

BREAKFAST HOT SNACKS	Sulphur Dioxide	Fish	Crustaceans	Molluscs	Milk	Nuts	Peanuts	Sesame Seeds	Celery	Mustard	Egg	Lupin	**Gluten	Soya
Sausage in a Roll	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	YES
Bacon in a Roll	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	YES
Egg and Bacon Muffin	NO	NO	NO	NO	NO	NO	NO	MAY	NO	NO	YES	NO	YES WHEAT	YES
Croissant	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES WHEAT	NO
Pain au Chocolate	NO	NO	NO	NO	YES	MAY	NO	NO	NO	NO	YES	NO	YES WHEAT	YES
Pain au Raisin	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES WHEAT	NO
Mini Cheese & Onion Past	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Mini Cornish Pastie	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Toasted Cheddar and Ham	NO	NO	NO	NO	YES	MAY	NO	MAY	NO	NO	NO	NO	YES WHEAT	YES
Toasted AllDay Breakfast	YES	NO	NO	NO	YES	MAY	NO	MAY	NO	NO	NO	NO	YES Wheat & Oats	YES
Lamb Samosa	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	YES
Vegetable Samosa	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Lamb Samosa	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Chicken Samosa	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Cheese and Tomato Pizza	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Jacket Potato with Cheese	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Jacket Potato with Cheese and Bacon	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Pepperoni Wrapido	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Margherita Pizza Wrapido	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Chicken Fajita Wrapido	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	YES
Chicken Burger in a Bun	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
BBQ Chicken Calzone	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Meatball Marinara Calzone	NO	NO	NO	NO	YES	NO	NO	NO	YES	NO	NO	NO	YES WHEAT	NO
Sausage Roll	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	YES WHEAT	NO
MILK	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Weetabix	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES Wheat, Barley	
Cheerios	NO	NO	NO	NO	NO	MAY	NO	NO	NO	NO	NO	NO	YES Wheat, Oats, Barley	
Coco Pops	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Rice Krispies	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES BARLEY	NO

Honey Monster Puffs	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Weetos	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	NO
Toast	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES WHEAT	YES
Brown Sauce	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES RYE	NO
Tomato Ketchup	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Flora	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Marite Portion	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Jam or Marmalade Portion	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

**All allergy information is for actual ingredients present in product at time of sale**

If in doubt about your allergies and a dish you have eaten before please ensure you have asked staff if they have made product substitutions and check the list above for manual updates

Whilst we take the issue of food allergies and intolerances seriously all dishes are prepared in one catering environment. Therefore with the exception of all nut dishes, which are banned, any food items may contain traces of the allergens listed and other allergens we are not required to declare.

\*\*Gluten is a protein component of wheat, rye, barley, oats, spelt and kamut