

## 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 what allergens are contained in the ingredients/dishes.

*Our menu may vary from location to location; please advise our colleagues every time you visit and check the allergen guide in café as we may be using different ingredients.*

It is quite simple to use, just find the dish, ingredient or product you would like to eat or drink. Then run your finger over the page to check “**contains**” or “**may contain**” allergen information.

It also highlights where allergens may be present in the product because there is a high risk of cross contamination from the factory as highlighted by our suppliers. Due to our food being prepared in a cafe kitchen environment and our bread coming from the in store bakery, where our bakers prepare a variety of products, we cannot guarantee that our food and drink is free from any allergens.

Please remember that within the Cafe kitchen 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**

Every care has been taken to minimise cross contamination of ingredients however our food is being prepared in a kitchen environment and we cannot fully guarantee this. Products suitable for vegans may not be suitable for people with allergies. If you have any questions please ask a team member.

Please note our recipes are often redeveloped so please ensure you check for any changes.

Hopefully this information will help you to be more informed in your food and drink selection.



# Allergens – Seasonal Soup

Y = Product/dish contains relevant allergen.

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Seasonal Soup	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
Bread Side with Butter Large White Bap, White Bread, Wholemeal Bread or Seeded Bread	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Broccoli & Stilton Soup											Y											Y				
Butternut Squash Soup																						Y				
Carrot & Coriander Soup																										
Chicken & Vegetable Soup	Y			Y																		Y				
Leek & Potato Soup											Y											Y				
Minestrone Soup	Y	Y																				Y				
Pea & Mint Soup																						Y				
Tomato & Basil Soup											Y															
Vegetable Soup	Y			Y							Y											Y				

# Allergens – Drinks

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Drinks	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																										
Americano with Cow's Milk											Y															
Americano with Soya Milk										Y																
Americano with Coconut Soya Milk										Y		M	M	M												
Babyccino with Cow's Milk											Y															
Babyccino with Soya Milk										Y																
Babyccino with Coconut Soya Milk										Y		M	M	M												
Berry Tea																										
Breakfast Banana Smoothie with Cow's Milk	Y	Y			Y						Y															
Breakfast Banana Smoothie with Soya Milk	Y	Y			Y					Y																
Breakfast Banana Smoothie with Coconut Soya Milk	Y	Y			Y					Y		M	M	M												
Cappuccino with Cow's Milk											Y															
Cappuccino with Soya Milk										Y																
Cappuccino with Coconut Soya Milk										Y		M	M	M												
Caramel Syrup																										
Chai Latte (cannot be made dairy free)											Y															
Cocoa Dusting											Y															
Decaf Tea (Black)																										
Decaf Tea with Cow's Milk											Y															
Decaf Tea with Soya Milk										Y																
Decaf Tea with Coconut Soya Milk										Y		M	M	M												
Earl Grey (Black)																										
Earl Grey with Cow's Milk											Y															
Earl Grey with Soya Milk										Y																

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Earl Grey with Coconut Soya Milk										Y		M	M	M												
Espresso																										
Espresso with Cow's Milk											Y															
Espresso with Soya Milk										Y																
Espresso with Coconut Soya Milk										Y		M	M	M												
Flat White with Cow's Milk											Y															
Flat White with Soya Milk										Y																
Flat White with Coconut Soya Milk										Y		M	M	M												
Green Tea																										
Green Tea with Jasmine																										
Hazelnut Syrup																										
Hot Chocolate with Cream and Marshmallows											Y															
Hot Chocolate with Soya Milk with Marshmallows (No Cream)										Y																
Hot Chocolate with Coconut Soya Milk with Marshmallows (No Cream)										Y		M	M	M												
Iced Latte with Cow's Milk											Y															
Iced Latte with Soya Milk										Y																
Iced Latte with Coconut Soya Milk										Y		M	M	M												
Latte with Cow's Milk											Y															
Latte with Soya Milk										Y																
Latte with Coconut Soya Milk										Y		M	M	M												
Lemon & Ginger Tea																										
Macchiato with Cow's Milk											Y															
Macchiato with Soya Milk										Y																
Macchiato with Coconut Soya Milk										Y		M	M	M												

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Drinks	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
Mango Smoothie																										
Marshmallows																										
Mocha with Cow's Milk											Y															
Mocha with Soya Milk										Y																
Mocha with Coconut Soya Milk										Y		M	M	M												
Peppermint Tea																										
Salted Caramel Syrup																										
Spray Dairy Cream											Y															
Sugar Free Caramel Syrup																										
Sugar Free Hazelnut Syruo																										
Sugar Free Salted Caramel Syrup																										
Sugar Free Vanilla Syrup																										
Tea with Cow's Milk											Y															
Tea with Soya Milk										Y																
Tea with Coconut Soya Milk										Y		M	M	M												
Vanilla Syrup																										

# Allergens – Breakfast

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Breakfast	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 on Toast	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Bacon																										
Bacon Bap/Roll	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Beans																										
Black Pudding	Y	Y		Y	Y																					
Butter Portion											Y															
Cheese & Ham Omelette	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Cheese & Tomato Omelette	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Crumpets with Butter & Jam	Y	Y					M			M	Y												M			
Egg Bap / Roll	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Eggs Benedict	Y	Y		M			Y		M	Y	Y	M											M			
Eggs Royale	Y	Y		M			Y	Y	M	Y	Y	M											M			
Fried Bread	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Egg							Y																			
Fried Eggs on Toast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Good for You Breakfast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Hash Brown																										
Jam Portion																										
Lorne Sausage	Y	Y																						Y		
Mushroom																										
Poached Eggs on Toast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Poached Egg							Y																			
POD Bacon Bap	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
POD Sausage Bap	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Pork Sausage	Y	Y		M			M			Y	M													Y		
Pork Sausage Bap	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Potato Farls	Y	Y					M			M	Y												M			

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Breakfast	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
Quorn Sausage	Y	Y		Y			Y				Y															
Scrambled Eggs							Y				Y															
Scrambled Eggs on Toast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Soda Farls	Y	Y								M	Y															
Spinach																										
Tattie Scones	Y	Y					M			M	Y	M											M			
The Breakfast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Bigger Breakfast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Toast, Jam & Butter	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Tomato																										
Ultimate Fry (NI)	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
All Day Fry (NI)	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Scottish Breakfast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Bigger Scottish Breakfast	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		



# Allergens – Mains

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Mains	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											Y															
British Beef Burger with Chips & Onion Rings	Y	Y	M	Y			Y		M	Y	Y	M										Y	M			
British Steak & Mushroom Pie	Y	Y		Y			Y			Y	Y	M									Y					
Cheese Jacket Potato											Y															
Cheese & Bean Jacket Potato											Y															
Chicken & Bacon Caesar Salad	Y	Y		Y			Y	Y		M	Y	M										Y	Y			
Chilli Con Carne Jacket Potato	Y	Y		Y					M		Y	M											M			
Fish & Chips	Y	Y					Y	Y		M	Y											Y				
Macaroni Cheese	Y	Y		Y		M	M	M	M	M	Y	M									M	Y	M	M		
Pork Sausage Roll	Y	Y		Y	M		Y	M			Y										M	M		M		
Pork Sausage Roll, Chips & Beans	Y	Y		Y	M		Y	M			Y										M	M		M		
Sausage & Mash	Y	Y		Y			M			Y	Y										Y			Y		
Tuna Mayo & Spring Onion Jacket Potato							Y	Y			Y											Y				
Vegan Spicy Bean Burger with Chips & Onion Rings	Y	Y	M	Y			M		M	Y	M	M									Y	Y	M			
Veggie Quorn Sausage & Mash with Gravy	Y	Y		Y			Y			Y	Y										Y					
TRAD Beef Lasagne	Y	Y		Y		M	Y	Y	M	M	Y	M									Y	Y	M	M		M
TRAD Chicken Tikka Masala with Rice and Garlic & Coriander Naan Bread	Y	Y							M		Y	M											M			
TRAD Chilli Con Carne with Rice	Y	Y		Y					M			M											M			
TRAD Ham, Egg & Chips	Y	Y					Y																			
TRAD Margherita Pizza	Y	Y									Y															
TRAD Meat Feast Pizza	Y	Y								Y	Y										Y			Y		
TRAD Pepperoni Pizza	Y	Y									Y															
TRAD Scampi, Chips & Peas	Y	Y				Y	Y	M			Y											Y				
TRAD Vegetarian Lasagne	Y	Y					Y		M		Y	M											M			
TRAD Vegetable Pizza	Y	Y									Y															

# Allergens – Kids

Y = Product/dish contains relevant allergen.

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Kids	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																										
The Little Breakfast	Y	Y		M			Y			Y	Y													Y		
Cheese Sandwich	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Chicken Nuggets	Y	Y																								
Chips	Y	Y																								
Fish Fingers	Y	Y						Y																		
Garlic Bread Side	Y	Y								M	M															
Ham Sandwich	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Milk Drink (cow's milk)											Y															
Pancakes with Fruit	Y	Y		M			Y			Y	Y												M			
Peas																										
Pizza	Y	Y									Y										M					
Sausage and Carrot & Swede Mash	Y	Y		Y			M			Y	Y	M									Y			Y		
Veg Sticks																										

# Allergens – Sandwiches, Toasties & Paninis

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Sandwiches, Toasties & Paninis	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 Toastie	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Chicken & Bacon Sandwich	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Chicken & Chorizo Panini	Y	Y	Y	Y	Y		Y	M	M	Y	Y	M									Y	Y	Y	M		
Double Cheese & Onion Sandwich	Y	Y	Y	Y	Y		Y		M	Y	Y	M									M	Y	Y			
Egg & Cress Sandwich	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Egg Mayonnaise Sandwich	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Falafel & Houmous Flatbread	Y	Y									Y										Y	Y	Y			
Fish Finger Wrap	Y	Y					Y	Y			Y												Y			
Goats Cheese & Red Onion Chutney Panini	Y	Y	Y	Y	Y		Y		M	Y	Y	M												Y		
Ham & Cheese Toastie	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Pepperoni Pizza Toastie Bedford	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Pesto Chicken Flatbread	Y	Y					Y				Y	Y				Y							Y			
Sausage & Onion Toastie	Y	Y	Y	Y	Y		Y	M	M	Y	Y	M									M	Y	Y	Y		
Southern Fried Chicken Wrap	Y	Y		Y			Y		M		Y										Y	Y				
Tuna & Sweetcorn Sandwich	Y	Y	Y	Y	Y		Y	Y	M	Y	Y	M											Y	Y		
Tuna Melt Panini	Y	Y	Y	Y	Y		Y	Y	M	Y	Y	M											Y	Y		

# Allergens – Snacks & Bakery

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Snacks & Bakery	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
All Butter Cheese Scone	Y	Y					Y				Y															
All Butter Scone	Y	Y					Y				Y															
All Butter Sultana Scone with Butter & Jam	Y	Y					Y				Y															
BlueberryMuffin	Y	Y	M	M	M		Y			M	Y	M														
Bread & Butter	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
British Blackcurrant Victoria Sponge	Y	Y					Y			M	Y	M												M		
Carrot Cake		Y					Y				Y	Y			Y									Y		
Cherry Bakewell Muffin	Y	Y					Y			M	M	Y	Y											Y		
ChocolateMuffin	Y	Y	M	M	M		Y			Y	Y	M														
Chocolate Orange Cake	Y	Y					Y			Y	Y	M														
Clotted Cream											Y															
Gluten Free Sultana Scone							Y				Y	M														
Handmade Granola Slice	Y				Y		M			M	Y	Y	Y				Y							Y		
Milk Chocolate Cookie	Y	Y					Y		M	Y	Y	M											M			
Millionaire's Shortbread	Y	Y					Y		M	Y	Y	M														
Lemon & Elderflower Loaf Cake	Y	Y					Y			M	Y	M												M		
Lemon Loaf Cake	Y	Y					Y				Y	M														
Lemon Curd Muffin	Y	Y					Y			M	Y	M												Y		
Three Tier Victoria Sponge	Y	Y					Y				Y	M														
Tunnocks Caramel Wafer	Y	Y								Y	Y															
Tunnocks Teacake	Y	Y					Y			Y	Y															
Toasted Teacake with Butter & Jam	Y	Y		M			M		M	Y	Y	M											M			
Ultimate Brownie	Y	Y					Y			Y	Y	M														
Welsh Cakes	Y	Y					Y				Y															

# Allergens – Sides

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Sides	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																										
Butter portion											Y															
Chips	Y	Y																								
Garlic Bread	Y	Y								M	M															
Garlic & Coriander Mini Naan	Y	Y									Y															
Grated Cheese											Y															
Gravy	Y	Y		Y						Y	Y										Y					
Jam Portion																										
Marmalade Portion																										
Mash Potato											Y															
Mayonnaise							Y				Y											Y				
Onion Rings	Y	Y	M	Y																						
Oven Baked Chips	Y	Y																								
Peas																										
Rice																										
Side Salad																										
Sweet Potato Fries	M	M																								
Pappadums												M														