ALLERGY INFORMATION:













GLUTEN





















VEGAN VEGETARIAN

CELERY

CEREALS CONTAINING

FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS **PEANUTS** SESAME SEEDS

SOYA

BREAD								
White Sandwich	\forall V	✓					✓	
White Small Farmhouse	\forall V	✓					✓	
Danish	\forall V	✓					✓	
White Bloomer	\forall V	✓					✓	
Seeded White Bloomer	\bigvee V	✓					✓	✓
White soft Roll	\forall V	✓					✓	
Medium Stick	$\bigvee \mathbf{V}$	✓					✓	
Seeded Medium Stick	\forall V	✓					✓	✓
Wholemeal Sandwich	\bigvee V	✓					✓	
Wholemeal Small	\forall V	✓					✓	
Granary Sandwich	\forall V	✓					✓	
Top Cobber	\forall V	✓					✓	
Demi Baguette	\forall V	✓						
Rye Bread	\forall V	✓					✓	✓
Cholla Bread	V	✓	✓	✓			✓	
Seeded Cholla Bread	V	✓	✓	✓			✓	✓
White Baguette Parisian	\forall V	✓						
Sour Dough	\forall V	✓						
Wholemeal Sour Dough	\forall V	✓						
Tiger Bread	\forall V	✓					✓	
Bridge Rolls	V	✓	✓					

ALLERGY INFORMATION:







VEGAN





























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MUSTARD

NUTS **PEANUTS** SESAME SEEDS

SOYA

BREAD						
Mutliseed Bread	\forall V	✓				✓
Mutliseed Baguette	\vee V	✓				✓
Mutliseed Bloomer	\vee V	✓				✓
Crusty Roll	\vee V	✓				
Seeded Crusty Roll	\bigvee V	✓			•	✓
BAKE OFF BREAD						
Poppy Pretzel	\forall V	✓				✓
Cheese Pretzel	V	✓	✓			
Salt Pretzel	\vee V	✓				
Bagel	\vee V	✓				
Chia and Pumpkin	\vee V	✓				✓
Panini	$\bigvee \mathbf{V}$	✓				

ALLERGY INFORMATION: DONUTS, PASTRIES & BUNS





VEGAN































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FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS **PEANUTS** SESAME SEEDS

SOYA SULPHUR DIOXIDE

BUNS						 		
Belgian Bun	\vee V	✓						
Bread Pudding	V	✓	✓	✓	•			
Chelsea Bun	$\bigvee \mathbf{V}$	✓						
Currant Bun	\vee V	✓						
Hot Cross Bun	$\bigvee \mathbf{V}$	✓						
Swiss Bun	\vee V	✓						
DONUTS								
Jam Donut	\vee \vee	✓						
Sugar Ring	\forall V	✓						
Ring Donut (Iced)	\forall V	✓						
Chocolate Custard Doughnut	V	✓		✓	•		✓	
Lemon Delight	V	✓		✓	•		✓	
Triple Chocolate Crunch	V	✓		✓	•	✓	✓	
Toffee Popcorn	V	✓		✓	•		✓	
Yummies	\bigvee V	✓						
PASTRIES								
Apples Strudel	V	✓	✓				•	
Mince Pies	V	✓	✓					
Croissant	V	✓	✓	✓				
Almond Croissant	V	✓	✓	✓		✓	✓	
Chocolate and Hazelnut Croissant	V	✓	✓	✓		✓	✓	
Pain au Raisin	V	✓	✓	✓	•	✓	✓	

ALLERGY INFORMATION:

CAKES & BISCUITS

































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FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS

PEANUTS

SESAME SEEDS

SOYA

SULPHUR DIOXIDE

MUFFINS						
Carrot Cake	٧	✓	✓	✓		✓
Lemon	V	✓	✓	✓		
Toffee and Pecan	V	✓	✓	✓	✓	
Almond	V	✓	✓	✓	✓	
Chocolate	V	✓	✓	✓		
Lemon and Blackcurrant	V	✓	✓	✓		
Coconut	V	✓	✓	✓		
BISCUITS						
Ginger Bread	V	✓	✓			✓ ✓
Triple Chocolate Cookie	V	✓	✓	✓		✓
White Chocolate Cookie	V	✓	✓	✓		✓
Viennese Finger	V	✓		✓		✓
Muffin Mini Bites	V	✓	✓	✓		
Chocolate Brownie Mini Bites	V	✓	✓	✓		
Caramel Crispy Mini Bites	V	✓	✓	✓		
Coconut Mini Bites	V		✓	✓		
Cranberry Flapjack Mini Bites	V	✓		✓		
Millionaire Shortbread Mini Bites	V	✓	✓	✓		✓
CREAM CAKES						
Chocolate Choux Bun	V	✓	✓	✓		✓
Vanilla slice	V	✓		✓		✓
Strawberry Tarts	V	✓		✓		✓

ALLERGY INFORMATION:

CAKES & BISCUITS





VEGAN































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MUSTARD

NUTS **PEANUTS** SESAME SEEDS

SOYA

SULPHUR MIXED DIOXIDE

пессерте							
DESSERTS							
Granola Pot	V	✓		✓		✓	
Trifle Pot	V	✓	✓	✓			
CAKES AND CUPCAKES							
Fairy Cakes (chocolate and vanilla)	V	✓	✓	✓		✓ ✓	
Cornflake Cake	V	✓		✓		✓	
Scones	V	✓	✓	✓			
Coconut Cheesecake	V	✓	✓	✓		✓	
Bar Cake Lemon	V	✓	✓	✓			
Bar Cake Marble	V	✓	✓	✓			
Bake Cake Madeira	V	✓	✓	✓			
Bake Cake Sultana	V	✓	✓	✓			
Cup Cakes (chocolate/ Vanilla)	V	✓	✓	✓		✓ ✓	
Triple Chocolate Slice	V	✓	✓	✓			
Fancies (Vanilla/Chocolate)	V	✓	✓	✓			
Brownies	V	✓	✓	✓			
Flapjack	V	✓		✓			
Christmas Slice	V	✓	✓	✓	✓		
Millionaire Shortbread	V	✓		✓		✓	
Truffles	V	/	✓	✓	✓	✓	

ALLERGY INFORMATION:

HOT FOOD



































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NUTS **PEANUTS** SESAME SEEDS

SOYA

BAKE OFF						
Chicken and Mushroom Slice		✓		✓		
Steak Slice		✓				
Vegetable Slice	V	✓	✓	✓		✓
Cheese and Onion Slice	V	✓		✓		
Jamaican Vegetable Pattie	\forall V					
Jamaican Beef Pattie		✓				
Traditional Pasty		✓	✓			✓
Sausage Roll		✓	✓			✓
Vegan Sausage Roll	\vee V	✓			✓	✓
Ham and Cheese Croissant		✓	✓	✓		
HOT BAGUETTES						
Piri-Piri Chicken		✓		✓	✓	✓
Ham and Cheese		✓		✓	✓	
Pepperoni		✓		✓		
Vegetable	V	✓		✓	✓	
PIZZA						
Ham and Cheese		✓		✓		
Pepperoni		✓		✓		
Vegetable	V	✓		✓		

ALLERGY INFORMATION:







VEGAN































CELERY

CEREALS CONTAINING GLUTEN

FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS **PEANUTS** SESAME SEEDS

SOYA SULPHUR DIOXIDE

		0201211								
MEATS										
Sausage		✓						✓	✓	
Bacon										
SOUP										
Chicken		✓		✓	•					
Tomato	V			✓	•					
Vegetable	\forall V	✓								
PANINI										
Ham and Cheese		✓		✓	•					
Mozzarella, Pesto and Tomato	V	✓		✓	•					
Piri-Piri Chicken		✓		✓	•			✓	✓	
Southern Fried Chicken		✓	✓	✓	•					
Turkey, Bacon and Mozzarella		✓		✓	•					
HOT WRAP										
Falafel	V	✓		✓	•		✓	✓	✓	
Ham And Cheese		✓		✓	•					
Mozzarella, Pesto and Tomato	V	✓		✓	•					
Piri- Piri Chicken		✓		✓	•			✓	✓	
Southern Fried Chicken		✓	/	~	•					

ALLERGY INFORMATION:

FILLED BAGUETTES



































VEGAN VEGETARIAN CELERY

CEREALS CONTAINING GLUTEN

FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS **PEANUTS**

SESAME SEEDS

SOYA

SULPHUR DIOXIDE

MIXED SEEDS

	<u></u>											
FILLED BAGUETTES BREAD												
Demi Baguette	\bigvee V	✓										
Mutliseed Baguette	\bigvee V	✓										✓
FILLED BAGUETTES												
Cheese and Ham					✓							
Cheese and Salad	V				✓							
Ham and Salad					✓							
Chicken and Salad			✓									
Tuna and Salad			✓	✓								
Chicken and Sweetcorn			✓									
Tuna and Sweetcorn			✓	✓								
Chicken and Bacon			✓									
Southern Fried Chicken		✓	✓		✓							
Piri-Piri Chicken			✓							✓	✓	
Cheese Ploughman	V				✓							
New Yorker			✓		✓		✓					
Prawn and Lettuce			✓			✓	✓					
Falafel with Yoghurt and Mint	V		✓		✓				✓	✓	✓	
Chicken Club			✓		✓							
BLT					/							
Egg and Crest	V		✓				✓					
Egg, Tomato and Crest	V		1				/					

ALLERGY INFORMATION:

BLOOMER WEDGES





VEGAN































CELERY

CEREALS CONTAINING GLUTEN

FISH LUPIN MILK SHELLFISH

MUSTARD NUTS **PEANUTS**

SESAME SOYA SEEDS

SULPHUR DIOXIDE

		OLUTEN							
BLOOMER WEDGE BREAD									
Mutliseed Bloomer	∀ V	✓							✓
White Bloomer	\vee V	✓						✓	
BLOOMER WEDGES FILLINGS									
Cheese and Salad	V				✓				
Cheese Ploughman	V				✓				
Chicken and Bacon			✓						
Chicken and Salad			✓						
Chicken Club			✓		✓				
Egg and Cress	V		✓			✓			
Ham and Cheese					✓				
Ham and Salad					✓				
Tuna and Salad			✓	✓					
BLOOMER WEDGE BREAD									
Rye Bread	∀ V	✓						✓	✓
BLOOMER WEDGES FILLINGS									
Bloomer Wedge New Yorker			✓		✓	✓			

ALLERGY INFORMATION: SOUR DOUGH WEDGES





























SEEDS





CELERY

CEREALS CONTAINING GLUTEN

FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS

PEANUTS

SESAME SOYA

SULPHUR DIOXIDE

MIXED SEEDS

SOUR DOUGH BREAD									
Sour Dough	\forall V	✓							
SOUR DOUGH FILLINGS									
Cheese and Salad	V				✓				
Chicken and Bacon			✓						
Chicken and Salad			✓						
Ham and Cheese					✓				
Ham and Salad					✓				
Tuna and Salad			✓	✓					

ALLERGY INFORMATION: COLD WRAPS & SIMPLE ROLLS





VEGAN





























CELERY

CEREALS CONTAINING GLUTEN

FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS **PEANUTS** SESAME SEEDS

SOYA

COLD WRAPS											
Chicken and Bacon	Ī	✓	✓								
Southern Fried Chicken		✓	✓		~	•					
Tuna Crunch		✓	✓	✓							
Falafel	V	✓	✓		•	•			✓	✓	
ROLLS											
Cheese Simple	V	✓			~	•				✓	
Chicken Simple		✓	✓							✓	
Egg Simple	V	✓	✓				✓			✓	
Ham Simple		✓			•	•				✓	
Tuna Simple		✓	✓	✓						✓	

ALLERGY INFORMATION:





























SESAME

SEEDS







CELERY

CEREALS CONTAINING GLUTEN

FISH LUPIN MILK SHELLFISH

MUSTARD

NUTS

PEANUTS

SOYA

SULPHUR DIOXIDE

MIXED SEEDS

SALAD POTS										
Southern Fried Chicken		✓	/	✓	✓			✓	✓	
Falafel	V			✓	✓		✓	✓	✓	
Feta	V			✓	✓			✓	✓	
Tuna			/ ~		✓			✓	✓	