

Product Name	Wheat	Rye	Barley	Oats	Spelt	Khorasan Wheat	Milk	Eggs	Soya	Almonds	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brasil Nuts	Pistachio Nuts	Macadamia Nuts	S02 & Sulphite >10ppm	Sesame Seed	Peanuts	Mustard	Celery	Lupins	Crustaceans	Molluscs	Fish
Blueberry Muffin (new recipe)	✓						✓	✓																		
Salted Caramel Muffin	✓						✓	✓																		
Chocolate Hazelnut Muffin	✓						✓	✓	✓		✓															
Double Chocolate Muffin	✓						✓	✓	✓																	
Raspberry Cheesecake Muffin (old recipe)	✓						✓	✓	✓																	
Chocolate & Vanilla Muffin (old recipe)	✓						✓	✓	✓																	
Raspberry & White Chocolate Muffin	✓	✓	✓	✓																						
Chocolate Chunk Muffin	✓						✓	✓	✓																	
Cristal Donut (new recipe)	✓						✓		✓																	
White Donut	✓						✓		✓																	
Chocolate and Hazelnut Donut	✓						✓		✓		✓															
Dark Donut	✓						✓		✓																	
Banana Bread (new recipe)	✓						✓	✓				✓														
Carrot Loaf Cake (new recipe)	✓						✓	✓																		
Lemon Loaf Cake (new recipe)	✓						✓	✓																		
Chocolate Truffle Loaf cake	✓		✓				✓	✓	✓	✓																
Cookies & Cream Cake	✓						✓	✓	✓																	
New York Cheesecake (new recipe)	✓			✓			✓	✓																		
Raspberry Cheesecake (new recipe)	✓			✓			✓	✓	✓																	
Chocolate Lover Cake	✓						✓	✓	✓																	
Apple Pie	✓						✓	✓																		

WE CANNOT GUARANTEE THAT ANY OF OUR PRODUCTS ARE FREE FROM ALLERGENS (INCLUDING MILK/DAIRY, EGGS, SOYA, NUTS, PEANUTS, GLUTEN AND OTHERS) AS WE USE SHARED EQUIPMENT TO STORE, PREPARE AND SERVE THEM! All of our products sold unwrapped may contain traces of all allergens (for prepacked products, please refer to the label for cross contamination information, apart from Snacks and Ready to drink beverages, which are reported below)

✓ : Allergen present in the product

T : Traces of the allergen

Product Name	Cereals containing Gluten	Milk	Eggs	Soybeans	Nuts	S02 & Sulphites >10ppm	Sesame Seeds	Peanuts	Mustard	Celery	Lupins	Crustaceans	Molluscs	Fish
FRUIT SALAD														
FOREST FRUIT & NUT YOGHURT		✓			✓									
VEGAN BERRY BIRCHER	✓													
Apple Cranberry Bircher	✓	✓			✓			✓						
Warm & Toasted Bagel	✓			✓										
PASTRAMI PRETZEL	✓	✓	✓	✓		✓	✓		✓	✓				
TUNA MELT PANINI	✓	✓	✓	✓			✓		✓					✓
CHICKEN & AVOCADO SANDWICH	✓	✓	✓	✓					✓					✓
HOUSE CHICKEN SALAD	✓	✓	✓						✓					✓
ITALIAN PASTA SALAD WITH GRILLED VEGGIES	✓	✓												
Breakfast Croissant Bun (new recipe)	✓	✓	✓	✓		✓			✓					
Egg & Vegetable Croissant Bun	✓	✓	✓			✓			✓					
CREAM CHEESE BAGEL	✓	✓					✓							
Prosciutto Bagel	✓	✓	✓	✓			✓		✓					
SANDWICH BLT	✓		✓	✓			✓		✓					
ALL DAY BREAKFAST	✓		✓						✓					
CROISSANT HAM CHEESE REGULAR	✓	✓												
CHIPOTLE CHICKEN BAGUETTE	✓	✓	✓	✓			✓		✓					
Mozzarella Vegetable Focaccia (new recipe)	✓	✓	✓											
HAM & CHEESE TOASTIE (new recipe)	✓	✓							✓					
FIVE CHEESE TOASTIE (new recipe)	✓	✓							✓					

Kettle Lightly Salted Crisps														
Kettle Chips Honey BBQ														
Gold Coin		✓		T	T			T						
Shortbread Biscuit	✓	✓												
Peanut & Cashew Bar		T		✓	✓		T	✓						
Dark Chocolate	T	T		T	T									
Milk Chocolate	T	✓		T	T									
Almond Biscotti	✓	✓	✓		✓									
Smoked Almonds	✓				✓									
Fruit & Nuts Mix					✓	✓	T	T						
Caramel Waffles	✓	✓		✓										
Mini Caramel Waffles	✓	✓		✓										
Bearista Cookie	✓	T	✓	T	T									
Super Smoothie - Energy 300 ML														
Super Smoothie - Antioxydant 300 ML														
Super Smoothie - Defense (culture crush) 300 ML														
Super Smoothie - Super bleu 300 ML														
Super Smoothie - Rock & The Oat - 300 ML														
Super Juice - Power to the Purple 330 ML														
Juice - Apple 330 ML														
Juice - Orange 330 ML														
Coconut Water 500 ML														