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.

The Café

Allergens – Drinks

Allergen Update: Please note our hot chocolate & mocha drinks may contain traces of milk

The Café

kcal are declared per serving. Adults need around 2000 kcal per day
Y = Product/dish contains relevant allergen.
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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	10 kcal																										
Americano with Almond	20 kcal												Y	Y													
Americano with with Semi Skimmed Cow's Milk	40 kcal											Y															
Americano with Lactose Free Milk	30 kcal											Y															
Americano with Oat	40 kcal	Y				Y																					
Americano with Soya	30 kcal										Y																
Babyccino with Almond (no cocoa)	25 kcal												Y	Y													
Babyccino with with Semi Skimmed Cow's Milk	50 kcal											Y															
Babyccino with Lactose Free Milk (no cocoa)	35 kcal											Y															
Babyccino with Oat (no cocoa)	60 kcal	Y				Y																					
Babyccino with Soya (no cocoa)	40 kcal										Y																
Berry Tea	0 kcal																										
Cappuccino with Almond (no cocoa)	55/70 kcal												Y	Y													
Cappuccino with with Semi Skimmed Cow's Milk	100/130 kcal											Y															
Cappuccino with Lactose Free Milk (no cocoa dusting)	80/100 kcal											Y															
Cappuccino with Oat (no cocoa)	120/155 kcal	Y				Y																					
Cappuccino with Soya (no cocoa)	85/110 kcal										Y																
Caramel Syrup	25 kcal																										
Chai Latte with Almond	135/180 kcal												Y	Y													
Chai Latte with with Semi Skimmed Cow's Milk	195/255 kcal											Y															
Chai Latte with Lactose Free Milk	165/220 kcal											Y															
Chai Latte with Oat	225/290 kcal	Y				Y																					
Chai Latte with Soya	175/235 kcal										Y																

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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
Chocolate Protein Milkshake (cannot be made dairy free)	270 kcal	M					M	M			Y	Y															
Cocoa Dusting	5 kcal											M															
Decaf Tea with Almond	10 kcal												Y	Y													
Decaf Tea (Black)	0 kcal																										
Decaf Tea with with Semi Skimmed Cow's Milk	30 kcal											Y															
Decaf Tea with Lactose Free Milk	20 kcal											Y															
Decaf Tea with Oat	30 kcal	Y				Y																					
Decaf Tea with Soya	20 kcal										Y																
Earl Grey with Almond	10 kcal												Y	Y													
Earl Grey (Black)	0 kcal																										
Earl Grey with with Semi Skimmed Cow's Milk	30 kcal											Y															
Earl Grey with Lactose Free Milk	20 kcal											Y															
Earl Grey with Oat	30 kcal	Y				Y																					
Earl Grey with Soya	20 kcal										Y																
Espresso	5 kcal																										
Espresso with Almond	15 kcal												Y	Y													
Espresso with with Semi Skimmed Cow's Milk	35 kcal											Y															
Espresso with Lactose Free Milk	25 kcal											Y															
Espresso with Oat	35 kcal	Y				Y																					
Espresso with Soya	25 kcal										Y																
Finest Assam Tea with Almond	10 kcal												Y	Y													
Finest Assam Tea (Black)	0 kcal																										
Finest Assam Tea with with Semi Skimmed Cow's Milk	30 kcal											Y															

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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
Finest Assam Tea with Lactose Free Milk	20 kcal											Y															
Finest Assam Tea with Oat	30 kcal	Y				Y																					
Finest Assam Tea with Soya	20 kcal										Y																
Finest Breakfast Tea with Almond	10 kcal												Y	Y													
Finest Breakfast Tea (black)	0 kcal																										
Finest Breakfast Tea with with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Breakfast Tea with Lactose Free Milk	20 kcal											Y															
Finest Breakfast Tea with Oat	30 kcal	Y				Y																					
Finest Breakfast Tea with Soya	20 kcal										Y																
Finest Ceylon Tea with Almond	10 kcal												Y	Y													
Finest Ceylon Tea (Black)	0 kcal																										
Finest Ceylon Tea with with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Ceylon Tea with Lactose Free Milk	20 kcal											Y															
Finest Ceylon Tea with Oat	30 kcal	Y				Y																					
Finest Ceylon Tea with Soya	20 kcal										Y																
Finest Darjeeling Tea with Almond	10 kcal												Y	Y													
Finest Darjeeling Tea (Black)	0 kcal																										
Finest Darjeeling Tea with with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Darjeeling Tea with Lactose Free Milk	20 kcal											Y															
Finest Darjeeling Tea with Oat	30 kcal	Y				Y																					
Finest Darjeeling Tea with Soya	20 kcal										Y																
Finest Vanilla Chai Tea with Almond	10 kcal												Y	Y													

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Finest Vanilla Chai Tea (Black)	0 kcal																										
Finest Vanilla Chai Tea with with Semi Skimmed Cow's Milk	30 kcal											Y															
Finest Vanilla Chai Tea with Lactose Free Milk	20 kcal											Y															
Finest Vanilla Chai Tea with Oat	30 kcal	Y				Y																					
Finest Vanilla Chai Tea with Soya	20 kcal										Y																
Flat White with Almond	60 kcal												Y	Y													
Flat White with with Semi Skimmed Cow's Milk	110 kcal											Y															
Flat White with Lactose Free Milk	85 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	25 kcal																										
Hot Chocolate with Almond	165/180 kcal											M	Y	Y													
Hot Chocolate with with Semi Skimmed Cow's Milk	230/260 kcal											Y															
Hot Chocolate with Lactose Free Milk	200/220 kcal											Y															
Hot Chocolate with Oat	255/295 kcal	Y				Y						M															
Hot Chocolate with Soya	210/235 kcal										Y	M															
Iced Latte with Almond	35 kcal												Y	Y													
Iced Latte with with Semi Skimmed Cow's Milk	65 kcal											Y															
Iced Latte with Lactose Free Milk	50 kcal											Y															
Iced Latte with Oat	75 kcal	Y				Y																					
Iced Latte with Soya	55 kcal										Y																

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Latte with Almond	70/80 kcal												Y	Y													
Latte with with Semi Skimmed Cow's Milk	130/160 kcal											Y															
Latte with Lactose Free Milk	100/120 kcal											Y															
Latte with Oat	155/195 kcal	Y				Y																					
Latte with Soya	110/135 kcal										Y																
Lemon & Ginger Tea	0 kcal																										
Macchiato with Almond	15 kcal												Y	Y													
Macchiato with with Semi Skimmed Cow's Milk	15 kcal											Y															
Macchiato with Lactose Free Milk	15 kcal											Y															
Macchiato with Oat	15 kcal	Y				Y																					
Macchiato with Soya	15 kcal										Y																
Mango Smoothie	110 kcal																										
Marshmallows	15 kcal																										
Mint Tea	0 kcal																										
Mocha with Almond	180/190 kcal											M	Y	Y													
Mocha with with Semi Skimmed Cow's Milk	240/270 kcal											Y															
Mocha with Lactose Free Milk	210/230 kcal											Y															
Mocha with Oat	265/305 kcal	Y				Y						M															
Mocha with Soya	220/245 kcal										Y	M															
Rooibos Tea with Almond	10 kcal												Y	Y													
Rooibos Tea (Black)	0 kcal																										
Rooibos Tea with with Semi Skimmed Cow's Milk	30 kcal											Y															
Rooibos Tea with Lactose Free Milk	20 kcal											Y															
Rooibos Tea with Oat	30 kcal	Y				Y																					

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Rooibos Tea with Soya	20 kcal										Y																
Salted Caramel Syrup	20 kcal																										
Single cream for coffee	70 kcal											Y															
Spray Dairy Cream	70 kcal											Y															
Sugar Free Caramel Syrup	0 kcal																										
Sugar Free Hazelnut Syrup	0 kcal																										
Sugar Free Salted Caramel Syrup	0 kcal																										
Sugar Free Vanilla Syrup	0 kcal																										
Vanilla Syrup	25 kcal																										
Watermelon Iced Green Tea	100 kcal																										

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																										
Avocado & Halloumi Muffin	510 kcal	Y	Y		M					M	Y	Y	M									Y	Y	M			
Bacon	125 kcal																										
Bacon Bap/Roll/Sandwich	590 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
Baked Beans	70 kcal																										
Black Pudding	215 kcal	Y	Y		Y	Y																					
Breakfast Wrap	640 kcal	Y	Y					Y			Y	Y										Y	Y		Y		
Butter Portion	75 kcal											Y															
Chorizo Breakfast Eggs on Sourdough	560 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Egg & Bacon Brioche	610 kcal	Y	Y	Y	Y			Y			Y	Y	M										M	M			
Egg Bap/Roll/Sandwich	450 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Fried Bread	190 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Fried Egg	105 kcal							Y																			
Fried Eggs on Toast	495 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Granola & Yoghurt Bowl	565 kcal	Y	Y		M	Y				M		Y	Y	Y													
Ham & Cheese Omelette	555 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Halloumi	115 kcal											Y															
Hash Brown	120 kcal	M	M									M															
Jam Portion	55 kcal																										
Lorne Sausage	325 kcal	Y	Y		M	M					Y	M													Y		
Lorne Sausage Bap/Roll/ Sandwich	590 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Marmalade Portion	50 kcal																										
Mushroom	10 kcal																										
Plum Tomato	20 kcal																										
Poached Eggs on Toast	415 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			

Allergens – Breakfast

The Café

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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
Poached Egg	65 kcal							Y																			
POD Bacon Bap	430 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y			
POD Sausage Bap	540 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Pork Sausage	120 kcal	Y	Y								Y														Y		
Pork Sausage Bap/Roll/Sandwich	590 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											Y	Y		
Potato Farls	170 kcal	Y	Y					M			M	Y	M											M			
Roast Tomato	10 kcal																										
Scrambled Eggs	135 kcal							Y				Y															
Scrambled Eggs on Toast	555 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Shakshuka Style Eggs with Sourdough	655 kcal	Y	Y	Y	Y	Y		Y		M	Y	M	M											Y			
Smashed Avocado on Sourdough	255 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Smoked Salmon & Scrambled Egg Bagel	495 kcal	Y	Y	Y	Y			Y	Y		Y	Y												M			
Soda Farls	200 kcal	Y	Y								M	Y															
Spinach	15 kcal																										
Tattie Scones	135 kcal	Y	Y					M			M	Y	M											M			
The Breakfast	840 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
The Brunch	710 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
The Scottish Breakfast	930 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Toast & Butter	240-385 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			
Ultimate Breakfast Bap/Sandwich	895 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y	Y		
Vegan Breakfast	545 kcal	Y	Y	Y	Y	Y		M		M	Y	M	M											Y			
Vegan Sausage	85 kcal										Y																
Vegan Spread Portion	60 kcal											M															
Vegetarian Sausage Bap/Roll/Sandwich	590 kcal	Y	Y	Y	Y	Y		M		M	Y	Y	M											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
Beans Jacket Potato	295 kcal											Y															
Beyond Burger with Fries	920 kcal	Y	Y																			Y	Y	M			
Cheese Jacket Potato	555 kcal											Y															
Cheese & Beans Jacket Potato	460 kcal											Y															
Chicken Burger	450 kcal	Y	Y	Y	Y		M	Y	M	M	Y	Y	M									Y	Y	Y	Y		
Chicken Burger with Fries	785 kcal	Y	Y	Y	Y		M	Y	M	M	Y	Y	M									Y	Y	Y	Y		
Crispy Chicken Strips & Fries with Coleslaw	830 kcal	Y	Y					Y				Y										Y	Y				
Hand Battered Fish & Chips with Peas and Tartare Sauce	885 kcal	Y	Y				M	Y	Y		Y	Y											Y				
Loaded Nachos	665 kcal	Y	Y		M			Y			M	Y															
Macaroni Cheese	625 kcal	Y	Y								M	Y	M										Y				
Moroccan Chicken Rice Bowl	455 kcal	Y	Y				M	M	M	M	Y	Y	M									Y	M	M	Y		
Plain Jacket Potato	225 kcal											Y															
Tuna Mayo & Spring Onion Jacket Potato	340 kcal	M						Y	Y		M	Y										M	Y		M		
Wholetail Scampi & Chips with Peas & Tartare Sauce	620 kcal	Y	Y			Y	Y	Y	M			Y											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																										
British Pork Sausages	240 kcal	Y	Y								Y														Y		
Carrot & Swede Mash	50 kcal											Y															
Chicken Goujons	145 kcal	Y	Y		M																	Y	Y				
Chocolate Milkshake (with skimmed cows milk)	75 kcal											Y															
Chunky Chips	160 kcal	Y	Y																								
Fish Fingers	170 kcal	Y	Y						Y																		
Garlic Bread Side	120 kcal	Y	Y								M	Y															
Hidden Veg Mac n Cheese	255 kcal	Y	Y									Y	M														
Little Avocado on Toast (no butter)	195 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 Eggs on Toast	275 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M											Y			
Milk Drink (cow's milk)	100 kcal											Y															
Peas	70 kcal																										
Strawberry Milkshake (with skimmed cows milk)	75 kcal											Y															
Sweetcorn	50 kcal																										
Sweet Potato Fries	165 kcal	Y	Y								Y																
Veg Sticks	25 kcal																										

Allergens – Wraps, Toasties & Paninis

The Café

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.

Wraps, Toasties & Paninis	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
Cheese & Tomato Sourdough Toastie	490 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Fish Finger Wrap	415 kcal	Y	Y					Y	Y			Y											Y				
Goats Cheese & Red Onion Chutney Toastie	410 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Ham & Cheese Sourdough Toastie	410 kcal	Y	Y	Y	Y	Y		Y		M	Y	Y	M										Y	Y			
Mozzarella, Tomato & Pesto Toastie	500 kcal	Y	Y	Y	Y	Y		Y	M	M	Y	Y	Y				Y					M	Y	Y	M		
Southern Fried Chicken Wrap	675 kcal	Y	Y		Y					M	Y	Y	M									Y	Y	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
Belgian Chocolate Fudge Cake	565 kcal	Y	Y		M	M		Y		M	Y	Y	M												M		
Blueberry Muffin	370 kcal	Y	Y		M	Y		Y			M	M	M														
Caramel Shortbread	320 kcal	Y	Y					M			Y	Y	M														
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															
Finest* Triple Belgian Chocolate Cookie	305 kcal	Y	Y					M		M	Y	Y	M											M			
Finest* Triple Chocolate Shortbread	320 kcal	Y	Y					M		M	Y	Y	M											M			
Lemon & White Chocolate Cake	570 kcal	Y	Y		M	M		Y		M	Y	Y	M												M		
Sicilian Lemon Curd Muffin	390 kcal	Y	Y		M	M		Y			M	Y	M												Y		
Triple Chocolate Muffin	405 kcal	Y	Y		M	M		Y			Y	Y	M														
Tunnocks Teacake	105 kcal	Y	Y					Y			Y	Y	M														
Ultimate Brownie	365 kcal	Y	Y		M	M		Y			Y	Y	M														
Viennese Mince Pies	350 kcal	Y	Y					Y			M	M	M											M			
Victoria Sponge Muffin	415 kcal	Y	Y		M	M		Y			M	Y	M														
Welsh Cakes	330 kcal	Y	Y					Y			M	Y											M		Y		

Allergens – Sides

The Café

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.

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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	Y	Y		
Bread & Butter	240- 385 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	280 kcal	Y	Y																								
Coleslaw	95 kcal							Y				Y															
English Mustard	-	Y	Y		M			M			M											M	Y		M		
Garlic Bread	240 kcal	Y	Y								M	Y															
Grated Cheese	165 kcal											Y															
Gravy	30 kcal	Y	Y		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																										
Peri Peri Mayonnaise	-																										
Seasoned Skin On Fries	335 kcal																										
Side Salad	15 kcal																										
Sweet Potato Fries	285 kcal	Y	Y								Y																
Tartare Sauce	80 kcal	Y	Y					Y				Y											Y				
Vegan Spread Portion	60 kcal											M															
Vinegar	-	Y			Y																						