











# 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

MENU ITEM														
	Cereals*	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk / Dairy	Nuts**	Celery	Mustard	Sesame seeds	Sulphur dioxide & sulphites***	Lupins	Molluscs
<b>Bread</b>														
Granary Brown	Wheat, Rye, Barley				Trace			Trace			✓			
Sourdough Bread	Wheat				Trace			Trace			Trace			
Sesame & Nigella Seed Panini	Wheat, Rye		Trace		Trace	Trace	✓	Trace			✓			
Kelkin Gluten Free Bread			Trace		Trace	✓	✓	Trace			Trace		Trace	
Ciabatta	Wheat				Trace	Trace	Trace	Trace			Trace			
Croissant	Wheat		✓		Trace	Trace	✓	Trace			Trace			
<b>Soups</b>					Trace		✓	Trace	✓		Trace			
<b>Salads</b>														
Broccoli Salad					Trace			Pine		✓	Trace			
Beetroot Salad					Trace			Trace			Trace			
Vegetable Cous Cous Salad	Wheat				Trace			Trace			Trace		✓	
Coleslaw			✓		Trace		✓	Trace			Trace			
Mixed Leaves														
Sausage Roll	Wheat				Trace			Trace			Trace			
Baked Potato					Trace			Trace			Trace			
<b>Sandwiches</b>														
Café Special	Wheat, Rye, Barley				Trace		✓	Trace		✓	✓			
Timbertrove Ham Special	Wheat, Rye		Trace		Trace	Trace	✓	Trace			✓		✓	
Veggie Special	Wheat				Trace	Trace	✓	Cashew, Walnuts, Pinenuts			Trace		✓	
Chicken & Pesto	Wheat		✓		Trace	Trace	✓				Trace			
Ham & Cheese Melt	Wheat, Rye		Trace		Trace	Trace	✓	Trace			✓			
Vegan Sunflower Chickpea	Wheat, Rye					✓			✓					
Cajun Chicken	Wheat		✓				✓							
Kids Ham & Cheese (Sourdough)	Wheat				Trace		✓	Trace			Trace			
<b>Crisps</b>	Wheat, Barley					✓	Trace							
	Traces													

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.