

### Costa Allergens

## Allergens

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Blackforest Hot Chocolate (Primo)										Y					5
CC - After Eight Hot Chocolate (Medio)										Y					6
CC - After Eight Hot Chocolate (Primo)										Y					5
CC - Blackforest Hot Chocolate (Medio)										Y					5
CC - Cappuccino Irish Style (Medio)										Y					3
CC - Cappuccino Irish Style (Primo)										Y					3
CC - Caramel Syrup RS (Monin)															1
CC - Chai Syrup 1ltr															1
CC - Coconut & Vanilla Latte Decaf Medio							M Alm Haz	Y							3
CC - Coconut & Vanilla Latte Decaf Primo															4

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Coconut & Vanilla Latte Medio															4
CC - Coconut & Vanilla Latte Primo															4
CC - Coconut Hot Chocolate Medio										Y					3
CC - Coconut Hot Chocolate Primo										Y					3
CC - Decaf Extra Shot															
CC - Extra Shot Espresso															
CC - Festive Tea (Primo)										Y					3
CC - Filter Coffee Primo															3
CC - Gingerbread Hot Chocolate (Medio)										Y					4
CC - Gingerbread Hot Chocolate (Primo)										Y					4
CC - Gingerbread Latte (Medio)										Y					3
CC - Gingerbread Latte (Primo)										Y					3
CC - Gingerbread SF Syrup															
CC - Hazelnut Praline Latte (Medio)										Y					5
CC - Hazelnut Praline Latte (Primo)										Y					5
CC - Hazelnut RS Syrup															1
CC - Hot Chocolate Irish Velvet (Medio)										Y					4
CC - Hot Chocolate Irish Velvet (Primo)										Y					5

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Irish Velvet Latte (Medio)										Y					5
CC - Irish Velvet Latte (Primo)										Y					4
CC - Ruby Hot Chocolate Medio															4
CC - Ruby Hot Chocolate Primo															4
CC - Spiced Cappuccino (Medio)										Y					5
CC - Spiced Cappuccino (Primo)										Y					3
CC - Terry's Hot Chocolate (Medio)										Y					7
CC - Terry's Hot Chocolate (Primo)										Y					6
CC - Toffee Penny Latte (Medio)										Y					6
CC - Toffee Penny Latte (Primo)										Y					6
CC - Vanilla SF Syrup															1
CC Almond Milk for Tea							Y Alm								
CC Almond Milk Medio							Y Alm								
CC Almond Milk Primo							Y Alm								
CC Coconut Milk for Tea															1
CC Coconut Milk Medio															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC Coconut Milk Primo							M Alm Haz	Y							
CC Oat Milk for Tea	Y Oat														
CC Oat Milk Medio	Y Oat														
CC Oat Milk Primo	Y Oat														
CC Semi Milk for Tea										Y					
CC Semi Milk Medio										Y					
CC Semi Milk Primo										Y					
CC Skim Milk for Tea										Y					
CC Skim Milk Medio										Y					
CC Skim Milk Primo										Y					
CC Soya Milk for Tea								Y							
CC Soya Milk Medio								Y							
CC Soya Milk Primo								Y							
CC Whole Milk for Tea										Y					
CC Whole Milk Medio										Y					
CC Whole Milk Primo										Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Cup Levy															
Preoday Almond Milk							Y Alm								
Preoday Coconut Milk							M Alm Haz	Y							
Preoday Oat Milk	Y Oat														
Preoday Semi Skim Milk										Y					
Preoday Skim Milk										Y					
Preoday Soya Milk								Y							
CC - Americano Decaf Medio															2
CC - Americano Decaf Primo															2
CC - Americano Medio															2
CC - Americano Primo															2
CC - Bonfire Spiced Hot Chocolate Medio										Y					5
CC - Bonfire Spiced Hot Chocolate Primo										Y					5
CC - Bonfire Spiced Latte Decaf Medio															5
CC - Bonfire Spiced Latte Decaf Primo															5
CC - Bonfire Spiced Latte Medio															5

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Bonfire Spiced Latte Primo															5
CC - Clipper Tea Medio															2
CC - Clipper Tea Primo															2
CC - Clipper Camomile Tea Medio															2
CC - Clipper Camomile Tea Primo															2
CC - Clipper Tea Decaf Medio	Y Whe														2
CC - Clipper Tea Decaf Primo	Y Whe														2
CC - Clipper Earl Grey Tea Medio	Y Whe														2
CC - Clipper Earl Grey Tea Primo	Y Whe														2
CC - Clipper Lemon & Ginger Tea Medio	Y Whe														2
CC - Clipper Lemon & Ginger Tea Primo	Y Whe														2
CC - Clipper Mint Tea Medio	Y Whe														2
CC - Clipper Mint Tea Primo	Y Whe														2
CC - Clipper Wild Berry Tea Medio															2

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Clipper Wild Berry Tea Primo															2
CC - Cappucino Decaf Medio															2
CC - Cappucino Decaf Primo															2
CC - Cappucino Medio															2
CC - Cappucino Primo															2
CC - Coconut Latte Decaf Medio															3
CC - Coconut Latte Decaf Primo															3
CC - Coconut Latte Medio															3
CC - Coconut Latte Primo															3
CC - Cortardo Decaf Primo															1
CC - Cortardo Primo															1
CC - Espresso Decaf Doppio															2
CC - Espresso Decaf Single															1
CC - Espresso Doppio															2
CC - Espresso Single															2
CC - Flat White Decaf Primo															2
CC - Flat White Primo															2

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Hot Chocolate Medio										Y					2
CC - Hot Chocolate Primo										Y					2
CC - Latte Decaf Medio															2
CC - Latte Decaf Primo															2
CC - Latte Medio															2
CC - Latte Primo															2
CC - Mocha Decaf Medio										Y					2
CC - Mocha Decaf Primo										Y					2
CC - Mocha Medio										Y					2
CC - Mocha Primo										Y					2
CC - Soya Latte Decaf Medio								Y							3
CC - Soya Latte Decaf Primo								Y							3
CC - Soya Latte Medio								Y							3
CC - Soya Latte Primo								Y							3
Fairtrade Tea 8oz										Y					
Hot Water (Vend)															
CC - Caramel Latte Decaf Medio										Y					4



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Caramel Latte Decaf Primo										Y					4
CC - Caramel Latte Medio										Y					4
CC - Caramel Latte Primo										Y					4
PG Tips Tea Vend Large 12oz										Y					
PG Tips Tea Vend Reg										Y					
Twinings Earl Grey Tea - 12 oz															
Twinings Earl Grey Tea - 8 oz										Y					
Twinings Fruit Tea Cranberry & Raspberry - 12 oz															
Twinings Fruit Tea Cranberry & Raspberry - 8 oz															
Twinings Green Tea - 8 oz															
7up 500ml															
Abbeywell Sparkling Water 500ml															
Abbeywell Still Water 500ml															
Cawston Press Apple Can - 330 ml															
Cawston Press Elderflower Can - 330ml															
Cawston Press Ginger Beer Can - 330ml															
Cawston Press Rhubarb Can - 330ml															
CC - Belgian Choc Reduced Sugar (w/o cream) Frostino Medio															4
CC - Belgian Choc Reduced Sugar (w/o cream) Frostino Primo															4

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Bonfire Spiced Cold Brew Medio															5
CC - Bonfire Spiced Cold Brew Primo															6
CC - Coffee Frostino Medio										Y					2
CC - Coffee Frostino Primo										Y					3
CC - Costa Americano Can - 250ml															
CC - Costa Caramel Latte Can - 250ml															1
CC - Costa Latte Can - 250ml															1
CC - Frostino Blackforest (Medio)										Y					5
CC - Frostino Blackforest (Primo)										Y					6
CC - Frostino Irish no coffee (Medio)										Y					5
CC - Frostino Irish no coffee (Primo)										Y					6
CC - Frostino Irish with coffee (Medio)										Y					5
CC - Frostino Irish with coffee (Primo)										Y					6
CC - Iced Americano Decaf Medio															
CC - Iced Americano Decaf Primo															
CC - Iced Americano Medio															
CC - Iced Americano Primo															
CC - Iced Cappucino Decaf Medio															
CC - Iced Cappucino Decaf Primo															

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Iced Cappucino Medio															
CC - Iced Cappucino Primo															
CC - Iced Espresso Decaf Medio															
CC - Iced Espresso Decaf Primo															
CC - Iced Espresso Medio															
CC - Iced Espresso Primo															
CC - Iced Latte Decaf Medio															
CC - Iced Latte Decaf Primo															
CC - Iced Latte Medio															
CC - Iced Latte Primo															
CC - Iced Salted Caramel Latte Decaf Medio										Y					2
CC - Iced Salted Caramel Latte Decaf Primo										Y					2
CC - Mango & Passionfruit Frostino (NAS) Medio															1
CC - Mango & Passionfruit Frostino (NAS) Primo															1
CC - Peach Iced Tea Medio															2
CC - Peach Iced Tea Primo															2
CC - Red Summer Berries Frostino (NAS) Medio															1
CC - Red Summer Berries Frostino (NAS) Primo															1
CC - Salted Caramel Frostino Medio										Y					4

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Salted Caramel Frostino Primo										Y					5
CC - Salted Caramel Iced Latte Medio										Y					2
CC - Salted Caramel Iced Latte Primo										Y					2
CC - Strawberry Reduced Sugar (w/o cream) Frostino Medio															4
CC - Strawberry Reduced Sugar (w/o cream) Frostino Primo															5
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
Delamere Banana Milk - 500ml										Y					
Dr Pepper - 500ml															

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Dr Pepper Can - 330ml															
Dr Pepper Zero - 500ml															
Dr Pepper Zero Can - 330ml															
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															
Milk Cotteswold Semi Skimmed - 568ml										Y					
Milk Cotteswold Skimmed - 568 ml										Y					
Milk Cotteswold Whole - 568 ml										Y					
Oasis Blackcurrant & Apple - 500 ml															
Oasis Citrus Punch - 500 ml															
Oasis Summer Fruits - 500ml															1
Orangina - 420 ml															1
Orangina Light - 420 ml															1

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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															
Radnor Sparkling Water - 500ml														Y	
Radnor Still Water - 500ml															
Ribena Blackcurrant - 500ml															
Ribena Blackcurrant Light - 500ml															
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															
Smart Water Sparkling - 600 ml															
Smart Water Still - 600 ml															

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Sprite No Sugar PET - 500ml															
Sprite Zero Can - 330ml															
Tropicana Orange Juice with Bits - 250ml															
Tropicana Smooth - 250ml															
Ubuntu : Coca Cola : Can : 330ml															1
Vita Coco - 330 ml															
CC - Almond Biscotti															1
CC - Cheddar & Black Pepper Crisps															1
CC - Chocolate Coin															1
CC - Cocoa Wafer															1
CC - Honey Roasted Nuts															1
CC - Jammy Dodger															1
CC - Rice Crackers : Sweet Chilli															1
CC - Vanilla Wafer															1
CC - Vegan Walking Gingerbread															1
CC - Veggie Protein Mix															1
CC - Walking Mummy Gingerbread															1
Fresh Plum															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Fresh Satsuma															1
Golden Delicious Apple															
In House Fairtrade Banana															
Red Apple															
Royal Gala Apple															
Whole Orange															1
XMAS Christmas Tree Shortbread															1
XMAS Marmalade & Ginger Flapjack															1
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															
Burts Spicy Chorizo Crisps 40g															
Burts Thai Sweet Chilli Crisps 40g								Y							
CC - All Butter Shortbread															1



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Chocolate Rasins					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y			Y		
CC - Fruit & Oat Biscuit	Y Whe Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y					
CC - Grenade Peanut Bar															1
CC - Grenade Bar Birthday Cake Bar															1
CC - Kindbar Caramel Almond Sea Salt					Y	M	Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	Y		Y	M	
CC - Natural Mixed Nuts					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal						Y		
CC - Stem Ginger Biscuit	Y Whe Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Metcalfe Skinny Popcorn - Sweet & Salty															
Metcalfe's Rice Cakes Dark Chocolate 34g							M Unknown	Y		M					
Metcalfe's Rice Cakes Milk Chocolate 34g								Y		Y					
Metcalfe's Rice Cakes White Chocolate 34g								Y		Y					

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Metcalfs Popcorn Sea Salt Skinny															
Metcalfs Popcorn Sweet & Salty															
Metcalfe Rice Cakes : Yoghurt 34g								Y		Y					
Mini Cheddars Big Bag 50g	Y Whe Bar							M	M	Y					
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 Goji & Cranberry 35g								Y							
Perkier Peanut & Quinoa 35g					Y		Y Cas	Y					M		
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					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Propercorn Sweet & Salty															
Propercorn Sweet Coconut & Vanilla					M					Y					
Quavers - 20g	Y Whe Rye Bar Oat							Y		Y	M	M			
Quavers Grab Bag 34g	Y Whe Bar							Y		Y					
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	
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	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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															
Tyrrells Cheese & Chive Crisps 40g										Y					
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													

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Walkers Big Eat - Ready Salted	Y Whe Bar							Y		Y					
Walkers Big Eat - Salt & Vinegar	M Unknown														
Xmas Pudding Cookie	Y Whe						M Unknown	Y	Y	Y					
All Butter Croissant	Y Whe							M	Y	Y					
Apple Cinnamon Doughnut Swirl	Y Whe Rye					M	Y Alm Brz Haz Pec	Y	Y	Y	M	M	M		
Apple Shortcake Traybake	Y Whe					Y	M Alm Haz Pec Pis Wal		Y	Y				Y	
Apricot Muffin	Y Whe							M	Y	Y				Y	
Banana & Toffee Loaf Cake	Y Whe Bar								Y	Y					
Boston Brownie Traybake	Y Whe						M Alm Haz Pec Pis Wal	Y	Y	M					
CC - Caramel Waffles															1
CC - GF Millionaire Slice															1
CC - Iced Slice Vegan															1
CC - Mallow Sheep Shortcake															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
CC - Mince Tart GF															1
CC - Penguin Shortcake															1
Cherry and Pistachio Loaf Cake	Y Whe						Y Alm Haz Pec Pis Wal		Y	Y					
Chocolate & Hazelnut Croquant	Y Whe						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y			M		
Cobbs Mutiny Bar	Y Whe Oat				M		M Unknown	Y		Y				Y	
GF Carrot Cake							Y Alm Haz Pec Pis Wal	M	Y	Y				Y	
Gluten Free Chocolate Cake	M Whe Bar Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				M	
In house Almond Croissant	Y Whe Bar Oat						Y Alm Haz	M	Y	Y			M		
In House Custard Tart (Portuguese)	Y Whe								Y	Y					
Joe's Bakery Mince Pie															1
Lemon Curd Muffin	Y Whe						M Unknown	M	Y	Y					

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Lemon Drizzle Traybake GF							M Alm Haz Pec Pis Wal		Y	Y					
Loaded Salted Caramel Flapjack															
Lux Hot Cross Buns	Y Whe Rye						M Unknown	M	Y	Y			M		
Matcha Chocolate Brownie	Y Whe				M		M Alm Haz Pec Pis Wal	Y	Y	Y					
Pullins Brown Owl Traybake															1
Pullins Flapjack GF															1
Pullins Trillionaire Traybake															1
Raspberry & Coconut Traybake	Y Whe						M Alm Haz Pec Pis Wal		Y	Y				Y	
Salted Caramel & Nut Slice	Y Whe Rye Bar Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	Y					
SB Blueberry Layer Cake	Y Whe Bar Oat						Y Alm Brz Haz Pec Pis Wal		Y	Y					
SB Chocolate Filled Croissant	Y Whe Rye						Y Alm Brz Cas Haz Mac Pec Pis Wal	M	Y	Y			Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Starbucks Oreo Doughnut	Y Whe							Y	M	Y					
Tartlette Au Citron	Y Whe Rye						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
Twisted Yum Yum	Y Whe						M Unknown		Y	Y			M		
Vegan Jaffa Cake	Y Whe							Y							
Vegan Persian Flapjack	Y Oat				M		Y Alm Pis								
Xmas Amaretti Brownie															1
Xmas Cranberry & Ginger Tiffin															1
Xmas Gingerbread Muffin	Y Whe							M	Y	Y				Y	
Xmas Linzer Biscuit	Y Whe						Y Alm Brz Wal		Y	Y					
Blueberry Crumble Muffin	Y Whe							M	Y	Y					
Carrot Cake Muffin	Y Whe Oat							M	Y	Y				Y	
CC - GF Belgian Chocolate Brownie															1
CC - Vegan GF Fruit Flapjack															1



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
GF Mixed Muffin								Y	Y	Y					
Gingerbread Muffin	Y Whe								Y	Y				Y	
Jaffa Cake Muffin	Y Whe							Y	Y	Y					
Lemon Meringue Muffin	Y Whe							Y	Y	Y				Y	
Mince Crown	Y Whe						Y Brz	Y	M	Y					
Mocha Muffin	Y Whe							Y	Y	Y					
Rainbow Drip Cake	Y Whe							Y	Y	Y					
Salted Caramel Muffin	Y Whe				M		M Unknown	Y	Y	Y					
St Clememts Muffin	Y Whe							Y	Y	Y					
Stollen Bar	Y Whe						Y Alm	Y	Y	Y					
Toffee Apple & Cinnamon Cake	Y Whe						M Unknown		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
Vegan Raspberry & Coconut Loaf Cake	Y Whe						M Unknown		M	M				Y	
Vegan Spelt & Quinoa Croissant	Y Whe Bar				M		M Unknown	M	M	M			M		
Sandwich Meal Deal Level 1	Y Whe							Y	Y			Y	M		1
Sandwich Meal Deal Level 2	Y Whe								Y				M		1
SL : Brekkie Pot : 200306 (H)									Y					Y	
SL : Brekkie Pot Vegan : 200305 (G)															
SL : Cheese & Tomato : Pasta Pot : H001 (E)	Y Whe									Y					
SL : Chunky Egg Roll : Gluten Free : Vegetarian : GFB026 (F)									Y			Y			
SL : Ciabatta : Italian Antipasti : Vegan : S318 (G)	Y Whe							Y				Y			
SL : Ciabatta : Turkey : S320 (F)															1
SL : Classic Chicken Ceasar : Salad Bowl : M061 (H)	Y Whe								Y	Y		Y			
SL : Classic Sandwich Range : Barbers Cheddar Ploughmans : on Granary : V : A025 (E)	Y Whe Bar							Y	Y	Y		Y			
SL : Classic Sandwich Range : Chicken & Bacon Club : on Granary : A016 (F)	Y Whe Bar							Y	Y			Y			
SL : Classic Sandwich Range : Chicken Salad : on Granary : A375 (E)	Y Whe Bar							Y	Y	Y		Y			

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
SL : Classic Sandwich Range : Chunky Egg & Bacon : on Oatmeal : A620 (E)	Y Whe Bar							Y	Y			Y			
SL : Classic Sandwich Range : Classic BLT : on Granary : A020 (F)	Y Whe Bar							Y	Y	Y					
SL : Classic Sandwich Range : Ham, Cheese & Chutney : on Granary : A489 (E)	Y Whe Bar							Y	Y	Y		Y			
SL : CLASSIC SANDWICH RANGE : Sandwich : Chunky Egg & Cress on Softgrain : A052 (D)	Y Whe Rye Bar							Y	Y			Y			
SL : Classic Sandwich Range : Smoked Salmon & Cream Cheese : on Granary : NM : A067 (G)	Y Whe Bar			Y				Y		Y					
SL : Classic Sandwich Range : Tuna sweetcorn : on Granary : A568 (D)	Y Whe Oat			Y				Y	Y	Y					
SL : Coronation Chickpea : on Granary : Vegan : New : A711 (F)	Y Whe Bar							Y				Y			
SL : Falafel & Yoghurt in White Tortilla : R080 (F)	Y Whe								Y	Y			Y		
SL : Granola & Mango : Yoghurt : J037 (E)	Y Oat									Y					
SL : Ham Hock & Chunky Egg : On Farmhouse : P076 (G)	Y Whe							Y	Y			Y			
SL : Hot Eats : Mozzarella, Tomato & Pesto : Ciabatta : V : S309 (G)	Y Whe								Y	Y		Y			
SL : Moroccan Mezze : Salad Bowl : M064 (H)	Y Whe							Y	Y	Y		Y			

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
SL : Mozzarella Pesto Salad : M063 (H)	Y Whe							Y	Y	Y		Y			
SL : New Yorker : New yorker Granary farmhouse : P075 (G)	Y Whe Bar							Y	Y	Y		Y		Y	
SL : Piri Piri : Pasta Pot : H003 (E)	Y Whe								Y						
SL : Protein Bean Boost Bowl : 200202 (H)															
SL : Roll : Tuna & Sweetcorn : Gluten Free : GFB025 (E)				Y					Y						
SL : Salmon Caesar Salad : M016 (H)	Y Whe			Y				Y	Y	Y					
SL : Sandwich - Granary : Cheese & Onion Coleslaw : A011 (E)	Y Whe Bar								Y	Y					
SL : Sandwich - Granary : Vegan Cheese : A713 (C)	Y Whe Bar							Y							
SL : Sandwich - Malted Wheat Farmhouse : Festive Feast : Ultimate : (G)															1
SL : Sandwich - poppy seed : Boxing Day : (G)															1
SL : Sandwich White : Hog Roast : A042 (G)															1
SL : Sandwich White : Turkey & Stuffing (F)															1
SL : Signature Farmhouse Bloomer Range : Chicken & Chorizo : Granary Bloomer : P002 (G)	Y Whe Bar							Y	Y	Y		Y			
SL : Simply Sandwich Range : Chicken & Sweetcorn : on Granary : A034 (C)	Y Whe Bar							Y	Y	Y		Y			

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
SL : Simply Sandwich Range : Chicken Mayo : on Wholemeal : A061 (C)	Y Whe Bar								Y						
SL : Simply Sandwich Range : Egg Mayonnaise : on Wholemeal : V : A473 (C)	Y Whe Bar							Y	Y	Y		Y			
SL : Simply Sandwich Range : Piri Piri Chicken : on White : A627 (D)	Y Whe								Y					Y	
SL : SIMPLY SANDWICH RANGE : Sandwich : Chicken & Bacon : on White : A191 (C)	Y Whe							Y	Y			Y			
SL : Simply Sandwich Range : Tuna & Cucumber : on Wholemeal : A084 (C)	Y Whe Oat			Y				Y	Y	Y					
SL : Sub Roll : Spicy Southern-Fried Chicken : New : F146 (F)	Y Whe Bar								Y			Y			
SL : Tortilla - White : Chicken & Bacon : New : R133 (E)	Y Whe								Y			Y			
SL : Tortilla - White : Tuna sweetcorn : New : R132 (E)	Y Whe			Y					Y						
SL : Tuna & Sweetcorn Pasta Pot : H002 (E)	Y Whe			Y					Y						
SL : Veggie New Yorker : Granary Bloomer : (F)	Y Whe Bar							Y	Y	Y		Y		Y	
SL : White : Sweet & Spicy Pakora : Vegan : A661 (F)	Y Whe							Y				Y			
SL : Wrap : Chicken Caesar : R093 (E)	Y Whe								Y	Y		Y			
SL : Wrap : Houmous & Vegetable : Vegan : R105 (F)	Y Whe												Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
SL : Wrap : Southern Fried Chicken : R103 (E)	Y Whe Bar	Y		Y						Y	Y	Y	Y		
Xmas Turkey Baguette	Y Whe Rye Bar Oat						M Wal					Y	M		1
Bacon, Egg, Cheese Muffin	Y Whe							Y	Y	Y			M		
CC - Butternut Squash & Sweet Potato Soup 38216										Y					
CC - Carrot & Coriander Soup 60587										Y					
CC - Green Thai Soup 60589															
CC - Leek & Potato Soup 60586															
CC - Lentil Soup 60585															
CC - Tomato & Basil Soup 60584										Y					
Costa Cheese & Baked Bean Toastie	Y Whe							Y		Y					
Costa Cheese & Ham Toastie	Y Whe							Y		Y		Y			1
Costa Vegan Cheese & Onion Toastie	Y Whe							Y						Y	
Meal Pot Chicken Satay	Y Whe							Y			Y	Y			
Meal Pot Mac n Cheese	Y Whe									Y		Y			

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Meal Pot Sweet Potato Katsu Curry	Y Whe							Y			Y	Y	Y		
New Not Bacon, Egg, Cheese Muffin	Y Whe							Y	Y	Y			M	M	
NEW Sausage, Egg, Cheese Muffin	Y Whe							Y	Y	Y			M		
New Veggie Sausage & Egg Muffin	Y Whe Bar							Y	Y	Y			M		
Real Soup : Tomato & Basil										Y					
Real Soup: Leek & Potato															
RW : Panini : Moroccan Melt : Big Eat : Vegan : 755BSP (F)	Y Whe							M					M		
RW : Basic : Panini : Cheese & Ham : Plastic Wrap : 730CP (C)	Y Whe Bar									Y			M		
RW : Basic Cheese & Pizza Style Tomato Sauce : Panini : Plastic Wrap : 732CP (C)	Y Whe Bar									Y		Y	M		
SL : Better Cauliflower & Tumeric : Soup : 200304 (F)															
SL : Better Tomato & Basil Soup : 200303 (F)										Y			Y		
SL : Croque Monsieur : Brie & Cranberry : S611 (G)															1
SL : Hot Eats : Bacon : Rustic Roll : NM : S697 (E)	Y Whe Rye									Y					
SL : Hot Eats : BBQ Chicken & Cheddar : Panini : NM : S008 (F)	Y Whe Bar			Y						Y		Y			

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
SL : Hot Eats : Croque Monsieur : S601 (F)	Y Whe							Y	Y	Y		Y			
SL : Hot Eats : Ham & Cheese : Panini : NM : S020 (E)	Y Whe									Y					
SL : Hot Eats : Ham & Cheese Toastie : NM : S201 (D)	Y Whe							Y		Y					
SL : Hot Eats : Margherita Pizza : Panini : V NM : S006 (E)	Y Whe									Y				Y	
SL : Hot Eats : Sausage : Rustic Roll : NM : S698 (E)	Y Whe Rye								Y	Y				Y	
SL : Hot Eats : Sausage Rolls : K005 (B)	Y Whe							Y		Y				Y	
SL : Hot Eats : Tuna Melt : Panini : S002 (F)	Y Whe			Y					Y	Y					
SL : Hot Wrap : Margherita Pizza : S712 (E)	Y Whe									Y				Y	
SL : Hot Wrap : Pepperoni Pizza : S711 (E)	Y Whe									Y					
SL : Naked Burrito Bowl : 200502 (H)															
SL : Sourdough Ciabatta : Meatballs : S321 (G)	Y Whe Rye									Y					
Xmas Brie & Caramelised Onion Panini	Y Whe Rye Bar									Y			M	Y	
Xmas Pigs In Blanket Panini	Y Whe Rye Bar							Y		Y		Y	M	Y	



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Xmas Turkey Dinner Toastie	Y Whe							Y		Y		Y		Y	
CC - 16oz S/Steel Water Bottle															1
CC - 16oz Universal Cup															1
CC - 22oz Rose Gold Water Bottle															1
CC - Collapsible Cup															1
CC - Fuse Travel Mug															1
CC - Heart Glitter Cup															1
CC - RCUP Travel Mug															1
CC - Reusable Travel Mug															1
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