



# Allergens

sandwich ingredients

	Celery	Cereals / gluten	Wheat	Barley	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Sausage	✓	✓											✓			✓
Coronation Chicken					✓			✓		✓	✓	✓	✓			
Chicken Tikka					✓			✓		✓	✓	✓	✓			
Chicken Bacon & Sweetcorn Mayonnaise					✓			✓		✓			✓			
Feta Cheese								✓					✓			
Cream Cheese								✓					✓			
Brie								✓					✓			
Cheddar Cheese								✓					✓			
Egg Mayonnaise					✓			✓		✓			✓			
Prawn Mayonnaise				✓	✓			✓		✓			✓			
Tuna Mayonnaise					✓	✓		✓		✓			✓			
Houmous													✓			
Smoked Salmon						✓							✓			
Mediterranean Vegetables											✓		✓			
Bloomer Brown multi-grain	✓	✓	✓										✓		✓	
Bloomer white	✓	✓											✓			
Multi-seed Baguette	✓	✓						✓					✓		✓	
White Baguette	✓	✓						✓					✓		✓	
Panini	✓	✓											✓			
Butter Portion								✓					✓			
Flora Buttery Spread								✓					✓			
Flora								✓					✓			
Roast Turkey													✓			
Roast Ham													✓			
Roast Beef													✓			
Chicken													✓			
Bacon													✓			
Coleslaw					✓			✓		✓			✓			
Red Onion													✓			



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Baby Spinach													✓			
Cress													✓			
Sweet corn													✓			
Tomato													✓			
Lettuce													✓			
Spring Onion													✓			
Cucumber													✓			
Mustard (English)		✓	✓							✓			✓			
Mayonnaise					✓			✓		✓			✓			
Guacamole								✓					✓			
Pesto								✓					✓			
Black Olives							✓						✓			
Sundried Tomatoes													✓		✓	
Wholegrain Mustard		✓	✓							✓			✓			
Horseradish					✓			✓		✓			✓			
Cranberry Sauce													✓			
BBQ sauce Uncle Ben's													✓			
Tomato Ketchup	✓												✓			
Sweet Chilli Sauce													✓			
Pickle		✓		✓									✓			✓
Jacket Potato													✓			
Tomato Cup a Soup	✓	✓	✓					✓								
Chicken Cup a Soup	✓	✓	✓	✓				✓								
Golden Veg Cup a Soup	✓	✓	✓	✓				✓								
Gluten free bread					✓		✓						✓		✓	
Petit pain		✓	✓	✓									✓		✓	
Nachos																
Salsa sauce											✓					



# Allergens

Pasties and pastries

	Celery	Cereals	Wheat	Barley	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
<b>PASTIE CORNISH TRADITIONAL 283G</b>		✓	✓			✓										
<b>PASTIE CHEESE &amp; ONION MEDIUM</b>		✓	✓			✓		✓		✓						✓
<b>PASTIE PROPER CORNISH CHEESE/TOMATO/BASIL</b>		✓	✓					✓				✓	✓			
<b>PASTIE SPICY VEGETABLE</b>		✓	✓			✓									✓	
<b>PASTIE SPICY CHICKEN</b>		✓	✓			✓		✓		✓						
<b>PASTIE STEAK MEDIUM</b>		✓	✓			✓										
<b>PASTIE VEGETABLE MEDIUM</b>		✓	✓			✓										
<b>SAUSAGE ROLL WRIGHTS 160G</b>		✓	✓					✓				✓	✓		✓	✓
<b>PASTIE BREAKFAST</b>		✓	✓			✓										