

ALLERGEN INFORMATION OCTOBER 2025

| ALLERGENS Vegetarian Vegan adouts read around 2000 lead face with process with pro | _ | ALLERGENS | | | | | |
|---|---------------------------------------|---------------------------------------|------------|--------|------------------|---------------------------------------|--|
| Comment Comm | | | Suitab | le for | kcal per serving | | |
| Track Size White Def Sub Boal Gluten and Wheat YES NO 420 3.5erving Thick Size Mult Utilism Parmboure Tin Gluten and Wheat YES YES 122 2.5isces Thick Size Mult Utilism Parmboure Tin Salety, Gluten and Wheat YES YES 122 2.5isces Thick Size Mult Utilism Parmboure Tin Salety, Gluten and Wheat YES YES 122 2.5isces Thick Size Mult Utilism Parmboure Tin Salety, Gluten and Wheat YES YES 122 2.5isces Thick Size Mult Utilism Parmboure Tin Salety, Gluten and Wheat YES YES YES 127 3.5erving Thick Size Multiple Size Thick Size Multiple Size Thick Size Multiple Size Thick Size Multiple Size Thick Si | | | Vegetarian | Vegan | | | |
| Large Within Dell's sized Mark College and Without 1955 Sized Annabuse Tin Glotter and Without 1955 Sized Annabuse Tin Glotter and Without 1955 152 July 2 J | Bread | | | | | uay | |
| Thick Steeck White Farmhouse Tin Gloten and Wheet Thick Steeck Multi Grain Farmhouse Tin Barley, Gloten, Soya and Wheat Thick Steeck Multi Grain Farmhouse Tin Barley, Gloten, Soya and Wheat Thick Steeck Multi Grain Farmhouse Tin Barley, Gloten, Soya and Wheat Thick Steeck Multi Grain Farmhouse Tin Think Steeck Multi Grain Gloten and Wheat Think Steeck Multi Grain Think Stee | | Gluten and Wheat | YES | NO | 420 | 1 Serving | |
| Thick Steech Motting falls in Farminouse Tin Societh Morning file (Steech Supra and Wheet | | | | | | | |
| South Monring Boll Solvey, Giltern, Syra and Wheat YES YES 333 1 Serving File | | | | | | | |
| ## Filand Stretched pizza based Gluten and Wheel YES \$33 Per pizza based Gluten and Wheel YES \$37 15 evening Gluten and Wheel YES \$45 37 15 evening Gluten and Wheel YES YES \$27 15 evening Gluten and W | | | | | | | |
| Caleatar Invist Gluten and Wheat YES NO 274 1 Serving STEP | - | | YES | YES | 533 | | |
| Small Engagente Gluten and Wheat YES YES 317 1 Serving (2006) | Plain Tortilla Wraps | Gluten and Wheat | YES | YES | 174 | 1 Serving | |
| Select | Ciabatta Twist | Gluten and Wheat | YES | NO | 274 | 1 Serving | |
| Sweetcom in Walter | Small Baguette | Gluten and Wheat | YES | YES | 317 | 1 Serving | |
| Carrots | Salad | | | | | | |
| Cockstall Cherkin's | | | | | | | |
| Cucumber None of the 14 Food Allergens YES YES 4 S silices | | _ | | | | 0 (0, | |
| Sourmet Salad Mix | | | | | | | |
| Incharge Letture | | | | | | | |
| None of the 14 Food Allergens | | | | | | | |
| ReG Cabbage | - | | | | | | |
| Red Onloins | | _ | | | | | |
| Siled Green Jalapeño Peppers in Brine | _ | | | | | | |
| None of the 14 Food Allergens | | | | | | | |
| Mised Peppers | | | | | | | |
| Staw | | | | | | | |
| ### Silled Personal Complete Figs and Milk | | | | | | | |
| Small Omelette Egg and Milk YES NO 87 Omelette Free Fange Poached Egg Free Fange Poached Egg YES NO 74 Poached Egg Free Fange Poached Egg YES NO 115 1 Serving (St)g. Brake Catering Rindless Back Bacon Mone of the 14 Food Allergens NO NO 146 2 Silecs 401g. Cocked Crispy Filled Bacon Preces None of the 14 Food Allergens NO NO 73 1 Serving (Sp. 50). Cocked Foot Sausages Gluter and Wheat NO NO 73 1 Serving (Sp. 50). Hickory Smoked Beef Brisket Gluter and Wheat NO NO 63 1 serving (29g.) Hickory Smoked Beef Brisket Gluter and Wheat NO NO 63 1 serving (29g.) Hickory Smoked Beef Brisket Gluter and Wheat NO NO 63 1 serving (20g.) Hickory Smoked Beef Brisket None of the 14 Food Allergens NO NO 60 1 serving (50g.) Koest Chicken Fillet None of the 14 Food Allergens NO NO 100 51 5 slic | | None of the 14 rood Allergens | TES | TES | 33 | 1 Serving | |
| Free Range Pached Egg | | Egg and Milk | YES | NO | 87 | Omelette | |
| Free Fange Egg Mayo | | | | | | | |
| Siliced Brie | | | | | | | |
| Brake Catering Rindless Back Bason None of the 14 Food Allergens NO NO 165 Z Silces (1915) Cooked Fork Sausages Oluten and Wheat NO NO 73 Serving (6 pc.) Cooked Pork Sausages Oluten and Wheat NO NO 232 Z Sausages Wafer Thin Honey Roast Ham (Silces of formed pork) None of the 14 Food Allergens NO NO 232 Z Silces (20g) Wafer Thin Honey Roast Ham (Silces of formed pork) None of the 14 Food Allergens NO NO 20 Z silces (20g) Wafer Thin Honey Roast Ham (Silces of formed pork) None of the 14 Food Allergens NO NO 114 1/2 chicken fillet None of the 14 Food Allergens NO NO 141 1/2 chicken fillet None of the 14 Food Allergens NO NO 108 S silces (30g) Silced Chorizo Sausage Milk NO NO 38 Z silces (12g) Silced Chorizo Sausage Milk NO NO 38 Z silces (12g) Silced Chorizo Sausage Milk NO NO 38 Z silces (12g) Silced Ventricina Salami None of the 14 Food Allergens NO NO 43 Z silces (12g) Silced Ventricina Salami None of the 14 Food Allergens 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 205 1 serving (60g) Grated Triple Cheese Blend Milk YES NO 205 1 serving (60g) Grated Triple Cheese Blend Milk YES NO 275 2 Silces (10g) Quorn Breakfast Patty Barley, Gluten, Egg, Milk and Wheat YES NO 275 2 Silces (40g) Quorn Breakfast Patty Barley, Gluten, Egg, Milk and Wheat NO NO 278 1 serving (4 strips) Bild Quorn Breakfast Patty Barley, Gluten and Wheat NO NO 278 1 serving (60g) Chicken Strips in Crispy Coat Gluten and Wheat NO NO 278 1 serving (60g) Chicken Strips in Grispy Coat Gluten and Wheat YES NO 80 1 serving (60g) Fishless fingers Gluten Allergens YES YES 58 1 serving (60g) Fishless fingers Gluten Allergens YES YES NO 45 1 serving (60g) Fishless fingers Gluten Alle | | | | | | | |
| Cooked Fork Sausages | | | | | | | |
| Cooked Pork Sausages | | | | | | | |
| Hickory Snoked Beef Brisket | | | | | | | |
| Wafer Thin Honey Roast Ham (Slices of formed pork) None of the 14 Food Allergens NO 20 2 slices (20g) Roast Chicken Tikka Strips Milk None of the 14 Food Allergens NO NO 114 1/2 chicken fillet Cooked Chicken Tikka Strips Milk NO NO NO 108 5 slices (30g) Sliced Chorizo Sausage Milk NO NO NO 108 5 slices (12g) Sliced Chorizo Sausage Milk NO NO NO 43 2 slices (12g) Sliced Chorizo Sausage Milk NO NO 43 2 slices (12g) Sliced Chorizo Gausage Milk None of the 14 Food Allergens NO NO 50 1 serving (50g) Sliced Chorizo Gausage Milk None of the 14 Food Allergens NO NO 100 1 serving (50g) Grated Triple Cheese Blend Milk YES NO 204 1 serving (50g) Grated Triple Cheese Blend Milk YES NO 204 1 serving (50g) Grated Triple Cheese Slice | - | Gluten and Wheat | | | 63 | | |
| 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 38 2 sices (12g) Sliced Ventricina Salami None of the 14 Food Allergens NO NO 38 2 sices (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 235 1 serving (60g) Grated Triple Cheese Slices (20 slices) Milk YES NO 235 1 serving (60g) Grated Triple Cheese Slices (20 slices) Milk YES NO 235 1 serving (60g) Grated Triple Cheese Slices (20 slices) Milk YES NO 235 1 serving (60g) Cheddar Cheese Slices (20 slices) Milk YES NO 235 <t< td=""><td>•</td><td>None of the 14 Food Allergens</td><td>NO</td><td>NO</td><td></td><td></td></t<> | • | None of the 14 Food Allergens | NO | NO | | | |
| Milk | | | NO | NO | 114 | | |
| Siliced Chorizo Sausage | Cooked Chicken Tikka Strips | | NO | NO | 29 | 1 serving (24g) | |
| Sliced Ventricina Salami | Sliced Pepperoni | None of the 14 Food Allergens | NO | NO | 108 | 5 slices (30g) | |
| Tuna Chunks in Brine | Sliced Chorizo Sausage | Milk | NO | NO | 38 | 2 slices (12g) | |
| Pulled Pork | Sliced Ventricina Salami | None of the 14 Food Allergens | NO | NO | 43 | 2 slices (12g) | |
| Grated Triple Cheese Blend | Tuna Chunks in Brine | Fish | NO | NO | 50 | 1 serving(50g) | |
| Grated Tex Mex Cheese Milk YES NO 235 1 serving (60g) | Pulled Pork | None of the 14 Food Allergens | NO | NO | 100 | 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 % 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 YES 58 1 serving (50g) Violife Cheese None of the 14 Food Allergens YES YES 178 1 serving (50g) Fishless fingers Gluten and Wheat NO NO 203 1 serving (60g) Fishless fingers Gluten and Wheat NO NO 203 1 serving (60g) Fishless fingers Gluten and Wheat NO NO 203 1 serving (60g) Fishless fingers Gluten and Wheat NO NO 203 1 serving (60g) Fishless fingers Gluten And Wheat NO NO 40 1 serving (60g) Factor Sauce Sauce Male Mustard YES NO 49 1 serving (20g)< | | | | | | | |
| Chicken Strips in Crispy Coat | | | | | | | |
| Southern Fried Chicken Strip Gluten and Wheat NO NO 270 1 serving (4 strips) | • | | | | | · · · · · · · · · · · · · · · · · · · | |
| Soya YES YES 58 1 serving (50g) | | | | | | | |
| Violife Cheese None of the 14 Food Allergens YES YES YES 178 1 serving (60g) Fishless fingers Gluten and Wheat YES YES YES 171 1 serving (4 fingers) Fishlingers 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) Ferving (20 | | | | | | | |
| 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 49 1 Serving (20ml) Tartare Sauce Egg and Mustard YES NO 69 1 Serving (20ml) Serving (20ml) Serving (20ml) Egg and Mustard YES NO 69 1 Serving (20ml) Tartare Sauce Gluten, Rye and Sulphites >10ppm YES YES 16 1 Serving (20ml) Demi Glacé Sauce Gluten, Rye and Sulphites >10ppm YES YES YES 16 1 Serving (20ml) NO NO NO 6 1 Serving (20ml) Demi Glacé Sauce Gluten, Soya and Wheat YES YES YES 38 1 Serving (20ml) Pizza Sauce None of the 14 Food Allergens YES YES YES 30 1 Serving (20ml) Serving (20ml) None of the 14 Food Allergens YES YES YES 30 1 Serving (20ml) Teriyaki Sauce None of the 14 Food Allergens YES YES YES 30 1 Serving (20ml) Sweet Chilli Dipping Sauce None of the 14 Food Allergens YES YES YES 32 1 Serving (20ml) Teriyaki Sauce None of the 14 Food Allergens YES YES YES 32 1 Serving (20ml) Sweet Chilli Dipping Sauce None of the 14 Food Allergens YES YES YES YES 32 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 30 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 50 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 50 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 50 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 50 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 50 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 50 50 50 50 50 50 50 50 50 5 | | · · · · · · · · · · · · · · · · · · · | | | | | |
| 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) Tartare Sauce Beg and Mustard YES NO 49 1 Serving (20ml) Tegg and Mustard YES NO 69 1 Serving (20ml) Tegg and Mustard YES NO 69 1 Serving (20ml) Tegg and Mustard YES YES 16 1 Serving (20ml) Tegg and Mustard YES YES 16 1 Serving (20ml) Tegg and Mustard YES YES 16 1 Serving (20ml) Tegg and Mustard YES YES 16 1 Serving (20ml) Tegg and Mustard YES YES 38 1 Serving (20ml) Tegg and Mustard YES YES 30 1 Serving (50ml) Tegg and Mustard YES YES 30 1 Serving (20ml) Tegg and Mustard YES YES 40 40 40 40 40 40 40 40 40 4 | - | | | | | | |
| Tartare Sauce Sachets | | Gluten, Fish and Wheat | NO | NO | 203 | 1 serving(4 fingers) | |
| Tartare Sauce | , , , , , , , , , , , , , , , , , , , | Can and Montand | VEC | NO | 45 | 1 Camina (20ml) | |
| 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 NO 6 1 Serving (20ml) Evoran 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 30 1 Serving (20ml) Ranch Dressing Mustard and Sulphites >10ppm YES YES 94 1 Serving (20ml) Levi Roots Reggae Reggae Perk BBQ Sauce Barley and Gluten YES YES 94 1 Serving (20ml) Levi Roots Reggae Reggae Reggae Jerk BBQ Sauce Barley and Gluten YES YES 95 1 Serving (20ml) Blue Dragon Sriracha Hot Chilli Sauce None of the 14 Food Allergens YES YES 9 1 Serving (20ml) Sweet Chilli Dipping Sauce None of the 14 Food Allergens YES YES 32 1 Serving (20ml) Sweet Chilli Dipping Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Thousand Island Dressing None of the 14 Food Allergens YES YES NO 106 1 Serving (20ml) Thousand Island Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing Mustard YES NO 106 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing Mustard YES NO 56 1 Serving (20ml) French Dressing Mustard YES NO 56 1 Serving (20ml) Branston Sweet Pickle Barley and Sulphites >10ppm YES YES NO 81 1 Serving (20ml) Brilliantly Buttery Milk YES NO 81 1 Serving (20ml) | | | | | | | |
| Brown Sauce Gluten, Rye and Sulphites >10ppm YES YES 16 1 Serving (20ml) Demi Glacé Sauce Celery and Soya NO 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 YES 30 1 Serving (20ml) Levi Roots Reggae Reggae Jerk BBQ Sauce Barley and Gluten YES YES YES 94 1 Serving (20ml) Levi Roots Reggae Reggae Jerk BBQ Sauce Barley and Gluten YES YES YES 95 1 Serving (20ml) Blue Dragon Sriracha Hot Chilli Sauce None of the 14 Food Allergens YES YES 9 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) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Thousand Island Dressing None of the 14 Food Allergens YES YES NO 106 1 Serving (20ml) Thousand Island Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES NO 56 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES NO 56 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES NO 81 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES NO 81 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) YES YES 26 1 Serving (20ml) YES YES 26 1 Serving (20ml) YES YES 27 28 30 1 Serving (20ml) YES YES 28 4 Serving (20ml) YES YES 4 Serving (20ml) YES YES 4 Serving (20ml) YES YES 30 1 Serving (20ml) YES YES 31 Serving (20ml) YES YES 32 1 Serving (20ml) YES YES NO 106 1 Serving (20ml) YES YES 54 1 Serving (20ml) YES YES 54 1 Serving (20ml) YES YES 54 1 Serving (20ml) YES YES 33 1 Serving (20ml) YES YES 34 1 Serving (20ml) YES YES 35 3 Serving (20ml) YES YES 36 3 Serving (20ml) YES YES 36 3 Serving (20ml) YES YES 37 3 Serving (20ml) YES YES 38 3 Serving (20ml) YES YES 30 3 Serving (20ml) YES YES 30 3 Serving (20ml) YES YES 30 3 Serving (20ml) | Salad Cream | | | | | 01 01 | |
| 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) Levi Roots Reggae Reggae Jerk BBQ Sauce Barley and Gluten YES YES 94 1 Serving (20ml) Levi Roots Reggae 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 9 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 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES 33 1 Serving (20ml) French Dressing None of the 14 Food Allergens YES YES NO 106 1 Serving (20ml) French Dressing Mustard YES NO 106 1 Serving (20ml) French Dressing Mustard YES YES 33 1 Serving (20ml) French Dressing Mustard YES YES 33 1 Serving (20ml) French Dressing Mustard YES YES 33 1 Serving (20ml) French Dressing Mustard YES YES 33 1 Serving (20ml) French Dressing Mustard YES YES 31 1 Serving (20ml) French Dressing Mustard YES YES NO 56 1 Serving (20ml) Brilliantly Buttery Milk YES NO 81 1 Serving (20ml) Brilliantly Buttery Milk YES NO 81 1 Serving (20ml) | | | | | | | |
| Pizza Sauce None of the 14 Food Allergens Pizza Sauce Barley, Celery, Gluten, Soya and Wheat Piessing Mustard and Sulphites >10ppm YES YES YES YES YES YES YES YE | | | | | | | |
| Barlev, Celery, Gluten, Soya and Wheat Ranch Dressing Mustard and Sulphites >10ppm YES YES YES 94 1 Serving (20ml) 1 Serving (20ml) Wish and Sulphites >10ppm YES YES YES 95 1 Serving (20ml) 1 Serving (20ml) None of the 14 Food Allergens YES YES YES 95 1 Serving (20ml) YES YES 96 1 Serving (20ml) YES YES 97 1 Serving (20ml) None of the 14 Food Allergens YES YES YES 1 Serving (20ml) YES YES YES 1 Serving (20ml) YES YES YES 1 Serving (20ml) YES YES YES YES YES YES YES YE | | | | | | | |
| 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 23 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) Teriyaki Sauce Gluten, Soya and Wheat NO NO 29 1 Serving (20ml) Thousand Island 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) 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 | | _ | | | | | |
| 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 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) | | | | | | <u> </u> | |
| Arrabbiata Sauce None of the 14 Food Allergens PES PES PES PES PES PES PES PE | | | | | | | |
| 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) Egg 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 32 1 Serving (20ml) | 66 66 | | | | | | |
| 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 YES | | · · · · · · · · · · · · · · · · · · · | | | | | |
| 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 | 6 | | | | | | |
| Honey & Mustard Dressing | 11 0 | | | | | | |
| 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 | | | | | | | |
| 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 | · | | | | | | |
| 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 | - | | | | | | |
| 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 | - | | | | | | |
| Brilliantly Buttery Milk YES NO 81 1 Serving (20ml) Coarse Sea Salt None of the 14 Food Allergens YES YES | | | | | | | |
| Coarse Sea Salt None of the 14 Food Allergens YES YES | Brilliantly Buttery | | | | | | |
| | · | None of the 14 Food Allergens | | YES | | | |
| | | _ | | | | | |



ALLERGEN INFORMATION OCTOBER 2025

| Due to instore handling this product may contain other allergens. | ALLERGENS | Suitabl | Suitable for | | kcal per serving | |
|---|---|------------|--------------|-----------|---------------------------------------|--|
| | | Vegetarian | Vegan | adults no | eed around 2000 kcal a | |
| 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 | None of the 14 rood Allergens | 123 | TES | 10 | 1 Serving(O IIII) | |
| 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 NO | 237 | Cookie (50g) | |
| CC White Chocolate Cookie | Gluten, Milk, Soya and Wheat | YES | NO NO | 229 | Cookie (50g) | |
| Porridge and Fruit | Gluten, Milk, Soya and Wheat | TES | NO | 229 | COOKIE (SUg) | |
| 9 | Cluton and Oats | VEC | VEC | 146 | 1 Coming (40g) | |
| Oatflakes Honey Portion | Gluten and Oats | YES YES | YES NO | 146 65 | 1 Serving (40g) 1 Serving (20g) | |
| Assorted Jam Portions | None of the 14 Food Allergens None of the 14 Food Allergens | YES | NO NO | 48 | | |
| Assorted Jam Portions Fresh Fruit Salad | | YES | YES | 58 | 1 Serving (20g) | |
| | None of the 14 Food Allergens | YES | 1,52 | 58 | 1 Serving (120g) | |
| Christmas Only | Cluber Oats and Mileset | VEC | NO | 16 | 1 Camina | |
| Sage & Onion Stuffing Ball | Gluten, Oats and Wheat | YES | NO | 46 | 1 Serving | |
| Cranberry Sauce | None of the 14 Food Allergens | YES | YES | 36 19 | 1 Serving (20g) | |
| Wafer Thin Cooked Turkey Breast | None of the 14 Food Allergens | NO | NO NO | | 2 Slices | |
| Shortcrust Mince Pies | Barley, Gluten, Milk and Wheat | YES | NO | 281 | Pie | |

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