

ALLERGEN & CALORIE INFORMATION

NUT AND OTHER FOOD ALLERGIES: PLEASE BE AWARE THAT THERE MAY BE TRACES OF NUTS, SEEDS AND OTHER ALLERGENS IN ANY OF OUR PRODUCTS.	ALLERGENS			kcal	PORTION SIZE
		VEGETARIAN	VEGAN		
Bread					
Plain Tortilla Wrap	Gluten and Wheat	YES	YES	171	1 Serving
Large Brown Deli Sub Roll	Gluten, Oats and Wheat	YES	NO	405	1 Serving
Large White Deli Sub Roll	Gluten and Wheat	YES	NO	417	1 Serving
Ciabatta Twisted Roll	Gluten and Wheat	YES	NO	78	30g
Hand Stretched Pizza Base (Approx 9")	Gluten and Wheat	YES	YES	452	Per Pizza Base
Scotch Morning Breakfast Roll	Barley, Gluten, Soya and Wheat	YES	NO	123	1 Serving
White Demi Baguette	Gluten and Wheat	YES	NO	328	1 Serving
Thick Sliced Grain Farmhouse Spilt Tin Loaf	Barley, Gluten, Soya and Wheat	YES	YES	195	2 Slices
Thick Sliced White Farmhouse Spilt Tin Loaf	Gluten, Soya and Wheat	YES	YES	195	2 Slices
Salad					
Sweetcorn in Water	None of the 14 Food Allergens	YES	YES	6	30g
Cucumber	None of the 14 Food Allergens	YES	YES	4	5 Slices
Gourmet Salad Mix	None of the 14 Food Allergens	YES	YES	4	5 Slices
Iceberg Lettuce	None of the 14 Food Allergens	YES	YES	1	30g
Red Onions	None of the 14 Food Allergens	YES	YES	8	20g
Diced Red Onions	None of the 14 Food Allergens	YES	YES	12	30g
Cocktail Gherkins	Sulphites > 10ppm	YES	YES	7	30g
Sliced Black Olives	None of the 14 Food Allergens	YES	YES	40	30g
Carrots	None of the 14 Food Allergens	YES	YES	15	30g
Pointed Cabbage	None of the 14 Food Allergens	YES	YES	11	30g
Red Cabbage	None of the 14 Food Allergens	YES	YES	11	30g
Sliced Green Jalapeño Peppers in Brine	None of the 14 Food Allergens	YES	YES	5	30g
Tomato Slices	None of the 14 Food Allergens	YES	YES	11	1 Portion
Mixed Peppers	None of the 14 Food Allergens	YES	YES	6	20g
Slaw	None of the 14 Food Allergens	YES	YES	33	1 Serving
Protein					
Quorn Sausage Patties	Barley, Gluten, Egg, Milk and Wheat	YES	NO	81 / 163	1½ / 3 Patties
Vegan Mature Grated Violife	None of the 14 Food Allergens	YES	YES	180	60g
Vegan Pulled Oumph!	Soya	YES	YES	56/ 111	50g/ 100g
Vegan Quorn Fishless Finger	Gluten and Wheat	YES	YES	171/ 341	4 fingers/ 8 fingers
Diced Chicken Tikka	Milk	NO	NO	6	4g
Roast Chicken Fillet	None of the 14 Food Allergens	NO	NO	105 / 209	½ Fillet / 125g Fillet
Crumb Coated Chicken Strips	Gluten and Wheat	NO	NO	293/ 585	4 strips/ 8 strips
Southern Fried Chicken Strips	Gluten and Wheat	NO	NO	272/ 544	4 strips/ 8 strips
Sliced Chorizo	Milk & Soya	NO	NO	27 / 37 / 54	1½ / 2 / 3 Slices
Sliced German Salami	None of the 14 Food Allergens	NO	NO	46 / 61 / 91 / 122	1½ / 2 / 3 / 4 Slices
Sliced Pepperoni	Milk	NO	NO	65 / 108 / 130 / 216	3 / 5 / 6 / 10 Slices
Pork Sausage	Gluten and Wheat	NO	NO	222	2 Sausages
BBQ Pulled Pork	None of the 14 Food Allergens	NO	NO	94/ 188	60g / 120g
Crispy Cooked Smoke Flavoured Streaky Bacon Pieces	None of the 14 Food Allergens	NO	NO	72 / 84 / 168	5 / 6 / 12 Pieces
Rindless Back Bacon	None of the 14 Food Allergens	NO	NO	168	2 Slices
Wafer Thin Honey Roast Ham	None of the 14 Food Allergens	NO	NO	18 / 36 / 57	2 / 4 / 6 Slices
Ham Strips	None of the 14 Food Allergens	NO	NO	56	1 Serving
Slow Cooked Hickory Smoked BBQ Beef Brisket	Gluten and Wheat	NO	NO	64 / 129	50g / 100g
Free Range Egg Mayonnaise Savoury Filling	Egg and Mustard	YES	NO	122	60g
Free Range Poached Egg	Egg	YES	NO	56	1 Egg
Small Omelette	Egg and Milk	YES	NO	71	1 serving
Mild White Cheddar Cheese Slice	Milk	YES	NO	166 / 332	2 / 4 Slices
Brie Slice	Milk	YES	NO	145	2 Slices
Grated Mozzarella & Cheddar Cheese Mix	Milk	YES	NO	195	60g
Tuna Chunks in Brine	Fish	NO	NO	50 / 80 / 100	50g / 80g / 100g
Breaded Cod Fillet Fish Finger	Gluten, Fish and Wheat	NO	NO	194/ 387	4 fingers/ 8 fingers
Sauces and Dressings					
Blue Dragon Teriyaki Sauce	Gluten, Soya and Wheat	NO	NO	28	20ml
Barbecue Sauce	Barley, Celery, Gluten, Soya and Wheat	YES	NO	26	20ml
Brown Sauce	Gluten, Rye and Sulphites >10ppm	YES	YES	15	20ml
Tomato Ketchup	None of the 14 Food Allergens	YES	NO	21	20ml
Demi Glacé Sauce	Celery and Soya	NO	NO	6	20ml
Spicy Pizza Sauce	None of the 14 Food Allergens	YES	YES	31	50g
Levi Roots Reggae Reggae Jerk BBQ Sauce	Barley and Gluten	YES	YES	30	20ml
Arrabiata Sauce	None of the 14 Food Allergens	YES	NO	12	20ml
Blue Dragon Sriracha Hot Chilli Sauce	None of the 14 Food Allergens	YES	YES	23	20ml
Sweet Chilli Dipping Sauce	None of the 14 Food Allergens	YES	YES	26	20ml
Reduced Fat French Dressing	Mustard	YES	NO	16	20ml
Honey & Mustard Dressing	Egg and Mustard	YES	NO	107	20ml
Buttermilk Ranch Dressing	Egg and Milk	YES	NO	79	20ml
Thousand Island Dressing	Egg	YES	NO	44	20ml
Light Mayonnaise	Egg	YES	NO	56	20ml
Branston Sweet Pickle	Barley and Sulphites >10ppm	YES	YES	30	20ml
Salad Cream	Egg and Mustard	YES	NO	69	20g
Soup					
New Covent Garden Soup Co. Carrot & Coriander Soup	Milk	YES	NO	96	280g
New Covent Garden Soup Co. Vegetable Soup	Celery and Milk	YES	NO	105	280g
New Covent Garden Soup Co. Leek & Potato Soup	Milk	YES	NO	116	280g
New Covent Garden Soup Co. Mushroom Soup	None of the 14 Food Allergens	YES	YES	110	280g
Breakfast					
Oatflakes	Gluten and Oats	YES	YES	147	40g
Clear Blossom Honey Portion	None of the 14 Food Allergens	YES	NO	64	1 Serving
Assorted Jam Portions	None of the 14 Food Allergens	YES	YES	48	1 Portion