# Toasties

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Allergen** | Bacon & avocado | Chicken Pepper | Beef & Gouda | Tuna | Ham | Veggie | Plain Cheese |
| Peanuts | \* | \* | \* | \* | \* | \* | \* |
| Other Nuts | \* | \* | \* | \* | \* | \* | \* |
| Wheat | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Cereals (Gluten) | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Milk | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Eggs |  |  |  |  |  |  |  |
| Celery |  |  |  |  |  |  |  |
| Mustard |  |  |  |  |  |  |  |
| Soya | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Sesame | \* | \* | \* | \* | \* | \* | \* |
| Fish |  |  |  | Yes |  |  |  |
| Crustaceans |  |  |  |  |  |  |  |
| Molluscs |  |  |  |  |  |  |  |
| Lupin Flour |  |  |  |  |  |  |  |
| Sulphates |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

# Salads

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Allergen** | Plain Salad | Chicken | Tuna | Halloumi |
| Peanuts |  |  |  |  |
| Other Nuts |  |  |  |  |
| Wheat | Yes  (Croutons) | Yes  (Croutons) |  |  |
| Cereals (Gluten) | Yes  (Croutons) | Yes  (Croutons) |  |  |
| Milk | Yes  (Croutons) | Yes  (Croutons) |  | Yes |
| Eggs |  |  |  |  |
| Celery |  |  |  |  |
| Mustard |  |  |  |  |
| Soya |  |  |  |  |
| Sesame |  |  |  |  |
| Fish |  |  | Yes |  |
| Crustaceans |  |  |  |  |
| Molluscs |  |  |  |  |
| Lupin Flour |  |  |  |  |
| Sulphates |  |  |  |  |
|  |  |  |  |  |

# Snacks

|  |  |  |
| --- | --- | --- |
| **Allergen** | Humous &  Pitta | Avocado Toast |
| Peanuts |  |  |
| Other Nuts |  |  |
| Wheat | Yes | Yes |
| Cereals (Gluten) |  | Yes |
| Milk |  |  |
| Eggs |  |  |
| Celery |  |  |
| Mustard |  |  |
| Soya | \* | Yes |
| Sesame | Yes | Yes |
| Fish |  |  |
| Crustaceans |  |  |
| Molluscs |  |  |
| Lupin Flour |  |  |
| Sulphates |  |  |
|  |  |  |

# Waffles

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Allergen** | Plain | Berry | Banoffee | Nutella |
| Peanuts |  |  |  | Yes |
| Other Nuts |  |  |  | Yes |
| Wheat | Yes | Yes | Yes | Yes |
| Cereals (Gluten) | \* | \* | \* | \* |
| Milk | Yes | Yes | Yes | Yes |
| Eggs | Yes | Yes | Yes | Yes |
| Celery |  |  |  |  |
| Mustard |  |  |  |  |
| Soya | Yes | Yes | Yes | Yes |
| Sesame |  |  |  |  |
| Fish |  |  |  |  |
| Crustaceans |  |  |  |  |
| Molluscs |  |  |  |  |
| Lupin Flour |  |  |  |  |
| Sulphates |  |  |  |  |
|  |  |  |  |  |

May Contain\*

# Cakes

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Allergen** | Carrot Cake | Chocolate Orange | Muffin | Lemon Cake | Salted  Carmel  Crisp | Gingerbread Latte | Chocolate  & Raisin  Cookie |
| Peanuts | \* | \* | \* |  |  |  |  |
| Other Nuts | Yes | \* | \* |  |  |  |  |
| Gluten, Wheat, Cereals, Oats, Barley |  | Wheat, Gluten | Wheat, Oats, Gluten |  |  |  |  |
| Milk | Yes | Yes | Yes |  |  |  |  |
| Eggs |  | Yes | Yes |  |  |  |  |
| Celery |  |  |  |  |  |  |  |
| Mustard |  |  |  |  |  |  |  |
| Soya | Yes | Yes | Yes |  |  |  |  |
| Sesame |  |  |  |  |  |  |  |
| Fish |  |  |  |  |  |  |  |
| Crustaceans |  |  |  |  |  |  |  |
| Molluscs |  |  |  |  |  |  |  |
| Lupin Flour |  |  |  |  |  |  |  |
| Sulphates |  |  | \* | Yes |  |  |  |
|  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Vegan |  |  |  | Yes | Yes | Yes | Yes |

May Contain \*