

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, West Hill & 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																
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	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																					
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																					
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															

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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 Coconut Matcha with Semi Skimmed Milk	150 kcal											Y															
Iced Coconut Matcha with Skimmed Milk	130 kcal											Y															
Iced Coconut Matcha with Coconut	125 kcal										Y		M														
Iced Coconut Matcha with Oat	155 kcal	Y				Y																					
Iced Coconut Matcha with Soya	140 kcal										Y																
Iced Coconut & Pineapple Matcha with Semi Skimmed Cow's Milk	150 kcal											Y															
Iced Coconut & Pineapple Matcha with Skimmed Cow's Milk	130 kcal											Y															
Iced Coconut & Pineapple Matcha with Coconut	125 kcal										Y		M														

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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	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															
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															

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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	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	130 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															

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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															
Peach Iced Tea	90 kcal																										
Peach & Pineapple Iced Tea	90 kcal																										
Peppermint Tea	0 kcal																										
Pistachio Syrup (syrup is free from nuts)	25/50 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	20/40 kcal																										
Single cream for coffee	70 kcal											Y															
Spray Dairy Cream	70 kcal											Y															

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Strawberry Shortcake Shake (cannot be made dairy free)	305 kcal	Y	Y									Y													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															
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	660 kcal											Y															
Chicken, Red Pesto & Chorizo Toastie	500 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	Y				Y					M	Y	Y	Y		
Coronation Chicken Jacket Potato	845 kcal							Y			Y	Y											Y		Y		
Fried Egg Bap	465 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Honey Roast Ham & Cheddar Toastie	500 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Loaded Bacon Mac & Cheese	770 kcal	Y	Y		Y						M	Y											Y				
Mac & Cheese	595 kcal	Y	Y								M	Y	M										Y				
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			
Summer Berry French Toast	485 kcal	Y	Y					Y				Y	M														
Tiramisu French Toast	460 kcal	Y	Y					Y			M	Y	M														
Tuna Mayo & Spring Onion Jacket Potato	525 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			
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			

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Bacon	90 kcal																										
Baked Beans	70 kcal																										
Butter Portion	75 kcal											Y															
Sliced Mushrooms	40 kcal											Y															
Fried Egg	75 kcal							Y																			
Hash Browns	150 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											M															
Mini Hash Browns	235 kcal																										

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For Rickmansworth, West Hill & Hornsea Only:

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
Bacon Bap	495 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Bacon & Cheese Turnover	400 kcal	Y	Y					M				Y															
Cheddar & Spring Onion Toastie	575 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Cheese & Onion Roll	495 kcal	Y	Y		M	M		Y			Y	Y										M	Y		Y		
Chicken & Mushroom Slice	460 kcal	Y	Y								M	Y															
Extra Bacon	90 kcal																										
Extra Pork Sausage	95 kcal																								Y		
Extra Omelette	85 kcal							Y				Y															
Fully Loaded Bap	680 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Honey Roast Ham & Cheddar Toastie	500 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Omelette Bap	400 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Pork Sausage Bap	510 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Sausage, Cheese & Beans Slice	410 kcal	Y	Y					Y				Y															
Sausage Roll	615 kcal	Y	Y																						Y		
Steak Slice	505 kcal	Y	Y		Y						M	M															
Tuna Mayo, Cheddar & Spring Onion Toastie	585 kcal	Y	Y	Y	Y	Y		Y	Y	M	Y	Y	M									M	Y	Y	M		

Allergens Snacks & Bakery

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

Y = Product/dish contains relevant allergen.

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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.

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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 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		
Chocolate Marbled Brioche	205 kcal	Y	Y					Y				Y															
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															
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																										
Pain Au Chocolat	280 kcal	Y	Y					Y		M	Y	Y	M											M			
Pistachio Creme Cookie	455 kcal	Y	Y		Y			Y			Y	Y	Y		M					Y	M						
Raspberry Ripple Round Cake	465 kcal	Y	Y	M	M	M		Y			M	Y	M												M		
Sicilian Lemon Curd Muffin	390 kcal	Y	Y		M	M		Y			M	Y	M												Y		
Speculoos Doughnut	285 kcal	Y	Y	Y				M			Y	Y	M														
Toasted Teacake with Butter	360 kcal	Y	Y		M			M		M	Y	Y	M											M			
Toast with Butter & Jam – White Toast	365 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			

Allergens Snacks & Bakery

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Toast with Butter & Jam - Sourdough Toast	315 kcal	Y	Y	Y	Y	Y		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														
White Chocolate & Hazelnut Creme Cookie	450 kcal	Y	Y		Y			Y			Y	Y	Y		Y					M	M						
Yum Yum	220 kcal	Y	Y					M				M															

Allergens Kids

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Cheese Sandwich (Made-In House)	390 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											M			
Ham Sandwich (Made In-House)	240 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											M			