Information about allergens

All food is freshly prepared in our kitchens and whilst we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies. Our vegan items are made to vegan recipes however are not suitable for those with dairy & egg allergies.

Sign	Translation
Y	Allergen that is in the product
MC	May Contain - The allergen is present at the point of manufacture of the ingredients and may cross-contaminate the ingredients

	Egg	Fish	Milk/Lactose	Peanuts	Sesame	Crustaceans	Soya	Nuts		Cereal products contain gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
Bread															
White bread							Y			Wheat					
9-grain							Y			Barley, Oats, Rye, Spelt, Wheat					
Seed Mix 9 Grain bread							Y			Barley, Oats, Rye, Spelt, Wheat					
Sesame Seed topping white bread					Y		Y	MC tree nuts		Wheat					
Honey Oat Topping 9-grain bread							Y			Barley, Oats, Rye, Spelt, Wheat					
Parmesan and Oregano Topping white bread			Y				Y			Wheat					
Wheat Tortilla										Wheat					
Meat, Poultry, Seafood and Non-animal Protein															
Bacon			Y												
Chicken Breast															
Teriyaki Glaze Chicken					Y		Y			Wheat					
Buffalo Chicken															
Pork Ham															
Pepperoni															
Salami			Y												
Philly Steak										Barley					
Tuna Mayo	Y	Y											Y		
Turkey															
Spicy vegan patty							Y			Wheat		Y			
Teriyaki Glaze Vegan Soy Strips					Y		Y			Wheat		MC	MC		
Cheese and Vegetables															
Processed Cheese slices			Y												
Grated Cheddar			Y												
Parmesan Cheese Gran Padano	Y		Y												
Cow Milk Cheese Cubes			Y												
Jalapenos											Y				
Black olives															
Pickles															
Sweetcorn															
Cucumber, peppers, red onions, tomato, lettuce, spinach															
Condiments and Sauces															
Honey and Hickory BBQ Sauce										Barley					
Chipotle Southwest Sauce	Y												Y		
Honey and Wholegrain Mustard													Y		
Mustard Sauce													Y		
Light Mayo	Y												Y		
Chilli Mayo	Y		Y										Y		
Sweet Onion sauce													Y		
Green Goddess	Y		Y										Y		
Bernaise Sauce	Y						Y								
Vegan Mayonaise											Y		Y		
Buffalo Sandwich Sauce															
Cheese sauce	Y		Y		Y								Y		
Marinara Sauce															
Olive Oil															
Salt															
Pepper												MC			
Oregano															
Cookies															
Rainbow	Y		Y				Y	MC Tree Nuts		Wheat					
Chocolate Chip	Y		Y				Y	MC Tree Nuts		Wheat					
Double Chocolate Chip	Y		Y				Y	MC Tree Nuts		Wheat					
White Chip Macadamia	Y		Y				Y	Macadamia	MC Tree Nuts	Wheat					
Various															
Coffee with Milk			Y												
Black coffee			MC												
Dispensed Drinks															

Information correct at the time of printing (05/03/2024)