

ALLERGEN CONTENT – GRIND N’ BAKE 2019

HOT COUNTER														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BACON SAVOURY	X	✓	X	✓	X	X	✓	X	X	X	X	X	✓	✓
CHEESE & TOMATO PIZZA BAGUETTE	X	✓	X	X	X	X	✓	X	X	X	X	✓	X	X
CHEESE & ONION SLICE	X	✓	X	X	X	X	✓	X	✓	X	X	X	✓	X
CHICKEN SLICE	✓	✓	X	✓	X	X	✓	X	✓	X	X	X	X	✓
JUMBO SAUSAGE ROLL	X	✓	X	X	X	X	✓	X	X	X	X	X	✓	✓
PEPPERONI PIZZA BAGUETTE	X	✓	X	X	X	X	✓	X	X	X	X	✓	X	X
PIZZA ROLL	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X

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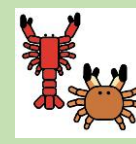
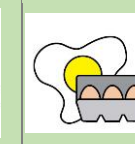
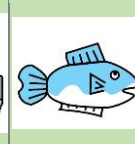



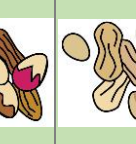

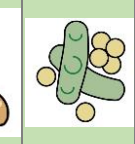


CAKE COUNTER														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
APPLE TURNOVER	X	✓	X	X	X	X	X	X	X	X	X	X	X	X
APPLE SHORTCAKE	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	✓
BAKEWELL TART	X	✓	X	✓	X	X	✓	X	X	✓	X	X	X	X
CARAMEL SLICE	X	✓	X	X	X	X	✓	X	X	X	X	X	✓	X
CARROT CAKE (GF)	X	X	X	✓	X	X	✓	X	X	✓	X	X	X	X
CROISSANT	X	✓	X	X	X	X	✓ Butter	X	X	X	X	X	X	X
PAIN AU CHOCOLAT	X	✓	X	✓	X	X	✓ Butter	X	X	X	X	X	X	X
CHEESE SCONE	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X

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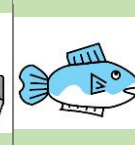

CAKE COUNTER														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHOCOLATE ICE CREAM	X	X	X	X	X	X	✓	X	X	X	X	X	✓	X
PORTUGUESE CUSTARD TART	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
FRUIT SCIOCHE	X	✓	X	✓	X	X	✓ INC BUTTERMILK	X	X	X	X	X	X	X
GINGERBREAD MAN	X	✓	X	✓	X	X	✓	X	X	✓	X	X	✓	X
GYPSY TART	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
HONEYCOMB TIFFIN	X	✓	X	X	X	X	✓	X	X	X	X	X	✓	X
JAM DOUGHNUT	X	✓	X	✓	X	X	✓	X	X	✓	X	X	✓	X

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	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
LEMON & POPPYSEED SCIOCHE	X	✓	X	✓	X	X	✓ INC BUTTERMILK	X	X	X	X	X	X	X
PEACH MELBA SLICE	X	✓	X	✓	X	X	X	X	X	X	X	MAIZE	X	✓
SALTED CARAMEL CAKE	X	✓	X	X	X	X	✓	X	X	✓	X	X	✓	X
STRAWBERRY ICE CREAM	X	X	X	X	X	X	✓	X	X	X	X	X	X	✓
STRAWBERRY RING DOUGHNUT	X	✓	X	X	X	X	X	X	X	X	X	X	X	X
TIRAMISU SLICE	X	✓	X	X	X	X	✓	X	X	X	X	MAIZE	✓	X
TOASTED TEA CAKE	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
VANILLA ICE CREAM	X	X	X	X	X	X	✓	X	X	X	X	X	X	✓
VANILLA SLICE	X	✓	X	✓	X	X	✓	X	X	✓	X	X	X	X
VIENNESE FINGER	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X

CAKE COUNTER														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
VEGAN BELGIUM CHOC FUDGE CAKE	X	✓	X	X	X	X	X	X	X	X	X	MAIZE	✓	X
WHITE CHOC CARAMEL SLICE	X	✓	X	X	X	X	✓	X	X	X	X	MAIZE	✓	X




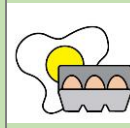
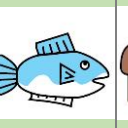
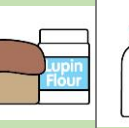




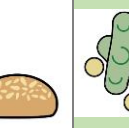
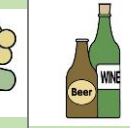

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SOUP														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CARROT & CORIANDER	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
CHICKEN	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
MINISTRONE	✓	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
TOMATO	✓	✓	X	X	X	X	✓	X	X	X	X	X	X	X

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BAGUETTE														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BACON	X	✓	X	X	X	X	✓ Butter	X	X	X	X	✓	X	X
CHEDDAR PLOUGHMAN'S	X	✓	X	X	X	X	✓	X	X	X	X	✓	X	X
CHEDDAR SALAD	X	✓	X	X	X	X	✓ Butter	X	X	X	X	✓	X	X
CHICKEN SALAD	X	✓	X	X	X	X	✓ Butter	X	X	X	X	✓	X	X
CHICKEN TIKKA	X	✓	X	✓	X	X	✓	X	X	X	X	✓	X	X
CHICKEN, BACON & SWEETCORN	X	✓	X	✓	X	X	X	X	X	X	X	✓	X	X
CORONATION CHICKEN	✓	✓	X	✓	X	X	✓	X	✓	✓	✓	✓	✓	X
EGG MAYO	X	✓	X	✓	X	X	X	X	X	X	X	✓	X	X
HAM SALAD	X	✓	X	X	X	X	✓ Butter	X	X	X	X	✓	X	X
PRAWN MAYO	X	✓	✓	✓	X	X	X	X	X	X	X	✓	X	X



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BAGUETTE														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
SAUSAGE	X	✓	X	X	X	X	✓ Butter	X	X	X	X	✓	X	✓
SAUSAGE & BACON	X	✓	X	X	X	X	✓ Butter	X	X	X	X	✓	X	✓
TUNA & CUCUMBER	X	✓	X	✓	✓	X	X	X	X	X	X	✓	X	X

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PANINIS														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BBQ CHICKEN MELT	X	✓	X	X	X	X	✓	X	X	X	X	✓	X	X
CHEESE TOMATO & ONION	X	✓	X	X	X	X	✓	X	X	X	X	✓	X	X
CHICKEN, BACON & SWEETCORN	X	✓	X	✓	X	X	✓	X	X	X	X	✓	X	X
HAM & CHEESE	X	✓	X	X	X	X	✓	X	X	X	X	✓	X	X
SAUSAGE CHEESE & BACON	X	✓	X	X	X	X	✓	X	X	X	X	✓	X	X
TUNA MELT	X	✓	X	✓	✓	X	✓	X	X	X	X	✓	X	X

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TOASTIES														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHEESE & ONION	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
CHEESE & TOMATO	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
CHICKEN, BACON & SWEETCORN	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
HAM & CHEESE	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
TUNA MELT	X	✓	X	✓	✓	X	✓	X	X	X	X	X	X	X

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FLATBREAD														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
BACON, SAUSAGE & CHEESE	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
CHEESE, TOMATO & ONION	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
CHICKEN TIKKA	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X
CHEESE & TOMATO PIZZA	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
PEPPERONI PIZZA	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X

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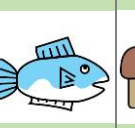
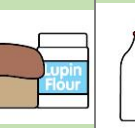



B'FAST & BREAD														
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PORRIDGE ORIGINAL	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
PORRIDGE BERRY	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
PORRIDGE VEGAN STRAWBERRY	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
PORRIDGE HONEY & NUT	X	✓	X	X	X	X	✓	X	X	✓	X	X	X	X
WHITE BREAD	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X
BROWN BREAD	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X
WHITE ROLL	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X
BROWN ROLL	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X
CIABATTA	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X
FLATBREAD	X	✓	X	X	X	X	✓	X	X	X	X	X	X	X
WHITE BAGUETTE	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X
BROWN BAGUETTE	X	✓	X	✓	X	X	X	X	X	X	X	X	X	X

TABLE:

NO ALLERGEN

X

ALLERGEN

✓