

## Atrium Cafe Allergens List

Allergens
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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								
Atrium Chai Latte 12oz										Y					
Atrium Chai Latte 16oz										Y					
Bristol 20 Americano - 12oz															1
Bristol 20 Americano - 16 oz										Y					1
Bristol 20 Cappuccino - 12 oz															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Bristol 20 Cappuccino - 16 oz										Y					1
Bristol 20 Cortado - 6 oz										Y					1
Bristol 20 Espresso - 2 oz															1
Bristol 20 Espresso - 4 oz															1
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
BT Caramel Syrup															1
BT Salted Caramel Syrup															
BT Vanilla Syrup															1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
BT Vanilla Syrup SF															
Cup Levy															
Hot Chocolate 12 oz															1
Hot Chocolate 16oz										Y					1
Hot Water (Vend)															
Sweetbird Caramel Syrup															1
Sweetbird Vanilla Syrup															1
Tea pigs Chai Tea 12oz							M Unknown								
Tea pigs Chai Tea 16oz							M Unknown								
Tea Pigs Decaf Short										Y					
Tea Pigs Decaf Tall										Y					
Tea Pigs Earl Grey Short										Y					
Tea Pigs Earl Grey Tall										Y					
Tea Pigs Everyday Small										Y					
Tea Pigs Everyday Tall										Y					
Tea Pigs Green Short															
Tea Pigs Green Tall															
Tea Pigs Peppermint Short															

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Tea Pigs Peppermint Tall															
Tea Pigs Super Fruit Short										Y					
Tea Pigs Super Fruit Tall										Y					
Lucozade Sport Brazilian Guava - 500ml															1
7up 500ml															
Abbeywell Sparkling Water 500ml															
Abbeywell Still Water 500ml															
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
Bristol Frappe Mocha tall - 16oz										Y					5

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Bristol Iced Coffee Latte Short - 12oz										Y					4
Bristol Iced Coffee Latte Tall - 16 oz										Y					4
CanoWater Still															
Cawston Press Apple Can - 330 ml															
Cawston Press Elderflower 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 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					
Dr Pepper - 500ml															
Dr Pepper Can - 330ml															
Dr Pepper Zero - 500ml															

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Dr Pepper Zero Can - 330ml															
Dragondruit Vit Water - 500ml															
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
Frobishers Orange Juice 250ml															
Fruit Passion Apple Juice - 500ml															
Fruit Passion Orange juice - 500ml															
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

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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 Pink Lemonade - 500 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															
Love Smoothie Berry Go Round	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	1

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Love Smoothie Big 5	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	1
Love Smoothie Detox Zing	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	1
Love Smoothie Firestarter	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	1
Love Smoothie Kale Kick	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	1
Love Smoothie Matcha The Day	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	1
Love Smoothie Melon Refresher	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	1
Love Smoothie Oat Of This World (Breakfast Smoothie)	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	1



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Love Smoothie Pash N Shoot	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	1
Love Smoothie Strawberry Split	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	1
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															

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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															
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

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Rio Tropical Can - 330ml															
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 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															
Sprite No Sugar PET - 500ml															
Sprite Zero Can - 330ml															
Starbucks Double Shot Espresso - 200 ml															
Starbucks Frappuccino Coffee - 250 ml															
Starbucks Frappuccino Mocha - 250 ml															

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Starbucks Frappuccino Vanilla - 250 ml															
Starbucks Seattle Latte - 220 ml															1
Tango Orange - 600 ml															
Tropicana Orange Juice with Bits - 250ml															
Tropicana Smooth - 250ml															
Ubuntu : Coca Cola : Can : 330ml															1
Vita Coco - 330 ml															
Aero Bubbles Peppermint 42g										Y					
Aero Bubbly 36g										Y					
Boost	Y Whe Bar				M		M Unknown	M		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															

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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 Dairy Milk Wholenut 45g	Y Whe				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal								
Cadbury Flake										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's Creme Egg									Y	Y					
Cadbury's Crunchie 40g										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					
Dawn Caramel Ring Doughnut	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					
Easter biscuits x 2	Y Whe														
Freddo 18g	M Unknown				M					Y					
Fresh Plum															1
Fresh Satsuma															1

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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
GnG Pigs in Blankets	Y Whe													Y	4
GnG Veg Sticks + Hummus											Y		Y		4
Golden Delicious Apple															
Graze Chilli & Lime	M Whe				M		Y Cas	Y	M	M	M	M	M		



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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 Peanut Butter 48g	Y Whe				Y		M Unknown	Y		Y					
L&B All Butter Flapjack	Y Unknown									Y					
Lazy Day - Millionaire's Shortbread								Y							
Lazy Day Dark Chocolate Tiffin								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					
Malteser Reindeer	Y Whe Bar							Y	M	Y					

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Maltesers 37g	Y Whe Bar							Y		Y					
Maltesers Bunny 29g	Y Whe Bar				M		M Unknown	Y	Y	Y					
Mars Galaxy Minstrels Share Pack 88g					M		M Unknown	Y		Y					
Meal Deal Chocolate Stick (3)	Y Whe						Y Haz	Y	Y	Y					
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					
Nakd - Cashew Cookie							Y Cas								
Nakd - Cocoa Orange					M		Y Cas	M							
Nakd Salted Caramel					Y		Y Unknown								

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Nestle Lion Bar 50g	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	M		Y					
NH Tropical Mix															
Oloves Basil & Garlic															
Oloves Chili & Oregano															
Oloves Lemon & Rosemary															
Otis Spunkmeyer Cookie: Brownie	Y Whe Rye Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	M	M	M		
Otis Spunkmeyer Cookie: Chocolate Chip	Y Whe Rye Oat						Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y	M	M	M		
Perkier Bar - Cacao & Salted Caramel 35g					Y		Y Cas	Y		M					
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							

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Perkier Cashew, Chia & Pumpkin 35g							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					
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															

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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 & 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 Yoghurt Peanuts 100g	Y Whe Bar Oat				Y		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y				M	
Starburst Fruity Chew 45g															
Tony's Chocolonely Dark Chocolate : Almond & Sea Salt	M Whe				M		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	M					

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Tony's Chocolonely Milk Chocolate	M Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	Y					
Tony's Chocolonely Milk Chocolate : Sea Salt & Caramel	M Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	M	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															
Vegan Salted Caramel Cake	Y Whe				M		M Alm Haz Mac Pec Pis Wal	Y	Y	Y					
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			

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Whole Orange															1
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 Cinnamon Doughnut Swirl	Y Whe Rye					M	Y Alm Brz Haz Pec	Y	Y	Y	M	M	M		
Apple Shortcake Traybake	Y Whe						M Alm Haz Pec Pis Wal		Y	Y				Y	
Apricot Muffin	Y Whe							M	Y	Y				Y	
Bara Brith	Y Whe								Y						
Big Cappuccino Cake	Y Whe Bar						M Unknown		Y	Y					
Big Hummingbird Cake	Y Whe				M		Y Alm Haz Pec Pis Wal		Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Black Cherry & Almond Traybake	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					
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	
Carrot Cake Traybake	Y Whe						Y Wal	Y	Y	Y					
Chocolate Stick (1)	Y Whe						Y Haz	Y	Y	Y					
Coffee and Walnut Cake	Y Whe		Y	Y	M		Y Alm Haz Pec Pis Wal	Y	Y	Y					
GF Mixed Muffin								Y	Y	Y					



Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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		
In House Custard Tart (Portuguese)	Y Whe								Y	Y					
Jaffa Cake Muffin	Y Whe							Y	Y	Y					
Joe's Bakery Mince Pie															1
L&B All Butter Flapjack Traybake	Y Oat									Y					
L&B Belgian Choc Brownie	Y Whe							Y	Y	Y		Y			
L&B Belgian Choc Brownie Traybake	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
L&B Blackcurrant Conserve	Y Unknown									Y					
L&B Caramel Nut Shortbread	Y Whe						Y Unknown	Y		Y					
L&B Caramel Nut Shortbread Traybake	Y Whe						Y Pec Wal	Y	Y	Y					
L&B Caramel Shortbread	Y Whe							Y		Y					
L&B Fruit & Seed Flapjack	Y Unknown							Y		Y					
L&B Fruit & Seed Flapjack Traybake	Y Oat							Y		Y					
Lemon Curd Muffin	Y Whe						M Unknown	M	Y	Y					
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					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Matcha Chocolate Brownie	Y Whe				M		M 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 Flapjack GF															1
Pullins Rocky Balboa Traybake															1
Pullins Trillionaire Traybake															1
Rainbow Drip Cake	Y Whe							Y	Y	Y					
Raspberry & Almond Traybake GF							Y Alm Haz Pec Pis Wal		Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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					
Vegan Carrot & Pistachio Traybake	Y Whe						Y Alm Haz Pec Pis Wal		M	M					
Vegan Cinder Toffee Brownie					M		Y Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y					
Vegan Jaffa Cake	Y Whe							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	
Welsh Cakes x 2	Y Whe								Y						
White Chocolate & Cranberry Tiffin	Y Whe						Y Alm Haz Pec Pis Wal	Y	M	Y				Y	
Xmas Amaretti Brownie															1
Xmas Cranberry & Ginger Tiffin															1
Xmas Gingerbread Muffin	Y Whe							M	Y	Y				Y	
Atrium Halloumi Salad Caesar	Y Whe			Y					Y	Y					1
Atrium Halloumi Salad Quinoa										Y				Y	1
Atrium Teriyaki Tuna Skewers Caesar Salad	Y Whe			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					1
Atrium Teriyaki Tuna Skewers Mixed Salad	Y Whe			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y				Y			1
Atrium Teriyaki Tuna Skewers Quinoa Salad	Y Whe			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y						Y	1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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
GnG Ham & Salad Baguette	Y Whe								Y	Y					
GnG Houmous, Onion Bhaji & Mango Chutney Baguette	Y Whe									Y			Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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						
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
RW : Mediterranean Oumph! with Slow Roasted Tomato : 071TTB (F)															
RW : Sandwich : Red Onion, Lettuce Chutney : Madras Oumph! : 070SMG (F)															

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
RW : Sandwich : Vegan Sausage and Red Onion Chutney with Lettuce on Malted Grain Bread Wedge : 291SMG (G)	Y Unknown							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
Tiffin : Basics : White Demi Baguettes : Tuna Mayo : SBA050 (B)	Y Whe			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y			M		
Tiffin : Cheesly Savoury : Wrap : Gluten Free : WRA160 (G)							M Alm Brz Cas Haz Mac Pec Pis Wal					Y			
Tiffin : Classic Chicken and Bacon Cobb : Salad Bowl SCS050 (D)					M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
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 : Chicken Tikka Indian Salad : classic : HCW140 (D)	Y Whe Bar				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		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		

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 : Ham, Cheddar and Mustard Mayo : HCW100 (C)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y		Y	M		
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 : Classic Lighten Up Tuna : Salad Bowl : SCS030 (D)				Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Fruit Pot : Mixed : DBT550 (AA)							M Alm Brz Cas Haz Mac Pec Pis Wal								
Tiffin : Milano Tomato & Olives Pasta : Pasta Bowl : SPS070 (D)	Y Whe				M		Y 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 : Pasta : Italian Meatball : SPS120 (D)	Y Whe						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 : Ploughmans : in Sunflower Tin Bread : SBR160 (D)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y				Y	
Tiffin : Real Raspberry : Thick & Creamy : Layered : DBT500 (AA)							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						
Tiffin : Roll - Gluten Free : Ham & Cheese Savoury : SBR040 (G)							M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
Tiffin : Roll : Egg Mayonnaise & Cheese Savoury : SBR070 (D)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					
Tiffin : Sandwich - Bloomer : Triple Cheese & Oven Roasted Tomato : HBT015 (R)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y	Y				
Tiffin : Sandwich - Malted : Chicken Caesar : HCW136 (D)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y					

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Tiffin : Sandwich - Malted : Falafel Crumble, Salsa & Coriander : HCW145 (D)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tiffin : Sandwich - Malted : Piccalilli Ploughmans : FCL070 (F)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal			Y		Y			
Tiffin : Sandwich - Malted : Savoury Cheese : ESW120 (A)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal					Y			
Tiffin : Sandwich - Malted Wheat : Wensleydale & Carrot Chutney : HCW139 (D)	Y Whe Bar						M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y				Y	
Tiffin : Sandwich - Oatmeal : Salmon, Mayo & Cucumber : HCW210 (E)	Y Whe Bar Oat			Y			M Alm Brz Cas Haz Mac Pec Pis Wal		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 - poppy seed : Lime & Coriander Chicken : inc. Minted Slaw : HCW220 (E)	Y Whe						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 - Softgrain : All Day Breakfast : HCW138 (D)	Y Whe Rye						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y					Y	
Tiffin : Sandwich - Softgrain : Bistro Beef : FCL050 (F)	Y Whe Rye						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y			
Tiffin : Sandwich - Softgrain : Chicken & Stuffing : HCW045 (B)	Y Whe Rye Oat						M Alm Brz Cas Haz Mac Pec Pis Wal	Y							
Tiffin : Sandwich - Tiger Tin Bread : Coriander & Lime Chicken : SBR100 (D)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y							
Tiffin : Sandwich - Tiger Tin Bread : Tuna & Sweetcorn : SBR190 (D)	Y Whe			Y			M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y						
Tiffin : Sandwich - tomato bread : Pesto, Mozzarella, Tomato & Rocket : HCW146 (D)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y					
Tiffin : Sandwich : Crunchy Carrot & Houmous : DBT300 (AA)							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 : Ham & Egg : Classic Salad : SCS010 (D)							M Alm Brz Cas Haz Mac Pec Pis Wal		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 : Sicilian Lemon : Thick & Creamy : Layered : DBT450 (AA)							M Alm Brz Cas Haz Mac Pec Pis Wal			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		
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		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
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 : Strawberry Yoghurt & Oat : Cluster Pot : DBT350 (AA)	Y Whe Bar Oat						M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Tiffin : Sweet Chilli Chicken Noodle Salad : SCS090 (D)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y					Y	
Tiffin : Sweet Potato & Falafel Salad : SCS080 (D)							M Alm Brz Cas Haz Mac Pec Pis Wal							Y	
Tiffin : Tiger Tin Breads : Bistro Beef Salad : SBR220 (D)	Y Whe						M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y		Y	M		
Tiffin : Tortilla : Avocado, Lettuce & Tomato : WRA170 (G)							M Alm Brz Cas Haz Mac Pec Pis Wal						Y	Y	
Tiffin : Tortilla : Piri Piri Falafel Mezze : WRA180 (G)							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 : Tortilla Wraps : Hoi Sin Duck : WRA120 (E)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y					Y		
Tiffin : Tortilla Wraps : White : BBQ Chicken : WRA080 (E)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal						M	Y	
Tiffin : Tortilla Wraps : White : Classic Chicken Salad : WRA030 (D)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y				M		
Tiffin : Tortilla Wraps : White : Jalapeno Peppers & Cheese : WRA010 (C)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tiffin : White Demi Baguettes : Chicken Mayo : SBA030 (B)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y	Y	Y			M		
Tiffin : White Demi Baguettes : Simply Cheddar Cheese : SBA060(B)	Y Whe				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y			M		
Tiffin : White Demi Baguettes : Simply Ham : SBA040 (B)	Y Whe				M		M 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
Tiffin : Wrap : Piri Piri Chicken : Gluten Free : WRA150 (G)							M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Tiffin : Yoghurt & Oat : Blueberry & Blackcurrent : Cluster Pot : DBT400 (AA)	Y Whe Bar Oat						M Alm Brz Cas Haz Mac Pec Pis Wal			Y					
Xmas Turkey Baguette	Y Whe Rye Bar Oat						M Wal					Y	M		1
Atrium Halloumi Salad Mixed	Y Whe									Y		Y			1
Atrium Siracha Chicken Salad Mixed	Y Whe											Y			1
Atrium Siracha Chicken Salad Quinoa														Y	1
Atrium Siracha Chicken Caesar Salad	Y Whe			Y					Y	Y					1
Atrium Bacon & Maple Syrup Malted Waffle	Y Whe									Y					1
Atrium Bacon Roll	Y Whe									Y			M		
Atrium Beetroot & Goats Cheese Tortellini	Y Whe						Y Cas	Y	Y	Y					
Atrium Cheese Twist	Y Whe Bar						M Alm Cas Haz Pec	M	Y	Y	M	Y	M	Y	

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Atrium Chicken & Avocado Flatbread	Y Whe									Y					
Atrium Chicken, Bacon, Egg & Spinach Panini	Y Whe Rye Bar								Y	Y			M		3
Atrium Crushed Avocado & Poached Egg Jacket									Y						2
Atrium Falafel & Spinach Burger	Y Whe Rye Bar Oat							Y	Y	Y	M	Y	M	Y	1
Atrium Fresh Berries & Creme Fraiche Malted Waffle	Y Whe									Y					1
Atrium Sausage Roll (b/fast)	Y Whe												M		1
Atrium Sriracha Chicken Burger (Fries)	Y Whe Rye Bar Oat								Y	Y	M	Y		Y	2
Atrium Steak Prego Piri Piri Roll	Y Whe							Y		Y	M			Y	1
Atrium Toast	Y Whe Bar							Y		Y			M		
Atrium Veggie Sausage Roll (b/fast)	Y Whe												M		
Atrium: Cod & Pancetta Fishcakes	Y Whe			Y					Y			Y			2
Jacket Vegan BBQ Jackfruit & Cheese	Y Whe Oat							Y				Y			1

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Phat Bobotie Jackfruit Vegan Pasty	Y Whe								M	M				Y	
Phat Butternut Squash, Spinach & Vegan Feta Pasty	Y Whe										Y	Y			
Phat Sausage Roll	Y Whe								Y	M					
Phat Vegan Spicy Mexican Bean Roll	Y Whe								M	M		Y		Y	
Red Red Red Beans & Sweet Potato															1
Roast Beef Dinner (Atrium)	Y Whe Rye Bar Oat							Y	Y	Y	M	Y		Y	2
Roast Chicken Dinner (Atrium)	Y Whe Rye Bar Oat							Y	Y	Y	M	Y		Y	2
Roast Pork Belly Dinner (Atrium)	Y Whe Rye Bar Oat							Y	Y	Y	M	Y		Y	2
Soup of the Day	M Whe Rye Bar Oat									Y	Y	M		Y	
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 : Chicken, Bacon, Cheese & Tomato : Ciabatta : HPC090 (T)	Y Whe Bar				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 : 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 : Tuna and Mature Cheddar Cheese : HPC040 (S)	Y Whe Bar			Y	M		M Alm Brz Cas Haz Mac Pec Pis Wal		Y	Y			M		
Tuna & Red Onion Panini	Y Whe Rye Bar			Y						Y			M		
Vegan Cumin, Butternut Squash & Lentil Wellington (Atrium)	Y Whe Rye Bar Oat				M		M Alm Brz Cas Haz Mac Pec Pis Wal	Y		Y	M	Y		Y	2
Vegan Sausage Bap	Y Whe									Y			M		
Xmas Pigs In Blanket Panini	Y Whe Rye Bar							Y		Y		Y	M	Y	
Atrium Goats Cheese Flatbread	Y Whe									Y					1
Atrium Malted Waffle	Y Whe									Y					1
Atrium Pastrami & Gherkin Panini	Y Whe Rye Bar									Y	M	Y	M	Y	
Atrium Avocado & Artichoke, Hummus & Olive Panini	Y Whe Rye Bar												Y		

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Atrium Tomato and Mozzarella Panini	Y Whe Rye Bar								Y	Y			M		1
add Egg (1)									Y						
add Vegetable Sausage	Y Whe							Y						Y	
Atrium 1/2 Rack BBQ Ribs	Y Whe Bar										Y				
Atrium Beef Burger (Fries)	Y Whe Rye Bar Oat								Y	Y	M	Y	M	Y	2
Atrium Cheesy Fries Side										Y					
Atrium Chicken, Bacon & Mushroom Pie	Y Whe Rye	Y			M		M Unknown	Y		Y	Y	Y	M		1
Atrium Corn on the Cob															
Atrium Cornish Pasty & Mash	Y Whe								Y	M					1
Atrium Gammon Steak, Eggs & Fries															1
Atrium Garlic & Cheese Flatbread	Y Whe								Y	Y					
Atrium Goats Cheese & Spinach Pie	Y Whe Rye	Y						Y	M	Y	Y	M			1
Atrium Jacket Vegan Cheese & Beans	Y Whe											Y			1

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
Atrium M Mountains Hot Dog	Y Whe							Y		Y					1
Atrium Poached Egg (1)									Y						
Atrium Skin on Fries Side															
Atrium Tuna Melt Jacket				Y						Y					2
Atrium Vegan Cauliflower & Spinach Balti Pie	Y Whe									M				Y	1
Atrium: Chicken & Mushroom Pie with Mash	Y Whe Rye	Y			M		M Unknown	Y		Y	Y	Y	M		1
Atrium: Lamb Pie & Mash	Y Whe Rye Bar Oat	Y						Y		Y					1
Atrium: Steak Pie & Mash	Y Whe				M		M Unknown	Y		Y			M		1
Atrium: Vegan Mushroom Pie & Mash	Y Whe							Y						Y	1
Bacon (2), cooked															
Battered Onion Rings	Y Whe Bar														
Jacket Potato +1 Filling	M Whe Rye Bar Oat	M		Y				M	Y	Y	M	M	M	M	2

Dish	Gluten	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	Unknown Allergens
Moma Porridge - Coconut Chai	Y Oat				M		M Unknown								
Moma Porridge Plain	Y Oat						M Unknown			Y					
Sausage (1), Cooked															1
Sweet Potato Fries															
add Cheese										Y					
Mixed Leaves	Y Whe											Y			
Hospitality Water Bottle															
Huskup Coffee Cup 400ml															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

Correct as of 15/11/2021