

# NUTRITION & ALLERGEN GUIDE



## Seasonal

Group	Dept	Name	Calories	Allergens
Pasties	Pasties – Other	GLUTEN FREE STEAK PASTY	644	Egg, Milk, Soya
Pasties	Pasties – Other	GLUTEN FREE VEGETABLE PASTY	644	No allergens present
Pasties	Pasties – Other	ORIGINAL VEGAN PASTY	649	Barley, Gluten from Wheat, Sulphites
Pasties	Pasties – Other	PORK & CIDER PASTY	719	Gluten from Wheat, Milk, Sulphites
Savouries	Rolls	HOT DOG SAUSAGE ROLL	488	Gluten from Wheat, Milk, Sulphites
Sweet Bakery	Cakes	CARAMEL CRUNCH MUFFIN	402	Gluten from Wheat, Soya
Sweet Bakery	Cakes	CARROT CAKE MINI LOAF	388	Egg, Gluten from Wheat, Milk, Nuts, Soya
Sweet Bakery	Cakes	CHOCOLATE CHERRY MINI LOAF	366	Egg, Gluten from Wheat, Soya
Sweet Bakery	Cakes	EXTREME CHOCOLATE MUFFIN	421	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	LEMON MERINGUE MINI LOAF	364	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	RASPBERRY CHEESECAKE MUFFIN	365	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cookies & Biscuits	GINGERBREAD GIRAFFE	431	Egg Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD LION	429	Egg Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD MONKEY	418	Egg Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD TEDDY	276	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	SHORTBREAD FLAMINGO	452	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	SHORTBREAD ICE CREAM	451	Egg, Gluten from Wheat
Sweet Bakery	Doughnuts	CHOCOLATE & CUSTARD DOUGHNUT	386	Egg, Gluten from Wheat, Milk
Sweet Bakery	Doughnuts	CHOCOLATE CONFETTI DOUGHNUT	447	Gluten from Wheat, Milk, Nuts, Soya
Sweet Bakery	Doughnuts	DOUBLE CHOCOLATE DOUGHNUT	453	Egg, Gluten from Wheat, Milk, Nuts
Sweet Bakery	Traybakes	KINDER BROOKIE	560	Egg, Gluten from Wheat, Milk, Nuts, Soya
Sweet Bakery	Traybakes	WHITE CHOC & RASPBERRY BLONDIE	459	Egg, Gluten from Wheat, Milk, Nuts, Soya