

# Allergen information

All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies. Our vegan items are made to vegan recipes however are not suitable for those with dairy & egg allergies.

|   | Egg | Fish | Milk (lactose) | Peanuts | Sesame | Crustaceans | Soya | Tree nuts | Cereals containing gluten | Sulphites  | Celery | Mustard | Lupin | Molluscs |
|---|-----|------|----------------|---------|--------|-------------|------|-----------|---------------------------|------------|--------|---------|-------|----------|
| <b>Bread</b>  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Italian white bread   |     |      |                |         |        |             | Y    |           | Wheat                     |            |        |         |       |          |
| Sesame (white bread with sesame seeds)                      |     |      |                |         | Y      |             | Y    | MC        | Wheat                     |            |        |         |       |          |
| Cheese Oregano (white bread with cheese oregano)            |     |      | Y              |         |        |             | Y    |           | Wheat                     |            |        |         |       |          |
| Honey Oat (wholegrain bread with honey and oat flakes)      |     |      |                |         |        |             | Y    |           | Wheat, Barley, Oat        |            |        |         |       |          |
| Wholegrain bread (whole wheat bread with seed mixture)      |     |      |                |         |        |             | Y    |           | Wheat, Barley             |            |        |         |       |          |
| Tortilla Wrap   |     |      |                |         |        |             |      |           | Wheat                     |            |        |         |       |          |
| Gluten free bread   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| <b>Meat, Poultry, Fish, Eggs &amp; Plant-Based Proteins</b> |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Pepperoni   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Salami  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Tuna mix  | Y   | Y    |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Philly Beef   |     |      |                |         |        |             | Y    |           | Barley                    |            |        |         |       |          |
| Chicken Breast  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Sliced Chicken  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Rotisserie-Style Chicken                                    |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Chicken Teriyaki  |     |      |                |         | Y      |             | Y    |           | Wheat                     |            |        |         |       |          |
| Chicken Fajita  |     |      |                |         |        |             |      |           | Wheat                     |            |        |         |       |          |
| Chicken Tandoori  |     |      |                |         |        |             |      |           | Barley                    |            |        |         |       |          |
| Ham †   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Turkey †  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| BBQ Rib   |     |      |                |         |        |             |      |           | Barley                    |            |        | Y       |       |          |
| Bacon   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Spicy Vegan Patty   |     |      |                |         |        |             | Y    |           | Wheat                     |            | Y      | MC      |       |          |
| Plant-based Chicken Teriyaki                                |     |      |                |         | Y      |             | Y    |           | Wheat                     |            | MC     | MC      |       |          |
| Omelet  | Y   |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Chicken Nacho Bites   |     |      | MC             |         |        |             | MC   |           | Wheat                     |            |        |         |       |          |
| <b>Cheese &amp; Vegetables</b>                              |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| American style processed cheese                             |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Sliced mozzarella   |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Mozzarella & emmental mix                                   |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Cream cheese  |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Red cheddar   |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Vegan Slices  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Jalapeños   |     |      |                |         |        |             |      |           |                           | Y          |        |         |       |          |
| Olives  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Pickles   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Sunblush semi-dried tomatoes                                |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Caramelised red onions                                      |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Sweetcorn   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Tomatoes, cucumbers, peppers, red onions                    |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Carrot, rocket, spinach                                     |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Lettuce   |     |      |                |         |        |             |      |           |                           |            | MC     |         |       |          |
| Apple   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| <b>Sauces &amp; Condiments</b>                              |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Vegan Hickory BBQ   |     |      |                |         |        |             |      |           | Barley                    |            | Y      |         |       |          |
| Caesar  | Y   |      | Y              |         |        |             | Y    |           | Wheat                     |            |        |         |       |          |
| Chipotle Southwest  | Y   |      |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Honey Mustard   |     |      |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Lite Mayonnaise   | Y   |      |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Yoghurt   |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Hot Sauce   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Pesto   |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |
| Salsa   |     |      |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Sweet Onion   |     |      |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Garlic & Herb (vegan)                                       |     |      |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Truffle Sauce   | Y   |      |                |         |        |             |      |           |                           |            |        | Y       |       |          |
| Teriyaki Glaze  |     |      |                |         | Y      |             | Y    |           | Wheat                     |            |        |         |       |          |
| Balsamic vinegars   |     |      |                |         |        |             |      |           |                           | Y          |        |         |       |          |
| Olive oil   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Crispy Onions   |     |      |                |         |        |             |      |           | Wheat                     |            |        |         |       |          |
| Guacamole   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Salt/Pepper   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Chipotle Southwest Seasoning                                |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Potato Bites  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Nachos (Doritos® Nacho Cheese)                              |     |      | Y              |         |        |             | MC   |           | Wheat                     |            |        |         |       |          |
| <b>Cookies</b>  |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Double Chocolate Cookie (vegan)                             | MC  |      | MC             |         |        |             | Y    | MC: Nuts  | Wheat                     |            |        |         |       |          |
| Chocolate Chunk Cookie                                      | Y   |      | Y              |         |        |             | Y    | MC: Nuts  | Wheat                     |            |        |         |       |          |
| Chocolate Chip with Rainbow Candy Cookie                    | Y   |      | Y              |         |        |             | Y    | MC: Nuts  | Wheat                     |            |        |         |       |          |
| White Chip Macadamia Nut Cookie                             | Y   |      | Y              |         |        |             | Y    | MC        | Macadamia                 | Wheat      |        |         |       |          |
| Lemon Buttermilk Cookie                                     | Y   |      | Y              |         |        |             | Y    | MC: Nuts  | Wheat                     |            |        |         |       |          |
| Salted Caramel Cookie                                       | Y   |      | Y              |         |        |             | MC   | MC: Nuts  | Wheat                     |            |        |         |       |          |
| Carrot Cake Cookie  | MC  |      | Y              |         |        |             | Y    | MC        | Pecan                     | Wheat, Oat |        |         |       |          |
| <b>Drinks</b>   |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Drinks from dispenser                                       |     |      |                |         |        |             |      |           |                           |            |        |         |       |          |
| Coffee / Tea  |     |      | MC             |         |        |             |      |           |                           |            |        |         |       |          |
| Cappuccino / Latte Macchiato / Milk coffee / Hot chocolate  |     |      | Y              |         |        |             |      |           |                           |            |        |         |       |          |

† Assembled from pieces of meat.

**Y** = Allergen contained in the product

**MC** = May contain: The allergen is present at the manufacturing site of the ingredients and could contaminate the ingredient

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