

Allergen Menu

Meal or Product below CONTAINS	Gluten	Crustaceans	Eggs	Fish	Soybeans	Milk	Peanuts	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BREAKFAST														
Orange Juice														
Homemade Granola & Yogurt	Wheat/ Rye					X		Hazelnut				Dried Apricot		
	Oat/ Barley					X		Cashew						
Sourdough toast	Wheat/ Rye													
Brown Wholemeal toast	wheat										X			
Porridge	oat					X								
Acai smoothie bowl	Wheat/ Rye							Hazelnut			X	Dried Apricot		
	Oat/ Barley							Cashew			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						
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			X		X	X								
Rockey Road Square					X	X								
Caramel Square			X		X	X								
Fresh Cream						X								

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Mince Pies	wheat		X			x		Hazelnut						
								Almond						
								Walnut						
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BREAKFAST/ LUNCH														
Soup						X			X					
Soup & Sourdough Bread	wheat/ Rye					X			X					
Grilled Chicken Sandwich	wheat		X							X		X		
Caprese Sandwich	wheat					X		cashew						
Roast Mediterranean Veg Sandwich	wheat											X		
Three cheese & Ham Sandwich	wheat					X						X		
Goats cheese Sandwich	wheat					X					X	X		
Tuna salad Sandwich	wheat		X	X					X			X		
Flying Bacon Sandwich	wheat		X			X				X				
Avocado & Goats cheese toast	Wheat/Rye					X								
Haloumi & Sunblushed tomato toast	Wheat/Rye					X		cashew						
Crushed avocado & Feta toast	Wheat/Rye					X					X			
Sweet potato & caramelised onion toast	Wheat/Rye					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 Mayonaisse			X							X		X		
Salad dressing														
Fresh Chorizo						X								
Panchetta														
Haloumi						X								
Rustic Potatoes														
Poached Egg			X											
Avocado														

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Sourdough bread	Wheat/Rye													
Wholemeal bread	Wheat										X			
Ciabatta	Wheat													
Wrap	Wheat													
Flatbread	Wheat													
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			
Power smoothie	Oat					X								
Summer berry smoothie						X								
Vegan matcha smoothies														
Jungle fruit smoothie														

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LUNCH/ HOT DISHES														
Soup						X			X					
Soup & Bread	Wheat/ Rye					X			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														
B.L.T	Wheat		X							X		X		
B.L.T with avocado	Wheat		X							X		X		
Pastrami Beef Reuben	Wheat		X							X		X		
Roast Meditteranean Veg	Wheat													
Tuna with boiled egg	Wheat		X						X	X		X		
Tuna Salad	Wheat		X						X	X		X		
Pastrami Beef	Wheat		X							X		X		
Turkey, Stuffing & cranberry	Wheat		X							X		X		
Three Cheese & onion	Wheat					X						X		
Wholemeal / Brown	Wheat													
Organic Sourdough	Wheat/Rye													
Ciabatta	Wheat													
Flatbread	Wheat													
Pitta Bread	Wheat													
Wrap	Wheat													

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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														
Iced Americano														
Iced Latte						X								
Fresh Cream						X								

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SALADS														
Chickpea														
Chickpea & Butterbean														
Orzo Pasta	Wheat													
Wholemeal Penne pasta	Wheat													
Spiral Pasta	Wheat													
Giant Couscous	Wheat													
Bulgar Wheat	Wheat													
Pearl Barley	Barley													
Brown Basmati Rice														
Black Jasmine Rice														
Quinoa														
Red Quinoa														
Mixed Bean Salad														
Couscous	Wheat													

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SALADS sides														
Feta						X								
Three cheese						X								
Healthy Seed mix											X			
Basil Pesto						X		Cashew						
Chicken breast														
Haloumi						X								