

Bristas Allergens

Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Almond Milk 12oz (Short)							Y Alm								
Almond Milk 16oz (Tall)							Y Alm								
Almond Milk 8oz							Y Alm								
Almond Milk for Tea							Y Alm								
Bristol 20 Americano - 12oz															1
Bristol 20 Cappuccino - 12 oz															1
Bristol 20 Espresso - 2 oz															1
Bristol 20 Espresso - 4 oz															1
Bristol 20 Extra Shot Coffee															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Bristol 20 Filter Coffee - 12 oz															2
Bristol 20 Flat White - 8 oz															1
Bristol 20 Latte - 12 oz															1
Bristol 20 Macchiato - 4 oz															1
Bristol 20 Mocha - 12 oz										M					1
Bristol Filter Coffee - 8 oz															2
Bristol Tea Jasmine 12oz															1
Bristol Tea Assam 12oz															1
Bristol Tea Breakfast 12oz															1
Bristol Tea Camomile 12oz															1
Bristol Tea Camomile 8oz															1
Bristol Tea Chai 12oz															1
Bristol Tea Darjeeling 12oz															1
Bristol Tea Decaf 12oz															1
Bristol Tea Earl Grey 12oz															1
Bristol Tea Lapsang 12oz															1
Bristol Tea Lemon & Ginger 12oz															1

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Bristol Tea Passion Fruit 12oz															1
Bristol Tea Peppermint 12oz															1
Bristol Tea Red Berry 12oz															1
Bristol Tea Robios 12oz															1
Bristol Tea Yunnan Green 12oz															1
BT Caramel Syrup															1
BT Cinnamon Syrup															
BT Salted Caramel SF Syrup															
BT Salted Caramel Syrup															
BT Vanilla Syrup															1
BT Vanilla Syrup SF															
Coconut Milk 12oz (Short)							M Alm Haz	Y							
Coconut Milk 16oz (Tall)							M Alm Haz	Y							
Coconut Milk 8oz							M Alm Haz	Y							
Coconut Milk for Tea							M Alm Haz	Y							
Cup Levy															
Hot Chocolate 12 oz															1

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Hot Chocolate Deluxe - 12 oz										Y					1
Hot Chocolate Deluxe - 8 oz										Y					1
Hot Water (Vend)															
Hot White Chocolate - 12 oz															1
Oat Milk 12oz (Short)	Y Oat														
Oat Milk 16oz (Tall)	Y Oat														
Oat Milk 8oz	Y Oat														
Oat Milk for Tea	Y Oat														
Semi Skim 8oz										Y					
Semi Skim Milk 12oz (Short)										Y					
Semi Skim Milk 16oz (Tall)										Y					
Semi Skim Milk for Tea										Y					
Skim Milk 16oz (Tall)										Y					
Skim Milk 8oz										Y					
Skim Milk for Tea										Y					
Skim Milk 12oz (Short)										Y					

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Soya Milk 12oz (Short)								Y							
Soya Milk 16oz (Tall)								Y							
Soya Milk 8oz								Y							
Soya Milk for Tea								Y							
Sweetbird Caramel Syrup															1
Sweetbird Vanilla : SF : Syrup - Regular															
Sweetbird Vanilla Syrup															1
Whipped Cream UHT										Y					
White Hot Chocolate 12 oz															1
Whole Milk 12oz (Short)										Y					
Whole Milk 16oz (Tall)										Y					
Whole Milk 8oz										Y					
Whole Milk for Tea										Y					
Lucozade Sport Brazilian Guava - 500ml															1
7up 500ml															
Abbeywell Sparkling Water 500ml															
Abbeywell Still Water 500ml															
Barr Cherryade Can - 330ml															

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Barr Cola - 2L															
Barr Cream Soda Can - 330ml															
Barr Lemonade Can - 330ml															
Barr OMJ Apple Tang - 288ml															
Barr OMJ Berry Burst - 330ml															
Barr OMJ Tropical Juice 330ml															
Barr OMJ Very Berry - 288ml															
Barr Red Kola - 500ml															
Barr Red Kola Can - 330ml															
Bristol Frappe Coffee - 12oz										Y					4
Bristol Frappe Coffee - 16 oz										Y					4
Bristol Frappe Creme Caramel Short - 12oz										Y					4
Bristol Frappe Creme Caramel Tall - 16 oz										Y					3
Bristol Frappe Creme Chocolate Short - 12oz										Y					4
Bristol Frappe Creme Chocolate Tall - 16 oz										Y					4
Bristol Frappe Creme Strawberry Short - 12oz										Y					3
Bristol Frappe Creme Strawberry Tall - 16oz										Y					3
Bristol Frappe Matcha Tea -16 oz										Y					4
Bristol Frappe Mocha Short - 12oz										Y					5

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Bristol Frappe Mocha tall - 16oz										Y					5
Bristol Iced Coffee Latte Short - 12oz										Y					4
Bristol Iced Coffee Latte Tall - 16 oz										Y					4
Cawston Press Apple Can - 330 ml															
Cawston Press Elderflower Can - 330ml															
Cawston Press Ginger Beer Can - 330ml															
Cawston Press Rhubarb Can - 330ml															
Coca Cola Can - 330ml															
Coca Cola Cherry - 500ml															
Coca Cola Cherry Zero Can - 330ml															
Coca Cola Diet Can - 330ml															
Coca Cola Diet Mango - 500ml															
Coca Cola Diet PET - 500ml															
Coca Cola Peach Zero Sugar PET - 500ml															
Coca Cola PET - 500ml															
Coca Cola Zero Can - 330ml															
Coca Cola Zero Cherry PET - 500ml															
Coca Cola Zero PET - 500ml															
Coca Cola Zero Vanilla - 500ml															1
Cup of Milk 12oz										Y					
Cup of Milk 8oz										Y					

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Delamere Banana Milk - 500ml										Y					
Delamere Chocolate Milk - 500ml										Y					
Delamere Coffee Latte Milk - 500ml										Y					
Delamere Strawberry Milk - 500ml										Y					
Diet Coke Exotic Mango 500ml															
Dr Pepper - 500ml															
Dr Pepper Can - 330ml															
Dr Pepper Zero - 500ml															
Dr Pepper Zero Can - 330ml															
Dragondruit Vit Water - 500ml															
ES Energy Drink - 250 ml															1
Fanta Lemon Can - 330ml															
Fanta Lemon PET - 500ml															
Fanta Orange Can - 330ml															
Fanta Orange PET - 500ml															
Fanta Orange Zero - 500ml															
Frank Water Sparkling - 330ml															1
Frank Water Still - 330ml															1
Fruit Passion Apple Juice - 500ml															
Fruit Passion Orange juice - 500ml															

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Fuzetea Mango & Chamomile - 500 ml															
Fuzetea Peach & Hibiscus - 500 ml															
Get More Multi Vitamin - 330ml															
Get More Multi Vitamin - 500ml															1
Get More Vitamin B - 500ml															1
Get More Vitamin A - 500ml															1
Get More Vitamin B - 330ml															
Get More Vitamin C - 500ml															1
Get More Vitamin D - 330ml															
Get More Vitamin D - 500ml															1
Innocent Apple & Mango Juice - 330 ml															
Innocent bubbles Apple and Berry - 330 ml															
Innocent bubbles Lemon & Lime - 330 ml															
Innocent Mango & Passion Fruit Smoothie - 250 ml															
Innocent Orange & Lime Bubbles -330ml															
Innocent Strawberry & Banana Smoothie - 250 ml															
Innocent Super Green Smoothie - 250ml															
Innocent Totally Tropical Smoothie - 250 ml															
Irn Bru - 500ml															
Irn Bru Can - 330ml															1
Irn Bru Diet Can - 330ml															

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Irn Bru Energy Full Sugar - 330ml															1
Irn Bru Energy No Sugar - 330ml															1
Irn Bru PET - 250ml															
Irn Bru PET Sugar Free - 250ml															
Irn Bru Sugar Free - 500ml															
J2O Apple & Mango - 330 ml															
J2O Orange juice & Passion Fruit - 330 ml															
Juice Burst Fairtrade : Orange Juice : 500ml															
Juice Burst Pink Lemonade - 500 ml															
Juice Burst Sour cherry - 330 ml															
Le Joli Lemon & Mandarin - 330ml															1
Le Joli Mexican Lime & Mint - 330ml															1
Le Joli Raspberry & Rhubarb - 330ml															1
Lilt PET - 500ml															
Lilt Pineapple & Grapefruit Can - 330ml				M											
Lipton Lemon - 500ml															
Lipton Mango - 500ml															
Lipton Peach - 500ml															
Lipton Raspberry - 500 ml															
Lucozade Energy Orange - 380ml															1

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Lucozade Energy Original PET - 380ml															1
Lucozade Energy Original PET - 500ml															
Lucozade Sport Lite Lemon & Lime - 500ml															
Lucozade Sport Lite Orange PET - 500ml															1
Lucozade Sport Orange - 500ml															1
Lucozade Sport Raspberry PET - 500ml														Y	
Lucozade Sport Still Caribbean Crush - 500 ml															1
Milk Cotteswold Semi Skimmed - 1 ltr										Y					
Milk Cotteswold Semi Skimmed - 568ml										Y					
Milk Cotteswold Skimmed - 568 ml										Y					
Milk Cotteswold Whole - 568 ml										Y					
Monster Absolute Zero - 500 ml															
Monster Energy 500ml															
Monster Energy Doctor - 500ml															1
Monster Energy Ultra White Can - 500ml															
Monster Energy Zero - 500 ml															
Monster Ripper - 500 ml															
Mountain Dew - 500 ml															1
Oasis Blackcurrant & Apple - 500 ml															

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Oasis Citrus Punch - 500 ml															
Oasis Summer Fruits - 500ml															1
Orangina - 420 ml															1
Orangina Light - 420 ml															1
Pepsi Diet - 600 ml															
Pepsi Max - 600 ml															
Pepsi Max Ginger - 600 ml															
Pepsi PET- 500ml															
Princes Gate Water Sparkling - 500ml															
Princes Gate Water Still - 500ml															
Purdey's Edge - 250 ml															
Purdey's Rejuvenate - 250 ml															
R Whites Pear & Elderflower - 330 ml															
R Whites Raspberry - 330 ml															
R Whites Traditional Cloudy Lemonade - 330 ml															
Radnor Sparkling Water - 500ml														Y	
Radnor Still Water - 500ml															
Red Bull Can - 250ml															
Red Bull Light Can - 250ml															
Ribena Blackcurrant - 500ml															
Ribena Blackcurrant Light - 500ml															

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Ribena Carton - 250 ml	Y Whe														
Ribena Light Pineapple & Passionfruit - 500 ml															1
Ribena Mango & Lime - 500 ml															
Ribena Strawberry - 500 ml															1
Rio Light Can - 330ml															1
Rio Tropical Can - 330ml															
Robinsons Refreshed Apple & Kiwi - 500 ml															
Robinsons Refreshed Raspberry & Apple - 500 ml															
Rockstar Apple Sours - 500ml															
Rockstar Bubbleberry - 500ml															
Rockstar First Start Clementine - 500ml															1
Rockstar First Start Mixed Berry - 500ml															1
Rockstar Freeze Lime - 500ml															
Rockstar Freeze Watermelon Energy - 500ml															
Rockstar Fruit Punch - 500ml															
Rockstar Fruit Punch Pure Zero - 500ml															
Rockstar Juiced - 500ml															
Rockstar Original - 500ml															
Rockstar Punched - 500ml															
Rockstar Pure Zero Guava - 500ml															

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Rockstar Recovery - 500ml															
Rockstar XDurance - 500ml															
Rockstar XDurance Orange Can - 500ml															
Rubicon Black Cherry & Raspberry - 500ml															
Rubicon Guava Juice PET - 500ml															
Rubicon Guava Juice Tetra - 288ml															
Rubicon Lemon & Lime - 500ml															
Rubicon Mango Fruit Juice PET - 500ml															
Rubicon Mango Juice Still - 288ml															1
Rubicon Mango Juice Still Prisma - 330ml															
Rubicon Orange & Mango - 500ml															1
Rubicon Passion Fruit Tetra - 288ml															
Rubicon Sparking Lychee Can - 330ml															
Rubicon Sparking Guava Can - 330ml															
Rubicon Sparking Guava PET - 500ml															
Rubicon Sparking Mango Can - 330ml															
Rubicon Sparking Mango PET - 500ml															
Rubicon Sparking Orange & Mango - 500ml															
Rubicon Sparking Passion Fruit Can - 330ml															
Rubicon Sparking Passion Fruit PET - 500ml															
Rubicon Sparking Pomegranate Can - 330ml															

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Rubicon Spring Black Cherry & Raspberry - 500ml	M Whe Rye Bar Oat	M	M	M	M	M	M Alm Brz Cas Haz Mac Pec Pis Wal	M	M	M	M	M	M	M	
Rubicon Spring Lemon & Lime - 500ml	M Whe Rye Bar Oat	M	M	M	M	M	M Alm Brz Cas Haz Mac Pec Pis Wal	M	M	M	M	M	M	M	
Rubicon Spring Orange/Mango - 500ml	M Whe Rye Bar Oat	M	M	M	M	M	M Alm Brz Cas Haz Mac Pec Pis Wal	M	M	M	M	M	M	M	
Rubicon Spring Strawberry/Kiwi - 500ml															1
Rubicon Strawberry & Kiwi - 500 ml															
Rubicon Street Drinks Aqua Fresca - 330ml															1
Rubicon Street Drinks Bissap - 330ml															1
Rubicon Street Drinks Nimbu Pani Sparkling - 330ml															1
Rubicon Street Drinks Sharbat - 330ml															1
San Benedetto Limone - 330ml															1
San Benedetto Orange Bottle - 330ml															1
Smart Water Sparkling - 600 ml															
Smart Water Still - 600 ml															
Snapple Apple - 473ml															

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Snapple Cranberry & Raspberry - 473ml															
Snapple Fruit Punch - 473ml															
Snapple Kiwi & Strawberry & Strawberry 473ml															
Snapple Lemonade - 473ml															
Snapple Mango - 473ml															
Sprite No Sugar PET - 500ml															
Sprite Sugar Free - 500ml															1
Sprite Zero Can - 330ml															
St Clements Apple Juice Pure Prisma - 330ml															
Starbucks Cappuccino - 220 ml															1
Starbucks Double Shot Espresso - 200 ml															
Starbucks Frappuccino Coffee - 250 ml															
Starbucks Frappuccino Mocha - 250 ml															
Starbucks Frappuccino Vanilla - 250 ml															
Starbucks Seattle Latte - 220 ml															1
Sunmagic Orange Juice 500ml															
Tango Cherry - 600 ml															
Tango Diet Orange - 600 ml															1
Tango Orange - 600 ml															
Tizer Can - 330ml															
Tropicana Orange Juice with Bits - 250ml															

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Tropicana Smooth - 250ml															
Ubuntu : Coca Cola : Can : 330ml															1
Vita Coco - 330 ml															
Aero Bubbles Peppermint 42g										Y					
Aero Bubbly 36g										Y					
Aero Milk										Y					
Boost	Y Whe Bar				M		M Unknown	M		Y					
Bounty : Dark Chocolate : Double								Y		Y					
Bounty : Double Bar : Milk Chocolate								Y		Y					
Bounty Dark 57g					M		M Unknown	Y		Y					
Bounty Milk 57g								Y		Y					
Burts Lentil Waves : Lightly Salted 20g															
Burts Lentil Waves : Sour Cream & Chive 20g	M Unknown									Y					
Burts Lentil Waves : Sweet Chilli : Thai 20g								Y							
Burts Mature Cheddar & Spring Onion Crisps 40g										Y					
Burts Sea Salt & Malt Vinegar Crisps 40g	Y Bar														
Burts Sea Salt Crisps 40g															

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Burts Spicy Chorizo Crisps 40g															
Burts Thai Sweet Chilli Crisps 40g								Y							
Cadbury Dairy Milk Caramel 45g	M Whe						M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Cadbury Dairy Milk Fruit and Nut	M Whe						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Cadbury Mini Eggs Tube 45g							Y Unknown	Y	Y	Y					
Cadbury Shortcake Snack	Y Whe						M Unknown	Y		Y					
Cadbury Twirl 43g										Y					
Cadbury Twix White 46g	Y Whe Bar Oat						Y Alm Haz	Y		Y					
Cadbury Wispa 60g					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Cadbury's Brunch Bar															
Cadbury's Creme Egg									Y	Y					
Cadbury's Giant Buttons 40g										Y					

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Caramel Freddo 19.5g	M Whe						M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Chupa Chups										Y					
Clementine															1
Dawn Caramel Ring Doughnut	Y Unknown							Y	Y	Y					
Dawn Choco Nut Ring Doughnut	Y Unknown				Y		Y Unknown	Y	Y	Y					
Dawn Cinnamon & Apple Ring Doughnut	Y Unknown							Y	Y	Y					
Dawn Strawberry Sprinkle Ring Doughnut	Y Unknown							Y	Y	Y					
Divine Dark Chocolate Bar	M Unknown				M		M Unknown	M		M					
Divine Milk Chocolate & Orange Bar	M Unknown				M		M Unknown	M		Y					
Divine Milk Chocolate Bar	M Unknown				M		M Unknown	Y		Y					
Divine White Chocolate Bar							Y Unknown	Y		Y					
Drifter 52g															1
Easter biscuits x 2	Y Whe														

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Freddo 18g	M Unknown				M					Y					
Fresh Plum															1
Fresh Satsuma															1
Galaxy : Milk								Y		Y					
Galaxy Caramel	M Whe				M		M Alm Haz	Y		Y					
Galaxy Caramel	M Whe				M		M Alm Haz	Y		Y					
Galaxy Minstrels 42g								Y		Y					
Galaxy Ripple 36g								Y		Y					
Gingerbread Man Cookie	Y Whe				M		M Unknown	Y	Y						
GnG Chocolate Doughnuts	Y Whe Rye Bar Oat	M	M	M	M	M	M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	M	M	M	M	4
GnG Cinnamon Doughnuts	Y Whe							Y	Y	Y					4
GnG Indian Snack + Mango Chutney	Y Whe														4
GnG Onion Bhaji + Mango Chutney															4

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GnG Pigs in Blankets	Y Whe													Y	4
GnG Veg Sticks + Hummus											Y		Y		4
Golden Delicious Apple															
Green Apple															
In House Fairtrade Banana															
Jumbo Jam Doughnut	Y Whe							Y	M	M			M		
Kinder Bueno	Y Whe						Y Haz	Y		Y					
Kit Kat 4 Finger Dark 45g	Y Whe							Y		Y					
Kit Kat 4 finger Milk 41.5g	Y Whe Rye Bar Oat							Y		Y					
Kit Kat Chunky 40g	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y					
Kit Kat Chunky Peanut Butter 48g	Y Whe				Y		M Unknown	Y		Y					
Lazy Day Dark Chocolate Tiffin								Y							
Lemon & Blackcurrant Slice	Y Whe								Y	Y					
M&M Chocolate 45g	Y Whe Bar				Y		Y Alm Haz	Y		Y					

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M&M's Chocolate Treat Bag								Y		Y					
Malteser Reindeer	Y Whe Bar							Y	M	Y					
Maltesers 37g	Y Whe Bar							Y		Y					
Mars Bar 51g	Y Bar				Y		M Unknown	Y	Y	Y					
Mars Galaxy Minstrels Share Pack 88g					M		M Unknown	Y		Y					
Marvellous Melon															
Metcalfe Rice Cakes : Yoghurt 34g								Y		Y					
Metcalfe Skinny Popcorn - Sweet & Salty															
Metcalfs Popcorn Sea Salt Skinny															
Metcalfs Popcorn Sweet & Salty															
Metcalf's Rice Cakes Dark Chocolate 34g							M Unknown	Y		M					
Metcalf's Rice Cakes Milk Chocolate 34g								Y		Y					
Metcalf's Rice Cakes White Chocolate 34g								Y		Y					
Mini Cheddars Big Bag 50g	Y Whe Bar							M	M	Y					
One World Flapjack - Choc Chip	Y Unknown							Y		Y					
Pear															

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Perkier Bar - Peanut 35g					Y		Y Cas	Y					M		
Perkier Bites Cacao+Orange					Y		M Unknown	Y							
Perkier Bites Cacao+Peanut					Y		M Unknown	Y							
Perkier Cacao & Cashew 35g							Y Cas	Y							
Perkier Cashew, Chia & Pumpkin 35g							Y Cas	Y							
Perkier Coconut & Chia							Y Cas	Y							
Perkier Goji & Cranberry 35g								Y							
Perkier Peanut & Quinoa 35g					Y		Y Cas	Y					M		
Polo Mint 34g															
Pop Chips - BBQ 23g										Y					
Pop Chips - Original 23g															
Pop Chips - Salt and Pepper 23g															
Pop Chips - Salt and Vinegar 23g															
Pop Chips - Sour Cream 23g										Y					
Propercorn Sweet & Salty															
Propercorn Sweet Coconut & Vanilla					M					Y					

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Quavers - 20g	Y Whe Rye Bar Oat							Y		Y	M	M			
Quavers Grab Bag 34g	Y Whe Bar							Y		Y					
Raspberry & Coconut Slice 77g	Y Whe				M		M Unknown		Y	Y					
Red Apple															
Royal Gala Apple															
Skittles Fruit 55g															1
Skittles Sourz 55g															
Skittles Tropical 55g															
Snack a Jack Salt & Vinegar 26g	M Unknown							M		M	M	M			
Snack a Jack Sour Cream 26g										Y					
Snack a Jack Sweet Chilli 26g								Y		Y					
Snacking Essentials Chocolate Covered Raisins 100g	M Whe Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	M		Y				M	
Snacking Essentials Fruit and Seeds 100g	M Whe Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	M		M				M	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Snacking Essentials Nutty Mix 100g					Y		Y Alm Brz Cas Haz Pec Pis								
Snacking Essentials Yoghurt Peanuts 100g	Y Whe Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y				M	
Snickers 48g					Y			Y	Y	Y					
Starburst Fruity Chew 45g															
Ten Acre Crisps : The Amazing Adventures of Salt & Vinegar 40g															
Ten Acre Crisps : The Story of When the Cheese Met the Onion 40g															
Ten Acre Crisps : When the Chilli Got Sweet 40g															
Tracker Choc Chip	Y Whe Bar Oat				Y			Y		Y					
Twix 50g	Y Whe Bar Oat						Y Alm Haz	Y		Y					
Tyrrells Cheese & Chive Crisps 40g										Y					
Tyrrells Crisps : Lightly Sea Salted															
Tyrrells Crisps : Mature Cheddar & Chive										Y					
Tyrrells Crisps : Sea Salt & Cider Vinegar	Y Bar														
Tyrrells Crisps : Sweet Chilli & Red Pepper															

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tyrrells Lightly Salted Crisps 40g															
Tyrrells Sea Salt & Black Pepper Crisps 40g															1
Tyrrells Sea Salt & Cider Vinegar Crisps 40g	Y Bar														
Tyrrells Sweet Chilli and Red Pepper Crisps 40g															
Walker Sensations Thai Sweet Chilli Crisps	Y Whe							Y		Y	M	M		Y	
Walkers - Cheese and Onion (regular)	M Unknown							M		Y	M	M			
Walkers - Ready Salted (regular)	M Whe Bar							M		M	M	M			
Walkers - Salt and Vinegar (regular)	M Unknown							M		M	M	M			
Walkers Big Eat - Cheese & Onion	M Unknown							M		Y	M	M			
Walkers Big Eat - Prawn Cocktail	M Unknown	M													
Walkers Big Eat - Ready Salted	Y Whe Bar							Y		Y					
Walkers Big Eat - Salt & Vinegar	M Unknown														
Whole Orange															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Wispa Gold 48g							M Alm Brz Cas Haz Mac Pec Pis Wal	M		Y					
Wrigley's Extra Gum - Peppermint								Y							
Wrigley's Extra Gum - Spearmint								Y							
XMAS Christmas Tree Shortbread															1
XMAS Marmalade & Ginger Flapjack															1
All Butter Croissant	Y Whe							M	Y	Y					
Apple Shortcake Traybake	Y Whe						M Alm Haz Pec Pis Wal		Y	Y				Y	
Apricot Muffin	Y Whe							M	Y	Y				Y	
Big Belgian Chocolate Cake	Y Whe				M		M Alm Haz Pec Pis Wal	Y	Y	Y					
Big Hummingbird Cake	Y Whe				M		Y Alm Haz Pec Pis Wal		Y	Y					
Big Lemon & Elderflower Cake		Y								Y	Y				

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Big Lemon Drizzle Cake	Y Whe				M		M Alm Haz Pec Pis Wal	Y	Y	Y					
Big Matcha Tea & Raspberry Cake	Y Whe				M		M Unknown	Y	Y	Y					
Big Red Velvet Cake	Y Whe				M		M Alm Haz Pec Pis Wal	Y	Y	Y					
Big Victoria Sandwich Cake	Y Whe				M		M Unknown		Y	Y					
Black Cherry & Almond Traybake	Y Whe						Y Alm Haz Pec Pis Wal		Y	Y					
Blueberry Crumble Muffin	Y Whe							M	Y	Y					
Boston Brownie Traybake	Y Whe						M Alm Haz Pec Pis Wal	Y	Y	M					
Caramel Shortcake Traybake GF							M Alm Haz Pec Pis Wal	Y	M	Y					
Carrot Cake Muffin	Y Whe Oat							M	Y	Y				Y	
Carrot Cake Traybake	Y Whe Bar						Y Wal		Y	Y				Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Cheddar & Ham Croissant	Y Whe								Y	Y					1
Chocolate Fudge Cake	M Whe Bar Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				M	
Coffee and Walnut Cake	Y Whe		Y	Y	M		Y Alm Haz Pec Pis Wal	Y	Y	Y					
Fruit Bread	Y Whe								Y	Y					
GF Mixed Muffin								Y	Y	Y					
GF Raspberry Brownie					M		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	M				
Gingerbread Muffin	Y Whe								Y	Y				Y	
HMCC: Classic Butter Shortcake Traybake	Y Whe						M Alm Haz Pec Pis Wal	Y	M	Y					
Honeycomb Tiffin	Y Whe						M Alm Haz Pec Pis Wal	Y	M	Y					
In house Almond Croissant	Y Whe Bar Oat						Y Alm Haz	M	Y	Y			M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
In House Custard Tart (Portuguese)	Y Whe								Y	Y					
Jaffa Cake Muffin	Y Whe							Y	Y	Y					
Joe's Bakery Mince Pie															1
Lemon Drizzle Traybake GF							M Alm Haz Pec Pis Wal		Y	Y					
Lemon Meringue Muffin	Y Whe							Y	Y	Y				Y	
Lux Hot Cross Buns	Y Whe Rye						M Unknown	M	Y	Y			M		
Maple & Pecan Slice	Y Whe Oat						Y Alm Haz Pec Pis Wal	Y	Y	Y					
Mince Pie (Lge)	Y Whe Bar						M Unknown							Y	
Mocha Muffin	Y Whe							Y	Y	Y					
Pain Au Chocolate	Y Whe						M Unknown	Y	Y	M					
Pain Au Raisin	Y Whe						M Alm Haz Pec		Y	Y			M		
Pullins Bakewell Traybake															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Pullins Brown Owl Traybake															1
Pullins Flapjack GF															1
Pullins Rocky Balboa Traybake															1
Pullins Trillionaire Traybake															1
Raspberry & Almond Traybake GF							Y Alm Haz Pec Pis Wal		Y	Y					
Raspberry & Coconut Traybake	Y Whe						M Alm Haz Pec Pis Wal		Y	Y				Y	
Raspberry & White Chocolate Flowerpot Muffin	Y Whe						M Unknown	Y	Y	Y					
Salted Caramel Muffin	Y Whe				M		M Unknown	Y	Y	Y					
St Clememts Muffin	Y Whe							Y	Y	Y					
Starbucks Oreo Muffin	Y Whe						M Unknown	Y	Y	Y					
Stollen Muffin	Y Whe								Y	Y					
Treacle Toffee Apple Muffin	Y Whe							M	Y	Y					
Triple Chocolate Flowerpot Muffin	Y Whe							Y	Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
add Cheese										Y					
add Goat Cheese & Onion										Y					
add Tuna				Y											
Afternoon Tea (Bristas)	Y Whe				Y		M Alm Haz Pec Pis Wal	Y	Y	Y			M		4
Bircher Muesli Pot	Y Whe Bar Oat									Y				Y	1
Bread Roll & Butter	Y Whe						M Unknown	M		Y			M		
Crunchy Raw Beetroot Salad with Feta	M Unknown				M		M Unknown	M		Y			M	Y	
GF Afternoon Tea (Bristas)							Y Alm	Y	Y	Y					4
GnG Black Cherry Yogurt Pot	Y Whe Rye Bar Oat	Y	Y	Y	Y	Y	Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y	Y	Y	Y	
GnG Cheese & Branston Pickle Baguette	Y Whe Rye Bar Oat						M Wal			Y			M	Y	
GnG Cheese, Ham & Branston Pickle Baguette	Y Whe Rye Bar Oat						M Wal			Y			M	Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
GnG Chicken & Bacon Mayo Baguette	Y Whe Rye Bar Oat						M Wal		Y				M		
GnG Chicken, Pasta & Sweetcorn Salad Pot	Y Whe								Y						
GnG Crusty Cheese & Tomato Salad Roll	Y Whe Bar						M Unknown	M		Y			M	Y	
GnG Crusty Ham Salad Roll	Y Whe						M Unknown	M	Y	Y			M		1
GnG Ham & Salad Baguette	Y Whe								Y	Y					
GnG Houmous, Onion Bhaji & Mango Chutney Baguette	Y Whe									Y			Y		
GnG Mango Yogurt Pot	Y Whe Rye Bar Oat	Y	Y	Y	Y	Y	Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y	Y	Y	Y	
GnG Prawn Layer Salad Pot	Y Bar	Y		Y					Y		Y			Y	
GnG Roast Beef & Horseradish Baguette	Y Whe								Y	Y		Y			
GnG Strawberry Yogurt Pot	Y Whe Rye Bar Oat	Y	Y	Y	Y	Y	Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y	Y	Y	Y	
GnG Tuna Layer Salad Pot	Y Whe			Y					Y						

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Poke Bowls Sesame Tofu	M Whe Rye Bar Oat	M	M	M	M	M	M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	M	M	M	Y	Y	3
Poke Bowls Teriyaki Tuna	Y Whe Rye Bar Oat	M	M	Y	M	M	M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	M	M	M	Y	Y	1
Sandwich Meal Deal Level 1	Y Whe							Y	Y			Y	M		1
Sandwich Meal Deal Level 2	Y Whe								Y				M		1
Sandwich Meal Deal Level 3	Y Whe								Y				M		1
Starbucks Roast Chicken Caesar Salad	Y Whe Bar			Y				Y	Y	Y				Y	1
Tiffin : Cheesly Savoury : Wrap : Gluten Free : WRA160 (G)							M Alm Brz Cas Haz Mac Pec Pis Wal					Y			
Tiffin : Classic Handmade : Sandwich Wedges : Prawn Marie Rose : HCW150 (E)	Y Whe Bar Oat	Y		Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y		Y	M		
Tiffin : Classic Handmade Sandwich Wedges : Cheddar Ploughmans : HCW070 (C)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M	Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Classic Handmade Sandwich Wedges : Chicken Sweetcorn & Lettuce : HCW040 (B)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Classic Handmade Sandwich Wedges : Chicken, Bacon and Stuffing : HCW110 (C)	Y Whe Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				M		
Tiffin : Classic Handmade Sandwich Wedges : Sandwich : Bacon, Lettuce & Tomato : HCW090 (C)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Classic Handmade Sandwich Wedges : Sandwich : Chicken Salad : Classic : HCW080 (C)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Classic Handmade Sandwich Wedges : Sandwich : Classic Ham Salad : HCW120 (C)	Y Whe Rye Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tiffin : Classic Handmade Sandwich Wedges : Sandwich : Double Egg & Cress : HCW020 (B)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Classic Handmade Sandwich Wedges : Sandwich : Ham, Cheddar and Mustard Mayo : HCW100 (C)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y		Y	M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Classic Handmade Sandwich Wedges : Sandwich : Tuna Sweetcorn & lettuce : HCW030 (B)	Y Whe Bar			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Halal Sandwich Wedges : Sandwich : Cheddar Cheese and Tomato : HEW030 (A)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Halal Sandwich Wedges : Sandwich : Chicken Tikka Mayonnaise Salad : HEW110 (B)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y			Y	M	Y	
Tiffin : Halal Sandwich Wedges : Sandwich : Egg Mayo and Cress : HEW050 (A)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				M		
Tiffin : Halal Sandwich Wedges : Sandwich : Tuna Mayo : HEW060 (A)	Y Whe			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : on Malted : Chicken Salad : HEW120 (C)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal		Y						
Tiffin : Roll - Gluten Free : Egg & Cress : SBR010 (G)							M Alm Brz Cas Haz Mac Pec Pis Wal		Y						

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Sandwich - Malted : Piccalilli Ploughmans : FCL070 (F)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal			Y		Y			
Tiffin : Sandwich - poppy seed : Lemon & Back Pepper Chicken : HCW137 (D)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y					Y	
Tiffin : Sandwich - Softgrain : All Day Breakfast : HCW138 (D)	Y Whe Rye						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y					Y	
Tiffin : Sandwich Stacks - White : Vegan Sausage & Red Onion Chutney : HCW130 (B)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y							
Tiffin : Sandwich White : Chicken, Bacon & Avocado : FCL060 (F)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal		Y					Y	
Tiffin : Simply Essential Sandwich Wedges : Chicken Mayo : ESW040 (A)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Simply Essential Sandwich Wedges : Egg Mayonnaise : ESW010 (A)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Simply Essential Sandwich Wedges : Sandwich : Simply Cheddar Cheese : ESW060 (A)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Simply Essential Sandwich Wedges : Sandwich : Simply Ham : ESW070 (A)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Simply Essential Sandwich Wedges : Savoury Cheese : ESW020 (A)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tiffin : Simply Essential Sandwich Wedges : Tuna Mayo : ESW030 (A)	Y Whe			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Wrap : Piri Piri Chicken : Gluten Free : WRA150 (G)							M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Xmas Afternoon Tea (Bristas)	Y Whe Bar						Y Alm Haz Pec Wal	Y	Y	Y			M	Y	3
add Beans															
add Chicken Tikka	M Whe Bar	M		M				M	Y	M	M	M	M		
add Egg (1)									Y						
Atrium Chicken & Avocado Flatbread	Y Whe									Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Atrium Jackfruit Balti Jacket					M		M Alm Cas Haz Pec Pis Wal					Y	M		2
Bacon & Cheese Croissant	Y Whe								Y	Y					
Bacon & Sausage Toastie	Y Whe Bar							Y			Y		M		1
Bacon Toastie	Y Whe Bar							Y			Y		M		
BBQ Quorn Burrito Wrap	Y Whe								Y	Y					2
Beans on Toast	Y Whe Bar							Y		Y			M		
Bristas: Toast	Y Whe Bar							Y		Y			M		
Caprese Grilled Cheese Panini	Y Whe Rye Bar									Y			M		1
Channa Masala														Y	
Cheddar & Mushroom Croissant	Y Whe								Y	Y		Y			
Cheese Toastie	Y Whe Rye Bar Oat							Y		Y					
Chicken & Bacon Panini	Y Whe Rye Bar								Y	Y			M		1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Chicken Cordon Bleu Panini	Y Whe Rye Bar								Y	Y			M		2
Falafel & Houmous Wrap	Y Whe Rye Bar Oat										M	M	Y	Y	
Feta & Butternut Squash Wrap	Y Whe									Y					1
Flatbread: Vegan Mushroom & Spinach	Y Whe Oat									Y					1
GnG Beef Chilli Con Carne Meal Pot								Y			Y				
gng Chicken Satay PNut Free Meal Pot	Y Whe							Y			Y	Y			
gng Mac & Cheese Meal Pot	Y Whe									Y		Y			
gng Sweet Pot Katsu Curry Meal Pot	Y Whe							Y			Y	Y	Y		
Ham & Cheese Panini	Y Whe Rye Bar								Y	Y		Y	M		1
Ham & Cheese Toastie	Y Whe Rye Bar Oat							Y		Y					
Hot Pot (various)	Y Whe Bar						M Alm Cas	Y	Y	Y	Y			Y	
Jacket & Tuna Melt	Y Whe			Y						Y		Y			2

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Jacket Cheese & Beans	Y Whe									Y		Y			1
Jacket Chicken Tikka	Y Whe	M		M				M	Y	M	M	Y	M		1
Jacket Goats Cheese & Onion	Y Whe									Y		Y			1
Jacket Plain															2
Jacket Potato +1 Filling	M Whe Rye Bar Oat	M		Y				M	Y	Y	M	M	M	M	2
Jacket Potato +2 Fillings	M Whe Rye Bar Oat	M		Y				M	Y	Y	M	M	M	M	2
Jacket Potato with Vegan Cheese	Y Oat														2
Macaroni Cheese	Y Whe							M		Y		Y			
Meatball Marinara Wrap	Y Whe									Y					2
Med Veg Panini	Y Whe Rye Bar									Y	Y		M		
Phat Sausage Roll	Y Whe								Y	M					
Poached Egg on Toast	Y Whe Bar							Y	Y	M			M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Quaker Oat - Apple & Berry	Y Oat				M			M		Y			M		
Quaker Oat - Golden Syrup	Y Whe Bar Oat				M			M		Y			M		
Quaker Oat - Original	Y Whe Bar Oat				M			M		Y			M		
Real Soup : Thai Chicken															
Real Soup : Tomato & Basil										Y					
Real Soup: Leek & Potato															
Sausage Toastie	Y Whe Bar						M Unknown	Y	M	M	Y	M	M	Y	
Soup and Bread	Y Whe Rye Bar Oat							Y		Y	Y	M	M	Y	
Soup of the Day	M Whe Rye Bar Oat									Y	Y	M		Y	
Thai Green Chicken Curry				Y						Y					
Tiffin : Barmarked Panini Subs : Chicken, Tex Mex Cheese & Jalapeno : HPA080 (R)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tiffin : Barmarked Panini Subs : Panini : Cheddar Cheese & Tomato : HPA030 (Q)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Barmarked Panini Subs : Panini : Cheese & Ham : HPA055 (R)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Barmarked Panini Subs : Panini : Meaty Cheese & Tomato Melt : HPA100 (S)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y			M		
Tiffin : Barmarked Panini Subs : Panini : Tuna & Cheese : HPA010 (Q)	Y Whe			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tiffin : Bloomer Toastie : Hickory Chicken, Sweetcure Bacon & Cheese : HBT070 (R)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M	Y	
Tiffin : Bloomer Toastie : Smoky Ham, Dijon Mustard & Cheddar : HBT030 (R)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y		Y	M		
Tiffin : Chicken, Bacon, Cheese & Tomato : Ciabatta : HPC090 (T)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Ciabatta : All Day Breakfast : MHC070	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal		Y					Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Ciabatta : Cajun Chicken & Roast Tomato Melt : HPC070 (T)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M	Y	
Tiffin : Ciabatta : Mozzarella, Tomato & Pesto : HPC020 (S)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Ciabatta : Pepperoni & Cheese : HPC045 (S)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal	Y							
Tiffin : Ciabatta : Pulled Pork & Mozzarella : HPC210 (T)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Tiffin : Ciabatta : Tuna and Mature Cheddar Cheese : HPC040 (S)	Y Whe Bar			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tiffin : Halal Paninis And Wedges : Panini : Chicken Tikka : HEP010 (R)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y		Y	M	Y	
Tiffin : Microwaveable Ciabattas : British Pork Sausage : MHC040 (T)	Y Whe Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M	Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Microwaveable Ciabattas : Ham, Salami, Cheese & Pizza Sauce : MHC050 (T)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Microwaveable Ciabattas : The Best Bacon : MHC030 (T)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal			Y			M		
Tiffin : Microwaveable Ciabattas : Triple Cheese & Onion : MHC060 (T)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tiffin : Panini : Cheese & Onion : HEP005 (R)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Toast & Butter	Y Whe Bar							Y		M			M		
Tuna & Red Onion Panini	Y Whe Rye Bar			Y						Y			M		
Two Cheese Toastie	Y Whe Rye Bar Oat							Y		Y		Y		Y	
Vegan Sausage Roll	Y Whe Bar							Y							
Butter Portion (each)										Y					
Flora Portion (each)										M					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Honey Portion (each)															
Hospitality Water Bottle															
Huskup Coffee Cup 400ml															1
Nutella Portion (each)							Y Haz	Y		Y					
Preserve Portion (each)															
Super Seeds Portion								M					Y		
Wooden Fork															
Wooden Knife															
Wooden Spoon															

* Allergens marked with 'M' may contain that allergen.

 Yes  May Contain

	Allergen
Whe	Wheat
Rye	Rye
Bar	Barley
Oat	Oats
Alm	Almonds
Brz	Brazil Nuts

Cas	Cashews
Haz	Hazelnuts
Mac	Macadamia
Pec	Pecan
Pis	Pistachio
Wal	Walnuts