

NUTRITION & ALLERGEN GUIDE



Seasonal

Group	Dept	Name	Calories	Allergens
Pasties	Pasties – Other	STEAK & ALE PASTY	679	Wheat, Barley & Milk
Pasties	Pasties – Other	CORNISH COCKTAIL PASTY	400	Gluten from Wheat, Milk, Soya
Pasties	Pasties – Other	CHEESE & ONION COCKTAIL PASTY	439	Gluten from Wheat, Milk
Savouries	Savouries – Rolls	MUSTARD HOT DOG SAUSAGE ROLL	488	Gluten from Wheat, Milk, Mustard, Soya, Sulphites
Savouries	Savouries – Other	CHEESE & MARMITE HOMITY PIE	597	Celery, Gluten from Barley/Oats/Rye/Wheat, Milk, Sulphites
Savouries	Savouries – Other	MEAT PATTIE	250	Gluten from Wheat, Milk, Mustard
Sweet Bakery	Cakes	CINNAMON BUN	310	Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	CHOCOLATE BRIOCHE BUN	437	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cakes	CARAMAC TART	439	Almonds, Egg, Gluten from Wheat, Milk
Sweet Bakery	Cakes	BAKEWELL TART	360	Almonds, Egg, Gluten from Wheat, Milk
Sweet Bakery	Traybakes	S'MORES ROCKY ROAD	498	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Traybakes	COOKIES & CREAM BROOKIE	548	Almonds, Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Traybakes	AUTUMN BAKEWELL	532	Almonds, Egg, Gluten from Wheat, Milk
Sweet Bakery	Cookies & Biscuits	FULLY LOADED BOURBON COOKIE	618	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	FULLY LOADED CUSTARD CREAM COOKIE	609	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	GINGERBREAD COW	301	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD PIG	223	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	GINGERBREAD SHEEP	233	Gluten from Wheat, Egg
Sweet Bakery	Cookies & Biscuits	HALLOWEEN CAT GINGERBREAD	220	Gluten from Wheat, Egg
Sweet Bakery	Cookies & Biscuits	HALLOWEEN WITCH GINGERBREAD	361	Gluten from Wheat, Egg
Sweet Bakery	Cookies & Biscuits	PUMPKIN SHORTBREAD	259	Gluten from Wheat, Egg