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

The Café

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

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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 Milkshake (cannot be made dairy free)	285 kcal							M			Y	Y	M														
Dragon Fruit & Mango Cooler	40 kcal																										
Earl Grey (Black)	0 kcal																										
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															

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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																										
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																

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Iced Cappuccino with Semi Skimmed Cow's Milk	70 kcal											Y															
Iced Coconut & Pineapple Matcha with Semi Skimmed Milk	150 kcal											Y															
Iced Coconut & Pineapple Matcha with Skimmed Milk	130 kcal											Y															
Iced Coconut & Pineapple Matcha with Coconut	125 kcal										Y		M														
Iced Coconut & Pineapple Matcha with Oat	155 kcal	Y				Y																					
Iced Coconut & Pineapple Matcha with Soya	140 kcal										Y																
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 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 Matcha Latte with Semi Skimmed Milk	70 kcal											Y															
Iced Matcha Latte with Skimmed Milk	50 kcal											Y															
Iced Matcha Latte with Coconut	45 kcal										Y		M														
Iced Matcha Latte with Oat	85 kcal	Y				Y																					
Iced Matcha Latte with Soya	60 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																
Mango Crush	130 kcal																										
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 & Pineapple Iced Tea	90 kcal																										
Peppermint Tea	0 kcal																										
Pistachio Syrup *(syrup is free from nuts)*	50/75 kcal																										
Raspberry Iced Chocolate with Semi Skimmed Milk	340 kcal										Y	Y															
Raspberry Iced Chocolate with Skimmed Milk	320 kcal										Y	Y															
Raspberry Iced Chocolate with Coconut *(no cream or toppings)*	250 kcal										Y	M	M														
Raspberry Iced Chocolate with Oat *(no cream or toppings)*	275 kcal	Y				Y						M															
Raspberry Iced Chocolate with Soya *(no cream or toppings)*	260 kcal										Y	M															
Red Berry Tea	0 kcal																										
Salted Caramel Syrup	40/60 kcal																										
Single cream for coffee	70 kcal											Y															
Spray Dairy Cream	70 kcal											Y															
Strawberry Shortcake Shake *(cannot be made dairy free)*	305 kcal	Y	Y									Y													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 Salted Caramel Syrup	15/20 kcal																										

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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	110 kcal																										
Bacon Bap	520 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon Sandwich on Multiseed Bread	570 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon Sandwich on White Bread	515 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon Sandwich on Wholemeal Bread	510 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Baked Beans	70 kcal																										
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 Pudding	100 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	320 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	495 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Filled Soda	865 kcal	Y	Y					Y			Y	Y													Y		
Fried Egg	85 kcal							Y																			
Fried Egg Bap	465 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	395 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
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			

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Halloumi	95 kcal											Y															
Hash Browns	210 kcal	M	M									M															
Jam Portion	55 kcal																										
Marmalade	50 kcal																							Y	Y		
Mushrooms	10 kcal																										
Plum Tomatoes	40 kcal																										
Poached Eggs on White Toast	440 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Eggs On Sourdough Toast	380 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			
Poached Egg	75 kcal							Y																			
Pork Sausage	120 kcal	Y	Y								Y														Y		
Pork Sausage Bap	535 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage Sandwich on Multiseed Bread	585 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage Sandwich on White Bread	530 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage Sandwich on Wholemeal Bread	525 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Potato Farl	125 kcal	Y	Y								M	Y															
Scrambled Eggs	160 kcal							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	400 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
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 Chilli Flakes & Lime	270 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			

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Smashed Avo, Greek Feta & Sundried Tomatoes on Sourdough Toast	405 kcal	Y	Y	Y	Y	Y		M	M	M	Y	Y	M									M	M	Y	Y		
Smashed Avo, Fried Egg & Streaky Bacon on Sourdough Toast	460 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Soda Farl	205 kcal	Y	Y								M	Y															
Streaky Bacon	115 kcal																										
Summer Berry French Toast	485 kcal	Y	Y					Y				Y	M														
The Traditional Fry	805 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Ultimate Fry	1165 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Tiramisu French Toast	460 kcal	Y	Y					Y			M	Y	M														
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	320 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			
Tomato	10 kcal																										
Turkish-Style Eggs	620 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Vegan Sausage	95 kcal							M			Y	M															
Vegan Spread Portion	60 kcal											M															
Veggie Sausage Bap	485 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

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		
Crispy Chicken & Bacon Caesar Salad	615 kcal	Y	Y		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				
Hand-Battered Fish & Seasoned Fries with Peas and Tartare Sauce	910 kcal	Y	Y					Y	Y		Y	Y										Y	Y				
Harissa Halloumi Flatbread	560 kcal	Y	Y							M		Y	M											M			
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	870 kcal	Y	Y	Y	Y			Y		M	Y	Y	M									Y	Y	Y			M
Korean Chicken Sticky Rice Bowl	500 kcal	Y	Y		Y					M	Y	Y											Y	Y	Y		M
Loaded Bacon Mac & Cheese	770 kcal	Y	Y		Y						M	Y											Y				
Mac & Cheese	595 kcal	Y	Y								M	Y											Y				
New York Deli Focaccia	690 kcal	Y	Y	M	M	M		Y			M	Y										M	Y		Y		
Plain Jacket Potato	350 kcal											Y															
Slow Roasted Cherry Tomato Tart	870 kcal	Y	Y					Y				Y											Y				
Smoked Salmon Bagel Plate	370 kcal	Y	Y	Y	Y	Y		M	Y	M	Y	Y	M										M	Y	Y		

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
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 Fish Finger Focaccia	805 kcal	Y	Y	M	M	M		Y	Y		M	Y										M	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																										
Baked Chicken Strips	160 kcal	Y	Y		Y			M			M	Y										M		M			
Beans and Soldiers	210 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Broccoli	25 kcal																										
Cheese & Tomato Pizza	325 kcal	Y	Y								Y	Y															
Cheese Sandwich (Made-In House)	390 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											M			
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															
Ham Sandwich (Made In-House)	240 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											M			
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															
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	Y								Y														Y		
Rainbow Ice Lolly (Pip Organic)	19 kcal																										
Sweetcorn	65 kcal																										
Tomato Pasta Shells	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 – Sides and Condiments

The Café

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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				
Chilli Jam	40 kcal									M			M											M	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																
Halloumi-Style Fries & Chilli Jam	350 kcal	Y	Y							M	M	Y	M										M	M	Y		
Hash Brown Bites	360 kcal	M	M					M																			
Houmous	70 kcal																							Y			
Ketchup	-	M						M			M											Y	M		M		
Korean BBQ Sauce	55 kcal	Y	Y		Y					M	Y												Y	Y			M
Mac & Cheese Bites & Chilli Jam	320 kcal	Y	Y							M		Y	M										Y	M	Y		
Mayonnaise	-	M						Y			M	Y										M	Y		M		
Mushy Peas	120 kcal																										
Parmesan Fries	425 kcal							Y				Y															
Peas	120 kcal																										
Pepper	-																										
Salt	-																										
Seasoned Skin On Fries	400 kcal																					Y					
Side Salad	15 kcal																										
Sriracha Mayo	40 kcal	M						Y		M	M	Y	M									M	Y	M	M		

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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
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																						

Allergens – Snacks & Bakery

The Café

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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		
Cherry Scone with Butter & Jam	425 kcal	Y	Y					Y		M	M	Y	M										M	M	Y		
Chocolate Muffin	315 kcal	Y	Y					Y		M	Y	Y	M											M			
Clotted Cream	165 kcal											Y															
Cream	70 kcal											Y															
Fifteens Traybake	410 kcal	Y	Y		Y			M		M	M	Y	M											M	Y		
Fruit Scone with Butter & Jam	465 kcal	Y	Y					Y			M	Y	M											M	M	M	
Hot Cross Bun & Butter	275 kcal	Y	Y					M		M	M	Y	M											M			
Jammie Shortbread Biscuit	340 kcal	Y	Y		M	M		M			M	Y	M												M		
Lemon Drizzle Round Cake	445 kcal	Y	Y		M	M		Y			M	Y	M												M		
Pistachio Créme Cookie	455 kcal	Y	Y		Y			Y			Y	Y	Y		M					Y	M						
Plain Scone with Butter & Jam	475 kcal	Y	Y					Y			M	Y	M											M	M		
Tunnocks Teacake	106 kcal	Y	Y					Y			Y	Y	M														
White Chocolate & Hazelnut Créme Cookie	450 kcal	Y	Y		Y			Y			Y	Y	Y		Y					M	M						