Allergen Matrix Information

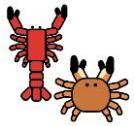
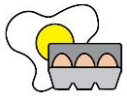
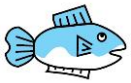
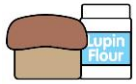
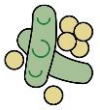
This guide contains information on the 14 allergens, as recognised by the Food Standards Agency, for our products.

We are proud to freshly prepare some of our food in our shops every day, but as we use many ingredients, shared equipment and shared display cabinets, we are unable to guarantee that our food is allergen free due to the risk of cross-contamination.

We take food allergies seriously and want to make sure that you feel safe when enjoying our products. This allergen guide has been provided so that you can make an informed choice. Please find the product name in the guide, which will show you the allergen detail.

If you need further help, please ask a member of staff.

DISHES AND THEIR ALLERGEN CONTENT

Bread														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Bread Roll		WHEAT, GLUTEN, MAY CONTAIN BARLEY										MAY CONTAIN		
Butter							YES							
White Sliced Loaf – Chorlton Sourdough		RYE, WHEAT, BARLEY, OAT					YES						MAY CONTAIN	
Granary Sliced Loaf – Granary Sourdough		RYE, WHEAT, BARLEY, OAT		MAY CONTAIN			MAY CONTAIN						MAY CONTAIN	MAY CONTAIN
Brown Sauce		YES												YES
Scrocchiarella Sandwich Brie and Chutney		WHEAT, MAY CONTAIN BARLEY, OATS, RYE					YES		YES				MAY CONTAIN	
Scrocchiarella BBQ Chicken	MAY CONTAIN	WHEAT, MAY CONTAIN BARLEY, OATS, RYE		MAY CONTAIN			YES		MAY CONTAIN				MAY CONTAIN	

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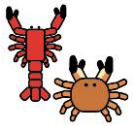
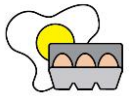
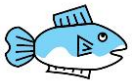
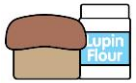
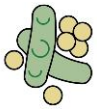
Soup														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Little & Cull Sweet Potato, Coconut & Chilli Soup		YES											YES	
Little & Cull Pea & Mint Soup							YES							
Little & Cull Tomato & Basil Soup							YES							
Little & Cull Carrot, Red Lentil & Coriander Soup														
Little & Cull Leek & Potato Soup														

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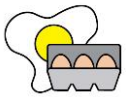
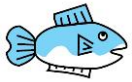
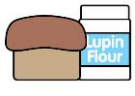
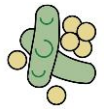
Cakes & Pastries														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Barbakan														
Lemon & Poppy Seed Muffin		WHEAT		YES			YES						MAY CONTAIN	
Chocolate Chip Muffin		WHEAT		YES			YES						MAY CONTAIN	
Dbl Chocolate Muffin		WHEAT		YES			YES						YES	
Pineapple & Orange Muffin		WHEAT		YES			YES						MAY CONTAIN	
Coconut Muffin		WHEAT		YES			YES						MAY CONTAIN	
Banana & Almond Muffin		WHEAT		YES			YES			ALMOND			MAY CONTAIN	
Croissant		WHEAT		YES			YES			MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	
Chocolate Croissant		WHEAT		YES			YES			MAY CONTAIN		MAY CONTAIN	YES	YES

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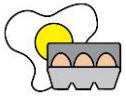
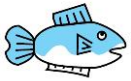
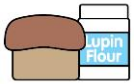
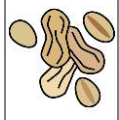
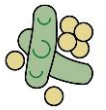
Cakes & Cookies														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Pain Au Raisin		WHEAT		YES			YES			ALMOND				YES
Almond Croissant		WHEAT		YES			YES			YES			YES	
Peach Danish		WHEAT		YES			YES			ALMOND				YES
Apple Danish		WHEAT		YES			YES			ALMOND				YES
Hot X Buns		WHEAT, MAY CONTAIN BARLEY, RYE.		YES		MAY CONTAIN	YES			MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	YES
Pecan Danish		WHEAT		YES			YES			YES				

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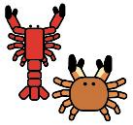
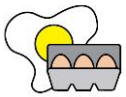
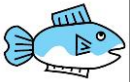
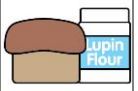
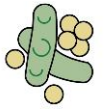
Cakes & Cookies														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
SILVER APPLES														
Flourless Salted Caramel and Espresso Brownie	MAY CONTAIN	MAY CONTAIN WHEAT, BARLEY, OATS		YES			YES		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Flourless Manchester Tart	MAY CONT AIN	MAY CONTAIN WHEAT, BARLEY, OATS		YES			YES		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Tripple Chocolate Brownie	MAY CONT AIN	WHEAT. MAY CONTAIN BARLEY, OATS		YES			YES		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Plant Based Ginger&Orange Cruch	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	YES
Plant Based Oreo Brownie	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN

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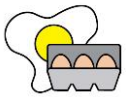
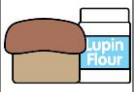
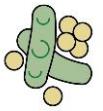
Cakes & Cookies														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Millionaire's Brownie	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		YES			YES		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Plant Based Cranberry&Pistachio Rocky Road	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN	PISTACHIO. MAY CONTAIN ALL OTHER	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Salted Caramel Seed and Fruit Flapjack	MAY CONTAIN	OATS, MAY CONTAIN WHEAT, BARLEY		MAY CONTAIN			MAY CONTAIN			MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Orange, Apricot & Polenta Cake	MAY CONTAIN	MAY CONTAIN WHEAT, BARLEY, OAT		YES			MAY CONTAIN		MAY CONTAIN	ALMOND, PISTACHIO MAY CONTAIN ALL OTHERS	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN
Bakewell Tart	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OAT		YES			YES		MAY CONTAIN	ALMONDS MAY CONTAIN ALL OTHERS	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Glazed Cinnamon Buns	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		YES			YES		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN

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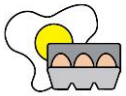
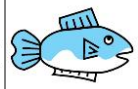
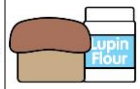
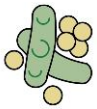
Cakes & Cookies														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Biscoff Rocky Road	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	YES
Plant Based Biscoff Cronuts	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Pistachio Cookie	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		YES			YES		MAY CONTAIN	YES	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Strawberry Cheesecake Muffin	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		YES			YES		MAY CONTAIN	MAY CONTAIN ALL OTHERS	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
White Chocolate&Biscoff Cookie		WHEAT		YES			YES			MAY CONTAIN ALL OTHERS	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN
Lemon, Almond & Pistachio Bar	MAY CONTAIN	WHEAT. MAY CONTAIN BARLEY, OATS		YES			YES		MAY CONTAIN	ALMONDS, MAY CONTAIN ALL OTHERS	MAY CONTAIN	MAY CONTAIN	YES	MAY CONTAIN

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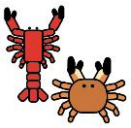
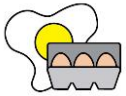
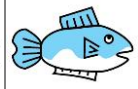
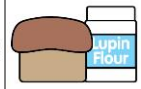
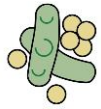
Pasties														

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sausage Roll		WHEAT												YES
Vegetable Vegan Pasty	YES	WHEAT, BARLEY, GLUTEN					MAY CONTAIN							
Cheese & Onion Pasty		WHEAT, GLUTEN					YES							
Chicken, Leek & Bacon Pasty		WHEAT, GLUTEN					YES						YES	
Chicken Bhaji Pasty		WHEAT, GLUTEN					YES							
Chicken Masala Pasty		WHEAT, GLUTEN												

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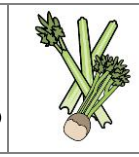
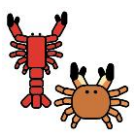
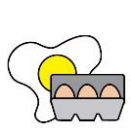
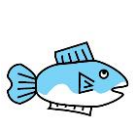
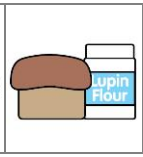
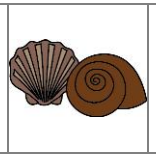
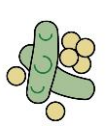
DISHES AND THEIR ALLERGEN CONTENT

JACKET FILLINGS														

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Butter							YES							
Tuna Mayonnaise		MAY CONTAIN BARLEY	MAY CONTAIN	YES	YES		MAY CONTAIN		MAY CONTAIN				MAY CONTAIN	MAY CONTAIN
Baked Beans														
Coleslaw				YES										
Grated cheese							YES							
Coronation Chicken				YES										
Welsh Rarebit		May Contain		YES			YES		YES				May Contain	YES
Vegan 3 Bean Chilli														
Roast Veg and Feta							YES							

Review date: 20/02/2026 Reviewed by: F.Gonzalez

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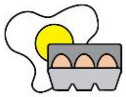
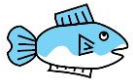
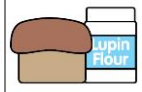
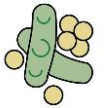
DISHES AND THEIR ALLERGEN CONTENT

JACKET FILLINGS														

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Houmous & Sundried Tomatoes												YES		
Spiced Chickpea Curry									YES					
Pesto & Cannellini Beans							YES			YES				
Greek Style							YES					May Contain		
Loaded Sour Cream							YES							
Pizza Stuffed							YES							
Kimchi & Cheese							YES							
Korean Gochujan Chicken													YES	
Mexican Chipotle Mayo Chicken Salad														

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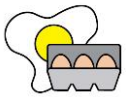
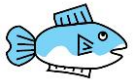
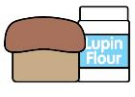
SALAD BAR														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Grated Cheese							YES							
Mixed Leaf & Lettuce														
Tomato														
Cucumber														
Sunny Vibes Salad													YES	
Green Valley Salad									YES					
Indian Summer Salad	YES													
Spartacus Salad		WHEAT					YES		YES					
Mambonito Salad													YES	
Bella Ciao Salad		WHEAT					YES							

Review date: 02/02/2026 Reviewed by: F.Gonzalez

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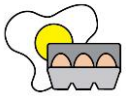
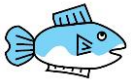
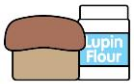
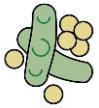
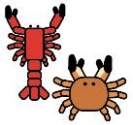
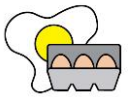
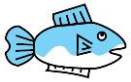
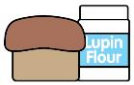
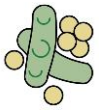
DISHES AND THEIR ALLERGEN CONTENT

Hot Drinks														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Coffee/Decaf														
Tea														
Berry Tea														
Green Tea														
Mint Tea														
Earl Grey Tea														
Decaf Tea														
Hot Chocolate							YES							
Vimto		BARLEY, MALT												
Milk – Semi Skimmed & Skimmed							YES							
Oat Milk		OATS												

Hot Drinks														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Soya Milk													YES	
Sugar Free Caramel Syrup														
Sugar Free Hazelnut Syrup										HAZELNUT				
Sugar Free Vanilla Syrup														
Sugar Free Gingerbread Syrup														
Pumpkin Spice Syrup														
Honeycomb Syrup														
Whipped Cream							YES							

Review date: 20/08/2025 Reviewed by: F.Gonzalez

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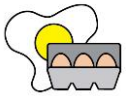
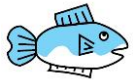
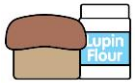
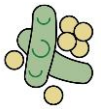
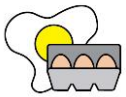
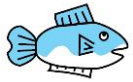
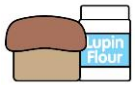
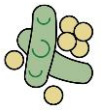
Cold Drinks														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vanilla Frappe							YES							
Biscoff Frappe		WHEAT, GLUTEN					YES						YES	
Peach Iced Tea														
Strawberry& Peach Bubble Tea														
Mango & Dragon Fruit Bubble Tea														
Pistachio&White Chocolate Frappe							YES			PISTACHIO			YES	
Pistachio Latte							YES			PISTACHIO				
Matcha Latte/Iced Matcha Latte							YES							
Chai Latte							YES							
Iced Chocolate Matcha Latte							YES							

Review date: 23/06/2026 Reviewed by: F.Gonzalez

Just Desserts														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
ShortBread		YES		MAY CONTAIN			YES			MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	
Flapjack		YES		MAY CONTAIN			YES			MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	
Cherry Flapjack		YES					YES			MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	YES
Rocky Road		YES					YES			MAY CONTAIN	MAY CONTAIN		YES	
Vegan Chocolate & Raspberry Brownie		YES								MAY CONTAIN	MAY CONTAIN		YES	
Lemon & Blueberry Traybake		YES		YES			YES			MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	
Ice Cream Cupcake		YES		YES			YES			MAY CONTAIN	MAY CONTAIN		YES	
Jammie Dodger Cupcake		YES		YES			YES			MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	YES
Mini Rolo Cupcake		YES		YES			YES			MAY CONTAIN	MAY CONTAIN		MAY CONTAIN	

Review date: 09/09/2025

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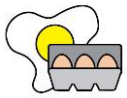
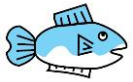
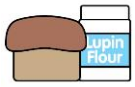
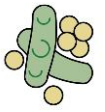
Seasonal														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
GingerBread Latte							YES							
HoneyComb Hot Chocolate							YES							
Terry's Choc Orange Cookies	MAY CONTAIN	WHEAT, BARLEY, MAY CONTAIN OATS					YES		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	YES
Xmas crunch Tiffin	MAY CONTAIN	WHEAT, MAY CONTAIN OAT, BARLEY, OATS		YES			YES		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	YES	
Apple Crumble Matcha							YES							

Review date: 16/11/2026 Reviewed by: F.Gonzalez

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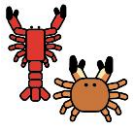
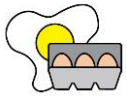
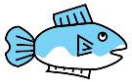
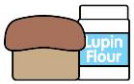
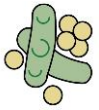
Seasonal														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**

Review date: 11/11/2025

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