

The Coffee Shop.

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.

Please note colleagues cannot amend dishes or ingredients to cater for individual allergen requirements. If an ingredient can be removed from a dish, we cannot guarantee it is allergen free.

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.

Due to our food and drink being prepared in a Coffee Shop 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

For Rickmansworth, Westhill & Hornsea Only - Please refer to page 12 for all allergen information for breakfast & lunch dishes.

Within The Coffee Shop kitchen & drinks 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

Allergens

Drinks

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

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ITEM:	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 Coconut	25 kcal											Y		M													
Americano with Oat	40 kcal	Y			Y																						
Americano with Soya	30 kcal										Y																
Babycino with Semi Skimmed Cow's Milk	50 kcal												Y														
Babycino with Skimmed Cow's Milk	35 kcal												Y														
Babycino with Coconut (no cocoa)	35 kcal											Y		M													
Babycino with Oat (no cocoa)	60 kcal	Y			Y																						
Babycino with Soya (no cocoa)	40 kcal											Y															
Blood Orange Spritz	60 kcal																										
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	65/100 kcal												Y														

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Cappuccino with Skimmed Cow's Milk	45/75 kcal										Y																
Cappuccino with Coconut	45/90 kcal										Y	M	M														
Cappuccino with Oat	80/120 kcal	Y				Y						M															
Cappuccino with Soya	55/85 kcal										Y	M															
Caramel Syrup	25/50 kcal																										
Chai Latte with Semi Skimmed Cow's Milk	155/195 kcal											Y															
Chai Latte with Skimmed Cow's Milk	130/160 kcal											Y															
Chai Latte with Coconut	130/155 kcal										Y		M														
Chai Latte with Oat	170/225 kcal	Y				Y					Y																
Chai Latte with Soya	140/175 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					Y																
Decaf Tea with Soya	10 kcal										Y																
Double Choc Milkshake (cannot be made dairy free)	290 kcal							M			Y	Y	M														
Earl Grey (Black)	0 kcal										Y																
Earl Grey with Semi Skimmed Cow's Milk	15 kcal										Y																

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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	40 kcal											Y															
Espresso with Skimmed Cow's Milk	30 kcal											Y															
Espresso with Coconut	25 kcal											Y		M													
Espresso with Oat	40 kcal	Y				Y																					
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 Coconut	75 kcal											Y		M													
Flat White with Oat	135 kcal	Y				Y																					
Flat White with Soya	95 kcal										Y																
French Vanilla Syrup	25/50 kcal																										
Hazelnut Syrup (syrup is free from nuts)	25/50 kcal																										
Hot Chocolate with Semi Skimmed Cow's Milk	155/230 kcal											Y															
Hot Chocolate with Skimmed Cow's Milk	135/195 kcal											Y															
Hot Chocolate with Coconut	130/190 kcal										Y	M	M														

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Hot Chocolate with Oat	175/255 kcal	Y				Y						M															
Hot Chocolate with Soya	145/210 kcal										Y	M															
Iced Americano (black)	10 kcal																										
Iced Americano with Semi Skimmed Cow's Milk	40 kcal											Y															
Iced Americano with Skimmed Cow's Milk	30 kcal											Y															
Iced Americano with Coconut	25 kcal										Y		M														
Iced Americano with Oat	40 kcal	Y				Y																					
Iced Americano with Soya	30 kcal										Y																
Iced Cappuccino with Semi Skimmed Cow's Milk	65 kcal											Y															
Iced Flat White with Semi Skimmed Cow's Milk	65 kcal											Y															
Iced Flat White with Skimmed Cow's Milk	45 kcal											Y															
Iced Flat White with Coconut	45 kcal										Y		M														
Iced Flat White with Oat	70 kcal	Y				Y																					
Iced Flat White with Soya	50 kcal										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 Coconut	45 kcal										Y		M														
Iced Latte with Oat	75 kcal	Y				Y																					
Iced Latte with Soya	55 kcal										Y																
Iced Matcha Latte with Semi Skimmed Milk	70 kcal										Y																

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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																
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 Rhubarb & Custard Matcha with Semi-Skimmed Milk	150 kcal											Y															
Iced Rhubarb & Custard Matcha with Skimmed Milk	130 kcal											Y															
Iced Rhubarb & Custard Matcha with Coconut	125 kcal										Y		M														
Iced Rhubarb & Custard Matcha with Oat	155 kcal	Y				Y																					
Iced Rhubarb & Custard Matcha with Soya	140 kcal										Y																
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														

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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	85/130 kcal												Y														
Latte with Skimmed Cow's Milk	60/95 kcal												Y														
Latte with Coconut	60/90 kcal											Y	M														
Latte with Oat	100/155 kcal	Y				Y																					
Latte with Soya	70/110 kcal											Y															
Mango Crush	110 kcal																										
Marshmallows	15 kcal																										
Mocha with Semi Skimmed Cow's Milk	155/230 kcal												Y														
Mocha with Skimmed Cow's Milk	130/190 kcal												Y														
Matcha Latte with Semi Skimmed Cow's Milk	110 kcal												Y														
Matcha Latte with Skimmed Cow's Milk	85 kcal												Y														
Matcha Latte with Coconut	80 kcal												Y	M													
Matcha Latte with Oat	125 kcal	Y				Y																					
Matcha Latte with Soya	100 kcal												Y														
Mocha with Coconut	130/200 kcal												Y	M	M												
Mocha with Oat	170/255 kcal	Y				Y							M														
Mocha with Soya	140/210 kcal												Y	M													
Peppermint Tea	0 kcal																										

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Pistachio Syrup (syrup is free from nuts)	25/50 kcal																										
Red Berry Tea	0 kcal																										
Rhubarb Crumble Shake (cannot be made dairy-free)	310 kcal	Y	Y										Y														
Salted Caramel Syrup	20/40 kcal																										
Single cream for coffee	70 kcal											Y															
Spiced Apple Winter Warmer	70 kcal																										
Spray Dairy Cream	70 kcal											Y															
Sugar Free Caramel Syrup	10/15 kcal																										
Sugar Free French Vanilla Syrup	10/15 kcal																										
Sugar Free Hazelnut Syrup (syrup is free from nuts)	10/15 kcal																										
Sugar Free Salted Caramel Syrup	10/15 kcal																										
Sugar Free Vanilla Syrup	10/15 kcal																										
Sweetener	-												Y														
Toasted Honeycomb Latte with Semi-Skimmed Milk	310 kcal	Y	M		Y								Y	M													
Toasted Honeycomb Latte with Skimmed Milk	275 kcal	Y	M		Y								Y	M													
Toasted Honeycomb Latte with Coconut (no cream or toppings)	140 kcal											Y		M													
Toasted Honeycomb Latte with Oat (no cream or toppings)	195 kcal	Y					Y																				

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Toasted Honeycomb Latte with Soya (no cream or toppings)	160 kcal									Y																	
Vanilla Syrup	25/50 kcal																										
White Sugar	-																										

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Bacon Bap	495 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y				
Buttered Mushrooms on Sourdough	350 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y				
Cheddar & Spring Onion Toastie	575 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y				
Cheese & Beans Jacket Potato	510 kcal											Y															
Cream of Tomato Soup with Sourdough	505 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y	Y			
Cream of Tomato Soup (Add-On)	240 kcal											Y											Y				
Fried Egg Bap	465 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y				
Garlic Mushroom Mac & Cheese	765 kcal	Y	Y								M	Y											Y				
Honey Roast Ham & Cheddar Toastie	500 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y				
Mac & Cheese	595 kcal	Y	Y								M	Y	M										Y				
New York Deli Toastie	530 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										M	Y	Y	M	
Pork Sausage Bap	510 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y	Y			
Smashed Avo on Sourdough	275 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M										Y				
Tuna Mayo & Spring Onion Jacket Potato	390 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 Breakfast Bap	745 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
The Breakfast	665 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
The Big Breakfast	1000 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
The Vegan Breakfast	600 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M										Y				

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The Veggie Breakfast	650 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y				
Veggie Sausage Bap	485 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y				
Bacon	90 kcal																										
Baked Beans	70 kcal																										
Butter Portion	75 kcal																										
Sliced Mushrooms	40 kcal																										
Fried Egg	75 kcal								Y																		
Hash Brown	75 kcal																	M									
Pork Sausage	95 kcal																										Y
Tomato	10 kcal																										
Vegan Sausage	85 kcal									M				Y	M												
Vegan Spread Portion	60 kcal																	M									

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
Garlic Bread	110 kcal	Y	Y							M	Y																
Hash Brown	75 kcal																										
Mini Hash Browns	235 kcal																										
Waffle Fries	265 kcal	Y	Y																								

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Bacon Bap	405 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y							
Bacon Extra	45 kcal																													
Cheddar & Spring Onion Toastie	575 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y						
Cheese & Beans Jacket Potato	510 kcal											Y																		
Cream of Tomato Soup with Sourdough	505 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M										Y	Y						
Honey Roast Ham & Cheddar Toastie	500 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y						
New York Deli Toastie	680 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										M	Y	Y	M				
Omelette Bap	320 kcal	Y	Y	Y	Y	Y		Y			Y	Y												Y						
Omelette Extra	85 kcal							Y			Y																			
Sausage Bap	595 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y					
Sausage Extra	140 kcal	Y	Y								Y														Y					
Smashed Avo on Sourdough Toast (chilli & lime)	280 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y						
Smashed Avo, Feta & Sundried Tomatoes on Sourdough Toast	340 kcal	Y	Y	Y	Y	Y		M	M	M	Y	Y	M										M	M	Y	Y				
Tuna, Cheddar & Spring Onion Toastie	585 kcal	Y	Y	Y	Y	Y		Y	Y	M	Y	Y	M										M	Y	Y	M				
Tuna Mayo & Spring Onion Jacket Potato	390 kcal	M							Y	Y		M	Y										M	Y		M				
Vegan Sausage Extra	85 kcal											Y	M																	
Veggie Sausage Bap	485 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y						
Ultimate Breakfast Bap	640 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y					

Allergens

Snacks & Bakery

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

Y = Product/dish contains relevant allergen.

M = This allergen may be present in the product/dish because there is high risk of cross contamination from the factory as highlighted by our suppliers. Every care has been taken to minimise cross contamination of ingredients. If you have any questions please ask a team member. Please note that colleague cannot amend ingredients or dishes to cater for individual allergen requirements.

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

The Coffee Shop.

ITEM:	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		
Almond Croissant	310 kcal	Y	Y					Y		M	M	Y	Y	Y									M						
Blueberry Muffin	370 kcal	Y	Y		M	Y		Y			M	Y	M																
Butter Portion	75 kcal												Y																
Caramel Jewel Flapjack	385 kcal	Y				Y		M			Y	Y	M																
Caramel Shortbread	280 kcal	Y	Y		M	M		M			Y	Y	M											M					
Carrot Mini Loaf Cake	375 kcal	Y	Y		M	M		Y			M	Y	Y			Y													
Cherry Bakewell Mini Loaf	340 kcal	Y	Y	M	M	M		Y			M	Y	Y	Y															
Chocolate Fudge Cake	595 kcal	Y	Y					Y		M	Y	Y	M																
Chocolate Marbled Brioche	205 kcal	Y	Y					Y					Y																
Cinnamon Bun	580 kcal	Y	Y					Y			M	Y	M																
Clotted Cream	165 kcal												Y																
Cream	70 kcal												Y																
Croissant	220 kcal	Y	Y					Y		M	M	Y	M											M					
Dairy Free Spread	60 kcal											M																	
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 Mince Pie (contains alcohol)	245 kcal	Y	Y							M			Y	M															
Jam	55 kcal																												
Jammie Shortbread Biscuit	340 kcal	Y	Y		M	M		M			M	Y	M											M					
Maple & Pecan Plait	355 kcal	Y	Y					Y		M	M	Y	Y					Y					M						
Marmalade	50 kcal																												
Pecan Pie Slice	420 kcal	Y	Y					M		M	M	M	Y					Y											
Pain Au Chocolat	280 kcal	Y	Y					Y		M	Y	Y	M										M						

Allergens

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ITEM:	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
Rudolph Shortbread Biscuit	330 kcal	Y	Y		M	M		M			M	Y	M											M			
Sicilian Lemon Curd Muffin	390 kcal	Y	Y		M	M		Y			M	Y	M											Y			
Tiramisu Mini Loaf	380 kcal	Y	Y	M	M	M		Y			Y	Y	M														
Toasted Teacake with Butter	360 kcal	Y	Y		M			M		M	M	Y	Y	M										M			
Toast with Butter & Jam - White Toast	365 kcal	Y	Y	Y	Y	Y		M		M	M	Y	Y	M										Y			
Toast with Butter & Jam - Sourdough Toast	315 kcal	Y	Y	Y	Y	Y		M		M	M	Y	Y	M										Y			
Tunnocks Teacake	106 kcal	Y	Y					Y			Y	Y	M														
Ultimate Brownie	365 kcal	Y	Y		M	M		Y			Y	Y	M														
Viennese Swirl Mince Pie	350 kcal	Y	Y					Y			M	M	M											M			
Winter Bakewell	300 kcal	Y	Y		M	M		Y			M	M	M											Y			