



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
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BREAKFAST & POTS													
PASTRIES													
CROISSANT	-	✓	-	✓	-	-	✓	-	-	□	□	□	-
PAIN AU CHOCOLAT	-	✓	-	✓	-	-	✓	-	-	□	-	□	-
GRAB & GO POTS													
GRANOLA POT	-	✓	-	-	-	-	✓	-	-	-	✓	-	✓
MANGO YOGHURT	-	-	-	-	-	-	✓	-	-	-	-	-	-
PINEAPPLE POT	-	-	-	-	-	-	-	-	-	-	-	-	-
TROPICAL FRUIT SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-
HUMMUS & CRUDITÉS	-	-	-	-	-	-	-	-	-	-	✓	-	-
HUMMUS & TORTILLAS	-	✓	-	-	-	-	-	-	-	-	✓	✓	-
STRAWBERRY CHEESECAKE	-	✓	-	-	-	-	✓	-	-	-	-	-	-
PORRDIGE													
PORRIDGE	-	✓	-	-	-	-	✓	-	-	-	-	-	-
ALMOND MILK PORRIDGE	-	✓	-	-	-	-	-	-	✓	-	-	-	-
SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-
HONEY	-	-	-	-	-	-	-	-	-	-	-	-	-
MUFFINS													
BLUEBERRY MUFFIN	-	✓	-	✓	-	-	✓	-	-	□	□	-	-
CHOCOLATE CHIP MUFFIN	-	✓	-	✓	-	-	✓	-	-	□	□	✓	-
HOT BREAKFAST ROLLS													
SAUSAGE EDEN ROLL	-	✓	-	□	-	-	□	-	-	-	-	✓	✓
BACON & EGG OMELETTE EDEN ROLL	-	✓	-	✓	-	-	✓	-	-	-	-	-	-

SANDWICHES & WRAPS													
SANDWICHES													
CHICKEN, BACON & AVO SANDWICH	-	✓	-	✓	-	-	✓	-	-	-	-	✓	✓
EGG MAYONNAISE SANDWICH	-	✓	-	✓	-	-	✓	-	✓	-	-	✓	-
HAM & JARLSBERG SANDWICH	-	✓	-	✓	-	-	✓	-	✓	-	-	✓	-
TUNA MAYONNAISE SANDWICH	-	✓	-	✓	✓	-	-	-	-	-	-	✓	✓
CORONATION CHICKEN SANDWICH	-	✓	-	✓	-	-	✓	-	-	-	-	-	✓
MATURE CHEDDAR & ONION MARMALADE SANDWICH	-	✓	-	-	-	-	✓	-	-	-	-	✓	✓
ROLLS & BAGUETTES													
HAM & CHEESE CROISSANT	-	✓	-	✓	-	-	✓	-	-	□	□	□	-
EGG MAYONNAISE BAGUETTE	-	✓	-	✓	-	-	-	-	✓	□	□	✓	-
HAM & JARLSBERG BAGUETTE	-	✓	-	✓	-	-	✓	-	✓	□	□	✓	-
TUNA MAYONNAISE BAGUETTE	-	✓	-	✓	✓	-	✓	-	✓	□	□	✓	✓
CORONATON CHICKEN BAGUETTE	-	✓	-	✓	-	-	✓	-	-	□	□	✓	✓
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	-	✓	-	-	-	-	✓	-	✓	-	-	-	✓
THAI GREEN CHICKEN CURRY WRAP	-	✓	-	-	-	-	✓	-	-	□	□	-	✓
VEGAN MEXICAN 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	-	-	-	-	-	-	-	-	-	-	-	-	-	-
THAI CHILLI CRISPS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SERIOUS PIG SNACKING PICKLES	-	-	-	-	-	-	-	-	-	-	-	-	-	✓
SERIOUS PIG SALTED PEANUTS	-	-	-	-	-	-	-	-	□	✓	-	-	-	-
SERIOUS PIG SALTED ALMONDS	-	-	-	-	-	-	-	-	✓	□	-	-	-	-
SERIOUS PIG HOISIN SNACKING CROUTONS	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
SERIOUS PIG SNACKING CHEESE - WITH TRUFFLE	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
SERIOUS PIG SNACKALAMI	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SERIOUS PIG SPICY SNACKALAMI	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CHOCOLATE & BARS														
DARK CHOCOLATE KIND BAR	-	-	-	-	-	-	-	-	✓	✓	□	✓	-	-
CARAMEL KIND BAR	-	-	-	-	-	-	✓	-	✓	□	□	✓	-	-
KINDER BUENO	-	-	-	-	-	-	✓	-	✓	-	-	✓	-	-
KIT KAT	-	✓	-	-	-	-	✓	-	-	□	-	✓	-	-
TWIX	-	✓	-	-	-	-	✓	-	✓	-	-	✓	-	-
RAW HALO - DARK 76% VEGAN CHOCOLATE	-	-	-	-	-	-	-	-	□	□	-	-	-	-
RAW HALO - SALTED CARAMEL VEGAN CHOCOLATE	-	-	-	-	-	-	-	-	□	□	-	-	-	-
RAW HALO - VANILLA VEGAN CHOCOLATE	-	-	-	-	-	-	-	-	□	□	-	-	-	-
RAW HALO - HIMALAYAN SALT VEGAN CHOCOLATE	-	-	-	-	-	-	-	-	□	□	-	-	-	-
SWEET SNACKS														
MILK CHOCOLATE RAISINS	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
NUTTY MIX	-	□	-	-	-	-	□	-	✓	□	-	□	-	□
YOGHURT COATED PEANUTS	-	-	-	-	-	-	✓	-	-	✓	-	-	-	-
MINTS & GUM														
EXTRA CHEWING GUM	-	-	-	-	-	-	-	-	-	-	-	✓	-	-
POLOS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESH FRUIT														
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED JUICES & COOLERS														
BETROOT, ORANGE & CARROT JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GINGER ZINGER JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED ORANGE JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CRANBERRY JUICE COOLER	-	-	-	-	-	-	-	-	-	-	-	-	-	-
APPLE JUICE COOLER	-	-	-	-	-	-	-	-	-	-	-	-	-	-

✓ = 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.