

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.

Seasonal Cakes	This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Sicilian Lemon Meringue Cake	●	●	●											

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

E.g. this product contains gluten, eggs and milk.

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
Salted Caramel Cheesecake	●	●	●				●							
Sicilian Lemon Cheesecake	●	●	●											

Seasonal Cakes		This product contains												
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs
Sicilian Lemon Meringue Cake	●	●	●											

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	●	●	●	●										

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	●	●	●											
NEW Ginger Spiced 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	●	●	●				●							

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				●										

SWEET

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	
Maple Pecan Plait	●	●	●	●											
Apricot Croissant	●	●	●												
Almond Croissant	●	●	●	●											
Cheese Twist	●	●	●						●	●					
Chocolate Twist	●	●	●				●								
Crossaint	●	●	●												
Pain au Chocolat	●	●	●				●								
Pain au Raisin	●	●	●												

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	●	●	●												

Caffè Dolce		This product contains													
Product Name	Gluten	Eggs	Milk	Nuts	Peanuts	Fish	Soya	Celery	Sulphur Dioxide	Mustard	Lupin	Crustaceans	Sesame seeds	Molluscs	
Sicilian Lemon Posset Caffè Dolce	●	●	●				●								
White Chocolate and Raspberry Caffè Dolce	●	●	●				●								
Salted Caramel and Hazelnut Caffè Dolce	●	●	●	●			●		●						
Tiramisu Caffè Dolce	●	●	●				●								

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	
Bacon, Roasted Tomato & Mozzarella Tartlet	●	●	●												
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	●	●	●												

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	●	●	●							●					
Vegan 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	●		●												
Salami & Mozzarella Stonebaked 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	●	●	●							●					
Tricolore Cherry Tomato, Cucumber & Radish Bowl Salad															
Roasted Beetroot, Carrot & Mixed Grain 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	
NEW Sourdough Bread Roll	●														

BEVERAGE

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				●										
Caramel														
Caramel - Sugar Free														
Cinnamon														
Ginger														
Gingerbread														
Hazelnut				●										
Hazelnut - Sugar Free				●										
Pure Cane Sugar														
Salted Caramel														
Strawberry														
Vanilla														
Vanilla - Sugar Free														