

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

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

Y = Product/dish contains relevant allergen.

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The
Café

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 Semi Skimmed Cow's Milk	40 kcal											Y															
Americano with Skimmed Cow's Milk	30 kcal											Y															
Americano with Oat	40 kcal	Y				Y																					
Americano with Soya	30 kcal										Y																
Babyccino with Semi Skimmed Cow's Milk	50 kcal											Y															
Babyccino with Skimmed Cow's Milk	35 kcal											Y															
Babyccino with Oat (no cocoa)	60 kcal	Y				Y																					
Babyccino with Soya (no cocoa)	40 kcal										Y																
Breakfast Tea (black)	0 kcal																										
Breakfast Tea with Semi Skimmed Cow's Milk	30 kcal											Y															
Breakfast Tea with Skimmed Cow's Milk	20 kcal											Y															
Breakfast Tea with Oat	30 kcal	Y				Y																					
Breakfast Tea with Soya	20 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 Oat (no cocoa)	120/155 kcal	Y				Y																					
Cappuccino with Soya (no cocoa)	85/110 kcal										Y																
Caramel Pieces	20 kcal											Y															
Caramel Syrup	50/75 kcal																										

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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 Oat	225/290 kcal	Y				Y																					
Chai Latte with Soya	175/235 kcal										Y																
Chocolate Flakes	25 kcal										M	M															
Chocolate & Hazelnut Milkshake (Cannot be made dairy free)	400 kcal										Y	Y															
Cocoa Dusting	5 kcal											M															
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 Oat	30 kcal	Y				Y																					
Decaf Tea with Soya	20 kcal										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															
Earl Grey with Oat	30 kcal	Y				Y																					
Earl Grey with Soya	20 kcal										Y																
English Toffee Syrup	50/75 kcal																										
Espresso	10 kcal																										
Espresso with Semi Skimmed Cow's Milk	40 kcal											Y															
Espresso with Skimmed Cow's Milk	30 kcal											Y															
Espresso with Oat	40 kcal	Y				Y																					

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Espresso with Soya	30 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 Oat	135 kcal	Y				Y																					
Flat White with Soya	95 kcal										Y																
Green Tea	0 kcal																										
Green Tea with Jasmine	0 kcal																										
Hazelnut Syrup	50/75 kcal																										
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 Oat	255/295 kcal	Y				Y						M															
Hot Chocolate with Soya	210/235 kcal										Y	M															
Iced Latte with Semi Skimmed Cow's Milk	65 kcal											Y															
Iced Latte with Skimmed Cow's Milk	60 kcal											Y															
Iced Latte with Oat	75 kcal	Y				Y																					
Iced Latte with Soya	55 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 Oat	155/195 kcal	Y				Y																					
Latte with Soya	110/135 kcal										Y																
Mango Smoothie	110 kcal																										
Maple Pumpkin Spiced Latte with Semi Skimmed Milk	255/315 kcal											Y															

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Maple Pumpkin Spiced Latte with Skimmed Milk	220/270 kcal											Y															
Maple Pumpkin Spiced Latte with Soya (No cream or toppings)	160/210 kcal										Y																
Maple Pumpkin Spiced Latte with Oat (No cream or toppings)	205/270 kcal	Y				Y																					
Maple Spiced Syrup	50/70kcal																										
Marshmallows	15 kcal																										
Mocha with Semi Skimmed Cow's Milk	230/270 kcal											Y															
Mocha with Skimmed Cow's Milk	190/225 kcal											Y															
Mocha with Oat	255/305 kcal	Y				Y						M															
Mocha with Soya	210/245 kcal										Y	M															
Peppermint Tea	0 kcal																										
Pumpkin Spiced Latte with Oat (no cream or toppings)	205/270 kcal	Y				Y																					
Pumpkin Spiced Latte with Semi-Skimmed Milk	255/315 kcal											Y															
Pumpkin Spiced Latte with Skimmed Milk	220/270 kcal											Y															
Pumpkin Spiced Latte with Soya (no cream or toppings)	160/210 kcal										Y																
Pumpkin Spiced Syrup	50/75 kcal																										
Red Berry Tea	0 kcal																										
Salted Caramel Syrup	40/60 kcal																										
Single cream for coffee	70 kcal											Y															
Spray Dairy Cream	70 kcal											Y															
Sticky Toffee Frappe	365 kcal							M				Y															
Sticky Toffee Hot Chocolate with Semi Skimmed Milk	370/435 kcal							M				Y															

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Sticky Toffee Hot Chocolate with Skimmed Milk	335/390 kcal							M				Y															
Sticky Toffee Hot Chocolate with Soya (No cream or toppings)	245/310 kcal							M			Y	M															
Sticky Toffee Hot Chocolate with Oat (No cream or toppings)	300/365 kcal	Y				Y		M				M															
Sticky Toffee Latte with Semi Skimmed Milk	285/340 kcal							M				Y															
Sticky Toffee Latte with Skimmed Milk	245/295 kcal							M				Y															
Sticky Toffee Latte with Soya (No cream or toppings)	160/210 kcal							M			Y																
Sticky Toffee Latte with Oat (No cream or toppings)	205/270 kcal	Y				Y		M																			
Sugar Free Caramel Syrup	15/20 kcal																										
Sugar Free Hazelnut Syrup	15/20 kcal																										
Sugar Free Salted Caramel Syrup	15/20 kcal																										
Sugar Free Vanilla Syrup	15/20 kcal																										
Sweetener	-											Y															
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
Avocado	80 kcal																										
Bacon	90 kcal																										
Bacon Bap	470 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon & Maple Loaded Waffles	635 kcal	Y	Y					Y		M	Y	Y	M													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 Muffin	415 kcal	Y	Y		M			Y		M	Y	Y	M											M	Y		
Breakfast Muffin (Scotland)	530 kcal	Y	Y		M	M		Y		M	Y	Y	M											M	Y		
Butter Portion	75 kcal											Y															
Chorizo	95 kcal																										
Chorizo Breakfast Eggs on Sourdough	515 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Flat Mushroom	10 kcal																										
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			

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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	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												Y	
Halloumi	115 kcal											Y															
Ham & Cheese Croissant	385 kcal	Y	Y					Y		M	M	Y	M											M			
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 & Emmental Croissant	345 kcal	Y	Y					Y		M	M	Y	M											M			
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			

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Poached Eggs On Wholemeal Toast	405 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Egg	65 kcal							Y																			
POD Bacon Bap	380 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
POD Extra Bacon	45 kcal																										
POD Sausage Bap	575 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
POD Extra Sausage	145 kcal	Y	Y								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		
Posh Beans on Toast	430 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M									Y	Y	Y			
Posh Beans on Toast with Chorizo	525 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M									Y	Y	Y			
Scrambled Egg & Bacon Brioche	540 kcal	Y	Y	Y	Y			Y			Y	Y	M										Y	M	Y		
Scrambled Eggs	135 kcal							Y				Y															
Scrambled Eggs On White Toast	430 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Scrambled Eggs On Sourdough Toast	395 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Scrambled Eggs On Multiseed Toast	495 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			
Shakshuka Style Eggs with Sourdough	595 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Shakshuka Style Eggs with Chorizo and Sourdough	690 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			

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Spinach	15 kcal																										
Streaky Bacon	115 kcal																										
Tattie Scones	125 kcal	Y	Y					M			M	Y	M											M			
The Breakfast With White Toast	750 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Multiseed Toast	780 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Sourdough Toast	815 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Wholemeal Toast	745 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast With Fried Bread	1007 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Breakfast with Tattie Scone (Scotland)	700 kcal	Y	Y					Y			Y	Y	M											M	Y		
The Big Breakfast With White Toast	1095 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Multiseed Toast	1115 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Sourdough Toast	1160 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Wholemeal Toast	1090 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast With Fried Bread	1352 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Big Breakfast with Tattie Scone (Scotland)	1040 kcal	Y	Y					Y			Y	Y	M											M	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			
Tomato	10 kcal																										
Vegan Breakfast with Multiseed Toast	645 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											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
Vegan Breakfast with Sourdough Toast	680 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 Breakfast with White Toast	725 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Vegetarian Breakfast with Fried Bread	970 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Vegetarian Breakfast with Multiseed Toast	745 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Vegetarian Breakfast with Sourdough Toast	780 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Vegetarian Breakfast with Wholemeal Toast	710 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Vegetarian Scottish Breakfast with Tattie Scone	670 kcal	Y	Y					Y			Y	Y	M											M			
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															
BLT Baguette	615 kcal	Y	Y	Y	Y	M		Y			M	Y	M									M	Y	M	M		
Cheese Jacket Potato	650 kcal											Y															
Cheese & Beans Jacket Potato	440 kcal											Y															
Cheese & Spring Onion Toastie	485 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Cheese & Tomato Toastie	490 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Cream of Tomato & Basil Soup with Sourdough	460 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Crispy Chicken Burger	510 kcal	Y	Y	Y	Y			Y		M	Y	Y	M									Y	Y	M	M		
Crispy Chicken Burger with Fries	910 kcal	Y	Y	Y	Y			Y		M	Y	Y	M									Y	Y	M	M		
Crispy Chicken Burger with Waffle Fries	850 kcal	Y	Y	Y	Y			Y		M	Y	Y	M									Y	Y	M	M		
Crispy Chicken Strips with Fries	890 kcal	Y	Y					Y				Y										Y	Y				
Crispy Chicken Strips with Waffle Fries	830 kcal	Y	Y					Y				Y										Y	Y				
Finest Beef Burger with Fries	1045 kcal	Y	Y	Y				Y			Y	Y	M									Y	Y	M	M		
Finest Beef Burger with Waffle Fries	985 kcal	Y	Y	Y				Y			Y	Y	M									Y	Y	M	M		
Fish Finger Wrap	415 kcal	Y	Y					Y	Y			Y											Y				
Goats Cheese & Caramelised Onion Panini	440 kcal	Y	Y	Y	Y			M		M	M	Y	M											M			
Halloumi Burger with Fries	905 kcal	Y	Y	Y				Y			Y	Y	M									Y	Y	M	Y		
Halloumi Burger with Waffle Fries	845 kcal	Y	Y	Y				Y			Y	Y	M									Y	Y	M	Y		
Ham & Cheese Panini	440 kcal	Y	Y	Y	Y			M		M	M	Y	M											M			
Ham & Cheese Toastie	410 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Hand Battered Fish & Chips with Peas and Tartare Sauce	825 kcal	Y	Y					Y	Y		Y	Y											Y				
Hand Battered Fish & Seasoned Fries with Peas and Tartare Sauce	930 kcal	Y	Y					Y	Y		Y	Y											Y				

Allergens – Mains

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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
Hand Battered Fish & Waffle Fries with Peas and Tartare Sauce	870 kcal	Y	Y					Y	Y		Y	Y											Y				
Katsu Chicken Rice Bowl	470 kcal	Y	Y	Y	Y					M	Y	Y	M											M			
Macaroni Cheese	640 kcal	Y	Y								M	Y	M										Y				
New York Deli Bagel	365 kcal	Y	Y	Y	Y			Y			Y	Y										M	Y	M	M		
Plain Jacket Potato	260 kcal											Y															
Posh Ploughman's Baguette	675kcal	Y	Y	Y	Y	M		Y			M	Y	M									M	Y	M	Y		
Scampi & Chips with Peas & Tartare Sauce	825 kcal	Y	Y			Y	Y	Y	M			Y											Y				M
Scampi & Fries with Peas & Tartare Sauce	930 kcal	Y	Y			Y	Y	Y	M			Y											Y				M
Scampi & Waffle Fries with Peas & Tartare Sauce	870 kcal	Y	Y			Y	Y	Y	M			Y											Y				M
Southern Fried Chicken Wrap	570 kcal	Y	Y		Y					M	Y	Y	M									Y	Y	Y			
Streaky Bacon Add On	115 kcal																										
Tuna Mayo & Spring Onion Jacket Potato	320 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, Cheese & Spring Onion Panini	520 kcal	Y	Y	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 Goujons	160 kcal	Y	Y		M																	Y	Y				
Carrot & Swede Mash	50 kcal											Y															
Chocolate Milkshake (with skimmed cows milk)	75 kcal											Y															
Chunky Chips	150 kcal	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 Blueberry & Honey Pancakes	180 kcal	Y	Y					Y			Y	Y															
Little Crumpets with Butter & Jam	325 kcal	Y	Y					M			M	Y												M			
Little Eggs on Toast	275 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Little Ice Cream Sundae	155 kcal									M		Y	M														
Milk Drink (cow's milk)	100 kcal											Y															
Omega 3 Fish Fingers	165 kcal	Y	Y						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																
Tomato Pasta Shells	250 kcal	Y	Y																								
Veg Sticks	25 kcal																										
Veggie Sausages	190 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
Banana & Walnut Loaf Cake	230 kcal	Y	Y	Y				Y				M	Y			Y											
Blueberry Muffin	370 kcal	Y	Y		M	Y		Y			M	Y	M														
Caramelised Biscuit Rocky Road	435 kcal	Y	Y		M	M		M			Y	Y	M												Y		
Caramel Shortbread	320 kcal	Y	Y		M	M		M			Y	Y	M												M		
Carrot Cake	260 kcal	Y	Y					Y				Y	Y			Y											
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															
Honeycomb Tiffin	410 kcal	Y	Y		M	M		M			Y	Y	M												M		
Mini Chocolate Cake	265 kcal	Y	Y					Y			Y	Y	M														
Mint Tiffin	370 kcal	Y	Y					M			Y	Y	M														
Passionfruit & Lime Loaf Cake	300 kcal	Y	Y					Y				Y	M														
Sicilian Lemon Curd Muffin	390 kcal	Y	Y		M	M		Y			M	Y	M												Y		
Sticky Toffee Mini Loaf	250 kcal	Y	Y		M	M		Y			Y	Y	M												Y		
Triple Chocolate Muffin	405 kcal	Y	Y		M	M		Y			Y	Y	M														
Tunnocks Teacake	106 kcal	Y	Y					Y			Y	Y	M														
Ultimate Brownie	365 kcal	Y	Y		M	M		Y			Y	Y	M														
Welsh Cakes	280 kcal	Y	Y					Y			M	Y											M		Y		

Allergens – Sides and Condiments

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Baked Beans	70 kcal																										
BBQ Sauce	-	Y	Y		Y					M	Y		M									Y	Y	M			
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											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																
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																

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
Tartare Sauce	80 kcal	Y	Y					Y				Y											Y				
Vegan Spread Portion	60 kcal											M															
Vinegar	-	Y			Y																						
Waffle Fries	340 kcal	Y	Y																								