

# How to use the total allergen chart

The total allergen chart will allow you to look up which of the 14 major allergens are present in our sweet and savoury products, as well as our beverages.

Brownies	This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Caramel and Sea Salt Brownie	●	●	●				●							
Belgian Chocolate Brownie	●	●	●				●							
Espresso Brownie	●	●	●				●							

An **orange** dot means a product contains that allergen.

E.g. all three of these products contain gluten, eggs, milk and soya.

**For pre-packaged food (e.g. panini, tostati, biscuits), this information can be found on the product's packaging.**

**Never guess - always use this guide to help you answer any customer questions.**

**The allergens that are featured in this guide are in accordance with the EU Food Information Regulations:**

- Cereals containing gluten - including wheat, rye, barley, oats
- Eggs
- Milk
- Tree nuts - including almonds, hazelnuts, pistachios, walnuts
- Peanuts
- Fish
- Soya
- Celery
- Sulphur dioxide and sulphites
- Mustard
- Lupin
- Crustaceans e.g. prawns
- Sesame seeds
- Molluscs e.g. mussels

SWEET

Cheesecake		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Sicilian Lemon Cheesecake	●	●	●												
Salted Caramel & Chocolate Vegan Cheesecake	●						●								

Whole Cakes		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Belgian Chocolate Fudge Cake	●	●	●				●								
Carrot Cake	●	●	●	●											
Sparkling Red Velvet Bauble Cake	●	●	●				●								
<b>NEW</b> Nero Coffee and Caramel Cappuccino Cake	●	●	●						●						

Loaf Cakes		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Banana and Walnut Loaf Cake	●	●	●	●											
Sicilian Lemon Drizzle Loaf Cake	●	●	●												
Spiced Ginger Vegan Loaf Cake	●						●								

Individual cakes, scones and shortbread		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Mini Cappuccino Cake	●	●	●												
Caramel Shortbread	●		●				●								
Fruit Scones	●	●	●												

Crumble Cake		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Apricot and Ginger Crumble Cake	●	●	●												
Raspberry and Amaretti Crumble Cake	●	●	●												

Brownies		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Caramel and Sea Salt Brownie	●	●	●				●								
Belgian Chocolate Brownie	●	●	●				●								
Espresso Brownie	●	●	●				●								

SWEET

Grab and Go Chocolates		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Chocolate Coin			●				●								
Gianduja Chocolate				●											

Cookies		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Oat and Raisin Cookie	●	●													
Caramel Chocolate Cookie	●	●	●				●								
Belgian Chocolate Chunk Cookie	●	●	●				●								

Pastries		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Apricot Croissant	●	●	●												
Almond Croissant	●	●	●	●											
Chocolate Twist	●	●	●				●								
Crossaint	●	●	●												
Pain aux Chocolat	●	●	●				●								
Pain aux Raisin	●	●	●												
Vegan Raspberry Croissant	●														
Cinnamon Swirl	●	●	●												

Muffins		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Cranberry, Seed and Oat Muffin	●	●	●						●						
Belgian Chocolate Muffin	●	●	●				●		●						
Sicilian Lemon Muffin	●	●	●						●						
Blueberry Muffin	●	●	●												

Porridge		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Porridge with semi-skimmed or skimmed milk	●		●												
Porridge with Alpro Soya milk	●						●								
Porridge with Alpro Coconut milk	●						●								
Porridge with Minor Figures Oat Milk	●														

SAVOURY

Tartlets		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Roasted Butternut Squash & Balsamic Red Onion Tartlet	●	●	●												

Savoury Rolls		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Pork and Pancetta Sausage Roll	●	●	●												
Vegan Vegetable 'Sausage' Roll	●														

Deli Sandwiches		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Italian Cotto Ham, Salami & Mortadella Deli Sandwich	●	●	●							●					
Beef Pastrami and Horseradish Deli Sandwich	●	●	●							●					

Pizzetta		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Margherita Stonebaked Pizzetta	●		●												
Ham, Mushroom and Mascarpone Pizzetta	●		●												

Salads		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Chicken & Bacon Caesar Pasta Salad	●	●	●							●					
Roasted Beetroot, Carrot & Mixed Grain Salad	●														
Sweet Potato, Courgette & Giant Couscous Salad	●														

Breakfast Sauces		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Heinz Ketchup Sachet	●							●							
HP Sauce Sachet	●														

Bread Rolls		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Sourdough Bread Roll	●														

WE TAKE CARE TO LIST ALL INGREDIENTS IN OUR FOOD AND DRINKS, HOWEVER WE CANNOT GUARANTEE A 100% ALLERGEN FREE ENVIRONMENT AS WE USE SHARED EQUIPMENT TO DISPLAY, PREPARE AND SERVE.

Hot Drinks - Coffee Drinks		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Espresso															
Espresso Macchiato			●												
Espresso Ristretto															
Espresso con Panna			●												
Cappuccino			●												
Caffé Latte			●												
Caffè Mocha (served with whipped cream)			●												
Caffè Americano (if served with milk)			●												
Cortado			●												
Flat White			●												

Hot Drinks - Tea, Hot Chocolate & Speciality		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Tea (if served with milk)			●												
Herbal Tea															
Hot Chocolate (served with whipped cream)			●				●								
Hot Chocolate Milano (served with whipped cream)			●				●								
Chai Latte			●												
White Chocolate Mocha (served with whipped cream)			●				●								
Caramelatte (served with whipped cream)			●												

Non Dairy Milk		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Alpro Coconut							●								
Alpro Oat	●														
Alpro Soya							●								

Extras		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Whipped Cream			●												
Raspberry Puree															
Marshmallows															

BEVERAGE

Iced Drinks	This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Frappe Latte			●											
Belgian Mocha Frappe Latte			●				●							
Iced Latte			●											
Iced Coconut Latte							●							
Frappe Crème - Belgian Triple Chocolate			●				●							
Frappe Crème - Espresso & Caramel			●											
Frappe Crème - Raspberry & Belgian White Chocolate			●				●							
Frappe Crème - Salted Caramel & Pistachio			●											
Milkshake - Belgian Chocolate			●				●							
Milkshake - Strawberry			●											
Milkshake - Vanilla			●											
Fruit Booster - Alphonso Mango & Passion Fruit														
Fruit Booster - Raspberry & Italian Peach														
Iced Cappuccino			●											
Original Espresso & Tonic														
Ultimate Espresso & Tonic														

Syrups	This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Amaretto (Monin)				●										
Hazelnut (Monin) <i>(Delisting)</i>				●										
Hazelnut - Sugar Free (Monin)				●										

**All other syrups (Monin & Caffè Nero branded) do not contain any allergens.**