



# Allergen And Ingredients For Paninis



## Main 14 Allergies In Bold

Suppliers we use will not guarantee cross contamination in factories has not occurred including **NUTS, GLUTEN, MILK, SOYA, FISH** etc.

Please tell a member of staff if your allergic reaction or intolerance is severe or could be life threatening before ordering any food or drink.

Panini: **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Olive Oil, Salt, Flour Treatment Agent: E300. May Contain **SESAME** seeds.

Chicken: Chicken Breast Fillet, Salt, Water, **LACTOSE**, **SOYA** Protein, **MILK** Protein, Stabilizer Sodium Polyphosphate, E452, Thickener Carrageenan, E407, Acidity Regulator, Sodium Citrate, E331, Gelling Agent, Potassium Chloride, E508.

BBQ Sauce: Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator, Acetic Acid, Colour, Ammonia Caramel, Smoke Flavourings, Preservative, Potassium Sorbate, Stabiliser, Xanthum Gum, Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper, **SODIUM METABISULPHITE**, May Contain **MUSTARD**.

Bacon: Pork, Water, Salt, Antioxidant, Sodium Ascorbate, E301, Preservative, Sodium Nitrate, Potassium Nitrate, E252, E250.

Cheese: Cheddar Cheese, **MILK**.

Mayo: Rapeseed Oil, Water, Sugar, Pasteurised **EGG** Yolk, Thickener, Modified Starch, Salt, Acidity Regulator, Acetic Acid, **MUSTARD** Flour, Stabilisers, Xanthum Gum, Guar Gum, Preservatives, Potassium Sorbate, Sodium Benzoate.

Tuna Mixed Mayo: Tuna **FISH**, Water, Salt, Rapeseed Oil, Water, Sugar, Pasteurised **EGG** Yolk, Thickener, Modified Starch, Salt, Acidity Regulator, Acetic Acid, **MUSTARD** Flour, Stabilisers, Xanthan Gum, Guar Gum, Preservatives, Potassium Sorbate, Sodium Benzoate.



## Allergen And Ingredients For Rolls, Wraps,



### Baguettes and Sandwiches. Main 14

#### Allergies In Bold

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Chicken Mayo and Lettuce: Chicken Breast Fillet, Salt, Water, **LACTOSE**, **SOYA** Protein, **MILK** Protein, Stabilizer Sodium Polyphosphate, E452, Thickener Carrageenan, E407, Acidity Regulator, Sodium Citrate, E331, Gelling Agent, Potassium Chloride, E508. Rapeseed Oil, Water, Sugar, Pasteurised **EGG** Yolk, Thickener, Modified Starch, Salt, Acidity Regulator, Acetic Acid, **MUSTARD** Flour, Stabilisers, Xanthan Gum, Guar Gum, Preservatives, Potassium Sorbate, Sodium Benzoate, Iceberg Lettuce.

BBQ Chicken and Lettuce: Chicken Breast Fillet, Salt, Water, **LACTOSE**, **SOYA** Protein, **MILK** Protein, Stabilizer Sodium Polyphosphate, E452, Thickener Carrageenan, E407, Acidity Regulator, Sodium Citrate, E331, Gelling Agent, Potassium Chloride, E508. Water, Sugar, Tomato Paste, Spirit Vinegar, Glucose-Fructose Syrup, Modified Maize Starch, Concentrated Apple Juice, Salt, Acidity Regulator, Acetic Acid, Colour, Ammonia Caramel, Smoke Flavours, Preservative, Potassium Sorbate, Stabiliser, Xanthan Gum, Paprika, Dried Garlic, Dried Onion, Black Pepper, Cayenne Pepper, **SODIUM METABISULPHITE**, Iceberg lettuce May Contain **MUSTARD**.

BLT: Pork, Water, Salt, Antioxidant, Sodium Ascorbate, E301, Preservative, Sodium Nitrate, Potassium Nitrate, E252, E250, Iceberg Lettuce, Tomatoes.

Cheese And Butter: Cheddar Cheese, **MILK**, Vegetable Oil, Rapeseed Oil, Palm Oil, Sunflower Oil, Water, Salt, Butter **MILK**, Potassium Sorbate, Emulsifier Mono, Diglycerides, Citric Acid, Flavours, Vitamin A, Vitamin D, Colouring Carotenes, Colouring Beta Carotene.

Tuna Mixed Mayo And Cucumber: Tuna **FISH**, Water, Salt, Rapeseed Oil, Water, Sugar, Pasteurised **EGG** Yolk, Thickener, Modified Starch, Salt, Acidity Regulator, Acetic Acid, **MUSTARD** Flour, Stabilisers, Xanthan Gum, Guar Gum, Preservatives, Potassium Sorbate, Sodium Benzoate, Cucumber.

Ham And Butter: Whole Pork Leg, Salt, Dried Glucose Syrup, Emulsifier, E450, E451, Pork Bouillon, Sugar Yeast Extract, Antioxidant, E301, Preservatives E250, Stabiliser E415, Honey, Vegetable Oil, Rapeseed Oil, Palm Oil, Sunflower Oil, Water, Salt, Butter **MILK**, Potassium Sorbate, Emulsifier Mono, Diglycerides, Citric Acid, Flavours, Vitamin A, Vitamin D, Colouring Carotenes, Colouring Beta Carotene.

White Roll: **WHEAT** Flour, Vital **WHEAT** Gluten, **BARLEY**, Calcium Carbonate, Fungal Alpha Amylase, Vitamins, Ascorbic Acid, Water, Yeast, Salt, Bread Improvers, Vegetable Fat, Sugar, Emulsifiers, E471, Mono Diglycerides, Malt Flour, Improver, E300, Ascorbic Acid, Antioxidant, E307, Alpha Tocopherol, **SOYA** Flour, Acidity Regulator, E170, Emulsifiers, E472e, E481, **WHEAT** Flour, Improver, E300, Ascorbic Acid, Enzyme Preparation, Vegetable Oil, Palm Oil, Rapeseed Oil, **NUTS** are used in same factory.

Granary Roll: **WHEAT** Flour, Calcium, Iron, Niacin, Thiamine, Malted **WHEAT** Flakes, Bran, Malted **BARLEY**, Water, Yeast, Salt, Vegetable Oil, Palm, Rapeseed, Sugar, Malt Flour, **BARLEY**, Dextrose, Antioxidants, E300, **SOYA** Flour, Acidity Regulator, E170, Emulsifiers, E472e, E481, E471, Flavouring, Colouring, E160a, **NUTS** are used in same factory.

Wrap: **WHEAT** Flour, Water, Rapeseed Oil, Humectant, Glycerine, Palm Fat, Sugar Salt, Raising Agents, E450i, E500ii, Acidifier, E269, Emulsifier, E471, Stabilizers, E412, E466, Preservatives E202, E282.

White Bread: **WHEAT** Flour, Calcium, Iron, Niacin, Thiamin, Water, Yeast, Salt, Vegetable Oil, Palm, Rapeseed, Sugar, Malt Flour, **BARLEY**, Dextrose, Flavouring, Colouring, E160a, antioxidants, E300, **SOYA** Flour, Acidity Regulator, E170, Emulsifiers, E472a, E481, E471, **NUTS** are used in same factory.

Granary Bread: **WHEAT** Flour, Calcium, Iron, Niacin, Thiamine, Malted Yeast, Salt, Vegetable Oil, Palm, Rapeseed, Sugar, Malt Flour, **BARLEY**, Dextrose, Antioxidants, E300, SOYA Flour, Acidity Regulator, E170, Emulsifiers, E472e, E481, E471, Flavouring, Colouring, E160a, **NUTS** are used in same factory.

Mustard: Water, **MUSTARD** Flour, Sugar, Salt, **WHEAT** Flour, Turmeric, Citric Acid, Stabiliser, Xanthan Gum.

White Baguette:

Granary Baguette:



# Allergen And Ingredients For Snacks, Pizza And Cookies. Main 14 Allergies In Bold



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Chocolate Cookies: Sugar, **WHEAT** Flour, Margarine, Palm Fat, Water, Salt, Rapeseed Oil, Emulsifier Mono, Diglycerides, Acidifier Citric Acid, Colouring Agent Carotene, White Chocolate Chips, Whole **MILK** Powder, Cocoa Butter, Emulsifier **SOYA**, Lecithin, Natural Aroma, Chocolate Chips, Pasteurised Whole **EGGS**, Treacle Syrup, Sugar Syrup, Raising Agent, Sodium Hydrogen Carbonate, May Contain: **NUT, SESAME SEEDS, CELERY, MUSTARD.**

Berry Cookie: WHEAT Flour, Sugar, Margarine, Palm Fat, Water, Salt, Rapeseed Oil, Emulsifier Mono, Diglycerides, Acidifier Citric Acid, Colouring Agent Carotene, Cranberries, Pasteurised Whole **EGGS**, Blueberries, Sugar Syrup, Aroma, Raising Agent Sodium Hydrogen Carbonate, Water, May Contain: **NUTS, MILK, SESAME SEEDS, CELERY, MUSTARD.**

White Chocolate Chip: WHEAT Flour, Sugar, White Chocolate Chips, Whole **MILK** Powder, Cocoa Butter, Emulsifier, **SOYA**, Lecithin, Natural Aroma, Margarine, Palm Fat, Water, Salt, Rapeseed Oil, Emulsifier Mono, Diglycerides, Fatty Acids, Acidifier Citric Acid, Colouring Agent Carotene, Pasteurised Whole **EGG**, Unrefined Sugar Syrup, Invert Sugar Syrup, Modified Maize Starch, Aroma, Raising Agent Sodium Hydrogen Carbonate, Salt, May Contain: **NUTS, SESAME SEEDS, CELERY, MUSTARD.**

Cheese And Tomato Pizza: **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Rapeseed Oil, Yeast, Salt, Emulsifier, E472e, Flour, Treatment Agent, E300, Ascorbic Acid, Tomatoes, Tomato Juice, Citric Acid, Acidity Regulator, Cheddar Cheese, **MILK.**

Plain Pizza Base: **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Rapeseed Oil, Yeast, Salt, Emulsifier, E472e, Flour, Treatment Agent, E300, Ascorbic Acid.

Chocolate Squares: Plain **WHEAT** Flour, Sugar, Margarine, Oats, Baking Powder, Cocoa Powder, Icing Sugar, Water.

Jam Doughnut: **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Apple and Raspberry Jam, Glucose Fructose Syrup, Apple Puree, Sugar, Raspberry Puree, Acidity Regulators, E330, E331iii, Colour, E163, Gelling Agent, E440a, Flavouring, Palm Oil, Sweet Dust, Dextrose, Cornflour, Rapeseed Oil, Palm Oil, Dextrose, Sugar, Raising Agent, E501, E450, E341, **WHEAT** Gluten, Yeast, Emulsifiers, E481, E471, Potassium Chloride, Salt, Stabiliser, E466, Flour Treatment Agent, E300.

Fruit Salad: Watermelon, Kiwi, Red Grapes, Pineapple, Orange, Satsumas, May Contain Traces Of Other Fruits.

Chocolate Doughnut: Fortified **WHEAT** Flour, **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Palm Oil, Chocolate, Flavoured Topping, White Sugar, Rapeseed Oil, Raising Agents, Disodium Diphosphate, Sodium Bicarbonate, **SOYA** Flour, Dried Skimmed **MILK**, Salt, Whey Powder, **MILK**, Emulsifiers, **SOYA** Lecithin, Mono Diglycerides, Fatty Acid, Sodium Stearoyl 2 Lactylate, Dried **EGG** Yolk, Modified Maize Starch, **MILK** Proteins, SUGAR, Palm Oil, Fat Reduced Cocoa Powder, Whey Powder, **MILK**, Stabiliser, Sorbitan Tristearate, Emulsifier, **SOYA**, Lecithin, Flavouring.

Plain Ring Doughnut:

**Blueberry Muffins:** **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Sugar, **EGG**, Rapeseed Oil, Blueberries, Water, **EGG** White, Maize Starch, Whey Powder, **MILK**, Raising Agent, Potassium, Bicarbonate, Disodium Diphosphate, Emulsifier, Polyglycerol Esters, Fatty Acids, Flavouring, Salt, Stabiliser, Xanthan Gum. May Contain **SESAME** And **SOYA**.

**Sausage Rolls:** Pastry, **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Margarine, Palm Oil, Water, Salt, Emulsifier, E471, Pork, Rusk, **WHEAT** Flour, Raising Agent, E503ii, Seasoning, Dextrose, Spices, Pepper, Nutmeg, Emulsifier, Penta Sodium Tri Phosphate, Antioxidants, Ascorbic Acid, Sodium Citrates, Spice Extracts, Pepper, Mace, Nutmeg, Ginger, Cayenne, **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, **EGG** Powder, Modified Maize Starch.

**Burger Buns:** **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, Water, Yeast, Sugar, Salt, Rapeseed Oil, Emulsifiers, Mono, Diglycerides Fatty Acid, Flour Treatment Agents, Ascorbic Acid, L Cysteine.

**Jumbo Sausages:** Pork, Water, Rusk, **WHEAT** Flour, Salt, Raising Agent, E503ii, Salt, Potato Starch, Dextrose, Flavour Enhancer, E621, Preservative, **SODIUM SULPHATE**, E450, Rusk **WHEAT**, Antioxidant, E330, E301, E331, Herb, Spice Extract, Colour, E120, Flavouring, Calcium Carbonate, Iron, Niacin, Thiamin, Skin Natural Pork Silver Hog Casings.

**Yorkshire Puddings:** **WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin, **EGG** White, Whole **EGG**, Rapeseed Oil, Water, Skimmed **MILK** Powder, Salt.



# Allergen And Ingredients For Pasta And Pasta King Sauces. Main 14 Allergies In Bold



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Pasta: **WHEAT** Flour,

Bolognese Sauce: Tomato Coulis, Tomato, Tomato Paste, Onion, Carrot, Sugar, Sunflower Oil, Salt, Potassium Sorbate, Basil, Black Pepper, Beef Mince, Beef, Tomato Paste, Salt, Herbs, Rusk, **WHEAT** Flour, Salt, Sugar, Dextrose, Black Pepper, Onion Powder, Garlic Powder, Antioxidant, E301, Mushrooms Sliced, Garlic Puree, Rehydrated Garlic, Preservative Citric Acid, Italian Seasoning, Basil, Oregano, Rosemary, Thyme, Black Pepper, Garlic Granules.

Amigo Meatballs Sauce: Tomato, Tomato Paste, Onion, Carrot, Sugar, Sunflower Oil, Salt, Potassium Sorbate, Basil, Black Pepper, Red Tractor Meatballs, Pork, Rusk, **WHEAT** Flour, Raising Agent E505ii, Garlic, Tomato Puree, Fennel Dextrose, Chilli Powder, Crushed Dried Chilli's, Diced Red Pepper, Diced Green Pepper, Chilli Sauce, Spirit Vinegar, Modified Maize Starch, Cayenne, Pepper, Preservative, Potassium Sorbate, Paprika, Cumin, Oregano, Garlic Powder.

Vegetable Bolognese Sauce: Tomatoes, Peppers, Onions, Peas, Sweetcorn, Carrot, Courgette, Citric Acid, Tomato Juice



## Allergen And Ingredients For Breakfast Items.



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Pain Au Chocolate: **WHEAT** Flour, Water, Butter, **MILK**, Chocolate Filling, Sugar, Cocoa Mass, Cocoa Butter, Emulsifier, **SOYA** Lecithin, Yeast, **EGG**, Wheat **GLUTEN**, Salt, Flour Treatment Agent, Ascorbic Acid. May contain traces of **SESAME** Seeds and **NUTS**.

Hash Brown:

Sausages:

Cheese Toast: **WHEAT** Flour, Calcium, Iron, Niacin, Thiamin, Water, Yeast, Salt, Vegetable Oil, Palm, Rapeseed, Sugar, Malt Flour, **BARLEY**, Dextrose, Flavouring, Colouring, E160a, antioxidants, E300, **SOYA** Flour, Acidity Regulator, E170, Emulsifiers, E472a, E481, E471, Cheddar Cheese, **MILK**.

Bacon Bagel: **WHEAT** Flour, Calcium, Carbonate, Iron, Niacin, Thiamin, Water, Sugar, Maize Grits, Yeast, Rapeseed Oil, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Flour Treatment Agent, Ascorbic Acid. May Contain **SESAME** Seeds.

Bacon: Pork, Water, Salt, Antioxidant, Sodium Ascorbate, E301, Preservative, Sodium Nitrate, Potassium Nitrate, E252, E250.

Cheese: Cheddar Cheese, **MILK**.