# Allergens menu

Correct as at 7 October 2020. We confirm that this is an accurate reflection of the information given to us by our suppliers.

✓ Does contain  M May contain  ● Suitable for

| Product | Cereals with Gluten | | | | | | | | | | | | Nuts | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Wheat | Spelt (wheat) | Kamut (wheat) | Rye | Barley | Oats | Fish | Crustaceans | Molluscs | Eggs | Soybeans | Milk | Almonds | Hazelnut | Walnut | Cashew nut | Pecan nut | Brazil nut | Pistachio nut | Macadamia (Queensland) nut | Peanuts | Celery | Mustard | Sesame | Sulphur dioxide/sulphites | Lupin | Vegetarian | Vegan | Lactose intolerant | Coeliacs | Kosher | Halal |
| **Hot drinks** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Azera Latte | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | ● | | | | | |
| Nescafe Original Decaf | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | |
| Azera Americano | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | | | |
| Aero Hot Chocolate | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | ● | | | ● | | |
| **Tea** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Clipper Camomile | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Clipper Earl Grey | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Clipper Green Organic | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Clipper Mint Organic | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |

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| PG Tips | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| **Juice** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Capri Sun Orange | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | |
| Luscombe Apple juice | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Luscombe Orange juice | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| **Water** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sparkling water | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Still water | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| **Carbonated Drinks** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7Up Free | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Pepsi Max | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Pepsi | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Coca Cola | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Diet Coke | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Sprite Zero | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | ● | ● | ● | ● | | |
| **Wines** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cabernet Sauvignon | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | ● | ● | ● | ● | | |
| Prosecco | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | ● | ● | ● | ● | | |
| Sauvignon Blanc | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | ● | ● | ● | ● | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Spirits** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sipsmith gin | | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Absolut vodka | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Bell's whisky | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| **Beers and ciders** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tribute Pale Ale | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | | ● | | ● | | | |
| Thatchers cider | | | | | | | | | | | | | | | | | | | | | | | | | ✓ | | ● | ● | ● | ● | | |
| Carlsberg lager | | | | | ✓ | | | | | | | | | | | | | | | | | | | | | | ● | ● | | | | |
| Kronenbourg lager | ✓ | ✓ | ✓ | | ✓ | | | | | | | | | | | | | | | | | | | | | | | | ● | | | |
| **Mixers** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Schweppes Ginger Ale | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Fever-Tree tonic water | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Fever-Tree Light tonic water | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| **Sandwiches and salads** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cheese sandwich | ✓ | M | M | M | M | M | | | | | | ✓ | M | M | M | M | M | M | M | M | M | | | | | | ● | | | | | |
| Double egg and cress sandwich | ✓ | M | M | M | M | M | | | | ✓ | | | M | M | M | M | M | M | M | M | M | | | | | | ● | | | | | |
| Ham sandwich | ✓ | M | M | M | M | M | | | | | | ✓ | M | M | M | M | M | M | M | M | M | | | | ✓ | | | | | | | |
| Vegan sweet potato and falafel pot | | | | | | | | | | | | | M | M | M | M | M | M | M | M | M | | | | ✓ | | ● | ● | ● | ● | | ● |

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| **Hot Food** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pork Sausage roll | ✓ | M | M | M | M | M | | | | | | | M | M | M | M | M | M | M | M | M | | | | ✓ | | | | | | | |
| Vegan sausage roll | ✓ | M | M | M | M | M | | | | | | | M | M | M | M | M | M | M | M | M | | | | ✓ | | ● | ● | | | | |
| Bacon baguette | ✓ | M | M | M | M | M | | | | | | | M | M | M | M | M | M | M | M | M | | | | | | | | | | | |
| Wolfy's garlic & herb couscous | ✓ | M | M | M | M | M | | | | M | M | M | M | M | M | M | M | M | M | M | M | | M | | M | | ● | ● | ● | | | |
| Mr Lee's Coconut Chicken Laksa noodles | | | | | | | | ✓ | | | | ✓ | | | | | | | | | | | | | | | | | | ● | | |
| Wolfy's Vegan strawberry porridge | M | M | M | M | M | ✓ | | | | M | M | ✓ | M | M | M | M | M | M | M | M | M | | M | | M | | ● | ● | ● | | | |
| Wolfy's nut porridge with honey pot | M | M | M | M | M | ✓ | | | | M | M | ✓ | ✓ | M | ✓ | M | ✓ | M | M | M | ✓ | | M | | M | | ● | | | | | |
| **Sweets and treats** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kit Kat | ✓ | | | | | | | | | | ✓ | ✓ | | | | | | | | | | | | | | | ● | | | | ● | ● |
| Twix | ✓ | | | | | | | | | | ✓ | ✓ | ✓ | | | | | | | | | | | | | | ● | | | | ● | ● |
| Starburst fruit chews | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| **Crisps & Nuts** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tyrrells lightly sea salted crisps | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Tyrrells sea salt & cider vinegar | M | M | M | M | ✓ | M | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Mr Filberts Dry Roasted nuts | | | | | | | | | | | | | | | | | | | | | ✓ | ✓ | | | | | ● | ● | ● | ● | ● | ● |
| Mr Filberts Simply Salted mixed nuts | | | | | | | | | | | | | ✓ | | | ✓ | | | | | ✓ | | | | | | ● | ● | ● | ● | ● | ● |
| **Milk** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semi-skimmed milk | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | ● | | | | | |

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| Semi-skimmed milk - Stick | | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | ● | | | ● | | ● |
| Soya milk | | | | | | | | | | | ✓ | | | | | | | | | | | | | | | | ● | ● | | | | |
| **Condiments** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Heinz light mayonnaise | | | | | | | | | | ✓ | | | | | | | | | | | | | ✓ | | | | | | ● | | | |
| Fairtrade brown sugar | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | |
| Fairtrade white sugar | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Canderel sweetner | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | | |
| Strawberry jam | | | | | | | | | | | | | | | | | | | | | | | | | | | ● | ● | ● | ● | ● | ● |
| Heinz tomato ketchup | | | | | | | | | | | | | | | | | | | | | | ✓ | | | | | ● | | ● | | | |
| Heinz hot mustard | ✓ | ✓ | ✓ | | ✓ | | | | | | | | | | | | | | | | | | ✓ | | | | ● | | | | | |
| HP Sauce | | | | ✓ | ✓ | | | | | | | | | | | | | | | | | | | | | | ● | | ● | | | |
| **Cakes and biscuits** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Walkers shortbread biscuit fingers | ✓ | ✓ | ✓ | | | | | | | | | ✓ | M | M | M | M | M | M | M | M | M | | | | | | ● | | | | ● | |
| Fruit cake slice | ✓ | | | | | | | | | ✓ | | ✓ | | | | | | | | | | | | M | ✓ | | ● | | | | | |
| Gluten-free chocolate brownie | | | | | | | | | | ✓ | ✓ | ✓ | | | | | | | | | | | | | | | ● | | | ● | | |
| Chocolate digestive biscuits | ✓ | M | M | M | M | M | | | | | ✓ | ✓ | | | | | | | | | | | | | | | ● | | | | | |
| All-butter flapjack | | | | | | ✓ | | | | M | | ✓ | M | M | M | M | M | M | M | M | M | | | | | | ● | | | | | |
| Blueberry muffin | ✓ | | | | | | | | | ✓ | | ✓ | | | | | | | | | | | | M | | | ● | | | | | |
| KIND Caramel, almond & sea salt snack bar | | | | | | | | | | | ✓ | ✓ | ✓ | M | M | M | M | M | M | M | M | | | M | | | ● | | | ● | ● | |
| Nature Valley Oats & Honey Crunchy Bar | | | | | | ✓ | | | | | M | | M | M | M | M | M | M | M | M | M | | | | | | ● | | ● | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pastries | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Croissant | ✓ | | | | | | | | | ✓ | ✓ | ✓ | M | M | | | | | | | | | | | M | | ● | | | | | |
| Chocolate twist | ✓ | | | | | | | | | ✓ | M | ✓ | M | M | | | | | | | | | | | M | ✓ | ● | | | | | |

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