









# Menu Items Allergen Check List
















Note – Please state the name of the cereal(s) containing gluten\* and the name of the nut(s)\*\* in the appropriate column

|  <b>MENU ITEM</b><br>Tick the allergens that are in the dish |  Cereals* |  Crustaceans |  Eggs |  Fish |  Peanuts |  Soybeans |  Milk<br>/ Dairy |  Nuts** |  Celery |  Mustard |  Sesame seeds |  Sulphur dioxide & sulphites*** |  Lupins |  Molluscs |
|---|--|---|---|--|---|--|---|--|--|---|--|--|--|--|
| Crumble - Mixed Berry   | Wheat  |   |   |  | Trace   | Trace  | *   | Trace  |  |   | Trace  |  |  |  |
| Crumble - Rhubarb   | Wheat  |   |   |  | Trace   | Trace  | *   | Trace  |  |   | Trace  |  |  |  |
| <i>*When served with cream / ice cream it will contain dairy</i>  |  |   |   |  |   |  |   |  |  |   |  |  |  |  |
| Bannoffee Pie   | Wheat  |   | ✓   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Apple Pie   | Wheat  |   |   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Scone - Plain   | Wheat  |   |   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Scone - Pear & Almond   | Wheat  |   |   |  | Trace   | Trace  | ✓   | Almonds  |  |   | Trace  |  |  |  |
| Scone - Mixed Berry   | Wheat  |   |   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Scone - Raspberry & White Chocolate   | Wheat  |   |   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Scone - Fruit   | Wheat  |   |   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Scone - Brown   | Wheat, Oats  |   |   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Victoria Sponge   | Wheat  |   | ✓   |  | Trace   | ✓  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Carrot Cake   | Trace  |   | ✓   |  | Trace   | ✓  | ✓   | Walnuts  |  |   | Trace  |  |  |  |
| Brownie   | Trace  |   | ✓   |  | Trace   | Trace  | ✓   | Almonds  |  |   | Trace  |  |  |  |
| Crunchie Square   | Wheat  |   | ✓   |  | Trace   | ✓  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Rice Krispies   | Malt/ Barley   |   | ✓   |  | Trace   | ✓  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Pancakes  | Wheat  |   | ✓   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Muffins - Blueberry   | Wheat  |   | ✓   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Muffins - Raspberry & White Chocolate   | Wheat  |   | ✓   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Muffins - Toffee & Apple  | Wheat  |   | ✓   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Muffins - Chocolate   | Wheat  |   | ✓   |  | Trace   | ✓  | ✓   | Trace  |  |   | Trace  |  |  |  |



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|---|--|---|---|--|---|--|---|--|--|---|--|--|--|--|
| Cookies - Dotty   | Wheat  |   | ✓   |  | Trace   | ✓  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Cookie - Oat & Coconut  | Wheat, Oats  |   | Trace   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Cookie - Triple Chocolate Fudge   | Wheat  |   | ✓   |  | Trace   | ✓  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Cupcakes  | Wheat  |   | ✓   |  | Trace   | Trace  | ✓   | Trace  |  |   | Trace  |  |  |  |
| Gingerbread Men   | Wheat  |   | Trace   |  | Trace   | Trace  | Trace   | Trace  |  |   | Trace  |  |  |  |
| Protein Balls   |  |   |   |  | Trace   | ✓  | ✓   | Almonds  |  |   | Trace  | ✓  |  |  |
| Rawlo's   |  |   |   |  | Trace   | ✓  |   | Almonds  |  |   | Trace  |  |  |  |
| Chia Energy Balls   |  |   |   |  | Trace   |  |   | Almonds  |  |   | Trace  | ✓  |  |  |

We follow good hygiene practices in our kitchens, but due to the presence of allergenic ingredients in some products there is a small possibility that allergen traces may be found in any item.

Please notify a member of staff if you have any food allergies or intolerance.

