

Allergen Menu

Meal or Product below CONTAINS	Gluten	Crustacean	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BREAKFAST														
Orange Juice														
Homemade Granola & Yogurt	Wheat/ Rye Oat/ Barley					X X		Hazelnut Cashew				X X		
Sourdough toast	Wheat/ Rye													
Brown toast	wheat										X			
Porridge	oat					X								
Acai smoothie bowl	Wheat/ Rye Oat/ Barley							Hazelnut Cashew			X X	X		
Eggs on toast	wheat		X			X								
Brown Scone	wheat		X			X					X			
Raisin Scone	wheat		X			X								
Blueberry scone	wheat		X			X								
Raspberry Scone	wheat		X			X								
Chocolate twist	wheat		X			X								
Pain Au Choc	wheat		X			X								
Pain au Raisin	wheat		X			X								
Crossant	wheat		X			X								

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Almond Croissant	wheat		X			X		Almond						
Fruit Danish	wheat		X			X								
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DISPLAY CAKES/ DESSERTS														
Scones	wheat		X			X								
Pastries	wheat		X			X								
Custard Tart	wheat		X			X								
Banana bread log	wheat		X			X					X			
Coffee cake log	wheat		X			X		walnut						
Jam Bakewell	wheat		X			X		almond						
Friand			X			X		almond						
Chocolate brownie			X			X								
Waffle	wheat		X			X		Almond						
Pancakes	wheat		X			X		walnut						
Orange & Almond			X			X		almond						
White chocolate, Banana & Caramel brownie			X		X	X								
Chocolate & Hazelnut brownie			X		X	X		hazel						
Chocolate chip cookie	wheat		X		X	X								
Rockey Road Square	wheat				X	X								

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Caramel Square	wheat		X		X	X									
Mince Pies	wheat		X			x			Hazelnut						
									Almond						
									Walnut						
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BREADS/ SMOOTHIES															
Sourdough bread	Wheat/Rye														
Wholemeal bread	Wheat										X				
Ciabatta	Wheat														
Wrap	Wheat														
Filled Flatbread	Wheat					X									
Bagel with cream cheese	wheat					X					X				
Bagel with cream cheese & Bacon	wheat					X					X				
Bagel with bacon	wheat										X				
Bagel with chorizo & cheese	wheat					X					X				
Bagel with ham & cheese	wheat					X					X				
Bagel with ham & cheese	wheat					X					X				

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CONDIMENTS/ SIDES														
Walnuts								X						
Healthy seed mix											X			
Stewed Apple														
Compote														
Red Onion Marmalade												X		
Basil Pesto						X		cashew						
Gusto Chilli Sauce												X		
Citrus Yogurt						X								
Mayonnaise			X							X		X		
Honey Dijon Mayonnaise			X							X		X		
Salad dressing														
Fresh Chorizo						X								
Panchetta														
Haloumi						X								
Rustic Potatoes														
Poached Egg			X											
Avocado														

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HOT DISHES														
Soup						X								
Soup & Bread	Wheat/ Rye					X								
Meatballs in tomato sauce									X	X		X		
Meatballs & wholemeal pasta	Wheat								X	X		X		
Meatballs & crusty bread	Wheat/Rye					X			Cashew	X		X		
Meatballs Dish with Parmesan & Pesto	Wheat/ Rye					X			Cashew					
Chicken tagine														
Chickne tagine, couscous & yogurt	Wheat					X								
Italian Vegetarian stew									X					
Italian Vegetarian stew & crusty bread	Wheat					X			X					
Chickpea & kale stew with brown rice									X					
Chorizo & chickpea stew						X			X					
Italian Beef stew with rustic potatoes												X		
Lamb Kofta MeatBalls														
Lamb Kofta, citrus yogurt & flatbread	Wheat					X								
Falafel	Wheat													
Falafel, citrus yogurt & pita	Wheat					X								

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SANDWICHES														
Flying bacon	X		X			X				X				
Grilled chicken Salad	X		X											
Caprese	X					X		CASHEW						
Ham & Cheese	X					X								
Roast Mediteranean Veg	X													
Tuna salad	X		X	X					X					
Goats Cheese salad	X					X								
Ham & Mozzarella	X					X								
Italian Salami & Fontina	X		X			X								
Chicken & Mozzarella	X					X								
Chicken, chorizo & Peppers	X					X						X		
Chicken, chorizo & Goats cheese	X					X								
Chicken Bacon & cheese	X					X								
Chicken & Salami	X													
Chicken, Salami & Goats cheese	X					X								
Chicken, chorizo & feta	X					X								
Chicken, cheese & relish	X					X						X		

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SANDWICHES														
Flying bacon	X		X			X				X				
Grilled chicken Salad	X		X											
Caprese	X					X		CASHEW						
Ham & Cheese	X					X								
Roast Mediteranean Veg	X													
Tuna salad	X		X	X					X					
Goats Cheese salad	X					X								
Ham & Mozzarella	X					X								
Italian Salami & Fontina	X		X			X								
Chicken & Mozzarella	X					X								
Chicken, chorizo & Peppers	X					X						X		
Chicken, chorizo & Goats cheese	X					X								
Chicken Bacon & cheese	X					X								
Chicken & Salami	X													
Chicken, Salami & Goats cheese	X					X								
Chicken, chorizo & feta	X					X								
Chicken, cheese & relish	X					X						X		

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COFFEE/ TEA														
Espresso														
Americano														
Flatwhite						X								
Cappuccino						X								
Café Latte						X								
Café Mocha						X								
Macchiato						X								
Hot Chocolate						X								
Spiced chai latte						X								
Tea														
Cows Milk						X								
Oat Milk (Oatly Brand)														
Soya Milk					X									
Marshmallows														
Chocolate flakes						X								
Flavoured Syrups														
Fresh Cream						X								

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Couscous	Wheat													
Feta/ Haloumi						X								
Three cheese						X								
Healthy Seed mix											X			
Basil Pesto						X		Cashew						
Chicken breast														

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