









## ALLERGEN CONTENT – GRIND N’ BAKE MAY 2022

JACKET POTATOES														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
CHICKEN BACON & SWEETCORN	X	X	X	✓	X	X	✓ BUTTER	X	X	X	X	X	X	✓
CHEESE & BEAN	X	X	X	X	X	X	✓	X	X	X	X	X	X	X
CORONATION CHICKEN	X	X	X	✓	X	X	✓	X	✓	X	X	X	X	X
CHICKEN TIKKA	X	X	X	✓	X	X	✓	X	✓	X	X	X	X	X
CORONATION CHICKEN	X	X	X	✓	X	X	✓	X	✓	X	X	X	X	X
EGG MAYO	X	X	X	✓	X	X	X	X	X	X	X	X	X	X
TUNA MAYO	X	X	X	✓	✓	X	X	X	X	X	X	X	X	X
PRAWN MAYO	X	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	✓

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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 SHORTCAKE	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
CHEESE SCONE	X	✓	X	✓	X	X	✓	X	X	X	X	X	X	X

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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

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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
CAPPUCCINO 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	✓
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
CHOCOLATE ORANGE CAKE		✓		✓			✓						✓	
WHITE CHOC CARAMEL SLICE	X	✓	X	X	X	X	✓	X	X	X	X	MAIZE	✓	X







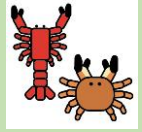
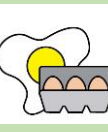

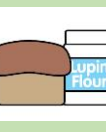












## ALLERGEN CONTENT – GRIND N’ BAKE MAY 2022

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	✓ Cheese	X	X	X	X	X	X	X
CHEESE TOMATO & ONION	X	✓	X	X	X	X	✓ Cheese	X	X	X	X	X	X	X
CHICKEN, BACON & SWEETCORN	X	✓	X	✓	X	X	X	X	X	X	X	X	X	✓
CHICKEN TIKKA	X	✓	X	✓	X	X	✓	X	✓	X	X	X	X	X
HAM & CHEESE	X	✓	X	X	X	X	✓ Cheese	X	X	X	X	X	X	X
SAUSAGE CHEESE & BACON	X	✓	X	X	X	X	✓ Cheese	X	X	X	X	X	X	✓
TUNA MELT	X	✓	X	✓	✓	X	✓ Cheese	X	X	X	X	X	X	X

## ALLERGEN CONTENT – GRIND N’ BAKE MAY 2022

SOURDOUGH TOASTIES														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
DOUBLE CHEESE & CARAMELIZED ONION	X	✓	X	X	X	X	✓ Cheese	X	X	X	X	X	✓	X
DOUBLE CHEESE	X	✓	X	X	X	X	✓ Cheese	X	X	X	X	X	✓	X
HAM & CHEESE	X	✓	X	X	X	X	✓ Cheese	X	X	X	X	X	✓	X
TUNA MELT	X	✓	X	X	✓	X	✓ Cheese	X	X	X	X	X	✓	X

# ALLERGEN CONTENT – GRIND N’ BAKE OCTOBER 2020

B'FAST & BREAD														
	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
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
SOUR DOUGH	X	✓	X	X	X	X	X	X	X	X	X	X	✓	X
WHITE ROLL/BAP	X	✓	X	X	X	X	X	X	X	X	X	X	X	X
BROWN ROLL/BAP	X	✓	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	X
WHITE BAGUETTE	X	✓	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	X

**TABLE:**  
**NO ALLERGEN**  
**ALLERGEN**

