

# NUTRITION & ALLERGEN GUIDE



Seasonal

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Group	Dept	Name	Calories	Allergens
Pasties	Pasties – Other	STEAK & ALE PASTY	679	Gluten from Barley & 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
Pasties	Pasties – Other	CORNISH COCKTAIL PASTY	275	Egg, Gluten from Wheat, Milk,
Pasties	Pasties – Other	CORNISH COCKTAIL PASTY (Derriford Only)	400	Egg, Gluten from Wheat, Milk, Soya
Pasties	Pasties – Other	CHEESE COCKTAIL PASTY	330	Gluten from Wheat, Milk, Mustard, Soya
Pasties	Pasties – Other	CHEESE COCKTAIL PASTY (Derriford Only)	439	Gluten from Wheat, Milk
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	Traybakes	SMORES 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	Egg, Gluten from Wheat
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	Cookies & Biscuits	WITCH GINGERBREAD	361	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	CAT GINGERBREAD	220	Egg, Gluten from Wheat
Sweet Bakery	Cookies & Biscuits	PUMPKIN SHORTBREAD	259	Egg, Gluten from Wheat

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Pasties	Pasties – Seasonal	FESTIVE PASTY	704	Gluten from Barley & Wheat, Milk
Savouries	Savoury Slices	FESTIVE SLICE	529	Gluten from Barley & Wheat
Savouries	Rolls	HOG ROAST SAUSAGE ROLL	409	Gluten from Wheat, Milk, Soya, Sulphites
Sweet Bakery	Cakes	LARGE STAR MINCE PIE	422	Gluten from Wheat
Sweet Bakery	Doughnuts	HOT CHOCOLATE DOUGHNUT	492	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Traybakes	CHOCOLATE & HAZELNUT SHORTIE	534	Hazelnuts, Oats, Soya
Sweet Bakery	Cakes	BLACK FOREST PANETTONE	465	Egg, Gluten from Wheat, Milk, Soya, Sulphites
Sweet Bakery	Cakes	STOLLEN PANETTONE	421	Almonds, Egg, Gluten from Wheat, Milk, Soya, Sulphites
Sweet Bakery	Traybakes	SPICED PUMKIN SLICE	406	Egg, Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	GINGERBREAD SNOWMAN	204	Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	GINGERBREAD REINDEER	204	Gluten from Wheat, Milk, Soya
Sweet Bakery	Cookies & Biscuits	SHORTBREAD RUDOLPH	330	Gluten from Wheat, Milk, Sulphites