



ALLERGEN STATEMENT

Allergy data detailed in the table has been derived from specifications obtained from the suppliers of the ingredients used in our products.

However, we do use peanuts, nuts, cereals containing gluten, egg, soya, milk products including lactose, fish, celery, mustard, sesame seeds and sulphur dioxide/sulphites at greater than 10 ppm in our kitchens and cannot guarantee that there has been no cross contamination.

It is not possible to fully guarantee separation of these ingredients in storage and preparation, and the transport and display of finished products in the shops.

We have taken all reasonable steps to ensure that this table is accurate.

However, we cannot guarantee that the product is '100% free from' that component because of the risk of cross-contamination.

HOMEMADE CAKES

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Short bread	*	*	WHEAT	*	*	*	YES	*	*	*	*	*	*	
Caramel shortbread	*	*	WHEAT	*	*	*	YES	*	*	*	*	*	*	
Double Biscuit	*	YES	WHEAT	SULPHUR DIOXIDE	YES	*	*	*	*	*	*	*	*	
Apple Tart	*	*	WHEAT	YES	YES	*	*	*	*	*	*	*	*	
Fruit slice	*	*	WHEAT & OATS	YES	YES	*	*	*	*	*	*	*	*	
Bakewell	*	*	WHEAT	*	YES	*	*	*	*	*	*	*	*	
Doughnuts	*	*	WHEAT & OATS	*	YES	*	YES	*	*	*	*	*	*	
Plain scone	*	*	WHEAT	*	YES	*	YES	*	*	*	*	*	*	
Fruit scone	*	*	WHEAT	YES	YES	*	YES	*	*	*	*	*	*	
Cherry Scone	*	*	WHEAT	YES	YES	*	YES	*	*	*	*	*	*	
Strawberry flan	*	*	WHEAT	SULPHUR DIOXIDE	YES	*	YES	*	*	*	*	*	*	

OTHER CAKES

Product	Peanuts & products thereof	Nuts (other Than peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Carrot Cake Gluten friendly	YES	YES	*		YES	*	YES	*						
Chocolate Brownie Gluten Friendly	*	*	*		YES	YES	YES	*						

BREAD AND ROLLS

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Morning rolls	*	*	WHEAT	*	*	*	*	*	*	*	*	*	*	*
Brown rolls	*	*	WHEAT	*	*	YES	YES	*	*	*	*	*	*	*
Granary bread	*	*	WHEAT, RYE, BARLEY	*	*	YES	YES	*	*	*	*	*	*	*
White bread	*	*	WHEAT	*	*	YES	YES	*	*	*	*	*	*	*
Gluten Friendly rolls	*	*	*	*	*	YES	*	*	*	*	*	*	*	*

ICECREAM/ICEBLASTS

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Cones	*	YES	WHEAT	*	*	YES	*	*	*		*		*	
Shmoo (powder, milk cream), (ice cream flavour may contain other allergens)	*	*	WHEAT	*	YES	*	YES	*	*		*		*	
Ice cream (flavours may contain various allergens)	YES	YES	YES	*	*	*	YES	*	*		*		*	
Ice Burst	*	*	*	*	*	*	*	*	*		*		*	
Flakes / sprinkles	YES	YES	WHEAT	*	*	YES	YES	*	*		*		*	

FILLED PANINIS

Product	Filling	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame seeds & products thereof	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Crustaceans & products thereof
Chicken Mayonnaise and Mozzarella	Chicken, Mayonnaise, Mozzarella	WHEAT, BARLEY	*	YES	YES	YES	*	YES	*	*	*	*	
Tuna Mayonnaise and Cheese	mayonnaise, tuna & mayonnaise filling, iceberg lettuce	WHEAT, BARLEY	*	YES	YES	YES	*	YES	YES	*	*	*	
Cheese and Ham	Cheese, Ham	WHEAT, BARLEY	SULPHITES	*	YES	YES	*	*	*	*	*	*	
Brie and Cranberry	Brie, Cranberry Sauce	WHEAT, BARLEY	SULPHUR DIOXIDE	*	YES	YES	*	*	*	*	*	*	

FILLED SANDWICHES – WHITE

Product	Filling	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Crustaceans & products thereof
Chicken Salad	Chicken, Salad, coleslaw Side	WHEAT	*	YES	YES	*	*	YES	*	*	*	*	
Ham Salad	Ham, Salad, pickle side, salad	WHEAT	SUPHITES	YES	YES	*	*	YES	*	*	*	*	
Tuna	mayonnaise, tuna, side salad, coleslaw	WHEAT	*	YES	YES	*	*	YES	YES	*	*	*	

FILLED SANDWICHES – GRANARY

Product	Filling	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Crustaceans & products thereof
Chicken Salad	Chicken, Salad, coleslaw Side	WHEAT, RYE, BEARLEY	*	YES	YES	*	*	YES	*	*	*	*	
Ham Salad	Ham, Salad, pickle side, salad	WHEAT, RYE, BARLEY	SULPHITES	YES	YES	*	*	YES	*	*	*	*	
Tuna	mayonnaise, tuna, side salad, coleslaw	WHEAT, RYE, BEARLEY	*	YES	YES	*	*	YES	YES	*	*	*	

FILLED TOASTIES – WHITE

Product	Filling	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Crustaceans & products thereof
Chicken Mayonnaise	Chicken, Mayonnaise, salad side, coleslaw side	WHEAT	*	YES	YES		*	YES	*	*	*	*	
Cheese and Ham	Cheddar, Ham, salad side, coleslaw side	WHEAT	SULPHITES	YES	YES	YES	*	YES	*	*	*	*	
Cheese and Onion	Cheddar, White onion, salad side, coleslaw side	WHEAT	*	YES	YES	YES	*	YES	*	*	*	*	
Cheese	Cheddar, salad side, coleslaw side	WHEAT	*	YES	YES	YES	*	YES	*	*	*	*	
Cheese and Tomato	Cheddar, Tomato, Salad side, coleslaw side	WHEAT	*	YES	YES	YES	*	YES	*	*	*	*	

FILLED TOASTIES – GRANARY

Product	Filling	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Crustaceans & products thereof
Chicken Mayonnaise	Chicken, Mayonnaise, salad side, coleslaw side	WHEAT, RYE, BEARLEY	*	YES	YES		*	YES	*	*	*	*	
Cheese and Ham	Cheddar, Ham, salad side, coleslaw side	WHEAT, RYE, BARLEY	SUPHITES	YES	YES	YES	*	YES	*	*	*	*	
Cheese and Onion	Cheddar, White onion, salad side, coleslaw side	WHEAT, RYE, BEARLEY	*	YES	YES	YES	*	YES	*	*	*	*	
Cheese	Cheddar, salad side, coleslaw side	WHEAT, RYE, BARLEY	*	YES	YES	YES	*	YES	*	*	*	*	
Cheese and Tomato	Cheddar, Tomato, Salad side, coleslaw side	WHEAT, RYE, BARLEY	*	YES	YES	YES	*	YES	*	*	*	*	

WRAPS

Product	Filling	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Lupin & products thereof
Sweet Chilli Chicken Wrap	Chicken, mayonnaise, mozzarella, sweet chilli sauce, salad side, coleslaw side	YES	YES	YES	YES	YES	*	YES	*	*	*	*	*

HOT FILLED ROLLS

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Bacon unsmoked	*	*	WHEAT	SULPHITES	*	*	*	*	*	*	*		*	
Pork Link Sausage	*	*	WHEAT	SULPHITES	*	*	*	*	*	*	*		*	
Fried Egg	*	*	WHEAT	*	YES	*	*	*	*	*	*		*	
Bacon and Fried Egg	*	*	WHEAT	SULPHITES	YES	*	*	*	*	*	*		*	
Butter	*	*	WHEAT	*	*	*	YES	*	*	*	*		*	

GLUTEN FRIENDLY MEALS

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Bacon roll (unsmoked)	*	*	*	SULPHITES	*	YES	*	*	*	*	*		*	
Fried egg roll	*	*	*	*	YES	YS	*	*	*	*	*		*	
Gluten free Macaroni	*	*	*	*	*	*	YES	*	*	*	*		*	

SAVOURY PRODUCTS

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Macaroni cheese	*	*	WHEAT	*	*	*	YES		*	*	*		*	
Steak Pie	*	*	WHEAT	*	*	YES	YES	YES	*	*	*		*	
Battered Fish	*	*	WHEAT	*	*	*		*	*	YES	*		*	
Breaded Fish	*	YES	WHEAT	*	YES	*	YES	*	*	YES	*		*	
Chips	*	*	*	SULPHITES	*	*	*	*	*	*	*		*	
Chips and Gravy	*	YES	BARLEY, WHEAT	SULPHITES	YES	YES	YES	YES	YES	*	*		*	
Chips and Coleslaw	*	*	*	SULPHITES	YES	*	*	*	YES	*	*		*	
Chips and Cheese	*	*	*	SULPHITES	*	*	YES	*	*	*	*		*	

SALADS

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Chicken Salad	*	*	*	*	YES	*	*	*	YES	*	*		*	
Ham Salad	*	*	*	SULPHITES	YES	*	*	*	YES	*	*		*	
Tuna Salad	*	*	*	*	YES	*	*	*	YES	YES	*		*	
Chicken mayo salad	*	*	*	*	YES	*	*	*	YES	*	*		*	
Cheese Salad	*	*	*	*	YES	*	YES	*	YES	*	*		*	

KIDS MEALS

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Fish Fingers	*	*	WHEAT	*	*	*	*	*	*	YES	*		*	
Chicken Nuggets	*	*	WHEAT	*	*	*	*	*	*	*	*		*	
Kids Macaroni	*	*	WHEAT	*	*	*	YES		*	*	*		*	
Kids steak pie	*	*	WHEAT	*	*	YES	YES	YES	*	*	*		*	

SOUP

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Lentil	*	*	*	*	*	YES	YES	YES	*	*	*		*	
Yellow Split Pea	*	*	*	*	*	YES	YES	YES	*	*	*		*	
Green Pea	*	*	*	*	*	YES	YES	YES	*	*	*		*	
Vegetable Broth	*	*	YES	*	*	YES	YES	YES	*	*	*		*	
Potato and Veg	*	*	*	*	*	YES	YES	YES	*	*	*		*	

SIDES

Product	Peanuts & products thereof	Nuts (other than Peanuts) & products thereof	Cereals containing gluten	Sulphur Dioxide / Sulphites > 10ppm	Egg & products thereof	Soya & products thereof	Milk & products thereof including lactose	Celery & Celeriac & products thereof	Mustard & products thereof	Fish & products thereof	Sesame Seeds & products thereof	Molluscs & products thereof	Lupin & products thereof	Crustaceans & products thereof
Coleslaw	*	*	*	*	YES	*	*	*	YES	*	*		*	
Salad	*	*	*	*	*	*	*	*	*	*	*		*	
Mixed Veg	*	*	*	SULPHUR DIOXIDE	*	*	*	*	*	*	*		*	
Beans	*	*	YES	*	*	*	*	*	*	*	*		*	
Chips	*	*	*	SULPHITES	*	*	*	*	*	*	*		*	