

# STACKED

## BAKERS & SANDWICH MAKERS

### ALLERGEN INFORMATION OCTOBER 2025

Due to instore handling this product may contain other allergens.	ALLERGENS	Suitable for		kcal	per serving
		Vegetarian	Vegan	adults need around 2000 kcal a day	
Bread					
Large White Deli Sub Roll	Gluten and Wheat	YES	NO	420	1 Serving
Thick Sliced White Farmhouse Tin	Gluten and Wheat	YES	YES	182	2 Slices
Thick Sliced Multi Grain Farmhouse Tin	Barley, Gluten and Wheat	YES	YES	208	2 Slices
Scotch Morning Roll	Barley, Gluten, Soya and Wheat	YES	NO	133	1 Serving
9" Hand Stretched pizza base	Gluten and Wheat	YES	YES	533	Per pizza base
Plain Tortilla Wraps	Gluten and Wheat	YES	YES	174	1 Serving
Ciabatta Twist	Gluten and Wheat	YES	NO	274	1 Serving
Small Baguette	Gluten and Wheat	YES	YES	317	1 Serving
Salad					
Sweetcorn in Water	None of the 14 Food Allergens	YES	YES	22	1 Serving (30g)
Carrots	None of the 14 Food Allergens	YES	YES	15	1 Serving (30g)
Cocktail Gherkins	Sulphites >10ppm	YES	YES	7	1 Serving (30g)
Cucumber	None of the 14 Food Allergens	YES	YES	4	5 slices
Gourmet Salad Mix	None of the 14 Food Allergens	YES	YES	6	1 Serving (30g)
Iceberg Lettuce	None of the 14 Food Allergens	YES	YES	4	1 Serving (30g)
Pointed Cabbage	None of the 14 Food Allergens	YES	YES	11	1 Serving (30g)
Red Cabbage	None of the 14 Food Allergens	YES	YES	8	1 Serving (30g)
Red Onions	None of the 14 Food Allergens	YES	YES	12	1 Serving (30g)
Sliced Green Jalapeño Peppers in Brine	None of the 14 Food Allergens	YES	YES	6	1 Serving (30g)
Red Tomatoes	None of the 14 Food Allergens	YES	YES	9	5 slices
Mixed Peppers	None of the 14 Food Allergens	YES	YES	6	1 Serving (20g)
Slaw	None of the 14 Food Allergens	YES	YES	33	1 Serving
Fillings					
Small Omelette	Egg and Milk	YES	NO	87	Omelette
Free Range Poached Egg	Egg	YES	NO	74	Poached Egg
Free Range Egg Mayo	Egg	YES	NO	115	1 Serving (50g)
Sliced Brie	Milk	YES	NO	146	2 Slices(40g)
Brake Catering Rindless Back Bacon	None of the 14 Food Allergens	NO	NO	165	2 Slices (91g)
Cooked Crispy Grilled Bacon Pieces	None of the 14 Food Allergens	NO	NO	73	1 Serving (6 pcs)
Cooked Pork Sausages	Gluten and Wheat	NO	NO	232	2 Sausages
Hickory Smoked Beef Brisket	Gluten and Wheat	NO	NO	63	1 serving(50g)
Wafer Thin Honey Roast Ham (Slices of formed pork)	None of the 14 Food Allergens	NO	NO	20	2 slices (20g)
Roast Chicken Fillet	None of the 14 Food Allergens	NO	NO	114	1/2 chicken fillet
Cooked Chicken Tikka Strips	Milk	NO	NO	29	1 serving (24g)
Sliced Pepperoni	None of the 14 Food Allergens	NO	NO	108	5 slices (30g)
Sliced Chorizo Sausage	Milk	NO	NO	38	2 slices (12g)
Sliced Venticrina Salami	None of the 14 Food Allergens	NO	NO	43	2 slices (12g)
Tuna Chunks in Brine	Fish	NO	NO	50	1 serving(50g)
Pulled Pork	None of the 14 Food Allergens	NO	NO	100	1 serving (60g)
Grated Triple Cheese Blend	Milk	YES	NO	204	1 serving (60g)
Grated Tex Mex Cheese	Milk	YES	NO	235	1 serving (60g)
Cheddar Cheese Slices (20 slices)	Milk	YES	NO	157	2 Slices (40g)
Quorn Breakfast Patty	Barley, Gluten, Egg, Milk and Wheat	YES	NO	80	1 ½ patties
Chicken Strips in Crispy Coat	Gluten and Wheat	NO	NO	288	1 serving(4 strips)
Southern Fried Chicken Strip	Gluten and Wheat	NO	NO	270	1 serving(4 strips)
BBQ Oumph	Soya	YES	YES	58	1 serving (50g)
Violife Cheese	None of the 14 Food Allergens	YES	YES	178	1 serving (60g)
Fishless fingers	Gluten and Wheat	YES	YES	171	1 serving(4 fingers)
Fishfingers	Gluten, Fish and Wheat	NO	NO	203	1 serving(4 fingers)
Sauces and Dressings					
Tartare Sauce Sachets	Egg and Mustard	YES	NO	45	1 Serving (20ml)
Tartare Sauce	Egg and Mustard	YES	NO	49	1 Serving (20ml)
Salad Cream	Egg and Mustard	YES	NO	69	1 Serving(20g)
Brown Sauce	Gluten, Rye and Sulphites >10ppm	YES	YES	16	1 Serving (20ml)
Demi Glacé Sauce	Celery and Soya	NO	NO	6	1 Serving (20ml)
Korean BBQ Sauce	Gluten, Soya and Wheat	YES	YES	38	1 Serving (20ml)
Pizza Sauce	None of the 14 Food Allergens	YES	YES	30	1 Serving (50g)
Barbecue Sauce	Barley, Celery, Gluten, Soya and Wheat	YES	YES	26	1 Serving (20ml)
Ranch Dressing	Mustard and Sulphites >10ppm	YES	YES	94	1 Serving (20ml)
Levi Roots Reggae Reggae Jerk BBQ Sauce	Barley and Gluten	YES	YES	30	1 Serving (20ml)
Arrabbiata Sauce	None of the 14 Food Allergens	YES	YES	9	1 Serving (20ml)
Blue Dragon Sriracha Hot Chilli Sauce	None of the 14 Food Allergens	YES	YES	23	1 Serving (20ml)
Sweet Chilli Dipping Sauce	None of the 14 Food Allergens	YES	YES	32	1 Serving (20ml)
Teriyaki Sauce	Gluten, Soya and Wheat	NO	NO	29	1 Serving (20ml)
Honey & Mustard Dressing	Egg and Mustard	YES	NO	106	1 Serving (20ml)
Thousand Island Dressing	None of the 14 Food Allergens	YES	YES	54	1 Serving (20ml)
French Dressing	Mustard	YES	YES	33	1 Serving (20ml)
Light Mayonnaise	Egg	YES	NO	56	1 Serving (20ml)
Branston Sweet Pickle	Barley and Sulphites >10ppm	YES	YES	32	1 Serving (20ml)
Brilliantly Buttery	Milk	YES	NO	81	1 Serving (20ml)
Coarse Sea Salt	None of the 14 Food Allergens	YES	YES		
Whole Black Pepper	None of the 14 Food Allergens	YES	YES		

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Soup					
New Covent Garden Soup Co. Carrot & Coriander Soup	Milk	YES	NO	95	1 Serving (280g)
New Covent Garden Soup Co. Vegetable Soup	Celery and Milk	YES	NO	90	1 Serving (280g)
New Covent Garden Soup Co. Leek & Potato Soup	Milk	YES	NO	148	1 Serving (280g)
New Covent Garden Soup Co. Tomato & Basil Soup	None of the 14 Food Allergens	YES	YES	101	1 Serving (280g)
New Covent Garden Soup Co. Mushroom Soup	None of the 14 Food Allergens	YES	YES	101	1 Serving (280g)
Crisps					
Seabrook Crinkle Cut Cheese & Onion Crisps	Milk	YES	NO	163	Pack (32g)
Seabrook Crinkle Cut Sea Salt & Vinegar Crisps	None of the 14 Food Allergens	YES	YES	160	Pack (32g)
Seabrook Crinkle Cut Sea Salt Crisps	None of the 14 Food Allergens	YES	YES	165	Pack (32g)
Cold Drinks					
Coca-Cola Postmix	None of the 14 Food Allergens	YES	YES	105	1 Serving(250ml)
Diet Coke Postmix	None of the 14 Food Allergens	YES	YES	1	1 Serving(250ml)
Coca-Cola Zero Postmix	None of the 14 Food Allergens	YES	YES	1	1 Serving(250ml)
Sprite No Sugar Postmix	None of the 14 Food Allergens	YES	YES	3	1 Serving(250ml)
Fanta Postmix	None of the 14 Food Allergens	YES	YES	48	1 Serving(250ml)
Priory Falls Still Spring Water	None of the 14 Food Allergens	YES	YES	0	Bottle
Tropicana Smooth Orange Juice	None of the 14 Food Allergens	YES	YES	50	1 Serving(250ml)
Tropicana Smooth Orange Fruit Juice	None of the 14 Food Allergens	YES	YES	50	1 Serving(250ml)
Fanta Orange Zero Bottle	None of the 14 Food Allergens	YES	YES	105	1 Serving(250ml)
Diet Coke Bottle	None of the 14 Food Allergens	YES	YES	1	1 Serving(250ml)
Coca Cola Zero Bottle	None of the 14 Food Allergens	YES	YES	1	1 Serving(250ml)
Sprite No Sugar Bottle	None of the 14 Food Allergens	YES	YES	3	1 Serving(250ml)
Fanta Orange Zero Bottle	None of the 14 Food Allergens	YES	YES	8	1 Serving(250ml)
Fanta Orange Bottle	None of the 14 Food Allergens	YES	YES	48	1 Serving(250ml)
Dr Pepper Bottle	None of the 14 Food Allergens	YES	YES	45	1 Serving(250ml)
Dr Pepper Zero Bottle	None of the 14 Food Allergens	YES	YES	2	1 Serving(250ml)
Fanta Fruit Twist Bottle	None of the 14 Food Allergens	YES	YES	48	1 Serving(250ml)
Monster Energy	None of the 14 Food Allergens	YES	YES	117	1 Serving(250ml)
Coca - Cola Cherry Bottle	None of the 14 Food Allergens	YES	YES	165	1 Serving(250ml)
Coca - Cola Zero Sugar Bottle	None of the 14 Food Allergens	YES	YES	1	1 Serving(250ml)
Hot Beverages					
Arriba Fairtrade Espresso Beans	None of the 14 Food Allergens	YES	YES		
Semi-Skimmed Milk	Milk	YES	NO	6	1 Serving (12 ml)
Yorkshire Tea 1 Cup Teabag	None of the 14 Food Allergens	YES	YES	0	Teabag
White Sugar Sticks	None of the 14 Food Allergens	YES	YES	10	Stick
Demerara Sugar Stick	None of the 14 Food Allergens	YES	YES	10	Stick
Sweetener Granules Sachet	None of the 14 Food Allergens	YES	YES	2	Sachet
Da Vinci Vanilla Coffee Syrup	None of the 14 Food Allergens	YES	YES	16	1 Serving(8 ml)
Da Vinci Caramel Coffee Syrup	None of the 14 Food Allergens	YES	YES	16	1 Serving(8 ml)
Da Vinci Hazelnut Coffee Syrup	None of the 14 Food Allergens	YES	YES	16	1 Serving(8 ml)
Cakes - Cookies					
CC Milk Chocolate Cookie	Gluten, Milk, Soya and Wheat	YES	NO	236	Cookie (50g)
CC Double Chocolate Cookie	Gluten, Milk, Soya and Wheat	YES	NO	237	Cookie (50g)
CC White Chocolate Cookie	Gluten, Milk, Soya and Wheat	YES	NO	229	Cookie (50g)
Porridge and Fruit					
Oatflakes	Gluten and Oats	YES	YES	146	1 Serving (40g)
Honey Portion	None of the 14 Food Allergens	YES	NO	65	1 Serving (20g)
Assorted Jam Portions	None of the 14 Food Allergens	YES	NO	48	1 Serving (20g)
Fresh Fruit Salad	None of the 14 Food Allergens	YES	YES	58	1 Serving (120g)
Christmas Only					
Sage & Onion Stuffing Ball	Gluten, Oats and Wheat	YES	NO	46	1 Serving
Cranberry Sauce	None of the 14 Food Allergens	YES	YES	36	1 Serving (20g)
Wafer Thin Cooked Turkey Breast	None of the 14 Food Allergens	NO	NO	19	2 Slices
Shortcrust Mince Pies	Barley, Gluten, Milk and Wheat	YES	NO	281	Pie

**Disclaimer:** The information provided, in good faith, is based on details provided by the suppliers of those products. In providing the information, Country Choice is reliant on the accuracy and completeness of the product information provided by suppliers. Whilst Country Choice does what it can to ensure this information is up-to-date and accurate, Country Choice cannot be held responsible for any inaccuracies or omissions in this information. This is particularly important because, where recipes and/or formulations are changed by the suppliers, the information on our central databases and on Brakes website may be inaccurate for a period of time, until such time as Country Choice is notified by the relevant supplier, and such changes have been updated. In case of supplier branded products, the main reliable allergen information we hold is related to the deliberate ingredients used in the product. For full and up-to-date product details, including any allergen information, please refer to the product packaging or alternatively please contact Country Choice Customer Service on 0345 606 9090. Country Choice, part of the Brakes Group.