



**Allergen Information (X=contains; MC=may contain)**

Foods/Menu	Vegetarian	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide and Sulphites
<b>Hot Products</b>															
Baguette			X											MC	
Brown Bread			X											X	
Crustless Bread			X											X	
Huller			X											X	
White Bread			X											X	
White Rolls			X											X	
<b>Pie &amp; Pastries</b>															
A Taste of India Vegetable Pie	V		X												
A Taste of Mediterranean Vegetable Pie	V		X												
Cheese & Onion Party	V		X					X							
Cheese Sauce	V		X		X			X		X					
Cheese, Bacon & Onion Party	V		X					X							
Cornish Beef Pasty			X											X	X
Sausage Roll			X			X								X	X
Tuna & Veg Pasty			X			X									
<b>Desserts &amp; Confectionery</b>															
Banana Pie	V														
Carrot Cake (Gluten Free) Handmade	V		X		X			X			X				
Cheese Tarts			X		X			X		X					
Chocolate Fudge Cake (Gluten Free)	V				X			X						X	
Pasticcini with Maple Syrup	V		X		X			X							
Chocolate Ice Cream	V							X							
Fruit Cocktail	V														
Ice Cream Sundae	V							X							
Raspberries Ice Cream	V							X							
Vanilla Ice Cream	V							X							
Espresso	V				X			X							
Fresh Cream	V							X							
Sour Cream	V							X							
Carrot Sauce															
Chocolate Syrup															
Apple Syrup															
Strawberry Syrup															
<b>Hot Sandwiches, Fillings</b>															
Banana	V														
Beef															
Beef & Salad								X							
Brussels Fries															
Chicken Cheese	V							X							
Chicken															
Chicken Bacon Mayo					X										
Club Sandwich			X					X							
Corried Beef															
Currywain Chicken										X					
Cream Cheese	V							X							
Cream Cheese Garlic & Herbs	V							X							
Egg Mayo	V				X			X							
Ham															
Ham & Cheddar Cheese								X							
Ham & Cheese Roughman's								X							
Marmite	V														
Roast Butter	V											X			
Roast															
Roast Mayo					X			X							
Roast Mayo & Avocado					X			X							
Salad	V														
Salmon & Cream Cheese						X		X							
Smoked Salmon						X									
Strawberry Jam	V					X									
Tuna					X	X									
Tuna Mayo		MC	MC		X	X		MC		MC				MC	
Tuna					X	X									
Chicken Caesar Salad			X		X			X							
French Salad					X			X							
Pasta Salad	V		X		X			X							
<b>Snacks</b>															
Avocado	V														
Beef															
Beef								X							
Cheddar Cheese	V							X							
Chicken															
Chicken Bacon Mayo								X							
Currywain Chicken					X					X					
Egg Mayo	V							X							
Ham															
Ham & Cheddar Cheese								X							
Roast					X										
Roast Mayo					X			X							
Roast Mayo & Avocado					X			X							
Smoked Salmon						X									
Tuna					X	X									
Tuna Mayo					X	X									
Tuna, Sweetcorn & Mayo					X	X									
<b>Toasts</b>															
Bruschetta	V		X												
Granary Toast	V		X												
White Toast	V		X												
Toast & Marmalade	V		X												
Toast & Marmite	V		X												
Toast & Peanut Butter	V		X												
Toast & Strawberry Jam	V		X												
Toasted Teacake	V		X					X							
Toasted Teacake & Marmalade	V		X					X							
Toasted Teacake & Marmite	V		X					X							
Toasted Teacake & Peanut Butter	V		X					X							
Toasted Teacake & Strawberry Jam	V		X					X							

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<b>Hot Menu</b>															
Beef Burger & Chips with Choice of Fruit or Drink			X											X	X
Cheeseburger & Chips with Choice of Fruit or Drink			X					X						X	X
Chicken Nuggets 4/1 B Chips with Choice of Fruit or Drink			X		X										
Hot Empanada 12 & Chips with Choice of Fruit or Drink			X			X		MC						X	X
Hot Dog & Chips with Choice of Fruit or Drink			X												
<b>Salads</b>															
Banana															
Apple Juice															
Orange Juice															
Bibena															
Bread															
<b>Yoghurt</b>															
Apple		V													
Banana		V													
Cherry		V													
Fresh Fruit Box (Small, Large)		V													
Yogh		V													
White Medium Avocado		V													
<b>Milk Drinks</b>															
Black Coffee															
Black Tea															
Earl Grey															
Cappuccino								X							
Espresso															
Latte															
Hot Chocolate								X							
London & Ginger															
Mocha															
Peppermint Tea															
White Coffee								X							
White Tea								X							
<b>Soda Drinks</b>															
7/11 Regular 330ml															
Adelanto 250 ml				X											
Blue Shadow 330ml			X												
Cherry Coke 330ml															
Fruit Coke 330ml															
Coke Zero 330ml															
Diet Coke 330ml															
Diet Pepsi 330ml															
Dr Pepper 330ml															
Fanta Fruit Taste 330 ml															
Fanta Lemon 330 ml															
Fanta Orange 330ml															
Hi Tropo & Grapefruit 330ml															
Sprite 330 ml															
Sprite Zero 330ml															
Tango Apple 330 ml															
Tango Orange 330ml															
<b>Carbon Drinks</b>															
Pure Apple 200ml															
Pure Apple Sun Magic 2l															
Pure Apple Sun Magic 200ml															
Pure Orange 200ml															
Pure Orange Sun Magic 2l															
Pure Orange Sun Magic 200ml															
Bibena Blackcurrant 250ml															
<b>Bottled Drinks</b>															
Cherry Coke 500ml															
Fruit Coke 500ml															
Coke Zero 500ml															
Diet Coke 500ml															
Dr Pepper 500ml															
Lipton Ice Tea Lemon 500ml															
Diet Asahi and Whitecurrant 500ml															
Bibena 500ml															
Bibena Blackcurrant 500ml															
Sprite 500ml															
<b>Energy Drinks</b>															
Lucasola Energy Drink Orange 300ml															
Monster Energy Drink Can 500 ml															
Red Bull Energy Drink 250ml															
Banana Energy Drink 500ml															
<b>Milkshakes</b>															
Vango Banana Flavoured Milk 400ml								X							
Vango Chocolate Flavoured Milk 400ml								X							
Vango Strawberry Flavoured Milk 400ml								X							
<b>Water</b>															
Flavoured Water Orange & Peach 1000ml															
Flavoured Water Strawberry 500ml															
Still Water 1.5L															
Still Water 500ml															
<b>Chocolate</b>															
Santitas Delightful Pacoemint 35g								X							
Bounty Coconut Milk Chocolate Duo Bar 57g								X						X	
Cadbury Bournville Milk Chocolate Bar 48.5g			X					X							
Cadbury Dairy Milk Chocolate Bar 56g			X					X		MC		X			
Cadbury Wispa Bar 36g			X					X		X		X			
Cadbury Peanut Chocolate Bar 48.4g			X					X						X	
Crunchie Chocolate Bar 45g								X							
KitKat 70% Dark Chocolate Bar 41.5g								X							
KitKat 70% Dark Chocolate Bar 41.5g								X							
KitKat 70% Dark Chocolate Bar 41.5g								X							
Mars Bars Single 37g			X		X										
Maltesers Chocolate Bar 52g						X								X	
Milky Way Chocolate Bar 52g						X								X	
Milky Way Chocolate Bar 52g						X								X	
Snickers Chocolate Bars 49g						X				X	X			X	
Twix Chocolate Bars 50g			X		X					X	X			X	
Yorkie Original Milk Chocolate 46g						X									
Yorkie Original Milk Chocolate 46g						X									
Yorkie Raisin and Biscuit 44g						X									
<b>Chocolate Flapsacks (suitable for vegetarians)</b>															
Baked Flapsack 100g		V	X					X						X	
Chocolate Caramel Flapsack 100g		V	X					X						X	
Chocolate Cheesecake Flapsack 100g		V	X					X						X	
Chocolate Tiramisu Flapsack 100g		V	X					X						X	
Daily 100g		V	X					X						X	
Strawberry Jam 100g		V	X					X						X	
Sultana & Cherry Flapsack 100g		V	X					X						X	
Yoghurt Topped 100g		V	X					X						X	
<b>Hot Drink Trainers (Suitable for Vegetarians)</b>															
Boiled Oats & Coconut 90g		V	X							MC	MC	MC	MC	X	
Boiled Oats & Mango 90g		V	X							MC	MC	MC	MC	X	
Boiled Oats & Peach 90g		V	X							MC	MC	MC	MC	X	
Boiled Oats & Pineapple 90g		V	X							MC	MC	MC	MC	X	
<b>Smoothie Muesli Cookies</b>															
Double Chocolate		V	X			X		X						X	
Oats & Sultana Cookie 85g		V	X			X		X						X	
Tinles & Butter Pecan Cookie 85g		V	X			X		X						X	
White Chocolate Chip Cookie 85g		V	X			X		X						X	

