



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 & CRUDITES	-	□	-	-	-	-	-	-	□	□	✓	-	-
HUMMUS & TORTILLAS	-	□	-	-	-	-	-	-	□	□	✓	-	-
BLUEBERRY BIRCHER MUESLI	-	✓	-	-	-	-	✓	-	-	□	✓	-	✓
STRAWBERRY CHEESECAKE	-	✓	-	-	-	-	✓	-	-	-	-	-	-
SMOKED SALMON POT	-	-	-	✓	✓	-	-	-	-	-	-	-	-
PORRIDGE													
PORRIDGE	-	✓	-	-	-	-	✓	-	-	-	-	-	-
OAT MILK PORRIDGE	-	✓	-	-	-	-	-	-	-	-	-	-	-
SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-
HONEY	-	-	-	-	-	-	-	-	-	-	-	-	-
MUFFINS & COOKIES													
BLUEBERRY MUFFIN	-	✓	-	✓	-	-	✓	-	-	□	□	-	□
CHOCOLATE CHIP MUFFIN	-	✓	-	✓	-	-	✓	-	-	□	□	-	□
CHOCOLATE BROWNIE COOKIE	-	✓	-	✓	-	-	✓	-	-	□	□	-	✓
RAINBOW BROWNIE COOKIE	-	✓	-	✓	-	-	✓	-	-	□	□	-	✓
GLUTEN FREE CHOCOLATE BROWNIE	-	-	-	✓	-	-	✓	-	-	□	□	-	✓
GRANOLA SLICE	-	✓	-	-	-	-	✓	-	-	□	□	-	✓
HOT BREAKFAST ROLLS													
SAUSAGE AND TOMATO BRIOCHE ROLL	-	✓	-	✓	-	-	✓	-	-	-	□	-	✓
BACON BRIOCHE ROLL	-	✓	-	✓	-	-	✓	-	-	-	□	-	-
ITALIAN BREAKFAST PANINI	-	✓	-	-	-	-	✓	-	-	□	□	□	✓

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	-	✓	-	✓	✓	-	✓	-	✓	□	□	□	✓
CORONATION CHICKEN BAGUETTE	-	✓	-	✓	-	-	✓	-	✓	□	□	□	✓
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	✓	✓	-	-	-	-	✓	-	□	□	□	□	✓
BBO PULLED PORK BURRITO	-	✓	-	-	-	-	✓	-	□	□	□	□	✓
THAI GREEN CHICKEN CURRY WRAP	-	✓	-	-	-	-	✓	-	□	□	□	□	✓
VEGAN MEXICAN BURRITO	-	✓	-	-	-	-	✓	-	□	□	□	□	✓

PASTA BAKES

JERSEY BEEF & FUSILLI PASTA BAKE	✓	✓	-	□	✓	-	✓	-	✓	-	-	-	✓
BUTTERNUT SQUASH, PUMPKIN SEED & CHICK PEA PASTA BAKE	□	✓	-	□	-	-	✓	-	✓	-	-	-	✓

PANINIS

HAM & CHEESE PANINI	-	✓	-	-	-	-	✓	-	-	□	□	□	□
HALLOUMI & HARISSA PANINI	-	✓	-	-	-	-	✓	-	-	□	□	□	□
ITALIAN BREAKFAST PANINI	-	✓	-	-	-	-	✓	-	-	□	□	□	□

SOUPS & CASSEROLES

SKINNY SWEET POTATO & ROSEMARY	✓	-	-	-	-	-	-	-	-	-	-	-	✓
CREAMY TOMATO & MASCARPONE	✓	-	-	-	-	-	✓	-	-	-	-	-	✓
CHICKEN CHANA DAL	-	-	-	-	-	-	-	✓	□	□	-	-	✓
CHICKEN NOODLE KORMA	-	-	-	-	-	-	-	✓	-	-	□	-	✓
CHICKEN, VEGETABLES, RICE NOODLES & COCONUT BROTH	-	□	-	-	-	-	-	-	-	-	-	-	✓
SKINNY LEEK & POTATO	✓	-	-	-	-	-	-	-	-	-	-	-	✓
THAI SWEETCORN & RED PEPPER	✓	-	-	-	-	-	-	-	-	-	-	-	✓
THAI CHICKEN CURRY	-	-	✓	-	✓	-	-	-	-	-	-	-	✓
COCONUT CHICKEN CURRY	-	-	-	-	✓	-	-	-	-	-	-	-	✓
TOMATO & BASIL	✓	-	-	-	-	-	-	-	-	-	-	-	✓
ROAST PUMPKIN	✓	-	-	-	-	-	-	-	-	-	-	-	✓
CHICKEN LAKSA	✓	-	-	-	-	-	-	-	-	-	-	-	✓
MOROCCAN LAMB HARIRA	✓	□	-	-	-	-	-	-	-	-	-	-	✓
SKINNY CARROT & CORIANDER	✓	-	-	-	-	-	-	-	-	-	-	-	✓
SPICED BUTTERNUT SQUASH	✓	-	-	-	-	-	-	-	-	-	-	-	✓
SQUASH SOUP	✓	-	-	-	-	-	-	-	-	-	-	-	✓
CHICKEN, SWEETCORN & MUSHROOM	✓	-	-	-	-	-	-	-	-	-	-	-	✓
JERSEY BEAN CROCK	-	-	-	-	-	-	-	-	-	-	-	-	✓
CHILLI CON CARNE	-	□	-	-	-	-	□	-	-	-	-	-	✓

SALADS

CHICKEN BURRITO BOWL	-	✓	-	-	-	-	✓	✓	-	-	✓	✓	✓
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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
TUNA MAYONNAISE & VEGETABLE SALAD	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CHICKEN POKE BOWL	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
TUNA MAYONNAISE & VEGETABLE SALAD	-	✓	-	✓	✓	-	-	-	-	-	-	-	-	-
SESAME CHICKEN NOODLE SALAD	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
VEGAN POWER POT	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
VEGAN BUDDHA BOWL	-	-	-	-	-	-	-	-	✓	-	-	-	-	-
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 HOISIN SNACKING CROUTONS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SERIOUS PIG SNACKING CHEESE - WITH TRUFFLE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SERIOUS PIG SNACKALAMI	-	-	-	-	-	-	-	-	-	-	-	-	-	-
SERIOUS PIG SPICY SNACKALAMI	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Products packaged and labelled externally by our suppliers. Please see details of allergens on packaging label</i>														
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	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Products packaged and labelled externally by our suppliers. Please see details of allergens on packaging label</i>														
MINTS & GUM														
EXTRA CHEWING GUM	-	-	-	-	-	-	-	-	-	-	-	-	-	-
POLOS	-	-	-	-	-	-	-	-	-	-	-	-	-	-
<i>Products packaged and labelled externally by our suppliers. Please see details of allergens on packaging label</i>														
FRESH FRUIT														
APPLE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
BANANA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY MADE DRINKS														
HOT OR ICED COFFEES & CHOCOLATE														
AMERICANO (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
AMERICANO (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
AMERICANO (OAT MILK)	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
CAFFE MOCHA (NO MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
CAFFE MOCHA (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
CAFFE MOCHA (OAT MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
CAPPUCCINO (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
CAPPUCCINO (OAT MILK)	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
ESPRESSO (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FILTER COFFEE (NO MILK)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FILTER COFFEE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
FILTER COFFEE (OAT MILK)	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
FLAT WHITE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
FLAT WHITE (OAT MILK)	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
LATTE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
LATTE (OAT MILK)	-	✓	-	-	-	-	-	-	-	-	-	-	-	-
CHAI LATTE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	-	-
CHAI LATTE (OAT MILK)	-	✓	-	-	-	-	✓	-	-	-	-	-	-	-
HOT OR ICED CHOCOLATE (JERSEY MILK)	-	-	-	-	-	-	✓	-	-	-	-	-	✓	-
HOT OR ICED CHOCOLATE (OAT MILK)	-	✓	-	-	-	-	✓	-	-	-	-	-	✓	-
VANILLA ICED TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
EXTRAS														
EXTRA SHOT	-	-	-	-	-	-	-	-	-	-	-	-	-	-
VANILLA SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-
CARAMEL SYRUP	-	-	-	-	-	-	-	-	-	-	-	-	-	-
TEAS														
ENGLISH BREAKFAST TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
EARL GREY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
DECAF TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GREEN TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
RED BERRY TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
PEPPERMINT TEA	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED JUICES & COOLERS														
BEETROOT, ORANGE & CARROT JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
GINGER ZINGER JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-
FRESHLY SQUEEZED ORANGE JUICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-

✓ = 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. PLEASE ALSO REFER TO THE LABELS ON PRE-PACKAGED PRODUCTS FOR MORE DETAILED INGREDIENT AND ALLERGEN INFORMATION