

BOSWELLS CAFÉ GROUP






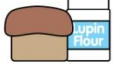










ALLERGEN GUIDE

2026


NOTES:

1. Cereals containing gluten: Wheat, Rye, Spelt, Barley, Unripe spelt grain, Oats (unless certified GF), Small spelt, Amelcorn, Kamut, Triticale.
Any product which in this allergen guide which contains gluten could contain any of the above listed cereals. If a customer requires information on exactly which cereal is present in any given product, Manager must check packaging. Ideally in this case, a photo of the ingredients list from the packaging will be shown to the customer so that they can be sure the product is safe for them to eat.
2. **Due to the nature in which our products are displayed and prepared, we can never guarantee 100% that any of our products are allergen free. This allergen guide provides advice on the actual ingredients of the products and cannot take the risk of cross-contamination into account.**

COFFEES														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cappuccino / Caffe Latte							✓							
Caffe Mocha							✓							
Caffe Americano														
Caramelatte Deluxe							✓							
Filter Coffee														
Flat White							✓							
Espresso														
Babyccino							✓							
ANY OF THE ABOVE MADE WITH SOYA MILK ALSO CONTAIN:													✓	
ANY OF THE ABOVE MADE WITH OAT MILK ALSO CONTAIN:														
ANY OF THE ABOVE MADE WITH COCONUT MILK ALSO CONTAIN:										p			✓	



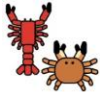


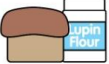








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TEA & HOT CHOCOLATE														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pot of Tea / Mug of Tea														
Speciality & Herbal Tea														
Hot Chocolate							✓							
Hot Chocolate Deluxe With cream, marshmallows, a shot of syrup or cream & marshmallows							✓			✓ FOR HAZLENUT SYRUP ONLY				
Eggstreme Hot Chocolate (Easter)							✓			P Mini eggs	P Mini eggs		✓ Mini eggs	✓ Mini eggs

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SYRUPS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Caramel														
Hazelnut										✓				
Apple Pie														
Banana Syrup														
Chai Tea														✓
Gingerbread														
Vanilla														
Black Forest														
Flamed Orange														
Wild Peppermint														
Salted Caramel														
Peach Ice Tea														✓
Lemon Ice Tea														✓
Strawberry														
Raspberry														
Hazelnut Sugar Free										✓				
Caramel Sugar Free														
Vanilla Sugar Free														
Honeycomb														
Maple or Pumpkin Spice														















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BLENDED DRINKS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Ice Cream Shakes Strawberry, Chocolate, Banana, Salted Caramel, Vanilla							✓							
Biscoff Shake		✓ (Wheat)					✓						✓	
Crunchie Shake							✓							
Oreo Cookie Shake		✓		✓			✓						✓	
Mint Aero Shake							✓							
Maltesers Shake		✓					✓						✓	
Crème Egg Shake							✓							
Frappe Latte		P		P			✓			P			P	
Frappe Mocha		P		P			✓			P			P	
Iced Caramelatte		P		P			✓			P			P	
Iced Vanillalatte		P		P			✓			P			P	
Aerosol Cream							✓							
U.H.T. Cream							✓							
Pineapple & Mango Smoothie														
Strawberry & Banana Smoothie														



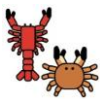




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BLENDED DRINKS														
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Ginger Beets														
Green Reviver														
Raspberry & Blueberry Smoothie														















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OVER ICE DRINKS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Over Ice Latte							✓							
Over Ice Americano														
Over Ice Flat White							✓							
Lemon Iced Tea														✓
Peach Iced Tea														✓
Strawberry Iced Lemonade														
Raspberry Iced Lemonade														






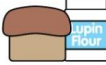







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BOTTLED DRINKS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mineral Water														
Orange Juice														
Apple Juice														
Drench														
Pepsi Bottle														
Diet Pepsi Bottle														
Pepsi Max Bottle														
7Up Bottle														
Tango Orange Bottle														
Tango Apple Bottle														
J2O														
Mini Mineral Water														
My5 Fruit Shoot														
Kids Chocolate Milk							✓							
Kids Strawberry Milk							✓							

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POST MIX & ICE BLAST														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Pepsi														
Diet Pepsi														
Pepsi Max														
Orange Tango														
Apple Tango														
7Up														
Cherry Ice Blast														
Raspberry Ice Blast														
Lemon Ice Blast														
Bubble Gum Ice Blast														

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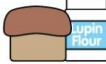








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BREAKFAST MENU														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
All Day Breakfast Bacon, sausages, fried eggs, chips, beans		✓ Sausage		✓ Egg										
Veggie ADB Mushrooms, fried eggs, beans, veggie sausages, chips				✓ Egg										
English Breakfast Bacon, sausage, fried egg, beans & toast (white or brown)		✓ Sausage, Toast		✓ Egg									✓ Toast	
English Breakfast Bacon, sausage, scrambled egg, beans & toast (white or brown)		✓ Sausage, Toast		✓ Egg			✓ Scrambled egg;						✓ Toast	
American Hash browns, bacon, fried egg, tomato & toast (white or brown)		✓ Toast		✓ Egg									✓ Toast	
American Hash browns, bacon, scrambled egg, tomato & toast (white or brown)		✓ Toast		✓ Egg			✓ Scrambled egg						✓ Toast	
Veggie Breakfast Mushrooms, Hashbrowns, fried egg, beans, tomato, toast (white or brown) & veggie sausage		✓ Toast		✓ Egg									✓ Toast	
Veggie Breakfast Mushrooms, Hashbrowns, scrambled egg, beans, tomato, toast (white or brown) & veggie sausage		✓ Toast		✓ Egg			✓ Scrambled egg						✓ Toast	






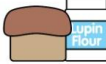








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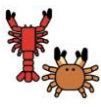


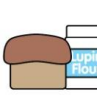




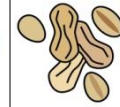

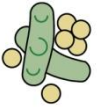

BREAKFAST MENU														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Vegan Breakfast Mushrooms, Hashbrowns, falafel, beans, tomato & toast (white or brown), veggie sausage		✓ Toast											✓ Toast	
GF Veggie Breakfast Mushrooms, Hashbrowns, fried egg , beans, tomato, GF toast & veggie sausage				✓ Egg, GF Toast										
GF Veggie Breakfast Mushrooms, Hashbrowns, scrambled egg , beans, tomato, GF toast & veggie sausage				✓ Egg, GF Toast			✓ Scrambled Egg							
GF English B/fast Bacon, mushrooms, fried egg , beans & GF toast (white or brown)				✓ Egg, GF Toast										
GF English B/fast Bacon, mushrooms, scrambled egg , beans & GF toast (white or brown)				✓ Egg, GF Toast			✓ Scrambled Egg							
GF ADB Bacon, mushrooms, fried eggs, chips, beans				✓ Egg										
GF Veggie ADB Veggie sausage, mushrooms, fried eggs, chips, beans				✓ Egg										
GF Vegan ADB Veggie sausage, mushrooms, falafel, chips, beans														

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BREAKFAST MENU														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fried egg on Toast On white or granary bread		✓ Toast		✓ Egg									✓ Toast	
Scrambled egg on Toast On white or granary bread		✓ Toast		✓ Egg			✓ Egg						✓ Toast	
Beans on Toast On white or granary bread		✓ Toast											✓ Toast	
Kid's Brekkie Bacon or sausage, fried egg & beans		✓ Sausage		✓ Egg										
Kid's Brekkie Bacon or sausage, scrambled egg & beans		✓ Sausage		✓ Egg			✓ Egg;							

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EXTRAS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sausage		✓ Sausage												
Bacon														
Mushrooms														
Hashbrowns														
Toast / Bread & Butter		✓ Bread					✓ Butter						✓ Bread	
Beans														
Garden Vegetable Sausage														
Grilled Tomato														
Fried Egg				✓ Eggs										
Scrambled Egg				✓ Eggs			✓ Milk							
Butter portion							✓							
Buttery Spread							✓							
Bebo sunflower portion														
Jam portion Any flavour including Marmalade														



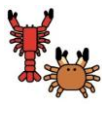









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	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	
Porridge – with skimmed or semi-skimmed milk Toppings: Plain, with banana or with honey		 Oats					 Milk								
Porridge – with soya milk Toppings: Plain, with banana or with honey		 Oats											 Soya Milk		
Porridge – made with water (no milk) Toppings: Plain, with banana or with honey		 Oats													
Gluten Free Porridge – with skimmed or semi-skimmed milk Toppings: Plain, with banana or with honey							 Milk								
Gluten Free Porridge – with soya milk Toppings: Plain, with banana or with honey													 Soya Milk		
Gluten Free Porridge – made with water (no milk) Toppings: Plain, with banana or with honey															

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SOUP (Real Soup Co)														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Butternut Squash & Sweet Potato ✓							✓							
Carrot & Coriander ✓							✓							
Country Vegetable ✓ Vegan														
Leek & Potato ✓ Vegan														
Tomato & Basil ✓							✓							






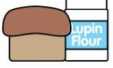








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HOT SANDWICHES BAGUETTES & BAPS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hot Bacon		✓ Bread					✓ Butter			P Baguette		P Baguette	✓ Bread	
Hot Sausage		✓ Bread Sausage					✓ Butter;			P Baguette		P Baguette	✓ Bread	
Hot Bacon & Egg		✓ Bread		✓ Egg			✓ Butter			P Baguette		P Baguette	✓ Bread	
Hot Bacon & Mushroom		✓ Bread					✓ Butter			P Baguette		P Baguette	✓ Bread	
Hot Bacon & H'brown		✓ Bread					✓ Butter			P Baguette		P Baguette	✓ Bread	
Hot Bacon & Sausage		✓ Bread Sausage					✓ Butter;			P Baguette		P Baguette	✓ Bread	
Hot Bacon & Cheese		✓ Baguette					✓ Cheese			P Baguette		P Baguette	✓ Bread	
Hot Sausage & Egg		✓ Bread Sausage		✓ Egg			✓ Butter;			P Baguette		P Baguette	✓ Bread	

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	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Hot Sausage & Mush		✓ Bread Sausage					✓ Butter;			P Baguette		P Baguette	✓ Bread	
Hot Sausage & H'brown		✓ Bread Sausage					✓ Butter;			P Baguette		P Baguette	✓ Bread	
Hot Sausage & Cheese		✓ Bread Sausage					✓ Butter; cheese;			P Baguette		P Baguette	✓ Bread	
Hot Bacon, Sausage & Egg		✓ Bread Sausage		✓ Egg			✓ Butter;			P Baguette		P Baguette	✓ Bread	
Griddled Chicken (With or without bacon)		✓ Baguette								P Bread		P Bread	✓ Bread	✓ Chicken; salad leaves

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COLD SANDWICHES BAGUETTES & BAPS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Butter – included in all unless not requested							✓ BUTTER							
Cheddar cheese & pickle		✓ Bread Pickle					✓ Cheese Butter			P Baguette		P Baguette	✓ Bread	
Cheddar cheese & onion		✓ Bread					✓ Cheese Butter			P Baguette		P Baguette	✓ Bread	
Egg mayonnaise & cress		✓ Bread		✓ Egg Mayo			✓ Butter			P Baguette		P Baguette	✓ Bread	
Roast ham/ham hock & salad		✓ Bread					✓ Butter			P Baguette		P Baguette	✓ Bread	✓ Lemon Juice
Tuna mayo & cucumber		✓ Bread		✓ Mayo	✓ Tuna		✓ Butter			P Baguette		P Baguette	✓ Bread	
Ham, tomato & grain mustard		✓ Bread					✓ Butter		✓ Mustard	P Baguette		P Baguette	✓ Bread	



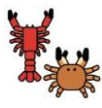











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	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Ham hock & coleslaw		✓ Bread		✓ Coleslaw (Mayo)			✓ Butter			P Baguette		P Baguette	✓ Bread	
Ham, cheddar & pickle		✓ Bread Pickle					✓ Cheese Butter			P Baguette		P Baguette	✓ Bread	
Chicken salad		✓ Bread					✓ Butter			P Baguette		P Baguette	✓ Bread	✓ Chicken
Hot bacon		✓ Bread					✓ Butter			P Baguette		P Baguette	✓ Bread	
Hot sausage		✓ Bread Sausage					✓ Butter;			P Baguette		P Baguette	✓ Bread	
B.L.T. (Bacon, Lettuce & Tomato)		✓ Bread					✓ Butter			P Baguette		P Baguette	✓ Bread	✓ Lemon Juice
Mozzarella, tomato & pesto		✓ Bread					✓ Cheese Butter			P Baguette		P Baguette	✓ Bread	✓ Pesto
French brie & salad		✓ Bread					✓ Cheese			P Baguette		P Baguette	✓ Bread	















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Prawn marie rose	✓ Sauce	✓ Bread; Sauce	✓ Prawns	✓ Sauce	✓ Prawns		✓ Butter		✓ Sauce			P Baguette	✓ Bread	
Chicken mayo & bacon		✓ Bread		✓ Mayo			✓ Butter					P Baguette	✓ Bread	✓ Chicken
Coronation chicken		✓ Bread		✓ Sauce			✓ Butter		✓ Sauce			P Baguette	✓ Bread	✓ Chicken
Sausage, egg, mustard & tomato		✓ Bread Sausage		✓ Egg			✓ Butter;		✓ Mustard			P Baguette	✓ Bread	
Bacon, brie & tomato		✓ Bread					✓ Cheese Butter					P Baguette	✓ Bread	



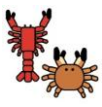











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SALADS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Plain Mixed Salad														✓ Lemon juice
Cheese salad							✓ Cheese							✓ Lemon juice
Ham/Ham Hock salad														✓ Lemon juice
Coleslaw salad				✓ Coleslaw										✓ Lemon juice
Sliced egg salad				✓ Egg										✓ Lemon juice
Tuna mayonnaise salad				✓ Mayo	✓ Tuna									✓ Lemon juice
Chicken mayonnaise salad				✓ Mayo										✓ Chicken; lemon juice
Prawn Marie rose salad		✓ Sauce	✓ Prawns	✓ Sauce	✓ Prawns; sauce									✓ Lemon juice



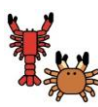


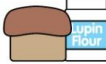








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Griddled chicken salad (without bacon)														✓ Chicken; Lemon juice
Griddled chicken & bacon salad														✓ Chicken; Lemon juice
Warm bacon & egg salad (without balsamic vinegar)		✓ Croutons		✓ Egg										✓ Lemon juice
Tuna niçoise salad				✓ Boiled Egg	✓ Tuna									✓ Lemon juice
Houmous & sweet potato falafel salad	P Houmous								P Houmous			✓ Houmous	P Houmous	✓ Sweet potato falafel; lemon juice
Ham Hock & Coleslaw Salad				✓ Coleslaw (Mayo)										✓ Lemon juice

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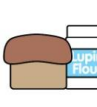




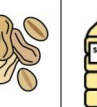
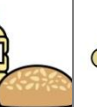
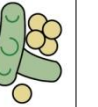

DRESSINGS for SALADS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Caesar dressing**		✓ Dressing		✓ Dressing			✓ Dressing						✓ Dressing	
Sweet chilli dressing**														✓ Dressing
Piri piri dressing**														✓ Dressing
Honey & mustard**	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													
French dressing**									✓ Dressing					
Fat free vinaigrette	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													
Olive oil	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													
Balsamic vinegar	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													

** Caesar, sweet chilli, Piri piri, Honey & mustard and French dressing allergens correct for products supplied by main supplier. Any shop bought alternatives must be checked separately as the allergens may differ – see product packaging to be certain

TOASTIES & PANINI														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Toastie / Panini - Cheese		✓ Bread/Panini					✓ Cheese					P Panini	✓ Bread	
T / P - Ham, Tomato & Mustard		✓ Bread/Panini							✓ Mustard			P Panini	✓ Bread	
T / P – Ham & Cheese		✓ Bread/Panini					✓ Cheese					P Panini	✓ Bread	
T / P - Mozzarella, Tomato & Pesto		✓ Bread/Panini					✓ Mozzarella					P Panini	✓ Bread	✓ Pesto
T / P - Chicken, Tomato & Pesto		✓ Bread/Panini										P Panini	✓ Bread	✓ Chicken; Pesto
T / P – Tuna Lite		✓ Bread/Panini			✓ Tuna							P Panini	✓ Bread	
T / P – Tuna Melt		✓ Bread/Panini		✓ Mayo	✓ Tuna		✓ Mozzarella					P Panini	✓ Bread	
T / P – Bacon, Chicken & Mozzarella		✓ Bread/Panini					✓ Mozzarella					P Panini	✓ Bread	✓ Chicken
T / P – Chicken Piri Piri		✓ Bread/Panini		✓ Mayo								P Panini	✓ Bread	✓ Chicken; Dressing
T / P – Brie & Bacon		✓ Bread/Panini					✓ Brie					P Panini	✓ Bread	

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FLATBREAD														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Flatbread – Chicken Fajita with grilled vegetables & peppers		✓ Flatbread		✓ Fajita Mix						P			✓ Fajita mix	✓ Chicken
Flatbread – Houmous, Grilled Vegetables & Falafel	P Houmous	✓ Flatbread	P Houmous	P Houmous	P Houmous		P Houmous		P Houmous	P		✓ Houmous	P Houmous	✓ Lemon juice
Flatbread - Hunters Chicken		✓ Flatbread					✓ Cheddar			P			P Flatbread	✓ BBQ Sauce Chicken



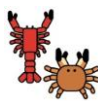


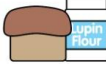








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JACKET POTATOES														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Buttery Spread Used in any jacket with butter unless specified otherwise							✓ Butter							
Plain Jacket Potato														
JP Cheese							✓ Cheese							
JP Baked Beans														
JP Coleslaw				✓ Coleslaw										
JP Cheese & Coleslaw				✓ Coleslaw			✓ Cheese							
JP Cheese & Beans							✓ Cheese							
JP Chicken mayonnaise				✓ Mayo										✓ Chicken
JP Atlantic Prawns		✓ Sauce	✓ Prawns	✓ Sauce	✓ Prawns; sauce				✓ Sauce					
JP Coronation Chicken				✓ Sauce					✓ Sauce					✓ Chicken
JP Ham Hock & Coleslaw				✓ Coleslaw (Mayo)										

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	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
JP with Chilli con Carne		✓ Chilli					✓ Chilli			P Chilli				
JP with Chilli & Cheese		✓ Chilli					✓ Cheese; Chilli			P Chilli				
JP with Hot Griddled Chicken No dressing														✓ Chicken
JP with Hot Griddled Chicken Caesar dressing**		✓ Dressing		✓ Dressing			✓ Dressing						✓ Dressing	✓ Chicken
JP with Hot Griddled Chicken Sweet chilli dressing**														✓ Chicken; Dressing
JP with Hot Griddled Chicken Piri piri dressing**														✓ Chicken; Dressing
JP with Tuna mayonnaise				✓ Mayo	✓ Tuna									
SALAD GARNISH														✓ Lemon juice

** Caesar, sweet chilli & Piri piri dressing allergens correct for products supplied by main supplier. Any shop bought alternatives must be checked separately as the allergens may differ – see product packaging to be certain















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HOT MEALS & SNACKS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Club Sandwich		✓ Bread		✓ Mayo	P Cooking oil		✓ Cheese		✓ (Only if mayo sachet is used)				✓ Bread	✓ Chicken; salad leaves
All Day Breakfast Bacon, sausages, fried eggs, chips, beans		✓ Sausage		✓ Fried Egg	P Cooking oil		✓		P Cooking oil					
Sausage, Fried Egg & Chips		✓ Sausage		✓ Fried Egg	P Cooking oil		✓		P Cooking oil					
Bowl of Chips		P Cooking oil		P Cooking oil	P Cooking oil				P Cooking oil					
Cheesy Chips		P Cooking oil		P Cooking oil	P Cooking oil		✓ Cheese		P Cooking oil					
Chilli & Chips		✓ Chilli		P Cooking oil	P Cooking oil		✓ Chilli		P Cooking oil	P Chilli			✓ Chilli	
Sausage Roll, Chips & Beans		✓ Sausage Roll		✓ Sausage Roll	P Cooking oil		✓ Sausage Roll		P Cooking oil	P Sausage Roll			✓ Sausage Roll	
Ham, Egg & Chips		P Cooking oil		✓ Eggs	P Cooking oil				P Cooking oil					

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HOT MEALS & SNACKS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Senior Special	✓ Pie	✓ Pie		✓ Pie	P Cooking oil		✓ Pie		✓ Pie				✓ Pie	✓ Pie
Nachos with Chilli, Cheese & Sour Cream		✓ Chilli					✓ Cheese & Sour Cream			✓	✓	✓ Discovery Sour Cream (Not present in fresh sour cream). Chilli possibly traces of nuts due to factory contamination	✓ Chilli	
Fish & Chips with beans or peas Peas cooked in water without butter		✓ Fish	P Cooking oil	P Cooking oil	✓ Fish				✓ Fish					
Lasagne, Salad & Baguette No dressing on salad	✓ Lasagne	✓ Lasagne & Baguette		✓ Lasagne			✓ Lasagne					P Lasagne		✓ Salad
Lasagne, Chips & Salad No dressing on salad	✓ Lasagne	✓ Lasagne	P Cooking oil	✓ Lasagne	P Cooking oil		✓ Lasagne			P Lasagne				✓ Salad















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SAVOURY														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sausage Roll		✓ Sausage Roll		✓ Sausage Roll			✓ Sausage Roll			P Sausage Roll			✓ Sausage Roll	✓ Sausage Roll
Cornish Pasty		✓ Pasty		✓ Pasty			✓ Pasty							
Steak & Kidney Pie		✓ Pie		✓ Pie			✓ Pie		✓ Pie					
Sausage Roll & Chips (With or without beans)		✓ Sausage Roll		✓ Sausage Roll	P Cooking oil		✓ Sausage Roll		P Cooking oil	P Sausage Roll			✓ Sausage Roll	✓ Sausage Roll
Cornish Pasty & Chips (With or without beans)		✓ Pasty		✓ Pasty	P Cooking oil		✓ Pasty		P Cooking oil					
Steak & Kidney Pie & Chips (With or without beans)		✓ Pie		✓ Pie	P Cooking oil		✓ Pie		✓ Pie	P Cooking oil				
Ham & Cheese Croissant		✓ Croissant		✓ Croissant			✓ Croissant; Cheese							



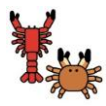


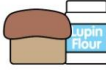






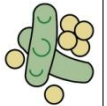

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SKINS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cheese & Bacon Skins							✓ Cheese							
Cheese & Onion Skins							✓ Cheese							










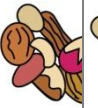


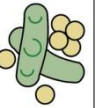

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KIDS MEALS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Fillet bites (on their own)		✓ (Wheat)			P Cooking oil				P Cooking oil					
Cod Fillet Goujons (on their own)		✓ (Wheat)		P Cooking oil	✓				P Cooking oil					
Sausage (on its own)		✓												
Kid's Spaghetti Bolognese		✓								P				✓
Kid's Macaroni Cheese (on its own)	✓	✓ (Wheat)					✓		✓				P	
Kid's All Day Breakfast Bacon or sausage, fried egg, beans & toast		✓ Toast; sausage		✓ Egg			✓ Butter on toast;						✓ Bread	
Kid's All Day Breakfast Bacon or sausage, scrambled egg, beans & toast		✓ Toast; sausage		✓ Egg			✓ Butter on toasts scrambled egg						✓ Bread	
Kids Jacket Meal	SEE JACKET POTATO MENU ALLERGEN GUIDE													
Add kid's chips		P Chips		P Cooking oil						P Cooking oil				
Add kid's half jacket potato							✓ Butter							



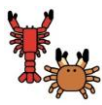


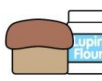











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KIDS MEALS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Add kid's peas							✓ Butter (if added)							
Add kid's salad														✓ Lemon juice
Add kid's beans														
Kids box Ham sandwich With Cadbury Dairy Milk buttons and 'Wildlife fromage frais' yoghurt (check packaging of any other brand of chocolate or yoghurt)		✓ Bread					✓ Butter; Chocolate; Yoghurt						✓ Bread	
Kids box Cheese sandwich With 'Cadbury Dairy Milk Buttons' and 'Wildlife fromage frais' yoghurt (check packaging of any other brand of chocolate or yoghurt)		✓ Bread					✓ Butter; Cheese; Chocolate; Yoghurt						✓ Bread	
Kids box Ham sandwich With fruit and 'Wildlife fromage frais' yoghurt (check packaging of any other brand of yoghurt)		✓ Bread					✓ Butter; Yoghurt						✓ Bread	

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KIDS MEALS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Kids box Cheese sandwich With fruit and 'Wildlife fromage frais' yoghurt (check packaging of any other brand of yoghurt)		 Bread					 Butter; Cheese; Yoghurt						 Bread	



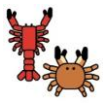
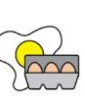










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TRAYBAKES & BAKERY														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Triple Choc Cookie		✓		✓			✓			P			✓	
Milk Choc Cookie		✓		✓			✓			P			✓	
Raspberry & White Chocolate Muffin		✓		✓			✓			P			✓	
Blueberry Muffin		✓		✓			✓			P			✓	
Double Choc Muffin		✓		✓			✓			P			✓	
Sultana Scone		✓		✓			✓			P				
Carrot Cake		✓ Wheat		✓			✓			P			P	✓
Teacakes		✓		✓			✓			P			✓	
Gingerbread Man (Decorated)		✓					✓			P			✓	
Cinnamon Bun		✓		✓			✓			P			P	
Cornflake Crunch Cake		✓ Wheat, Barley					✓			P Mini eggs	P Mini eggs		✓	✓
Peck & Strong Yoghurt flapjack		✓					✓			P				




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TRAYBAKES, BAKERY & BISCUITS														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Caramel Shortbread		✓		✓			✓			P			✓	
Lemon Drizzle Slice		✓		✓			✓			P				
Peck & Strong GF Brownie				✓						P			✓	
Honeycomb & Toffee Tiffin		✓					✓			P			✓	
Maple & Pecan Cake		✓		✓			✓			✓			✓	
Salted Caramel & Nut		✓		P			✓			✓			✓	
Granola Slice		✓					✓			P				✓
Egg Custard Tart		✓		✓			✓			P		P	P	
Vanilla Custard Donut		✓ (Wheat, Rye)		✓			✓			P			P	
Salted Caramel & Honeycomb Brownie		✓ (Wheat)		✓			✓			P	P		✓	
HCC All Butter Shortbread		✓		P			✓			P				
Sidoli Bakewell Tart Slice		✓		✓			✓			P				






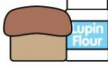








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ROUND CAKES & PATISSERIE														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cinnamon Whirl Danish		✓		✓			✓			✓	✓			
Vanilla Crown Danish		✓		✓			✓			✓	✓			
Croissant		✓		✓			✓							
Chocolate Twist		✓		✓			✓			P			✓	
Victoria Sponge		✓		✓			✓			P				
Coffee & Walnut Cake		✓		✓			✓			✓			✓	
Earl Grey & Blackcurrant Cake		✓		✓			✓			P				
Red Velvet Cake		✓		✓			✓			P				
GF Ginger Sticky Cake				✓			✓			P			✓	
Sticky Toffee Sponge		✓		✓			✓			P				
Rainbow Cake		✓		✓			✓			P			P	
Vegan Belgian Chocolate Fudge Cake		✓								P			✓	
Passionfruit & White Chocolate Cake		✓ (Wheat)		✓			✓			P	P		✓	
Blueberry & Lemon Triple Layer Cake		✓ (Wheat)		✓			✓			P	P		✓	
Raspberry Ripple Cake		✓		✓			✓			P			✓	

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ROUND CAKES & PATISSERIE														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Biscoff (Speculoos) Triple Layer Cake		✓ (Wheat)		✓			✓			P	P		✓	
Halloween Cupcake		✓ (Wheat)		✓			✓						✓	



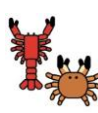


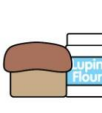








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CHILLED CAKES & ICE CREAM														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Lemon Shortbread Cheesecake		✓		✓			✓			P	P		P	
Choc Lumpy Bumpy		✓		✓			✓			P			✓	
Toffee Crunch Pie		✓		P			✓			P			✓	P
Cookie Dough Cheesecake		✓		P			✓			P			✓	
Daim Bar Cake				✓			✓			✓			✓	
Marshfield Vanilla		✓ Cone only					✓			P	P		✓ Cone only	
Marshfield Strawberry		✓ Cone only					✓			P	P		✓ Cone only	
Marshfield Mint Chocolate Chip		✓ Cone only					✓			P	P		✓ Ice cream AND cone	
Marshfield Salted Caramel		✓ Cone only					✓			P	P		✓ Ice cream AND cone	
Marshfield Funky Banana		✓ Cone only					✓			P	P		✓ Cone only	
Marshfield Chocolate Heaven		✓ Cone only					✓			P	P		✓ Ice cream AND cone	

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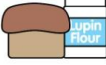








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CHILLED CAKES & ICE CREAM														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide

Marshfield White Choc and Honeycomb		 Cone only								P	P		 Ice cream AND cone	
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CRISPS, IMPULSE & OTHER														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Honeybuns GF Vegan Millionaire's Slice							P			✓	P		✓	
Honeybuns GF Vegan Oaty Raspberry Bar										P	P			
Honeybuns GF Vegan Dark Chocolate Brownie							P			P	P		✓	
Chefs Selection Biscuits		✓					✓					P		
Dunking biscuit – Chocolate Chip		✓					✓			P	P		✓	
Dunking biscuit – Gingernut		✓					✓			P	P			
Dunking biscuit – Butter Shortbread		✓					✓			P	P			
Pipers Sea Salt Crisps														
Pipers Cider Vinegar & Sea Salt							✓							
Pipers Cheddar & Onion							✓							



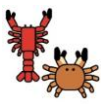


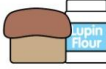








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CRISPS, IMPULSE & OTHER														
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Piper's Sweet Chilli		✓												
Walkers Quavers	P	P					✓		P				✓	
Assorted Jam / Marmalade Portion														✓ (Except Strawberry Jam)
Butter Portion							✓							
Aero Mint Bubbles Bag							✓							
Crunchie Bar							✓							
Maltesers Bag		✓					✓						✓	
Oreo Cookies		✓		✓			✓						✓	
Aerosol Cream							✓							
Clotted Cream							✓							
Mini Marshmallows														
Caramel Sauce														
Chocolate Sauce														
Strawberry Sauce														
Toffee Fudge Sauce							✓							






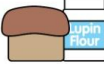








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Gluten Free BREAKFAST														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
GF Veggie Breakfast Mushrooms, Hashbrowns, fried egg , beans, tomato, GF toast & veggie sausage				✓ Egg, GF Toast										
GF Veggie Breakfast Mushrooms, Hashbrowns, scrambled egg , beans, tomato, GF toast & veggie sausage				✓ Egg, GF Toast			✓ Scrambled Egg							
GF English B/fast Bacon, mushrooms, fried egg , beans & GF toast (white or brown)				✓ Egg, GF Toast										
GF English B/fast Bacon, mushrooms, scrambled egg , beans & GF toast (white or brown)				✓ Egg, GF Toast			✓ Scrambled Egg							
GF ADB Bacon, mushrooms, fried eggs, chips, beans				✓ Egg										
GF Veggie ADB Veggie sausage, mushrooms, fried eggs, chips, beans				✓ Egg										
GF Vegan ADB Veggie sausage, mushrooms, falafel, chips, beans														

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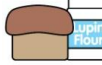

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Gluten Free BREAKFAST														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Fried egg on GF Toast On white or granary bread				✓ Egg										
Scrambled egg on GF Toast On white or granary bread				✓ Egg			✓ Egg							
Beans on GF Toast On white or granary bread														
Kid's GF Brekkie Bacon, fried egg & beans				✓ Egg										

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SOUP (Real Soup Co)														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Butternut Squash & Sweet Potato ✓							✓							
Carrot & Coriander ✓							✓							
Country Vegetable ✓ Vegan														
Leek & Potato ✓ Vegan														
Tomato & Basil ✓							✓							

All our soup is Gluten Free.

Do not serve with croutons! Serve with GF bread.






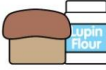



















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SALADS Most are GF														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Plain Mixed Salad														✓ Lemon juice
Cheese salad							✓ Cheese							✓ Lemon juice
Ham/Ham Hock salad														✓ Lemon juice
Coleslaw salad				✓ Coleslaw										✓ Lemon juice
Sliced egg salad				✓ Egg										✓ Lemon juice
Tuna mayonnaise salad				✓ Mayo	✓ Tuna									✓ Lemon juice
Chicken mayonnaise salad				✓ Mayo										✓ Chicken; lemon juice



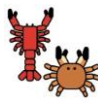


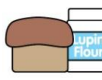








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SALADS Most are GF														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Griddled chicken salad (without bacon)														 Chicken; Lemon juice
Griddled chicken & bacon salad														 Chicken; Lemon juice
Warm bacon & egg salad (without balsamic vinegar and without croutons)				 Egg										 Lemon juice
Tuna niçoise salad				 Boiled Egg	 Tuna									 Lemon juice
Houmous & sweet potato falafel salad	P Houmous								P Houmous			 Houmous	P Houmous	 Sweet potato falafel; lemon juice
Ham Hock & Coleslaw Salad				 Coleslaw (Mayo)										 Lemon juice

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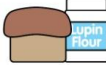







DRESSINGS for SALADS GF														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Sweet chilli dressing**														✓ Dressing
Piri piri dressing**														✓ Dressing
French dressing**									✓ Dressing					
Honey & mustard**	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													
Fat free vinaigrette	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													
Olive oil	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													
Balsamic vinegar	<i>MAY VARY FROM BRAND TO BRAND – CHECK PACKAGING</i>													

** Caesar, sweet chilli, Piri piri, Honey & mustard and French dressing allergens correct for products supplied by main supplier. Any shop bought alternatives must be checked separately as the allergens may differ – see product packaging to be certain

TOASTIES (Gluten Free)														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
GF Toastie – Cheese (add tomato or onion)				✓			✓ Cheese							
GF Toastie - Ham, Tomato & Mustard				✓					✓ Mustard					
GF Toastie – Ham & Cheese				✓			✓ Cheese							
GF Toastie - Mozzarella, Tomato & Pesto				✓			✓ Mozzarella							✓ Pesto
GF Toastie - Chicken, Tomato & Pesto				✓ Coleslaw										✓ Chicken; Pesto
GF Toastie – Tuna Melt				✓ Mayo	✓ Tuna		✓ Mozzarella							
GF Toastie - Chicken, Bacon & Mozzarella				✓			✓ Mozzarella							✓ Chicken
GF Toastie – Chicken Piri Piri				✓ Mayo										✓ Chicken; Dressing
GF Toastie – Brie & Bacon				✓			✓ Brie							



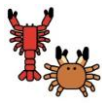


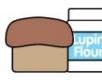














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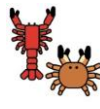


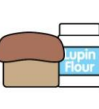








JACKET POTATOES (Gluten Free)														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Buttery Spread Used in any jacket with butter unless specified otherwise							✓ Butter							
Plain Jacket Potato														
JP Cheese							✓ Cheese							
JP Baked Beans														
JP Coleslaw				✓ Coleslaw										
JP Cheese & Coleslaw				✓ Coleslaw			✓ Cheese							
JP Cheese & Beans							✓ Cheese							
JP Chicken mayonnaise				✓ Mayo										✓ Chicken
JP Coronation Chicken				✓ Sauce					✓ Sauce					✓ Chicken
JP Ham Hock & Coleslaw				✓ Coleslaw (Mayo)										

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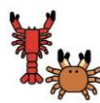


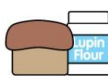








JACKET POTATOES (Gluten Free)															
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	
JP with Hot Griddled Chicken No dressing															 Chicken
JP with Hot Griddled Chicken Sweet chilli dressing**															 Chicken; Dressing
JP with Hot Griddled Chicken Piri piri dressing**															 Chicken; Dressing
JP with Tuna mayonnaise				 Mayo	 Tuna										
SALAD GARNISH															 Lemon juice

** Caesar, sweet chilli & Piri piri dressing allergens correct for products supplied by main supplier. Any shop bought alternatives must be checked separately as the allergens may differ – see product packaging to be certain

HOT MEALS & SNACKS (GF)														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Bowl of Chips		P Cooking oil		P Cooking oil	P Cooking oil				P Cooking oil					
Cheesy Chips		P Cooking oil		P Cooking oil	P Cooking oil		✓ Cheese		P Cooking oil					
Cheese & Bacon Skins							✓ Cheese							
Cheese & Onion Skins							✓ Cheese							
Two Fried Eggs & Chips		P Cooking oil		✓ Eggs	P Cooking oil				P Cooking oil					
Ham, Egg & Chips		P Cooking oil		✓ Eggs	P Cooking oil				P Cooking oil					
Club GF Sandwich				✓ Mayo	P Cooking oil		✓ Cheese		✓ (Only if mayo sachet is used)					✓ Chicken; salad leaves
Hot Bacon GF Sandwich							✓ Butter							
















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HOT MEALS & SNACKS (GF)														
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Griddled Chicken GF Sandwich				✓										✓ Chicken; salad leaves

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KIDS MEALS GF															
	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide	
Kids Jacket Meal	SEE JACKET POTATO MENU ALLERGEN GUIDE														
GF Ham & Cheese Toastie							 Butter; Cheese;								

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