



ALLERGEN MENU

	1. CELERY	2. CEREALS CONTAINING GLUTEN	3. CRUSTACEANS	4. EGG	5. FISH	6. LUPIN	7. MILK	8. MOLLUSC	9. MUSTARD	10. TREE NUTS	11. PEANUTS	12. SESAME	13. SOYA	14. SULPHUR DIOXIDE / SULPHITES
BREAKFAST														
PASTRIES														
CROISSANT	-	✓	-	✓	-	-	✓	-	-	□	□	□	□	-
PAIN AU CHOCOLAT	-	✓	-	✓	-	-	✓	-	-	□	□	□	✓	-
BREAKFAST POTS														
GRANOLA POT	-	✓	-	-	-	-	✓	-	-	-	-	✓	-	✓
RASPBERRY YOGHURT	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
PINEAPPLE POT	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TROPICAL FRUIT SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-
LARGE TROPICAL FRUIT SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-
PORRIDGE														
PORRIDGE	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
ALMOND MILK PORRIDGE	-	✓	-	-	-	-	-	-	-	✓	-	-	-	-
SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-
HONEY	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TREATS														
LEMON MUFFIN	-	✓	-	✓	-	-	✓	-	-	-	-	-	-	-
CHOCOLATE CHIP MUFFIN	-	✓	-	✓	-	-	✓	-	-	□	□	-	✓	-
CHEESECAKE POT	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
SANDWICHES & WRAPS														
SANDWICHES														
CHICKEN, BACON & AVO SANDWICH	-	✓	-	✓	-	-	✓	-	-	-	-	-	✓	✓
EGG MAYONNAISE SANDWICH	-	✓	-	✓	-	-	✓	-	✓	-	-	-	✓	-
HAM & JARLSBERG SANDWICH	-	✓	-	✓	-	-	✓	-	✓	-	-	-	✓	-
TUNA MAYONNAISE SANDWICH	-	✓	-	✓	✓	-	✓	-	✓	-	-	-	✓	✓
ROLLS & BAGUETTES														
HAM & CHEESE CROISSANT	-	✓	-	✓	-	-	✓	-	-	□	□	□	□	-
EGG MAYONNAISE BAGUETTE	-	✓	-	✓	-	-	✓	-	✓	□	□	✓	-	-
HAM & JARLSBERG BAGUETTE	-	✓	-	✓	-	-	✓	-	✓	□	□	✓	-	-
TUNA MAYONNAISE BAGUETTE	-	✓	-	✓	✓	-	✓	-	✓	□	□	✓	-	✓
BACON, CHEESE & TOMATO BAGEL	-	✓	-	-	-	-	✓	-	-	-	-	□	✓	✓
WRAPS														
FETA & BEETROOT WRAP	-	✓	-	-	-	-	✓	-	✓	-	-	✓	✓	✓
BBQ PULLED PORK WRAP	-	✓	-	✓	-	-	-	-	✓	-	-	-	-	✓
HOT WRAPS														
CHIPOTLE CHICKEN BURRITO	-	✓	-	-	-	-	✓	-	✓	-	-	-	-	✓
INDIAN BEEF WRAP	-	✓	-	-	-	-	-	-	✓	-	-	-	✓	-
FALAFEL & HALLOUMI WRAP	□	✓	-	-	-	-	✓	-	□	□	□	□	✓	✓
CHANA DAL & VEGETABLE WRAP	-	✓	-	-	-	-	-	-	✓	-	-	-	✓	-
CHICKEN CHANA DAL WRAP	-	✓	-	-	-	-	-	-	✓	-	-	-	✓	-
BEEF & CHEDDAR WRAP	-	✓	-	-	-	-	✓	-	-	-	-	-	✓	✓
ROAST CAULIFLOWER WRAP	-	✓	-	-	-	-	✓	-	✓	-	-	-	✓	✓
VEGAN CHILLI WRAP	✓	✓	-	-	-	-	-	-	-	-	-	-	✓	✓
COTTAGE PIE WRAP	✓	✓	-	-	-	-	-	-	-	-	-	-	✓	✓
BBQ PULLED PORK BURRITO	-	✓	-	-	-	-	✓	-	✓	-	-	-	-	✓
PANINIS														
HAM & CHEESE PANINI	-	✓	-	-	-	-	✓	-	-	-	-	-	✓	✓
HALLOUMI & HARISSA PANINI	-	✓	-	-	-	-	✓	-	-	-	-	-	-	✓
SOUPS & CASSEROLES														
SKINNY SWEET POTATO & ROSEMARY	✓	-	-	-	-	-	-	-	-	-	-	-	✓	-
CREAMY TOMATO & MASCARPONE	✓	-	-	-	-	-	✓	-	-	-	-	-	✓	✓
CHICKEN CHANA DAL	-	-	-	-	-	-	-	-	✓	-	-	-	✓	-
CHICKEN NOODLE KORMA	-	-	-	-	-	-	-	-	✓	□	-	□	✓	-
CHICKEN & COCONUT BROTH	-	-	-	-	-	-	-	-	-	-	-	-	✓	✓
SKINNY LEEK & POTATO	✓	-	-	-	-	-	-	-	-	-	-	-	✓	-
THAI SWEETCORN & RED PEPPER	✓	-	-	-	-	-	-	-	-	-	-	-	✓	✓
THAI CHICKEN CURRY	-	-	✓	-	✓	-	-	-	-	-	-	-	✓	✓
COCONUT CHICKEN CURRY	-	-	-	-	✓	-	-	-	-	-	-	-	✓	✓
SKINNY TOMATO & BASIL	✓	-	-	-	-	-	-	-	-	-	-	-	✓	✓
ROAST PUMPKIN	✓	-	-	-	-	-	-	-	-	-	-	-	✓	-
CHICKEN LAKSA	✓	-	-	-	-	-	-	-	-	-	-	-	✓	✓
MOROCCAN LAMB HARIRA	✓	-	-	-	-	-	-	-	-	-	-	-	✓	✓
SKINNY CARROT & CORIANDER	✓	-	-	-	-	-	-	-	-	-	-	-	✓	-
SPICED BUTTERNUT SQUASH	✓	-	-	-	-	-	-	-	-	-	-	-	✓	✓
SKINNY BUTTERNUT SQUASH	✓	-	-	-	-	-	-	-	-	-	-	-	✓	✓
CHICKEN, SWEETCORN & MUSHROOM	✓	-	-	-	-	-	-	-	-	-	-	-	✓	-
JERSEY BEAN CROCK	-	-	-	-	-	-	-	-	-	-	-	-	✓	-
SALADS														
CHICKEN BURRITO BOWL	-	✓	-	-	✓	-	-	✓	-	-	□	✓	✓	-
MEDITERRANEAN TUNA SALAD	-	-	-	-	✓	-	-	-	-	-	-	□	✓	✓
TUNA MAYONNAISE SALAD	-	-	-	✓	✓	-	-	-	✓	-	-	-	✓	✓
SESAME CHICKEN NOODLE SALAD	-	✓	-	-	✓	-	-	✓	-	✓	-	✓	✓	✓
VEGAN POWER POT	-	✓	-	-	-	-	-	-	✓	-	-	✓	✓	✓
VEGAN BUDDHA BOWL	□	-	-	-	-	-	-	-	✓	□	□	□	✓	-

SALAD DRESSINGS															
CHILLI & LIME DRESSING	-	-	-	-	-	-	-	-	-	-	□	□	□	✓	✓
DIJON VINAIGRETTE	-	-	-	-	-	-	-	-	✓	-	-	-	-	-	✓
TAHINI DRESSING	-	-	-	-	-	-	-	-	-	-	-	-	✓	✓	✓

SNACKS															
CRISPS & SAVOURY SNACKS															
BURTS MATURE CHEDDAR CRISPS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BURTS SALT & VINEGAR CRISPS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BURTS SEA SALT CRISPS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SALTED POPCORN	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
HUMMUS & CRUDITES	-	-	-	-	-	-	-	-	-	-	-	-	✓	-	-
THAI CHILLI CRISPS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

CHOCOLATE & BARS															
DARK CHOCOLATE KIND BAR	-	-	-	-	-	-	-	-	-	✓	✓	□	✓	-	-
CARAMEL KIND BAR	-	-	-	-	-	-	-	✓	-	-	□	□	✓	-	-
KINDER BUENO	-	-	-	-	-	-	-	✓	-	-	✓	-	✓	-	-
KIT KAT	-	✓	-	-	-	-	✓	-	-	-	□	-	✓	-	-
TWIX	-	✓	-	-	-	-	✓	-	-	✓	-	-	✓	-	-

CAKES & SWEET SNACKS															
LEMON MUFFIN	-	✓	-	✓	-	-	✓	-	-	-	□	□	-	□	-
CHOCOLATE CHIP MUFFIN	-	✓	-	✓	-	-	✓	-	-	-	□	□	-	✓	-
MILK CHOCOLATE RAISINS	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
NUTTY MIX	-	□	-	-	-	-	□	-	-	✓	□	-	□	□	□
YOGHURT COATED PEANUTS	-	-	-	-	-	-	✓	-	-	-	✓	-	-	-	-
CHOCOLATE BROWNIE	-	-	-	✓	-	-	✓	-	-	✓	□	-	✓	-	-
HONEYBUNS FLAPJACK	-	✓	-	-	-	-	✓	-	-	-	□	□	-	-	-

MINTS & GUM															
EXTRA CHEWING GUM	-	-	-	-	-	-	-	-	-	-	-	-	-	✓	-
POLOS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

FRUIT															
PINEAPPLE POT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TROPICAL FRUIT SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
LARGE TROPICAL FRUIT SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
APPLE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BANANA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

HOT DRINKS															
COFFEES & HOT CHOCOLATE															
AMERICANO (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AMERICANO (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
AMERICANO (ALMOND MILK)	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
AMERICANO (OAT MILK)	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
CAFFE MOCHA (NO MILK)	-	-	-	-	-	-	✓	-	-	✓	-	-	-	✓	-
CAFFE MOCHA (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	✓	-	-	-	✓	-
CAFFE MOCHA (ALMOND MILK)	-	-	-	-	-	-	✓	-	-	✓	-	-	-	✓	-
CAFFE MOCHA (OAT MILK)	-	-	-	-	-	-	✓	-	-	✓	-	-	-	✓	-
CAPPUCCINO (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
CAPPUCCINO (ALMOND MILK)	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
CAPPUCCINO (OAT MILK)	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
ESPRESSO (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FILTER COFFEE (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FILTER COFFEE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
FILTER COFFEE (ALMOND MILK)	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
FILTER COFFEE (OAT MILK)	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
FLAT WHITE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
FLAT WHITE (ALMOND MILK)	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
FLAT WHITE (OAT MILK)	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
LATTE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
LATTE (ALMOND MILK)	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
LATTE (OAT MILK)	-	-	-	✓	-	-	-	-	-	-	-	-	-	-	-
CHAI LATTE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-	-
CHAI LATTE (ALMOND MILK)	-	-	-	-	-	-	✓	-	-	✓	-	-	-	-	-
CHAI LATTE (OAT MILK)	-	-	-	✓	-	-	✓	-	-	-	-	-	-	-	-
HOT CHOCOLATE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	✓	-	-	-	✓	-
HOT CHOCOLATE (ALMOND MILK)	-	-	-	-	-	-	✓	-	-	✓	-	-	-	✓	-
HOT CHOCOLATE (OAT MILK)	-	-	-	✓	-	-	✓	-	-	✓	-	-	-	✓	-

EXTRAS															
EXTRA SHOT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VANILLA SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CARAMEL SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
HAZELNUT SYRUP	-	-	-	-	-	-	-	-	-	✓	-	-	-	-	-

TEAS															
ENGLISH BREAKFAST TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
EARL GREY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
DECAF TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GREEN TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
RED BERRY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

COLD DRINKS															
SPARKLING WATER	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
STILL WATER	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
DIET COKE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
COCA COLA	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CAWSTON APPLE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CAWSTON RHUBARB	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
JUICEBURST ORANGE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
JUICEBURST APPLE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

✓ = CONTAINS ALLERGEN
□ = CONTAINS INGREDIENT WITH A LABEL THAT INDICATES IT MAY CONTAIN ALLERGEN

ALL PRODUCTS ARE MADE IN A KITCHEN THAT HANDLES ALLERGENS.

WE DO OUR BEST TO REDUCE THE RISK OF CROSS-CONTAMINATION, AND PROVIDE AN ALLERGEN MENU SO THAT CUSTOMERS CAN MAKE THEIR OWN CHOICE ABOUT WHAT TO EAT.

OUR ALLERGEN MENU IS INTENDED AS A GUIDE, AND WE CANNOT GUARANTEE THAT ANY PRODUCTS ARE FREE FROM ALLERGENS.