Allergen Information Sheets

We prepare our food in kitchens with products containing nuts and other allergens. The allergy data detailed in the table shows ingredients containing each allergen and has been derived from the suppliers of our products. We have taken all reasonable steps to ensure this information is accurate. We cannot guarantee that any food item is 100% free from any allergen due to the risk of unexpected cross-contamination. If you have any specific concerns, please let us know and we will do our best to help.

X = contains the allergen

GRAB AND GO B/F MENU	GLUTEN	MILK	TREE NUTS	PEANUTS	CELERY	CRUSTACEA	EGGS	FISH	LUPIN	MUSTARD	SESAME SEEDS	SOY BEANS	SULPHUR DIOXIDE	MOLLUSCS
Strawberry yoghurt pot		X												
Whole fruit Banana														
whole fruit Apple														
all butter croissant	X	X					X							
strawberry jam														
salted butter		X												
Choice of Cappuccino / Latte / Flat white / English Breakfast Tea		X												
Cereals with semi skimmed milk – Luxury Muesli / Corn Flakes / Coco-pops / Bran flakes	X	X												
Juice – Apple Juice / Orange / Cranberry Juice														
Bacon														
Sausage	X	X					X						X	
baked beans														
Fried egg							X							
Mushrooms														
Hash brown														
Grilled tomato														
toast – White / Brown / Gluten Free	X													
toast – White / Brown / Gluten Free	X													
Fresh Fruit Salad														
Choice of Americano /English Breakfast Tea														
Cereal - Rice crisps														

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BREAKFAST MENU	GLUTEN	MILK	TREE NUTS	PEANUTS	CELERY	CRUSTACEA	EGGS	FISH	LUPIN	MUSTARD	SESAME SEEDS	SOY BEANS	SULPHUR DIOXIDE	MOLLUSCS
Strawberry jam														
Salted butter		X												
Choice of Cappuccino / Latte / Flat white / English Breakfast Tea		X												
Cereals with semi skimmed milk – Luxury Muesli / Corn Flakes / Coco-pops / Bran flakes	X	X												
Juice – Apple Juice / Orange / Cranberry Juice														
Bacon														
Sausage	X	X					X						X	
Baked beans														
Fried egg							X							
Mushrooms														
Hash brown														
Grilled tomato														
Toast – White / Brown	X													
Toast – Gluten Free							X							
Fresh Fruit Salad														
Poached Egg with Whole meal Toast	X						X							
Overnight Oats with berries	X	X												
Healthy Porridge Bowl	X	X												

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ALL DAY MENU	GLUTEN	MILK	TREE NUTS	PEANUTS	CELERY	CRUSTACEA	EGGS	FISH	LUPIN	MUSTARD	SESAME SEEDS	SOY BEANS	SULPHUR DIOXIDE	MOLLUSCS
Lamb Rogan Josh with Brown rice and mango Chutney		X												
Vegetable Thai curry with Brown rice														
Piri Chicken burger with Whole meal Bun	X	X					X							
Super Healthy baked Salmon with fennel and watercress salad								X						
Healthy Bowl Salad														
Plain Corn Nachos with Guacamole														
Chicken Wings	X	X		X			X					X		
Crispy Calamari Rings with Tartar Sauce	X	X					X	X						X
Falafel with Hummus	X													
Marinated Olives														
12” Pepperoni	X	X					X							
12” Margarita	X	X					X							
12” BBQ Chicken	X	X					X							
Nasi Goreng	X			X	X	X	X	X				X		
Penne Arrabbiatta	X													
Fish & Chips	X							X						
Classic Caesar Salad	X	X					X	X		X				
Tomato & Mozzarella Salad	X	X												
Sticky Toffee Pudding		X					X							
Strawberry Cheesecake	X	X					X							
Vanilla Pannacotta	X	X					X							
Selection of Ice Cream	X	X					X							

Fresh Fruit Salad														
Cheese & Onion	X	X												
Coronation Chicken	X	X												
Chunky Chips	X													
Skinny Fries	X													
Chef Side Salad														
Onion Rings	X													
Cheesy Garlic Bread	X	X												