

### Glenside Coffee Pod 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 8oz							Y Alm								
Almond Milk for Tea							Y Alm								
Bristol 20 Americano - 12oz															1
Bristol 20 Americano - 16 oz										Y					1
Bristol 20 Cappuccino - 12 oz															1
Bristol 20 Cappuccino - 16 oz										Y					1
Bristol 20 Espresso - 2 oz															1
Bristol 20 Espresso - 4 oz															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Bristol 20 Extra Shot Coffee															1
Bristol 20 Filter Coffee - 12 oz															2
Bristol 20 Filter Coffee - 16 oz										Y					2
Bristol 20 Flat White - 8 oz															1
Bristol 20 Latte - 12 oz															1
Bristol 20 Latte - 16 oz										Y					1
Bristol 20 Macchiato - 4 oz															1
Bristol 20 Macchiato - 8 oz															1
Bristol 20 Mocha - 12 oz										M					1
Bristol 20 Mocha - 16 oz										Y					1
Bristol Tea Jasmine 12oz															1
Bristol Tea Assam 12oz															1
Bristol Tea Assam 16oz															1
Bristol Tea Breakfast 12oz															1
Bristol Tea Breakfast 16oz										Y					1
Bristol Tea Camomile 12oz															1
Bristol Tea Camomile 16oz															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Bristol Tea Chai 12oz															1
Bristol Tea Chai 16oz															1
Bristol Tea Darjeeling 12oz															1
Bristol Tea Darjeeling 16oz															1
Bristol Tea Decaf 12oz															1
Bristol Tea Decaf 16oz										Y					1
Bristol Tea Earl Grey 12oz															1
Bristol Tea Earl Grey 16oz															1
Bristol Tea Jasmine 16oz															1
Bristol Tea Lapsang 12oz															1
Bristol Tea Lapsang 16oz															1
Bristol Tea Lemon & Ginger 12oz															1
Bristol Tea Lemon & Ginger 16oz															1
Bristol Tea Passion Fruit 12oz															1
Bristol Tea Passion Fruit 16oz															1
Bristol Tea Peppermint 12oz															1
Bristol Tea Peppermint 16oz															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Bristol Tea Red Berry 12oz															1
Bristol Tea Red Berry 16oz															1
Bristol Tea Robios 12oz															1
Bristol Tea Robios 16oz															1
Bristol Tea Yunnan Green 12oz															1
Bristol Tea Yunnan Green 16oz															1
BT Caramel Syrup															1
BT Cinnamon Syrup															
BT Hazelnut Syrup SF							Y Haz								
BT Salted Caramel SF Syrup															
BT Salted Caramel Syrup															
BT Vanilla Syrup															1
BT Vanilla Syrup SF															
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															

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Fairtrade Tea 8oz										Y					
Hot Chocolate 12 oz															1
Hot Chocolate 16oz										Y					1
Hot Water (Vend)															
Oat Milk 12oz (Short)	Y Oat														
Oat Milk 16oz (Tall)	Y Oat														
Oat Milk 8oz	Y Oat														
Oat Milk for Tea	Y Oat														
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							
Semi Skim 8oz										Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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					
Soya Milk 12oz (Short)								Y							
Soya Milk 16oz (Tall)								Y							
Soya Milk 8oz								Y							
Soya Milk for Tea								Y							
Sweetbird Hazelnut : SF : Syrup - Regular							Y Haz								
Sweetbird Vanilla : SF : Syrup - Regular															
Whole Milk 12oz (Short)										Y					
Whole Milk 16oz (Tall)										Y					
Whole Milk 8oz										Y					
Lucozade Sport Brazilian Guava - 500ml															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
7up 500ml															
Abbeywell Sparkling Water 500ml															
Abbeywell Still Water 500ml															
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
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															

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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 PET - 500ml															
Coca Cola Zero Can - 330ml															
Coca Cola Zero Cherry PET - 500ml															
Coca Cola Zero PET - 500ml															
Coca Cola Zero Vanilla - 500ml															1
Dr Pepper - 500ml															
Dr Pepper Can - 330ml															
Dr Pepper Zero - 500ml															
Dr Pepper Zero Can - 330ml															
Fanta Fruit Twist - 500ml															
Fanta Lemon Can - 330ml															
Fanta Lemon PET - 500ml															
Fanta Orange Can - 330ml															
Fanta Orange PET - 500ml															
Fanta Orange Zero - 500ml															
Fruit Passion Apple Juice - 500ml															
Fruit Passion Orange juice - 500ml															



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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															
Juice Burst Apple : 330ml															
Juice Burst Orange : 330ml															
Juice Burst Pink Lemonade - 500 ml															
Juice Burst Sour cherry - 330 ml															
Lilt PET - 500ml															

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Lilt Pineapple & Grapefruit Can - 330ml				M											
Lipton Lemon - 500ml															
Lipton Mango - 500ml															
Lipton Peach - 500ml															
Lipton Raspberry - 500 ml															
Lucozade Energy Orange - 380ml															1
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 - 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

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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															
Radnor Still Water - 500ml															
Red Bull Can - 250ml															
Red Bull Light Can - 250ml															
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															
Rockstar Apple Sours - 500ml															

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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 Sparkling Lychee Can - 330ml															
Rubicon Sparkling Guava Can - 330ml															
Rubicon Sparkling Guava PET - 500ml															
Rubicon Sparkling Mango Can - 330ml															
Rubicon Sparkling Mango PET - 500ml															
Rubicon Sparkling Orange & Mango - 500ml															
Rubicon Sparkling Passion Fruit Can - 330ml															
Rubicon Sparkling Passion Fruit PET - 500ml															
Rubicon Sparkling Pomegranate Can - 330ml															
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	

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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															
RW : Wrap : Chicken & Bacon Mayo Wrap- Basic : Cardboard Tortilla Box : 509LTT (C)	Y Unknown							Y	Y				M		
San Benedetto Limone - 330ml															1
San Benedetto Orange Bottle - 330ml															1
Smart Water Sparkling - 600 ml															
Smart Water Still - 600 ml															
Sprite No Sugar PET - 500ml															
Sprite Sugar Free - 500ml															1
Sprite Zero Can - 330ml															
Sunmagic Orange Juice 500ml															
Tango Orange - 600 ml															
Tropicana Orange Juice with Bits - 250ml															
Tropicana Smooth - 250ml															

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Ubuntu : Coca Cola : Can : 330ml															1
Vita Coco - 330 ml															
VIT-HIT 500ml															
Aero Bubbly 36g										Y					
Aero Peppermint - 36g										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					
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							

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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 Dairy Milk Wholenut 45g	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
Cadbury Flake										Y					
Cadbury Fudge 25g										Y					
Cadbury Mini Eggs 80g					Y		Y Unknown	Y		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 Wispa 60g					Y		Y Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Cadbury's Brunch Bar															

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Cadbury's Creme Egg									Y	Y					
Cadbury's Crunchie 40g										Y					
Cadbury's Giant Buttons 40g										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					
Dawn Triple Chocolate Ring Doughnut	Y Unknown							Y	Y	Y					
Divine Dark Chocolate Bar	M Unknown				M		M Unknown	M		M					
Divine Milk Chocolate Bar	M Unknown				M		M Unknown	Y		Y					
Divine White Chocolate Bar							Y Unknown	Y		Y					
Drifter 52g															1



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Easter biscuits x 2	Y Whe														
Eat Natural Asst Mix					Y		Y Alm Brz Haz Wal	Y		Y			M		
Freddo 18g	M Unknown				M					Y					
Fresh Plum															1
Fresh Satsuma															1
Fruity Flapjack	Y Unknown														
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					
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

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GnG Indian Snack + Mango Chutney	Y Whe														4
GnG Onion Bhaji + Mango Chutney															4
GnG Pigs in Blankets	Y Whe													Y	4
GnG Veg Sticks + Hummus											Y		Y		4
Golden Delicious Apple															
Granny Smith Apple															1
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					

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L&B All Butter Flapjack	Y Unknown									Y					
M&M Chocolate 45g	Y Whe Bar				Y		Y Alm Haz	Y		Y					
M&M's Chocolate Treat Bag								Y		Y					
M&M's Peanut 45g					Y		Y Alm Haz	Y		Y					
Mallow & Marsh - Raspberry & Chocolate								Y							
Mallow & Marsh - Vanilla & Chocolate								Y		Y					
Malteser Reindeer	Y Whe Bar							Y	M	Y					
Malteser Reindeer Mint	Y Whe Bar							Y	M	Y					
Maltesers 37g	Y Whe Bar							Y		Y					
Maltesers Bunny 29g	Y Whe Bar				M		M Unknown	Y	Y	Y					
Mars Bar 51g	Y Bar				Y		M Unknown	Y	Y	Y					
Mars Galaxy Minstrels Share Pack 88g					M		M Unknown	Y		Y					
Metcalfe Rice Cakes : Yoghurt 34g								Y		Y					
Metcalfe Skinny Popcorn - Sweet & Salty															
Metcalfs Popcorn Sea Salt Skinny															

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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					
Nestle Lion Bar 50g	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	M		Y					
Perkier Bar - Peanut 35g					Y		Y Cas	Y					M		
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					

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Pop Chips - Original 23g															
Pop Chips - Salt and Pepper 23g															
Pop Chips - Salt and Vinegar 23g															
Pop Chips - Sour Cream 23g										Y					
Prep Co Indian Spiced Lentils															
Prep Co Med Cous Cous	Y Whe										Y				
Prep Co Mex Chilli & Rice	Y Bar										Y				
Propercorn Sweet & Salty															
Propercorn Sweet Coconut & Vanilla					M					Y					
Quavers - 20g	Y Whe Rye Bar Oat							Y		Y	M	M			
Raspberry & Coconut Slice 77g	Y Whe				M		M Unknown		Y	Y					
Red Apple															
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					

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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 & Berry Mix	M Unknown				M			M		M				Y	
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 Roasted Cashews	M Whe Bar Oat				M		Y Alm Brz Cas Haz Mac Pec Pis Wal	M		M				M	
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 Chiili Got Sweet 40g															

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Twix 50g	Y Whe Bar Oat						Y Alm Haz	Y		Y					
Twix Mixed Spice	Y Whe						M Unknown	Y		Y					
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			
Whole Orange															1
Wicked Cake Bakewell	Y Oat						M Unknown	Y	M	Y				Y	
Wicked Cake Chocolate Flapjack	Y Oat						M Unknown	Y	M	Y					

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					
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 Hummingbird Cake	Y Whe				M		Y Alm Haz Pec Pis Wal		Y	Y					
Black Cherry & Almond Traybake	Y Whe						Y Alm Haz Pec Pis Wal		Y	Y					
Black Cherry Almond Slice	Y Whe						Y Alm Haz Pec Pis Wal		Y	Y					
Blueberry Crumble Muffin	Y Whe							M	Y	Y					
Blueberry Flowerpot Muffin	Y Whe Bar						M Unknown	M	Y	Y					



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Boston Brownie Traybake	Y Whe						M Alm Haz Pec Pis Wal	Y	Y	M					
Boston Creme Doughnut	Y Whe						Y Brz Haz Pec	M	Y	Y					
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	
Double Chocolate Flowerpot Muffin	Y Whe						M Unknown	Y	Y	Y					
GF Mixed Muffin								Y	Y	Y					
GF Pecan and Walnut Slice							Y Alm Haz Pec Pis Wal		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	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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		
Jaffa Cake Muffin	Y Whe							Y	Y	Y					
Joe's Bakery Mince Pie															1
L&B Belgian Choc Brownie	Y Whe							Y	Y	Y		Y			
L&B Blackcurrant Conserve	Y Unknown									Y					
L&B Caramel Nut Shortbread	Y Whe						Y Unknown	Y		Y					
L&B Caramel Shortbread	Y Whe							Y		Y					
L&B Fruit & Seed Flapjack	Y Unknown							Y		Y					
Lemon Curd Muffin	Y Whe						M Unknown	M	Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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
Pullins Brown Owl Traybake															1
Pullins Rocky Balboa Traybake															1
Pullins Trillionaire Traybake															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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	
Rocky Bilboa															1
Salted Caramel Muffin	Y Whe				M		M Unknown	Y	Y	Y					
St Clements Muffin	Y Whe							Y	Y	Y					
Tiramisu Slice	Y Whe						M Alm Haz Pec Pis Wal	Y	M	Y					
Treacle Toffee Apple Muffin	Y Whe							M	Y	Y					
Triple Chocolate Flowerpot Muffin	Y Whe							Y	Y	Y					
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					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Au Jus F Dip Beef Baguette	Y Whe Rye Bar Oat						M Wal				M	M	M	M	2
Au Jus F Dip Turkey Baguette	Y Whe Rye Bar Oat						M Wal				M	M	M	M	2
Barbecue Rockstar 522LTT (G)															1
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	
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 Egg Mayo & Cress Baguette	Y Whe								Y						2

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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						
Meatball Marinara Wrap	Y Whe									Y					2
RW : BLT : 203SMG (D)															1
RW : Sandwich : Chicken Bacon Mayonnaise Wedge : 201TMG (C)	Y Unknown							Y	Y				M		
RW : Sandwich : Tuna Mayo : Wedge : 303TWH (B)	Y Unknown			Y				Y	Y				M		
RW : Baguettes & Rolls - Just Mature Cheese : Plastic Wrap : 600WLR (B)	Y Unknown							Y		Y			M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
RW : Chicken & Bacon - New Big Eat Pasta! : 834PAS (E)	Y Whe								Y				M		
RW : Ham & Egg : With Potato Salad - Sliced Ham, Sliced Egg, Poato Salad, Cherry Tomatoes and Lettuce (Individual Packed Salad) : 813PAS (I)									Y			Y	M		
RW : Ham Salad : 633SB (B)	Y Whe	Y							Y	Y	Y	Y	Y		
RW : Ham, Cheese : Plastic Wrap : 602W8SR (C)	Y Unknown							Y	Y	Y			M		
RW : Indian Summer Salad - Tikka-Spiced Chicken with Curried Mango Cous Cous, Rocket and a Mint Yoghurt Sauce Individually Packed : 812PAS (I)	Y Unknown								Y	Y			M		
RW : Mediterranean Falafel - Falafel with Apricot Tabbouleh, and Mango Chutney Individually Packed Salad : 811PAS (I)	Y Unknown												M		
RW : Real Fajita - Chicken, Fajita Spiced Roast Pepppers, Lettuce & Sour Cream : 501LTT (G)	Y Whe									Y		Y	M	Y	
RW : Roll : Chicken Salad : Summer, Chicken Breast, Sun-dried Tomatoes and Baby Leaf Salad with Mayonnaise on a Poppy Seeded : 402PSR (H)									Y				M		
RW : Sandwich : All Day Breakfast : Wedge : 204TSF (E)	Y Unknown							Y	Y			Y	M	Y	
RW : Sandwich : Bacon & Egg Wedge : 255TMG (D)	Y Unknown							Y	Y			Y	M		
RW : Sandwich : Cheese & Ham : Wedge : 202TMG (D)	Y Unknown							Y	Y	Y		Y	M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
RW : Sandwich : Cheese : Wedge : 301TWH (B)	Y Unknown							Y		Y			M		
RW : Sandwich : Chicken & Stuffing : Wedge : 206TMG (C)	Y Unknown							Y	Y				M		
RW : Sandwich : Chicken Mayo : Wedge : 305TMG (B)	Y Unknown							Y	Y				M		
RW : Sandwich : Chicken Tikka : & Cucumber Wedge : 253SMG (G)	Y Unknown							Y	Y	Y			M		
RW : Sandwich : Chicken, Sweetcorn & Mayo : (Light Mayo) Wedge : 251TMG (C)	Y Unknown							Y	Y				M		
RW : Sandwich : Coronation Chicken : Wedge : 254SMG (F)	Y Unknown							Y	Y			Y	M		
RW : Sandwich : Coronation Chickpea- Chickpeas, Apricots and Sultanas in a Fruity Curried Veganaise on Malted Grain Wedge : 293TMG (E)	Y Unknown							Y				Y	M		
RW : Sandwich : Double Cheese & Spring Onion Wedge : 257TMG (C)	Y Unknown							Y	Y	Y			M		
RW : Sandwich : Egg Mayo : Wedge : 304TWH (B)	Y Unknown							Y	Y			Y	M		
RW : Sandwich : Egg Mayo and Cress : Double Wedge : 210TMG (D)	Y Unknown							Y	Y			Y	M		
RW : Sandwich : Fabulous Farmhouse Wedged : 102TFM (G)	Y Unknown							Y	Y	Y		Y	M		
RW : Sandwich : Ham : Wedge : B302TWH (B)	Y Unknown							Y		Y			M		



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
RW : Sandwich : Pure Cheddonism - Mature Cheddar, Caramelised Onion Chutney, Cucumber and Lettuce (No Mayo) Wedge : 270SMG (E)	Y Unknown							Y		Y		Y	M		
RW : Sandwich : Roast Chicken Salad : Wedge : 205SMG (D)	Y Unknown							Y	Y				M		
RW : Sandwich : Top Yolker : Sliced Egg, Egg Mayonnaise, Slow Roasted Tomato & Spinach Wedge : 271TTB (E)	Y Unknown							Y	Y	Y			M		
RW : Sandwich : Tuna & Sweetcorn : Mayo Wedge : 207SOT (C)	Y Unknown			Y				Y	Y				M		
RW : Sandwich : Vegan Sausage and Red Onion Chutney with Lettuce on Malted Grain Bread Wedge : 291SMG (G)	Y Unknown							Y				Y	M		
RW : Tomato & Cheddar - New Big Eat Pasta! : 831PAS (E)	Y Whe									Y			M		
RW : Tortilla : Wrap : Chicken & Bacon Caesar : Cardboard Tortilla Box : 503LTT (G)	Y Unknown							Y	Y	Y		Y	M		
RW : Tuna Mayo Sweetcorn : 631SB (F)	Y Whe			Y					Y				M		
RW : Tuna Nicoise - Tuna Salad with Potatoes, Olives, Egg, Tomato and French Dressing Individually Packed Salad : 814PAS (I)				Y					Y			Y	M		
RW : Ultimate : Sandwich : Ploughmans : Cardboard Wedge : 209TMG (E)	Y Unknown							Y	Y	Y			M	Y	
RW : Wrap - Beetroot : BBQ Rockstar Oumph : 522LTT (G)															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
RW : Wrap - Gluten Free : Bombay Aloo : Vegan : 411LTT (H)															1
RW : Wrap : Cheese & Onion : 632SB (E)	Y Whe								Y	Y			M		
RW : Wrap : Chicken Tikka Mayo : with Lettuce : 510LTT (C)															1
RW : Wrap : Chipotle Chicken & Mango Salsa : 101TTB (G)															1
RW : Wrap : Let It Brie : 273TMG (E)															1
RW : Wrap : Pesto Express : 705LTT (H)	Y Unknown									Y			M		
RW : Wrap : Real Fajita : 706LTT (H)	Y Unknown									Y		Y	M	Y	
RW : Wrap : Southern Fried Chicken : Bacon & BBQ Sauce : 708LTT (H)	Y Whe									Y	Y		M		
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
SL : Cheese & Tomato : Pasta Pot : H001 (E)	Y Whe									Y					
SL : Chunky Egg Roll : Gluten Free : Vegetarian : GFB026 (F)									Y			Y			

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
SL : Ciabatta : Italian Antipasti : Vegan : S318 (G)	Y Whe							Y				Y			
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 Salad : on Granary : A375 (E)	Y Whe Bar							Y	Y	Y		Y			
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 : Coronation Chickpea : on Granary : Vegan : New : A711 (F)	Y Whe Bar							Y				Y			
SL : Granola & Mango : Yoghurt : J037 (E)	Y Oat									Y					
SL : Moroccan Mezze : Salad Bowl : M064 (H)	Y Whe							Y	Y	Y		Y			
SL : Mozzarella Pesto Salad : M063 (H)	Y Whe							Y	Y	Y		Y			
SL : Piri Piri : Pasta Pot : H003 (E)	Y Whe								Y						
SL : Roll - Granary Baker : Tuna & Cucumber : C005 (C)	Y Whe Bar			Y					Y						

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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 : Simply Sandwich Range : Chicken & Sweetcorn : on Granary : A034 (C)	Y Whe Bar							Y	Y	Y		Y			
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 : Simply Cheese : on White : V NM : A199 (B)	Y Whe							Y		Y					
SL : Simply Sandwich Range : Simply Ham : on White : NM :A241 (B)	Y Whe							Y		Y					
SL : Simply Sandwich Range : Tuna & Cucumber : on Wholemeal : A084 (C)	Y Whe Oat			Y				Y	Y	Y					
SL : Soft Roll : Chicken Mayo : C001 (B)	Y Whe								Y	Y		Y			
SL : Soft Roll : Simply Ham : C003 (B)	Y Whe									Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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 : White : Sweet & Spicy Pakora : Vegan : A661 (F)	Y Whe							Y				Y			
Tanpopo Black Rice & Vegetable Tofu Mix Small Box	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Black Rice Avocado & Mint Sushi Medium Box	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Burdock & Carrot Poke Salad	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Chicken Gyoza Snack	Y Whe Oat						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
Tanpopo Chicken Katsu & Red Cabbage Rolls with Sweet Chilli Mayo Dip Saucy Rolls	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Chicken Katsu & Tempura Rice Rice Box	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Chicken Katsu Dipper	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y						
Tanpopo Fried Tofu & Tempura Rice Onigiri Rice Balls	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Grilled Salmon Sushi Bites	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Salmon & Dill Onigiri Rice Balls	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Seaweed & Soybean Poke Salad	Y Whe Oat						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
Tanpopo Sushi Natsu Small Box	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Sushi Omega Small Box	Y Whe Oat	Y		Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Sushi Roll Spicy Salmon Small Box	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Sushi Salmon Roll Medium Box	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Sushi Teriyaki Salmon & Tempura Rice Rice Box	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Sushi Vegetarian Small Box	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y			Y		
Tanpopo Sweet Chilli Tuna Onigiri Rice Balls	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Teriyaki Chicken Ramen Noodles															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tanpopo Teriyaki Chicken Sushi Bites	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Tuna & Salmon Sashimi Small Box	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y							
Tanpopo Tuna Mayo Sushi Bites	Y Whe Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Tanpopo Vege Gyoza Dipper	Y Whe Oat				Y		M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tanpopo Vegetarian Sushi Bites	Y Whe Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y				Y		
Ubley Yoghurt					M		M Unknown			Y					
Bacon Bap	Y Whe						M Unknown	M		Y			M		
Cheese Toastie	Y Whe Rye Bar Oat							Y		Y					
Dev Crusty Sausage Roll	Y Whe						M Unknown	M		M			M		1



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Ham & Cheese Panini	Y Whe Rye Bar								Y	Y		Y	M		1
Hash Brown (2)															
HTG Phat Cheese & Tomato Turnover	Y Whe								Y	Y					
HTG Phat Peppered Steak Slice	Y Whe Bar							Y	Y	Y		Y			
HTG Phat Pepperoni Slice	Y Whe								Y	Y					
HTG Phat Steak Pasty	Y Whe								Y	M					
Phat 6" Naked Sausage Roll	Y Whe								Y						
Phat Bobotie Jackfruit Vegan Pasty	Y Whe								M	M				Y	
Phat Butternut Squash, Spinach & Vegan Feta Pasty	Y Whe										Y	Y			
Phat Chicken Balti Pie	Y Whe				M		M Unknown	Y		Y			M		
Phat Chicken Tikka Pasty	Y Whe								Y	Y					
Phat Chicken, Bacon & Mushroom Pie	Y Whe Rye	Y			M		M Unknown	Y		Y	Y	Y	M		
Phat GF Vegan Leek & Mushroom Pie	Y Whe							Y						Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Phat HTG BBQ Jackfruit Slice	Y Whe Bar								M	M				Y	
Phat HTG Cheese & Bacon Turnover	Y Whe								Y	Y					
Phat HTG Cheese Pasty	Y Whe								Y	Y		Y			
Phat HTG Cornish Pasty	Y Whe								Y	M					
Phat HTG Piri Piri Chicken Slice	Y Whe								Y	Y					
Phat Lamb & Mint Pasty	Y Whe								Y	M					
Phat Lamb & Rosemary Pie	Y Whe Rye Bar Oat	Y						Y		Y					
Phat Sausage Roll	Y Whe								Y	M					
Phat Spicy Chicken & Chorizo Pasty	Y Whe								Y	M					
Phat Steak & Ale Pie	Y Whe				M		M Unknown	Y		Y			M		
Phat Sweet Potato & Spinach Pie	Y Whe Rye	Y						Y	M	Y	Y	M			
Phat Vegan Kerelan Cauliflower, Chickpea & Onion Bhaji Pasty	Y Whe Rye	Y													
Phat Vegan Spicy Mexican Bean Roll	Y Whe								M	M		Y		Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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 : Panini : Tuna Melt : Plastic Wrap : 731CP (C)	Y Whe Bar			Y					Y	Y			M		
RW : Basic Cheese & Pizza Style Tomato Sauce : Panini : Plastic Wrap : 732CP (C)	Y Whe Bar									Y		Y	M		
RW : Big Eat Panini : Spicy Meatball : 752BSP (G)	Y Whe							Y		Y			M		
RW : Panini : BBQ Chicken : Big Eat : 751BSP (G)	Y Whe							M		Y			M		
RW : Panini : Double Cheese & Onion : Big Eat : 754BSP (F)	Y Whe							M	Y	Y			M		
RW : Panini : Ham & Emmental : Big Eat : 750BSP (F)	Y Whe							M		Y			M		
RW : Panini : Tuna & Red Onion : Big Eat : 753BSP (F)	Y Whe			Y				M	Y	Y			M		
RW : Panini : Veggie Marinara : 739CB (G)	Y Whe Bar									Y		Y	M		
RW : Pesto Chicken, Mozzarella, Tomato & Rocket : Panini : Plastic Wrap : 742CB (G)	Y Unknown							Y		Y			M		
RW : Real Wrap Express - Meatius Maximus : 701LTT (H)	Y Unknown									Y			M		
RW : Real Wrap Express : Wrap : Margherita : 709LTT (G)	Y Unknown												M		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
RW : Real Wrap Express : Wrap : Meatball Melt : 703LTT (H)	Y Unknown							Y		Y		Y	M		
SL : Better Wrap : Teriyaki Mushroom : 200104 (G)	Y Whe							Y						Y	
SL : Better Cauliflower & Tumeric : Soup : 200304 (F)															
SL : Better Tomato & Basil Soup : 200303 (F)										Y			Y		
SL : Better Wrap : Kashmiri Chicken : 200102 (C)	Y Whe Bar									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			
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 : Tuna Melt : Panini : S002 (F)	Y Whe			Y					Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
SL : Toastie : Cheese & Mushroom : V : S613 (G)	Y Whe Bar														
Spicy BBQ Jackfruit Ciabatta	Y Whe Rye Bar							Y		Y			M		2
Vegan Sausage Roll	Y Whe Bar							Y							
Vege Crusty Sausage Bap	Y Whe						M Unknown	M		M			M		
Xmas Brie & Caramelised Onion Panini	Y Whe Rye Bar									Y			M	Y	
Hospitality Water Bottle															
Huskup Coffee Cup 400ml															1
Tomato Ketchup : Portions : sachet															
Wooden Fork															
Wooden Knife															
Wooden Spoon															

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

■ Yes    ■ May Contain

	Allergen
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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