



# Allergen & Intolerance Guide

if item has a tick ✓, this means the product contains it.

Product	Allergens													
	Celery	Gluten	Crust-cleans	Eggs	Fish	Lupin	Milk	Molluscs	Musturd	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Hot Drinks</b>														
Macchiato							✓							
Latte							✓							
Cappucinno							✓							
Flat White							✓							
Hot Chocolate							✓						✓	
White Hot Chocolate							✓			✓			✓	
Mocha/White Mocha							✓						✓	
Chai Latte							✓							
Oww Cocoa													✓	
Matcha													✓	
Kiddicinno							✓						✓	
Kiddichoc	✓						✓						✓	
<b>Iced Coffee</b>														
Iced Latte							✓							
Iced Cappuccino							✓							
Flavoured Iced Latte (See Flavours in Other)							✓							
<b>Frappe</b>														
Classic Frappe							✓							
Flavoured Frappe							✓							
Flavoured Frappe (Hazelnut) +(Toffeenut)							✓			✓				
<b>Shakes</b>														
Oreo		✓					✓							
Nutella		✓		✓			✓		✓	✓				
Caramel Brownie		✓		✓			✓							
Chocolate Mudslide		✓		✓			✓		✓	✓				
Iced White Mocha							✓							
Raspberry Ripple							✓							
It Takes Two To Mango							✓							
Bubbly Swirl							✓							
Caramel Biscoff		✓					✓							
The Vegan		✓							✓	✓			✓	
Banana Nutty Butter							✓		✓	✓				
<b>Pastries</b>														
Croissant		✓		✓			✓							
Almond Croissant		✓		✓			✓		✓				✓	
Chocolate Twist		✓		✓			✓						✓	
Almond Croquant		✓		✓			✓		✓				✓	
<b>Porridge</b>														
Porridge with Honey		✓					✓						✓	
Porridge with Nutella		✓					✓		✓				✓	
Pistachio Rose		✓					✓		✓				✓	
Very Berry		✓					✓						✓	
Apple Crumble		✓					✓						✓	
Vegan Coconut & Raspberry		✓											✓	
<b>Breakfast Toasts</b>														
Toast with butter		✓					✓							
Toast with honey		✓												
Toast with maramalde		✓												
Toast with Strawberry jam		✓												
Toast with Nutella		✓							✓					

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<b>Grilled Cheese</b>														
Classic Cheese		✓					✓							
Italian Stallion		✓					✓							
Texas BBQ Chicken	✓	✓					✓		✓				✓	
Pollo Cubano		✓					✓					✓	✓	
Cajun Tuna Melt		✓		✓	✓		✓					✓		
<b>Food Bowls</b>														
Oriental Express		✓										✓	✓	
Falafal Bowl		✓										✓	✓	
Guaca-bowl		✓										✓	✓	
Salted Caramel Chicken												✓	✓	
<b>Bagels</b>														
Little Italy		✓					✓					✓		
Egg And Cheese		✓		✓			✓					✓		
Egg, Cheese And Turkey Rasher	✓	✓		✓			✓		✓			✓	✓	
<b>Ready to Eat Rolls</b>														
BBQ Jerk Roll		✓					✓					✓		
Cajun Tuna Roll		✓			✓		✓					✓		
Guaca-Roll		✓		✓			✓		✓			✓	✓	

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<b>Cakes/Biscuits</b>														
Belgian Chocolate Fudgecake		✓		✓			✓						✓	
Caramel Apple Cobbler		✓		✓			✓							
Luxury Carrot Cake		✓		✓			✓			✓	✓			
Lemon Swirl Cheesecake		✓					✓			✓	✓			
Individual Choco and Raspberry Truffle (GF)							✓						✓	
Individual Choco Orange Truffle (VG) (GF)													✓	
Individual Mango and Passionfruit Cheesecake		✓					✓						✓	
Individual White Choco and Mint Cheesecake		✓		✓			✓						✓	
Individual Chocolate Fudge Cake		✓		✓			✓						✓	
Grandma's Victoria Sponge		✓		✓			✓							
Nuts About Coffee Cake		✓		✓			✓			✓	✓		✓	
Twice the Toffee Cake		✓		✓			✓						✓	
Zesty Ginger Sponge		✓		✓			✓						✓	
Cherry Mirror Slice		✓		✓			✓			✓	✓			
Pear Mirror Slice		✓		✓			✓			✓	✓			
Lemon Daze Layer Cake		✓		✓			✓						✓	
Marble Daze Layer Cake		✓		✓			✓						✓	
Salted Caramel Sensation		✓		✓			✓						✓	
Traybake - Iced Bakewell Slice		✓								✓	✓			✓
Caramel Shortcake		✓					✓						✓	
Dark Chocolate Brownie		✓		✓			✓						✓	
Peanut and Caramel Slice		✓					✓			✓	✓			
Granola bar		✓					✓						✓	✓
Caramel and cranberry		✓					✓			✓				✓
Marlenka Honey Cake Nuts		✓					✓			✓				
Marlenka Honey Cake Lemon		✓		✓			✓			✓			✓	
Marlenka Honey Cake Apricot		✓		✓			✓			✓			✓	
Marlenka Honey Nugget		✓		✓			✓			✓			✓	
Marlenka Cocoa Nugget		✓		✓			✓			✓			✓	
Marlenka Lemon Nugget		✓		✓			✓			✓			✓	
Marlenka Apricot Nugget		✓		✓			✓			✓			✓	
Marlenka Raspberry Roll		✓		✓			✓			✓			✓	
Marlenka Blueberry Roll		✓		✓			✓			✓			✓	
Blueberry Muffin Cake		✓		✓			✓			✓			✓	
Millionaires Cake		✓		✓			✓			✓			✓	
Chocolate Log Cake		✓		✓			✓			✓		✓	✓	
Cappuccino & Chocolate Truffle Cake		✓		✓			✓			✓		✓	✓	
Black Forest Gateau		✓		✓			✓							
Sticky Toffee Pudding		✓		✓			✓						✓	
Lemon Drizzle Cake		✓		✓			✓						✓	
Cappuccino & Chocolate Truffle Cake		✓		✓			✓						✓	
Black Magic Chocolate Cake		✓		✓			✓						✓	
Black Forest Gateau		✓		✓			✓						✓	
Sticky Toffee Pudding		✓		✓			✓						✓	
Lemon Drizzle Cake		✓		✓			✓						✓	
Orange and Cardamon Brownie(Vegan, GF)										✓				
Margarita Brownie (Vegan, GF)										✓				
Classic Lemon Cake (Vegan, GF)										✓				
Ginger and Mango Cake (Vegan, GF)										✓				

All our cakes are prepared in environment where traces of nuts is present

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<b>Waffle Pops</b>														
Strawbella		✓					✓			✓			✓	
Banoffee		✓					✓						✓	
Biscoff		✓					✓						✓	
Cookies and cream		✓					✓						✓	
Terrys chocolate orange explosion		✓					✓			✓			✓	
Arabicalicious		✓					✓			✓			✓	
<b>Cookie Dough</b>														
Cookie dough classic		✓		✓			✓						✓	
Nutella		✓		✓			✓			✓	✓		✓	
Biscoff		✓		✓			✓						✓	
Berry White		✓		✓			✓						✓	
Brownie Heaven		✓		✓			✓			✓	✓		✓	
<b>Poffertjes (Dutch Mini Pancakes)</b>														
Nutella and Strawberries		✓					✓						✓	
Biscoff and Caramel		✓					✓						✓	
Classic Maple and Berries		✓					✓						✓	
<b>Gelato</b>														
Caramel Biscoff		✓					✓							
Vanilla							✓							
Strawberry							✓							
Bubbly gum							✓							
Banana							✓							
Double Chocolate				✓			✓						✓	
White Chocolate							✓							
Cookies and cream		✓					✓						✓	
Peanut butter							✓			✓	✓			
Vegan Coconut													✓	
<b>Treats</b>														
Chocolate Cake And Custard		✓		✓			✓						✓	
Hot Fudge Brownie		✓		✓			✓						✓	
Caramel Apple Cobbler		✓		✓			✓						✓	

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<b>Sauce Toppings / Milk</b>														
Chocolate							✓							
Caramel							✓							
Toffee							✓							
Biscoff		✓					✓							
Nutella							✓			✓				
Peanut butter							✓			✓	✓			
Milk Chocolate							✓							
Alpro Soya Milk													✓	
Alpro Coconut Milk													✓	
Monin Hazelnut										✓				
Monin Toffeenut										✓				
<b>Sprinkles</b>														
Marshmallows														
Flake							✓							
Chopped nuts										✓	✓			
Waffle cones		✓					✓						✓	
Choco dipped waffle cone		✓					✓				✓		✓	
Sugar curl		✓		✓			✓						✓	
Chocolate waffer		✓		✓			✓						✓	
Custard				✓			✓						✓	
<b>Other</b>														
Cantuccini Biscotti		✓		✓			✓			✓				
Kool Kup Cold Drink Thickener							✓							
Bru Milk Chocolate Drops							✓						✓	
Quaker Oats		✓											✓	
<b>Crisps</b>														
Real Crisps Strong Cheese & Onion							✓							

