

SUMMER 2021 Food Allergen Guide - Bakery

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 may contain traces of all allergens.**

✓ : Allergen present in the product

Product Name	Cereals containing Gluten						Milk	Eggs	Soya	Nuts								S02 & Sulphites >10ppm	Sesame Seeds	Peanuts	Mustard	Celery	Lupins	Crustaceans	Molluscs	Fish	
	Wheat	Rye	Barley	Oats	Spelt	Khorasan Wheat				Almonds	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brasil Nuts	Pistachio Nuts	Macadamia Nuts										
Pastries & Pancakes																											
Butter Croissant	✓						✓	✓																			
Pain au Chocolat	✓						✓	✓	✓																		
Chocolate Twist	✓						✓	✓	✓																		
Cinnamon Roll	✓						✓	✓	✓																		
Trio of Pancakes	✓						✓	✓																			
French Toast	✓						✓	✓																			
Waffle	✓						✓	✓	✓																		
Baked in store pastries																											
Croissant	✓						✓	✓																			
Pain au Chocolat	✓						✓	✓	✓																		
Raisin Roll	✓						✓	✓																			
Chocolate Pretzel	✓						✓	✓	✓	✓																	
Cinnamon Roll	✓						✓																				
Bars & Brownies																											
Granola Bar				✓			✓			✓					✓												
Millionaire's Shortbread	✓						✓		✓																		
Chocolate Brownie	✓						✓	✓	✓																		
Cookies & Cream Brownie	✓						✓	✓	✓	✓																	
Peanut Butter Stack	✓						✓	✓	✓													✓					
Cookies																											
Chocolate Chunk Cookie	✓						✓	✓	✓																		
Oat & Raisin Cookie	✓			✓			✓																				
Nutella Cookie	✓			✓			✓	✓	✓		✓																
Triple Chocolate Cookie	✓						✓	✓	✓																		
Baked in store cookies																											
Chocolate Chunk Cookie	✓							✓	✓																		
Double Chocolate Cookie	✓						✓	✓	✓																		
White Macadamia Cookie	✓						✓	✓	✓																	✓	

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	Wheat	Rye	Barley	Oats	Spelt	Khorasan Wheat				Almonds	Hazelnuts	Walnuts	Cashew Nuts	Pecan Nuts	Brasil Nuts	Pistachio Nuts										Macadamia Nuts
Muffins																										
Blueberry Muffin	✓						✓	✓																		
Salted Caramel Muffin	✓						✓	✓																		
Chocolate Hazelnut Muffin	✓						✓	✓	✓		✓															
Double Chocolate Muffin	✓						✓	✓	✓																	
Raspberry & White Chocolate Muffin	✓	✓	✓	✓																						
Chocolate Chunk Muffin	✓						✓	✓	✓																	
Donuts																										
Cristal Donut	✓						✓		✓																	
White Donut	✓						✓		✓																	
Chocolate and Hazelnut Donut	✓						✓		✓		✓															
Dark Donut	✓						✓		✓																	
Loaf Cakes																										
Banana Bread	✓						✓	✓				✓														
Carrot Loaf Cake	✓						✓	✓																		
Lemon Loaf Cake	✓						✓	✓																		
Chocolate Loaf Cake	✓						✓	✓	✓																	
<i>Chocolate Truffle Loaf cake</i>	✓		✓				✓	✓	✓	✓																
Cakes																										
Cookies & Cream Cake	✓						✓	✓	✓																	
New York Cheesecake	✓			✓			✓	✓																		
Raspberry Cheesecake (new recipe)	✓			✓			✓	✓	✓																	
<i>Raspberry Cheesecake (old recipe)</i>	✓			✓			✓	✓	✓																	
Chocolate Lover Cake	✓						✓	✓	✓																	
Apple Pie	✓						✓	✓																		

SUMMER 2021 Food Allergen Guide - Fresh & Prepared, Snacks and Ready to drink

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✓ : 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, Yoghurt, Sandwiches & Salads														
FRUIT SALAD														
FOREST FRUIT & NUT YOGHURT		✓			✓									
Starwberry yoghourt & Muesli	✓	✓												
Peach Passion yoghourt & Muesli	✓	✓												
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)	✓	✓	✓	✓		✓			✓					
Croissant Roll Ham & Cheese	✓	✓	✓	T	T	T	T		T	T		T	T	T
CREAM CHEESE BAGEL	✓	✓					✓							
Prosciutto Bagel	✓	✓	✓	✓			✓		✓					
SANDWICH BLT	✓		✓	✓			✓		✓					
ALL DAY BREAKFAST	✓		✓						✓					
CROISSANT HAM CHEESE REGULAR	✓	✓												
CHIPOTLE CHICKEN BAGUETTE	✓	✓	✓	✓			✓		✓					
Mozzarella Vegetable Focaccia (new recipe)	✓	✓	✓											
Ham & Tomatoe Focaccia	✓	✓	T	T	T	T	T		T	T	T	T	T	T
HAM & CHEESE TOASTIE	✓	✓							✓					
FIVE CHEESE TOASTIE	✓	✓							✓					
Ham & Emmental Sandwich	✓	✓	T	T	T	T	T		T	T		T	T	T
Chicken & Cheddar Sandwich	✓	✓	✓	T	T	T	T		✓	T		T	T	T
Tomato & Mozzarella Sandwich	✓	✓	T	T	T	T	T		T	T		T	T	T
Chili Con Carne	✓	✓	T	T	T	T	T	T	T	T		T	T	✓
Mac & Cheese	✓	✓	T	T	T	T	T		T	T		T	T	T

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Snacks / Ready to drink														
Kettle Lightly Salted Crisps														
Kettle Chips Honey BBQ														
Gold Coin		✓		T	T			T						
Shortbread Biscuit	✓	✓												
Peanut & Cashew Bar		T		✓	✓		T	✓						
Almond Biscotti	✓	✓	✓		✓									
Smoked Almonds	✓				✓		T	✓						
Fruit & Nuts Mix					✓	✓	T	T						
Caramel Waffles	✓	✓		✓										
Mini Caramel Waffles	✓	✓		✓										
Innocent Super Smoothie - Energy 300 ML														
Innocent Super Smoothie - Antioxydant 300 ML														
Innocent Super Smoothie - Culture crush 300 ML				T										
Innocent Super smoothie - Recharge 300 ML														
Innocent Juice - Apple 330 ML														
Innocent Juice - Apple & Raspberry 330 ML														
Innocent Juice - Orange 330 ML														
Innocent Coconut Water 500 ML														
Brownie	✓	✓	✓	✓	T			T						
Madeleine	✓	✓	✓	T	T									