

*the*CoffeeHouse

NUTRITIONAL & ALLERGEN
INFORMATION

This guide will provide nutritional and allergen information for our core food products. Allergens can be found in **BOLD CAPITALS** within the ingredient declaration. Please ensure that you take extra care to identify all the possible allergens present in our food products, if you require support please ask one of our members of staff in store.

This guide will provide information on the following 14 allergens:



Peanuts



Tree Nuts



Sesame Seeds



Soya



Sulphur
Dioxide



Lupin



Mustard



Milk



Cereals
containing
Gluten



Celery



Eggs



Molluscs



Crustaceans



Fish

Cross Contamination

All of our food is handmade, uniquely for our customers. Due to the nature of how we produce our food we cannot guarantee that they are free from any allergens. Our food is prepared in store where allergens are handled by our team members, and where equipment and utensils are used for multiple menu items, including those containing allergens. Whilst we endeavour to use separate utensils (coded by colour) where allergens and dietary requirements are concerned, we cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. For more allergen information please ask a team member.

Ingredient information within this guide is based on standard product formulations, variations may occur. Please note some menu items may not be available in all stores.

This information is updated regularly to reflect our procedures in-store. Please check www.coffeehouseonline.co.uk for the most up to date information.



HOT & COLD FOOD

Product	Ingredients	Allergens / Hazards
Bacon Muffin	Bacon - Pork (85%), water, salt, Preservatives E250, E252. Antioxidant E30. Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK , salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene). English Muffin - Marvello margarine - palm fat; rapeseed oil, water, salt, emulsifier:polyglycerol esters of fatty acids; flavouring; colour: annatto bixin, curcumin. Ireks toast & buns - SOYA flour, emulsifier E481, WHEAT flour, acidity regulators: E170, E341; enzymes, flour treatment agent E300. Yeast. Voltex - SOYA flour, acidity regulator E170, emulsifiers: E472e, E481; WHEAT flour, flour treatment agent, E300, enzymes. Breadfat - palm oil, rapeseed oil, salt, emulsifier: mono and diglycerides of fatty acids. Dosoy - full fat SOYA flour. White flour - WHEAT flour, with calcium, iron, niacin, thiamin. Caster sugar - sugar.	MILK, SOYA, WHEAT
Sausage Muffin	Olde English sausage - Pork(70%), pork fat, water, WHEAT rusk, salt, isolated SOYA - protein, dehydrated onion, herbs, spices, Preservative sodium SULPHITE , flavour enhancer E621, food colour E120. Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK , salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene).English Muffin - Marvello margarine - palm fat, rapeseed oil, water, salt, emulsifier polyglycerol esters of fatty acids; flavouring; colour, annatto bixin, curcumin. Ireks toast & buns - SOYA flour, emulsifier E481, WHEAT flour, acidity regulators, E170, E341, enzymes, flour treatment agent E300. Yeast. Voltex - SOYA flour, acidity regulator E170, emulsifiers: E472e, E481, WHEAT flour, flour treatment agent, E300, enzymes. Breadfat - palm oil, rapeseed oil, salt, emulsifier; mono and diglycerides of fatty acids. Dosoy - full fat SOYA flour. White flour - WHEAT flour, with calcium, iron, niacin, thiamin. Caster sugar - sugar.	WHEAT, SOYA, SULPHITE, MILK
Breakfast Wrap	Olde English sausage - Pork(70%), pork fat, water, WHEAT rusk, salt, isolated SOYA - protein, dehydrated onion, herbs, spices, Preservative:sodium SULPHITE , flavour enhancer: E621, food colour E120. EGGS, MILK , salt, pepper, mushrooms. Tortilla wrap - (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, raising agent (sodium carbonates), acidity regulator (malic acid), emulsifier (sodium acid pyrophosphate). Dijon mustard - water, MUSTARD , seeds (30%), spirit vinegar, sea salt, preservative (sodium hydrogen SULPHITES). Light mayonnaise - water, rapeseed oil, thickening agent (modified maize starch), spirit vinegar sugar, pasteurised EGG yolk (1%), salt, lemon juice from concentrate, stabilisers (guar gum, xanthan gum), texture enhancer (citrus fibre sugar), MUSTARD flour, preservative (potassium sorbate)	WHEAT, SULPHITE, EGGS, MILK, MUSTARD, SOYA
Granola Pot	Raspberry Jam - Frozen raspberries. Caster sugar. Cornflour - maize starch. Low fat natural yoghurt - MILK , skimmed MILK powder, cultures. Honey - A blend of EU and non-EU honey. Granola - OATFLAKES (59%), sugar, mixed fruits, nuts & seeds (21%), raisins (9%), sultanas, ALMONDS , (4%), sunflower seeds, desiccated coconut, palm oil, honey, natural flavourings	MILK, OATFLAKES, ALMONDS. May contain other NUTS . Not suitable for SPELT allergy sufferers.
Tuna Melt Panini	TUNA FISH , water, salt. Lemon juice - Lemon juice, Preservative (potassium metabisulphite, SULPHITES . Pepper. Panini - WHEAT flour (with calcium, Iron, niacin, thiamin), water, yeast, extra virgin olive oil, salt flour treatment agent (E300).White mature cheddar - white mature cheddar, MILK , anti-caking agent-potato starch. Red onions	FISH, SULPHITES, WHEAT, MILK, May also contain traces of SESAME SEEDS. Although every care has been taken to remove bones, some may remain.

Product	Ingredients	Allergens / Hazards
Ham & Cheese Panini	Cooked gammon ham - pork, water, cure (modified starch, salt, stabiliser (E451), antioxidant (E301), preservative (E250), salt, preservatives (E325, E262). Panini - WHEAT flour (with calcium, Iron, niacin, thiamin), water, yeast, extra virgin olive oil, salt flour treatment agent (E300). White mature cheddar - white mature cheddar; MILK , anti-caking agent-potato starch. Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK , salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene).	WHEAT, MILK. May also contain traces of SESAME SEEDS.
Hunters Chicken Panini	Chicken - Cajun seasoning - paprika (35%), onion (17%), garlic (12%), cumin, salt, chilli (3%), black pepper (3%), thyme, oregano. Panini - WHEAT flour (with calcium, Iron, niacin, thiamin), water, yeast, extra virgin olive oil, salt flour treatment agent (E300). White mature cheddar - white mature cheddar; MILK , anti-caking agent-potato starch. Hunters Sauce - Tomato puree - 100% tomatoes Tomato Ketchup - tomatoes (148g per 100g tomato ketchup), spirit vinegar, sugar, salt, spice and herb extracts (contain MUSTARD), spice. Demerara sugar: White wine vinegar; antioxidant (potassium metabisulphite) SULPHITE . Honey - a blend of EU and non-EU honey. Worcester sauce - malt vinegar (from BARLEY), spirit vinegar; molasses, sugar, salt, anchovies FISH , tamarind extract, onions, garlic, spice, flavourings. Lemon juice - lemon juice, preservative (potassium metabisulphite, SULPHITES), salt, pepper. Rapeseed oil - anti-foaming agent (dimethyl polysiloxane), salt, pepper, smoked paprika, garlic powder, chilli powder.	WHEAT, MILK, MUSTARD, BARLEY, SULPHITES. May also contain traces of SESAME SEEDS. Although every care has been taken to remove bones, some may remain.
Ham & Cheese Toastie	Cooked gammon ham - pork, water, cure (modified starch, salt, stabiliser (E451), antioxidant (E301), preservative (E250), salt, preservatives (E325, E262). White Bloomer Bread - WHEAT Flour; Water; Yeast; Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300, linseed, poppyseed, sunflower seeds, may contain SESAME . White mature cheddar - white mature cheddar; MILK , anti-caking agent-potato starch. Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK , salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene).	WHEAT, SOYA, MILK. May also contain traces of SESAME SEEDS.
Cheese & Onion Toastie	Red onion. White mature cheddar - white mature cheddar; MILK , anti-caking agent-potato starch. White Bloomer Bread - WHEAT Flour; Water; Yeast; Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300, linseed, poppyseed, sunflower seeds, may contain SESAME . Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK , salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene).	MILK, WHEAT, SOYA. May also contain traces of SESAME SEEDS.
Tomato, Mozzarella & Pesto Toastie	Wholemeal WHEAT Flour; White WHEAT Flour; Water; Yeast; Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300, linseed, poppyseed, sunflower seeds, may contain SESAME . Pesto - Fresh basil, cloves of garlic. Cashew nuts - CASHEW NUTS (100%). May also contain PEANUTS and other NUTS . Sun dried tomatoes - tomatoes, salt, pepper, garlic powder, dried thyme, dried oregano, rapeseed oil - anti-foaming agent (dimethyl polysiloxane) Mozzarella - Grated Mozzarella (MILK), potato starch	WHEAT, CASHEW NUTS, PEANUTS, NUTS, SULPHITES, MILK. Suitable for VEGETARIANS. May also contain traces SESAME SEEDS.
Bacon, Brie & Cranberry Toastie	Wholemeal Bloomer Bread - Wholemeal WHEAT Flour; White WHEAT Flour; Water; Yeast; Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300, linseed, poppyseed, sunflower seeds, may contain SESAME . Brie - Pasteurised MILK , salt, starters MILK . Bacon - Bacon - Pork (85%), water, salt, Preservatives E250, E252. Antioxidant E30. Cranberry Sauce - Cranberries (42%), sugar, water, stabiliser (pectin), acidity regulator (citric acid), preservative (potassium sorbate, calcium lactate)	WHEAT, SOYA, MILK. May also contain traces of SESAME SEEDS.

Product	Ingredients	Allergens / Hazards
Chicken Enchilada Wrap	Chicken - Cajun seasoning - paprika (35%), onion (17%), garlic (12%), cumin, salt, chilli (3%), black pepper (3%), thyme, oregano. White mature cheddar - white mature cheddar, MILK , anti-caking agent-potato starch. Tortilla wrap - (WHEAT flour, calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, raising agent (sodium carbonates), acidity regulator (malic acid), emulsifier (sodium acid pyrophosphate). Enchilada Sauce - Butter - butter (MILK) minimum 80%, butter fat. Red onion, Mixed peppers, sliced mushrooms, salt, ground black pepper. Smoked paprika, chilli powder, garlic powder. Chopped tomatoes - tomatoes, tomato juice, acidity regulator (citric acid). Worcester sauce - malt vinegar (from BARLEY), spirit vinegar, molasses, sugar, salt, anchovies FISH , tamarind extract, onions, garlic, spice, flavourings. White mature cheddar - white mature cheddar, MILK , anti-caking agent-potato starch. Cajun seasoning - paprika (35%), onion (17%), garlic (12%), cumin, salt, chilli (3%), black pepper (3%), thyme, oregano	MILK, WHEAT, BARLEY, FISH Although every care has been taken to remove bones, some may remain.
Beef & Onion Barm	Beef - salt, dextrose, acidity regulator; E325. stabiliser; E451, E450. colours E150c E155. E110. E104. White onions, Floured white barm - White flour - WHEAT flour, with calcium, iron, niacin, thiamin. Salt, Yeast, Ireks toast & buns - SOYA flour, emulsifier E481, WHEAT flour, acidity regulators E170, E341, enzymes, flour treatment agent E300. Yeast, water; Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK , salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene). Light mayonnaise - water; rapeseed oil, thickening agent (modified maize starch), spirit vinegar sugar; pasteurised EGG yolk (1%), salt, lemon juice from concentrate, stabilisers (guar gum, xanthan gum), texture enhancer (citrus fibre sugar), MUSTARD flour; preservative (potassium sorbate). English mustard - water; MUSTARD flour (21%), sugar; spirit vinegar, salt, WHEAT flour; calcium carbonate, iron, niacin, thiamin, turmeric, stabiliser (xanthan gum).	WHEAT, MILK, SOYA, EGG, MUSTARD.
Jacket Potato Snackpot	Potato. Baked beans - beans (49%), tomatoes (30%), water; sugar; glucose-fructose syrup, modified maize starch, salt, onion powder; paprika, flavourings. Butter - butter (MILK) minimum 80%, butter fat. White mature cheddar - white mature cheddar; MILK , anti-caking agent-potato starch, salt and pepper.	MILK
Breadcrumb Mac & Cheese Snackpot	Macaroni - durum WHEAT semolina, MILK , Butter - butter (MILK) minimum 80%, butter fat. White mature cheddar - white mature cheddar; MILK , anti-caking agent-potato starch, salt and pepper. Plain flour; salt, pepper; Wholemeal Bloomer Bread - Wholemeal WHEAT Flour; White WHEAT Flour; Water; Yeast; Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300.	WHEAT, MILK, SOYA
Tuna Mayo Sandwich	Red Onion. TUNA - FISH , water, salt. Lemon juice - Lemon juice, Preservative (potassium metabisulphite), SULPHITES . Pepper. Mayonnaise - rapeseed oil, water; spirit vinegar; MUSTARD sugar; EGG yolk powder (1%), stabilisers, (Xanthan Gum), salt, acidity regulator (acetic acid), Preservative (potassium sorbate), colour (mixed carotenoids). Wholemeal Bloomer Bread - Wholemeal WHEAT Flour; White WHEAT flour; with calcium, iron, niacin, thiamin, Voltex - SOYA flour; acidity regulator E170, emulsifiers: E472e, E481; WHEAT flour; flour treatment agent, E300, enzymes. Breadfat - palm oil, rapeseed oil, salt, emulsifier: mono and diglycerides of fatty acids. Caster sugar - sugar, Yeast, Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300, linseed, poppyseed, sunflower seeds, may contain SESAME . Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK , salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene).	FISH, SULPHITES, EGG, WHEAT, SOYA, MUSTARD, MILK. May also contain traces of SESAME SEEDS . Although every care has been taken to remove bones, some may remain.

Product	Ingredients	Allergens / Hazards
Egg Mayo Sandwich	<p>EGGS. Wild Rocket (100%). Mayonnaise - rapeseed oil, water, spirit vinegar, MUSTARD sugar, EGG yolk powder (1%), stabilisers, (Xanthan Gum), salt, acidity regulator (acetic acid), Preservative (potassium sorbate), colour (mixed carotenoids). Wholemeal Bloomer Bread - Wholemeal WHEAT Flour; White WHEAT Flour, with calcium, iron, niacin, thiamin Water; Yeast, Voltex - SOYA flour, acidity regulator E170, emulsifiers: E472e, E481; WHEAT flour, flour treatment agent, E300, enzymes. Breadfat - palm oil, rapeseed oil, salt, emulsifier: mono and diglycerides of fatty acids. Caster sugar - sugar. linseed, poppyseed, sunflower seeds, may contain SESAME. Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK, salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene).</p>	<p>EGGS, WHEAT, SOYA MILK, MUSTARD. May also contain traces of SESAME SEEDS.</p> <p>Although every care has been taken to remove egg shells some may remain.</p>
Plain Cheese Sandwich	<p>White Bloomer Bread - WHEAT Flour; Water; Yeast; Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300, linseed, poppyseed, sunflower seeds, may contain SESAME White mature cheddar - white mature cheddar; MILK, anti-caking agent-potato starch. Soft Spread - vegetable oils (rapeseed oil, palm oil, sunflower oil), Reconstituted butter MILK, salt, emulsifier (mono-and diglycerides of fatty acids), whey powder (MILK), preservative (potassium sorbate), acid (citric acid), natural flavour, colour (beta carotene).</p>	<p>WHEAT, SOYA, MILK. May also contain traces of SESAME SEEDS.</p>
Chicken Mayo Deli Roll	<p>Chicken, Cajun seasoning - paprika (35%), onion (17%), garlic (12%), cumin, salt, chilli (3%), black pepper (3%), thyme, oregano. Seasoned Mayonnaise - salt, ground black pepper, rapeseed oil, water, spirit vinegar, MUSTARD sugar, EGG yolk powder (1%), stabilisers, (Xanthan Gum), salt, acidity regulator (acetic acid), Preservative (potassium sorbate), colour (mixed carotenoids). Mixed Leaf salad - Seasonal baby salad. & lettuce leaves in various proportions (baby spinach, wild rocket, baby chard, baby red & green lettuce, baby mizuna. Oval Poppyseed Roll - WHEAT Flour (Statutory Additives Calcium Carbonate, Iron Thiamin, Nicotinamide, Emulsifiers (E471e, E472e) Wholemeal WHEAT flour; Salt, Voltex - SOYA flour; acidity regulator E170, emulsifiers; E472e, E481; WHEAT flour treatment agent, E300 enzymes. Breadfat - palm oil, rapeseed oil, salt, emulsifier; mono & diglycerides of fatty acids. Dosoy - full fat soya flour; Water; Yeast, Rapeseed Oil, Acidity Regulator, (Sodium Phosphates (E339), Poppy seed may contain SESAME.</p>	<p>WHEAT, EGG, SOYA, MUSTARD. May also contain traces of SESAME SEEDS.</p> <p>Although every care has been taken to remove bones, some may remain.</p>
Chicken Caesar Wrap	<p>Chicken, Caesar Dressing - Mayonnaise - rapeseed oil, water, spirit vinegar, MUSTARD sugar, EGG yolk powder (1%), stabilisers, (Xanthan Gum), salt, acidity regulator (acetic acid), Preservative (potassium sorbate), colour (mixed carotenoids). Parmesan - grated bella lodi cheese, MILK, salt, non-animal rennet (chimosina), coarse black pepper, ground black pepper, garlic powder. Lemon juice - lemon juice, preservative (potassium metabisulphite, SULPHITES). Cajun seasoning - paprika (35%), onion (17%), garlic (12%), cumin, salt, chilli (3%), black pepper (3%), thyme, oregano. Mixed Leaf salad - Seasonal baby salad. & lettuce leaves in various proportions (baby spinach, wild rocket, baby chard, baby red & green lettuce, baby mizuna. Tortilla wrap - (WHEAT flour; calcium carbonate, iron, niacin, thiamin), water, vegetable oils (palm, rapeseed), sugar, raising agent (sodium carbonates), acidity regulator (malic acid), emulsifier (sodium acid pyrophosphate), salt.</p>	<p>EGG, MILK, SULPHITES, WHEAT, MUSTARD</p>

Product	Ingredients	Allergens / Hazards
Chicken Caesar Salad	Chicken, Cajun seasoning - paprika (35%), onion (17%), garlic (12%), cumin, salt, chilli (3%), black pepper (3%), thyme, oregano. Caesar Dressing - Mayonnaise - rapeseed oil, water, spirit vinegar, MUSTARD sugar, EGG yolk powder (1%), stabilisers, (Xanthan Gum), salt, acidity regulator (acetic acid), Preservative (potassium sorbate), colour (mixed carotenoids). Parmesan - grated bella lodi cheese, MILK, salt, non-animal rennet (chimosina), coarse black pepper, ground black pepper, garlic powder. Lemon juice - lemon juice, preservative (potassium metabisulphite, SULPHITES). Mixed Leaf salad - Seasonal baby salad. & lettuce leaves in various proportions (baby spinach, wild rocket, baby chard, baby red & green lettuce, baby mizuna, cucumber, cherry tomatoes, salad tomatoes.	EGG, MILK, SULPHITES, MUSTARD Although every care has been taken to remove egg shells some may remain.
Green Pesto Pasta	Pesto - Fresh basil, cloves of garlic. Cashew nuts - CASHEW NUTS (100%). May also contain PEANUTS and other NUTS . Parmesan - grated bella lodi cheese, MILK , salt, non-animal rennet (chimosina). Lemon juice - lemon juice, preservative (potassium metabisulphite, SULPHITES), salt, pepper. Rapeseed oil - anti-foaming agent (dimethyl polysiloxanel), Pasta Bows - durum WHEAT semolins. Capers - Capers, brine, water, salt, spirit vinegar, red onion. Pesto - Fresh basil, cloves of garlic. Cashew nuts - CASHEW NUTS (100%). May also contain PEANUTS and other NUTS . Sun dried tomatoes - tomatoes, salt, pepper, garlic powder, dried thyme, dried oregano, rapeseed oil - anti-foaming agent (dimethyl polysiloxanel), Pinenut kernels.	CASHEW NUTS, PEANUTS, NUTS, MILK, WHEAT, SULPHITES
Vegan Falafel Salad	Falafel - chickpeas (53%), onion, (32%), WHEAT flour, calcium carbonate, iron, niacin, thiamin, rapeseed oil, cumin, garlic puree, garlic, acidity regulator (citric acid), salt, ground coriander, coriander leaf, chilli powder, concentrated lemon juice, (methylcellulose), black pepper, turmeric, raising agent (ammonium carbonates). Cous Cous - durum WHEAT semolina. Hummus - Garlic bulbs. Chickpeas - mushrooms, water, salt, acidity regulators: citric acid (E330). ascorbic acid (E300). Tahini - hulled SESAME seeds, stoneground into paste. Lemon juice - lemon juice, preservative (potassium metabisulphite, SULPHITES). water, salt, pepper. Rapeseed oil - anti-foaming agent (dimethyl polysiloxanel), ground cumin. Tzatziki - Plain Alpro yoghurt - SOYA base (water, hulled SOYA beans (10.7%), sugar calcium, (tri-calciumcitrate), stabiliser (pectins), acidity regulators (sodium citrates, citric acid), flavourings, sea salt, antioxidants (tocopherol-rich extract, fatty acid esters of ascorbic acid), vitamins (B12, D2), yogurt cultures (s.thermophilus, L. bulgaricus), garlic cloves, cucumber slices, fresh mint, salt, pepper, spinach, salad tomatoes, cherry tomatoes, cucumbers, pumpkin seeds. Red cabbage - cabbage, water, acidity regulator (acetic acid), preservative (SODIUM METABISULPHITE). Lentils - brown lentils, water, acidity regulator: ascorbic acid, firming agent: calcium chloride.	SESAME, SULPHITES, WHEAT, SOYA
Vegan Cheeze & Onion Toastie	Red Onion. Wholemeal Bloomer Bread - Wholemeal WHEAT Flour; White WHEAT Flour; Water; Yeast; Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour; Flour Treatment E300, linseed, poppyseed, sunflower seeds, may contain SESAME . Violife Vegan Cheese - Food preparation with coconut oil, water, coconut oil (23%), modified starch, starch, sea salt, flavourings, olive extract, colour, B-Carotene, Vitamin B12. Not to be confused with GMD (genetically modified) ingredients. Vitalite Spead - Vegetable oils (sunflower (21%), rapeseed, palm) water, salt, emulsifiers - E471, sunflower lecithin, preservative-potassium sorbate, acid-lactic acid, flavourings, colours-annatto, curcumin.	WHEAT, SOYA. May also contain traces of SESAME SEEDS . Suitable for VEGANS and VEGETARIANS .

Product	Ingredients	Allergens / Hazards
Vegan Cheeze, Tomato & Pesto Panini	Violife Vegan Cheese - Food preparation with coconut oil, water, coconut oil (23%), modified starch, starch, sea salt, flavourings, olive extract, colour, B-Carotene, Vitamin B12. Not to be confused with GMD (genetically modified) ingredients. Vitalite Spread - Vegetable oils (sunflower (21%), rapeseed, palm); water; salt; emulsifiers - E471, sunflower lecithin, preservative-potassium sorbate, acid-lactic acid, flavourings; colours-annatto, curcumin. Panini - WHEAT flour (with calcium, Iron, niacin, thiamin), water, yeast, extra virgin olive oil, salt flour treatment agent (E300). Pesto - Fresh basil, cloves of garlic. Cashew nuts - CASHEW NUTS (100%). May also contain PEANUTS and other NUTS . Parmesan - salt, non-animal rennet (chimosina). Lemon juice - lemon juice, preservative (potassium metabisulphite, SULPHITES), salt, pepper. Rapeseed oil - anti-foaming agent (dimethyl polysiloxane), salad tomatoes.	WHEAT, CASHEW NUTS, PEANUTS, NUTS, SULPHITES. May also contain traces of SESAME SEEDS . Suitable for VEGANS and VEGETARIANS .
Gluten Free Ham & Cheese Toastie	Cooked gammon ham - pork, water, cure (modified starch, salt, stabiliser (E451), antioxidant (E301), preservative (E250), salt, preservatives (E325, E262). Gluten Free seeded bread - Starches (maize, potato, tapioca), water, mixed seeds (11% (sunflower, brown linseeds, millet, poppy), rapeseed oil, humectant (vegetable glycerol), psyllium husk, yeast, thickeners (hydroxypropyl methyl cellulose, xanthan gum), golden flaxseed, free range dried EGG white, rice flour, dextrose, iodised salt, (salt, potassium iodate), fermented maize starch, partially inverted sugar syrup. White mature cheddar - white mature cheddar, MILK , anti-caking agent-potato starch.	EGG, MILK This product HAS NOT been made in a controlled environment some traces of gluten may be present.



CONFECTIONERY

Product	Ingredients	Allergens / Hazards
Plain Croissant	Dough: WHEAT Flour (contains: WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Water; Butter (MILK) (15.8%), Yeast, Sugar, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), EGG . Topping: EGG Wash.	EGGS, MILK , cereals containing GLUTEN, WHEAT . May contain traces of NUTS, SOYBEAN, ALMOND, HAZELNUT, SESAME SEEDS .
Almond Croissant	Dough: WHEAT Flour (contains: WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Butter (MILK) (16.0%), Water, Yeast, Sugar, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), EGG . Almond Filling (19%) (Sugar, ALMONDS (6.5%), EGG White, Invert Sugar Syrup, Water, Invertase E1103). Topping: ALMOND Flakes (4.2%). Inclusion: 1 x 65g Icing Sugar Pot (Icing Sugar, Potato Starch).	EGGS, MILK, ALMOND , cereals containing GLUTEN, WHEAT, NUTS . May contain traces of NUTS, SOYBEAN, HAZELNUT, SESAME SEEDS .
Pain Au Chocolat	Dough: WHEAT Flour (contains: WHEAT Gluten, Flour Treatment Agent (Ascorbic Acid E300)), Butter (MILK) (17.8%), Water, Yeast, Sugar, Salt, Baking Improver (WHEAT Gluten, WHEAT Flour, Yeast, Flour Treatment Agent (Ascorbic Acid E300)), EGG . Chocolate Filling (15.6%) (min. 41% Cocoa Solids): Sugar, Cocoa Mass, Cocoa Butter, Whole MILK Powder, Whey Powder (MILK), Skimmed MILK Powder, Emulsifier (SOYA Lecithin E322). Topping: EGG Wash.	EGGS, MILK , cereals containing GLUTEN, WHEAT, SOYBEAN . May contain traces of NUTS, ALMOND, HAZELNUT, SESAME SEEDS .
White Chunky Toast	White Bloomer Bread - WHEAT Flour, Water, Yeast, Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour, Flour Treatment E300.	WHEAT, SOYA
Brown Chunky Toast	Wholemeal Bloomer Bread - Wholemeal WHEAT Flour, White WHEAT Flour, Water, Yeast, Vegetable Oil, Dextrose, Salt, Emulsifiers, E471, E472e, E481, SOYA Flour, Flour Treatment E300.	WHEAT, SOYA
Toasted Teacake	Yeast - SOYA flour, acidity regulator E170, emulsifiers: E472e, E481; WHEAT flour, flour treatment, flour treatment E300, enzymes. WHEAT flour	WHEAT, GLUTEN, SOYA, EGGS, MILK
Chunky Brownie	Dark Chocolate :- Cocoa mass (69.5%), sugar, fat reduced cocoa powder (3.5%), Emulsifier (SOYA Lecithin) cocoa solids minimum 70%. WHEAT flour (Wheat flour, calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar. Cocoa Powder :- Fat reduced cocoa powder; contains cocoa butter 10% minimum. Milk Chocolate :- Sugar, Whole MILK powder (22%), cocoa butter (22%), cocoa mass (12%), Emulsifier (SOYA lecithin), Natural Vanilla flavouring. White Chocolate :- sugar, cocoa butter (28.5%) Whole MILK powder (22.5%), Emulsifier (SOYA Lecithin), Natural vanilla flavouring. Cocoa solids minimum 27%. Liquid egg :- Pasteurised Whole EGG .	SOYA, MILK, WHEAT, EGG
Raspberry & Coconut Slice	Plain flour :- WHEAT flour (Wheat flour, calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar. Coconut:- Desiccated Coconut (99%), Preservative (sodium metabisulphite (SULPHITES)). Raspberry Jam :- Frozen raspberries, caster sugar. Cornflour. Liquid egg :- Pasteurised Whole EGG .	MILK, WHEAT, SULPHITES, EGG

Product	Ingredients	Allergens / Hazards
Date Slice	Rolled Oats flakes. Golden syrup :- Partially inverted refiners syrup. butter (MILK) minimum 80%, butter fat. Brown Sugar :- Sugar, cane molasses, Humectant (GLYCEROL). Dates jam :- Dates (97%), rice flour, water, Brown Sugar :- Sugar, cane molasses, Humectant (GLYCEROL).Vanilla extract:- monopropylene glycol, water, flavouring, colour, caramel E150(d), Baking powder :- Raising agent (disodium Dihydrogen Diphosphate, sodium Hydrogen Carbonate). Bicarb :- raising agent (sodium bicarbonate). Plain flour :- WHEAT flour (WHEAT flour; calcium carbonate, iron, niacin, thiamin).	MILK, GLYCEROL, WHEAT
Caramel Shortcake	Plain flour :- WHEAT flour (Wheat flour; calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar. Caramel :- Sweetened Condensed Skimmed MILK , Glucose syrup, Invert sugar Syrup, Palm oil, Butter (MILK), sugar, Emulsifier: Mono- and Di-Glycerides of fatty acids, Stabiliser: Pectin, Salt, Natural Flavourings. Milk Chocolate :- Sugar, Whole MILK powder (22%), cocoa butter (22%), cocoa mass (12%), Emulsifier (SOYA lecithin), Natural Vanilla flavouring. Cocoa solids minimum 32%, milk solids minimum 20%	WHEAT, MILK, SOYA
White Caramel Shortcake	Plain flour :- WHEAT flour (WHEAT flour; calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar. Caramel :- Sweetened Condensed Skimmed MILK , Glucose syrup, Invert sugar Syrup, Palm oil, Butter (MILK), sugar, Emulsifier: Mono- and Di-Glycerides of fatty acids, Stabiliser: Pectin, Salt, Natural Flavourings. White Chocolate :- sugar, cocoa butter (28.5%) Whole MILK powder (22.5%), Emulsifier (SOYA Lecithin), Natural vanilla flavouring. Cocoa solids minimum 27%.	MILK, WHEAT, SOYA
Salted Caramel Shortcake	Plain flour :- WHEAT flour (WHEAT flour; calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar. Caramel :- Sweetened Condensed Skimmed MILK , Glucose syrup, Invert sugar Syrup, Palm oil, Butter (MILK), sugar, Emulsifier: Mono- and Di-Glycerides of fatty acids, Stabiliser: Pectin, Salt, Natural Flavourings. Mixed Nuts :- PEANUTS (70%), ALMONDS (15%), WALNUTS (15%). Sea Salt flakes. Roasted Salted Peanuts:- PEANUTS (97%), salt, rapeseed oil. Dark Chocolate :- Cocoa mass (69.5%), sugar, fat reduced cocoa powder (3.5%), Emulsifier (SOYA Lecithin) cocoa solids minimum 70%	WHEAT, MILK, PEANUTS, NUTS, SOYA
All Butter Shortbread	Plain flour :- WHEAT flour (WHEAT) flour; calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar.	WHEAT, MILK
Rocky Road	Ingredients :- Brown Sugar :- Sugar, cane molasses, Humectant (GLYCEROL). Milk Chocolate :- Sugar, Whole MILK powder (22%), cocoa butter (22%), cocoa mass (12%), Emulsifier (SOYA lecithin), Natural Vanilla flavouring. White Chocolate :- sugar, cocoa butter (28.5%) Whole MILK powder (22.5%), Emulsifier (SOYA Lecithin), Natural vanilla flavouring. Cocoa solids minimum 27%. Dark Chocolate :- Cocoa mass (69.5%), sugar, fat reduced cocoa powder (3.5%), Emulsifier (SOYA Lecithin) cocoa solids minimum 70%. Golden syrup :- Partially inverted refiners syrup. Digestive Biscuit :- WHEAT flour (WHEAT flour; Calcium carbonate, niacin, iron, Thiamin), Palm oil, Wholemeal WHEAT flour; Sugar, Partially inverted sugar syrup, raising agents (sodium bicarbonate, ammonium bicarbonate), salt. Mini Marshmallows :- Glucose-fructose syrup, sugar, water, gelatine, anticking agent: maize starch, flavouring. Glacé Cherries :- Cherries (53%), glucose-fructose syrup, Preservative (potassium sorbate), Acidity Regulator (citric acid), colour (erythrosine), preservative (sulphur dioxide (SULPHITES)). butter (MILK) minimum 80%, butter fat.	SULPHITES, GLYCEROL, MILK, SOYA, WHEAT

Product	Ingredients	Allergens / Hazards
Honeycomb Tiffin	Brown Sugar :- Sugar, cane molasses, Humectant (GLYCEROL). Milk Chocolate :- Sugar, Whole MILK powder (22%), cocoa butter (22%), cocoa mass (12%), Emulsifier (SOYA lecithin), Natural Vanilla flavouring. Digestive Biscuit :- Wheat flour (WHEAT flour; Calcium carbonate, niacin, iron, Thiamin), Palm oil, Wholemeal WHEAT flour; Sugar, Partially inverted sugar syrup, raising agents (sodium bicarbonate, ammonium bicarbonate), salt. Honeycomb :- Sugar, glucose syrup, raising agent, rice flour. Golden syrup :- Partially inverted refiners syrup. butter (MILK) minimum 80%, butter fat.	MILK, SOYA, WHEAT, GLYCEROL
Carrot Cake	Brown Sugar :- Sugar, cane molasses, Humectant (GLYCEROL). Plain flour :- WHEAT flour (WHEAT flour; calcium carbonate, iron, niacin, thiamin). Cream Cheese frosting :- sugar, vegetable oils (palm, rapeseed), water, humectant (sorbitol syrup), skimmed milk powder, cream cheese powder (MILK) 3.5%, natural flavouring, acid (citric acid), salt, emulsifier (E435), preservative (potassium sorbate). Coconut:- Desiccated Coconut (99%), Preservative (sodium metabisulphite (SULPHITES)). Liquid EGG :- Pasteurised Whole EGG . Mixed Nuts :- PEANUTS (70%), ALMONDS (15%), WALNUTS (15%). Cinnamon, Nutmeg. Vegetable oil:- SOYA bean oil (produced from genetically modified SOYA), anti-foaming agent E900. Baking powder :- Raising agent (disodium Dihydrogen Diphosphate, sodium Hydrogen. Carrot. Vegetable oil:- rapeseed, thickener; carnauba wax (E903), emulsifier; sunflower lecithin (E322), propellants; propane (E944), butane (E943a), Isobutane (E943b).	MILK, SOYA, WHEAT, NUTS, EGG, GLYCEROL
Victoria Sponge Cake	Butter (MILK) minimum 80%, butter fat. Caster sugar. Self raising flour:- WHEAT flour (WHEAT flour; Calcium carbonate, iron, niacin, thiamin), Raising agents (acid calcium phosphate, sodium Hydrogen carbonate) Vanilla extract:- monopropylene glycol, water, flavouring, colour, caramel E150(d), Baking powder :- Raising agent (disodium Dihydrogen Diphosphate, sodium Hydrogen Carbonate). Liquid EGG :- Pasteurised Whole EGG . MILK :- Pasteurised Homogenised standardised whole MILK . Icing sugar :- Icing sugar (97%), maize starch. Raspberry Jam :- Frozen raspberries, caster sugar. Cornflour. Vegetable oil:- rapeseed, thickener; carnauba wax (E903), emulsifier; sunflower lecithin (E322), propellants; propane (E944), butane (E943a), Isobutane (E943b).	MILK, EGG, WHEAT
Chocolate Cake	Self raising flour:- WHEAT flour (WHEAT flour; Calcium carbonate, iron, niacin, thiamin) , Raising agents (acid calcium phosphate, sodium Hydrogen carbonate) Liquid EGG :- Pasteurised Whole EGG . Cocoa Powder :- Fat reduced cocoa powder, contains cocoa butter 10% minimum. Baking powder :- Raising agent (disodium Dihydrogen Diphosphate, sodium Hydrogen Carbonate). Bicarb :- raising agent (sodium bicarbonate). Real Mayonnaise:- rapeseed oil, water, spirit vinegar, sugar, EGG yolk powder (1%), stabiliser (xanthan gum), salt, acidity regulator (acetic acid), preservative (potassium sorbate), colour (mix carotenoids). Water. Milk Chocolate :- Sugar, Whole MILK powder (22%), cocoa butter (22%), cocoa mass (12%), Emulsifier (SOYA lecithin), Natural Vanilla flavouring. Caster sugar. Butter (MILK) minimum 80%, butter fat. White chocolate curls :- sugar, whole MILK powder, cocoa butter, emulsifier soy lecthin (E322), flavouring natural vanilla. Milk chocolate curls:- sugar, whole MILK powder, cocoa butter, emulsifier soy lecthin (E322), flavouring natural vanilla. Icing sugar :- Icing sugar (97%), maize starch. Vegetable oil:- rapeseed, thickener; carnauba wax (E903), emulsifier; sunflower lecithin (E322), propellants; propane (E944), butane (E943a), Isobutane (E943b).	MILK, SOYA, WHEAT, EGG.

Product	Ingredients	Allergens / Hazards
Lemon Drizzle Cake	Lemon zest :- Granulated lemon zest 100%. Lemon Juice :- Lemon juice from concentrate (water, concentrated lemon juice), lemon oil, preservative (potassium METABISULPHITE). Plain flour :- WHEAT flour (WHEAT flour; calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar. Liquid EGG :- Pasteurised Whole EGG . MILK :- Pasteurised Homogenised standardised whole MILK . Baking powder :- Raising agent (disodium Dihydrogen Diphosphate, sodium Hydrogen Carbonate), Wheat flour (WHEAT flour; calcium carbonate, iron, niacin, thiamin). Icing sugar :- Icing sugar (97%), maize starch.	METABISULPHITE, WHEAT, EGG, MILK
Bakewell Tart	WHEAT flour (WHEAT) flour; calcium carbonate, iron, niacin, thiamin). butter (MILK) minimum 80%, butter fat. Caster Sugar. Icing sugar :- Icing sugar (97%), maize starch. Glacé Cherries :- Cherries (53%), glucose-fructose syrup, Preservative (potassium sorbate), Acidity Regulator (citric acid), colour (erythrosine), preservative (sulphur dioxide (SULPHITES)). Liquid egg :- Pasteurised Whole EGG . Ground Almond :- ALMONDS (may contain of PEANUTS and other NUTS). Flaked Almond :- ALMONDS (may contain of PEANUTS and other NUTS). Raspberry Jam :- Frozen raspberries, caster sugar. Cornflour.	WHEAT, MILK, EGG, NUTS, SULPHITES
Brownie Cookie	WHEAT flour (WHEAT). Dark chocolate chips (27%) :- sugar, cocoa mass, cocoa butter, SOYA lecithin (SOYA), natural flavouring. Butter (MILK) (16%), invert sugar syrup, soft brown sugar, cocoa powder, EGG , demerara sugar, maltodextrin, sodium bicarbonate.	WHEAT, MILK, EGGS, SOYA. May contain traces of NUTS . Not suitable for NUT allergy sufferers.
Salted Caramel Cookie	WHEAT flour (WHEAT), butter (MILK) (15%), salted caramel pieces (15%) :- sugar, glucose syrup (WHEAT), butter (MILK), palm oil, maize starch, salt, natural flavouring. Chocolate chunks (11%) :- sugar, cocoa mass, cocoa butter, SOYA lecithin (SOYA), natural flavouring. EGG , demerara sugar. Milk chocolate chunks (4%) :- sugar, whole MILK powder (MILK), cocoa butter, cocoa mass, whey powder (MILK), skimmed MILK powder (MILK), SOYA lecithin (SOYA), natural flavouring. Soft brown sugar; clotted cream (MILK), maltodextrin, golden syrup, muscovado sugar; caramel syrup, natural flavouring, sodium bicarbonate.	WHEAT, EGGS, SOYA. May contain traces of NUTS . Not suitable for NUT allergy sufferers.
Gluten Free Blackcurrant Crumble	Crumble topping (41%) [gluten free flour (rice, potato, tapioca, maize, buckwheat), soft brown sugar; vegetable margarine [palm oil, rapeseed oil, water, salt, emulsifier (E471), natural flavouring, colours, (annatto bixin, curcumin)], gluten free OATS (11%)] shortcake base (33%) [vegetable margarine [palm oil, rapeseed oil, water, salt, emulsifier (E471), natural flavouring, colours (annatto bixin, curcumin)], gluten free flour (rice, potato, tapioca, maize, buckwheat) sugar; cornflour; stabiliser (xanthan gum)], blackcurrant filling (25%) [blackcurrant jam (96%) [glucose syrup, sugar; blackcurrant puree, gelling agent (pectin) acidity regulators (citric acid, trisodium citrate), colour (anthocyanins)], concentrated lemon juice.	OATS. May contain traces of NUTS, EGG, MILK, SOYA.



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