



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	-	□	-	-	-	-	-	-	□	□	✓	-	-
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 EDEN 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	✓	✓	-	-	-	-	-	-	-	-	-	✓	✓
BBQ 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 & 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	-	□	-	-	-	-	□	-	-	-	-	✓	-



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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✓ = 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