted Cream	165 kcal											Y															
Cream	70 kcal											Y															
Finest Cheese Scone with Butter	435 kcal	Y	Y		M	M		Y				Y															
Finest Fruit Scone with Butter & Jam	515 kcal	Y	Y		M	M		Y				Y															
Finest Scandi Style Cinnamon Bun	325 kcal	Y	Y					Y		M	M	Y	M											M			
Ice Cream Sundae	400 kcal									M	Y	Y	M												Y		
Lemon & White Chocolate Cake	570 kcal	Y	Y		M	M		Y		M	Y	Y	M												M		
Pastel De Nata	155 kcal	Y	Y					Y		M	M	Y	M											M			
Sicilian Lemon Curd Muffin	390 kcal	Y	Y		M	M		Y			M	Y	M												Y		
Strawberry & Clotted Cream Cake	585 kcal	Y	Y					Y		M	Y	Y	M														
Triple Chocolate Muffin	405 kcal	Y	Y		M	M		Y			Y	Y	M														
Tunnocks Teacake	105 kcal	Y	Y					Y			Y	Y	M														
Ultimate Brownie	365 kcal	Y	Y		M	M		Y			Y	Y	M														
Victoria Sponge Muffin	415 kcal	Y	Y		M	M		Y			M	Y	M														
Welsh Cakes	280 kcal	Y	Y					Y			M	Y											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	Y	Y		
Bread & Butter - Multiseed Bread	415 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Sourdough Bread	315 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - White Bread	365 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bread & Butter - Wholemeal Bread	355 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Brown Sauce	-	Y		Y	Y			M			M											M	M		M		
Butter portion	75 kcal											Y															
Chips	295 kcal	Y	Y																								
Coleslaw	95 kcal							Y				Y															
English Mustard	-	Y	Y		M			M			M											M	Y		M		
Garlic Bread	220 kcal	Y	Y								M	Y															
Grated Cheese	165 kcal											Y															
Gravy	30 kcal	Y	Y		Y						Y	Y										Y					
Ketchup	-	M						M			M											Y	M		M		
Mayonnaise	-	M						Y			M	Y										M	Y		M		
Mushy Peas	120 kcal																										
Onion Rings	225 kcal	Y	Y	M	Y																						
Peas	140 kcal																										
Pepper	-																										
Peri Peri Mayonnaise	-							Y															Y		Y		
Salt	-																										
Seasoned Skin On Fries	400 kcal																										
Side Salad	15 kcal																										
Sweetener	-											Y															
Sweet Potato Fries	365 kcal	Y	Y								Y																

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Tartare Sauce	80 kcal	Y	Y					Y				Y											Y				
Vegan Spread Portion	60 kcal											M															
Vinegar	-	Y			Y																						