






## Bakery Product Range – Allergy Advice

Updated 09.03.2023

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Loaves					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
<b>6622 Tiger Loaf</b> 	Barley, Wheat	Traces of Milk	Yes	No	1048kcal per item Item serves 5 people  Adults need around 2000kcal a day
<b>5301192 White Sourdough Boule</b> 	Wheat	Traces of Egg, Milk, Soya, Rye, Barley, Oats, Spelt & Kamut	Yes	No	952kcal per item Item serves 5 people  Adults need around 2000kcal a day
<b>5300877 Low GI Multiseed Cob</b> 	Barley, Milk, Oats, Rye, Soya, Wheat	Traces of Sesame	Yes	No	1148kcal per item Item serves 8 people  Adults need around 2000kcal a day
<b>146327 Crusty Sourdough Rye Bloomer</b> 	Rye, Wheat	Traces of Mustard, Egg, Milk, Sesame, Soya, Lupins and Nuts	Yes	No	1392kcal per item Item serves 6 people  Adults need around 2000kcal a day
<b>5306473 Cheese Loaf</b> 	Milk, Wheat	-	Yes	No	996kcal per item Item serves 5 people  Adults need around 2000kcal a day




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<p><b>5304413 Ancient Grain Loaf</b></p> 	Wheat, Spelt, Rye	Traces of Milk	Yes	No	<p>1060kcal per item Item serves 5 people</p> <p>Adults need around 2000kcal a day</p>
<p><b>6610964 White</b></p>  <p><b>Sourdough Bloomer</b></p>	Rye, Wheat	Traces of Lupin, Milk, Nuts, Sesame and Soya	Yes	No	<p>856kcal per item Item serves 4 people</p> <p>Adults need around 2000kcal a day</p>
<p><b>5227041 White</b></p>  <p><b>Sourdough Bloomer</b></p>	Wheat	Traces of Egg, Milk, Soya and Other Cereals containing Gluten.	Yes	No	<p>1023kcal per item Item serves 4 people</p> <p>Adults need around 2000kcal a day</p>

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<p><b>6610963 Seeded Sourdough Bloomer</b></p> 	<p>Wheat, Oats, Rye, Sesame, Barley</p>	<p>Traces of Lupin, Milk, Nuts and Soya</p>	<p>Yes</p>	<p>No</p>	<p>1072kcal per item Item serves 4 people  Adults need around 2000kcal a day</p>
<p><b>5308937 Oats and Honey Loaf</b></p> 	<p>Wheat, Oats</p>	<p>Traces of Milk</p>	<p>Yes</p>	<p>No</p>	<p>801kcal per item Item serves 5 people  Adults need around 2000kcal a day</p>

Rolls / Baguettes					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
<p><b>92781 Petit Pain</b></p> 	<p>Wheat</p>	<p>Traces of Sesame</p>	<p>Yes</p>	<p>Yes</p>	<p>163kcal per roll  Adults need around 2000kcal a day</p>
<p><b>7003 White Crusty Roll</b></p> 	<p>Wheat</p>	<p>Traces of Egg, Milk and Soya</p>	<p>Yes</p>	<p>No</p>	<p>189kcal per roll  Adults need around 2000kcal a day</p>






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<p><b>5210062 Scottish White Morning Roll</b></p> 	Wheat	-	Yes	Yes	<p>179kcal per roll</p> <p>Adults need around 2000kcal a day</p>
<p><b>5207475 Scottish Morning Roll</b></p> 	Soya, Wheat	-	Yes	Yes	<p>168kcal per roll</p> <p>Adults need around 2000kcal a day</p>
<p><b>5204863 Crusty Morning Roll</b></p> 	Barley, Soya, Rye, Wheat	-	Yes	Yes	<p>180kcal per roll</p> <p>Adults need around 2000kcal a day</p>
<p><b>5302428 Low GI Roll</b></p> 	Milk, Oats, Rye, Wheat	-	Yes	No	<p>221kcal per roll</p> <p>Adults need around 2000kcal a day</p>
<p><b>1950 Italian Style Panini Roll</b></p> 	Milk, Wheat	-	Yes	No	<p>218kcal per roll</p> <p>Adults need around 2000kcal a day</p>





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<p><b>5303551 Ancient</b></p>  <p><b>Grain Roll</b></p>	<p>Barley, Milk, Oats, Rye, Spelt, Wheat</p>	<p>-</p>	<p>Yes</p>	<p>No</p>	<p>225kcal per roll</p> <p>Adults need around 2000kcal a day</p>
<p><b>159004 Cheese Topped Roll Square</b></p> 	<p>Milk, Wheat</p>	<p>Traces of Egg, Mustard, Nuts, Sesame and Soya</p>	<p>Yes</p>	<p>No</p>	<p>230kcal per roll</p> <p>Adults need around 2000kcal a day</p>
<p><b>5302766 Stone Baked White Roll</b></p> 	<p>Wheat</p>	<p>Traces of Milk</p>	<p>Yes</p>	<p>No</p>	<p>244kcal per roll</p> <p>Adults need around 2000kcal a day</p>
<p><b>5201750 Demi</b></p>  <p><b>Baguette</b></p>	<p>Wheat</p>	<p>Traces of Nuts</p>	<p>Yes</p>	<p>No</p>	<p>330kcal per piece</p> <p>Adults need around 2000kcal a day</p>




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<p><b>6742 Large French</b></p>  <p><b>Baguette</b></p>	Wheat	-	Yes	No	<p>936kcal per item Item serves 4 people</p> <p>Adults need around 2000kcal a day</p>
<p><b>5307873 White Sourdough Baguette</b></p> 	Wheat	Traces of Milk	Yes	No	<p>586kcal per item</p> <p>Adults need around 2000kcal a day</p>
<p><b>95664 Pretzel</b></p> 	Wheat	Traces of Mustard, Sesame, Egg, Milk, Soya, Lupins and Nuts	Yes	No	<p>273kcal per pretzel</p> <p>Adults need around 2000kcal a day</p>




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Pastries					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
<p><b>121278 All Butter</b></p>  <p><b>Croissant</b></p>	Milk , Wheat, Egg	Traces of Lupins, Celery, Mustard, Nuts, Sesame and Soya	Yes	No	<p>349kcal per item</p> <p>Adults need around 2000kcal a day</p>
<p><b>5217353 Chocolate – Hazelnut Croissant</b></p> 	Almonds, Egg, Hazelnuts, Milk, Soya, Wheat	-	Yes	No	<p>313kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p><b>5224306 Almond</b></p>  <p><b>Croissant</b></p>	Almonds, Egg, Wheat, Milk	Traces of Other Nuts	Yes	No	<p>307kcal per piece</p> <p>Adults need around 2000kcal a day</p>





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<p><b>5221170 All Butter Pain au Chocolat</b></p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>339kcal per piece Adults need around 2000kcal a day</p>
<p><b>57733 Pain aux Raisins</b></p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Mustard, Sesame, Nuts and Soya</p>	<p>Yes</p>	<p>No</p>	<p>323kcal per piece Adults need around 2000kcal a day</p>
<p><b>5221171 Maple &amp; Pecan Plait</b></p> 	<p>Egg, Milk, Pecans, Wheat</p>	<p>Traces of Other Nuts</p>	<p>Yes</p>	<p>No</p>	<p>372kcal per piece Adults need around 2000kcal a day</p>
<p><b>65260 Apple Turnover</b></p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>329kcal per piece Adults need around 2000kcal a day</p>

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<p><b>140656 Cherry &amp;</b></p>  <p><b>Custard Lattice</b></p>	Milk, Wheat	Traces of Egg, Nuts and Soya	Yes	No	<p>329kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p><b>5201481 Sweet Buns, Belgian Bun</b></p> 	Egg, Milk, Wheat, Soya	-	Yes	No	<p>312kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p><b>5201481 Sweet Buns, Cinnamon</b></p> 	Egg, Milk, Wheat, Soya	-	Yes	No	<p>324kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p><b>5201481 Sweet Buns, Lemon Drizzle</b></p> 	Egg, Milk, Wheat, Soya	-	Yes	No	<p>329kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p><b>5214703 Large Empire Biscuit</b></p> 	Wheat	Traces of Egg, Milk, Soya, Nuts and Other Cereals Containing Gluten	No	No	<p>679kcal per piece</p> <p>Adults need around 2000kcal a day</p>





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<p><b>5224386 Cinnamon Swirl</b></p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts</p>	<p>Yes</p>	<p>No</p>	<p>290kcal per piece Adults need around 2000kcal a day</p>
<p><b>118056 Cheese Twist</b></p> 	<p>Milk, Wheat, Mustard, Barley</p>	<p>Traces of Celery, Egg, Nuts, Sesame and Soya</p>	<p>Yes</p>	<p>No</p>	<p>321kcal per piece Adults need around 2000kcal a day</p>
<p><b>99607 Goat's Cheese &amp; Tomato Focaccia</b></p> 	<p>Milk, Wheat</p>	<p>-</p>	<p>Yes</p>	<p>No</p>	<p>253kcal per piece Adults need around 2000kcal a day</p>
<p><b>59952 Mozzarella &amp; Pesto Focaccia</b></p> 	<p>Milk, Wheat</p>	<p>-</p>	<p>Yes</p>	<p>No</p>	<p>270kcal per piece Adults need around 2000kcal a day</p>



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<b>151935 Pizza Margherita</b> 	Milk, Wheat	-	Yes	No	286kcal per piece Adults need around 2000kcal a day
<b>119627 Vegetable Pizza Slice</b> 	Milk, Wheat	Traces of Mustard, Soya, Nuts, Sesame and Egg	Yes	No	272kcal per piece Adults need around 2000kcal a day

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Other					
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<b>129770 Filled Muffin, Blueberry</b> 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	383kcal per muffin Adults need around 2000kcal a day
<b>129770 Filled Muffin, Triple Chocolate</b> 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	409kcal per muffin Adults need around 2000kcal a day
<b>129770 Filled Muffin, Salted Caramel</b> 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	396kcal per muffin Adults need around 2000kcal a day
<b>129770 Filled Muffin, Lemon Poppyseed</b>  TBC	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	384kcal per muffin Adults need around 2000kcal a day
<b>5211850 Premium Christmas Muffin – Chocolate Orange</b>  TBC	Egg, Milk, Soya, Wheat	Traces of Nuts and Other Cereals containing Gluten	Yes	No	438kcal per muffin Adults need around 2000kcal a day

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<p><b>5211850 Premium Christmas Muffin – Speculoos</b></p> 	Egg, Milk, Soya, Wheat	Traces of Nuts and Other Cereals containing Gluten	Yes	No	<p>469kcal per muffin</p> <p>Adults need around 2000kcal a day</p>
<p><b>5226873 Red Velvet Valentine's Muffin</b></p> 	Egg, Milk, Wheat	Traces of Nuts, Soya and other Cereals containing Gluten	Yes	No	<p>337kcal per muffin</p> <p>Adults need around 2000kcal a day</p>
<p><b>5226879 Chocolate Mini Egg Muffin</b></p> 	Egg, Milk, Nuts, Soya, Wheat	Traces of other Nuts and other Cereals containing Gluten	Yes	No	<p>352kcal per muffin</p> <p>Adults need around 2000kcal a day</p>
<p><b>5226879 Carrot Cake</b></p>	Egg, Milk, Nuts, Soya, Wheat	Traces of other Nuts and other Cereals containing Gluten	Yes	No	<p>352kcal per muffin</p> <p>Adults need around 2000kcal a day</p>



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 <p><b>Muffin</b></p>					
<p><b>5221093 Triple Choc Cookie</b></p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>-</p>	<p>Yes</p>	<p>No</p>	<p>317kcal per cookie  Adults need around 2000kcal a day</p>
<p><b>5221093 Double Choc Cookie</b></p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>-</p>	<p>Yes</p>	<p>No</p>	<p>320kcal per cookie  Adults need around 2000kcal a day</p>
<p><b>5221093 White Chocolate Chip Cookie</b></p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>-</p>	<p>Yes</p>	<p>No</p>	<p>325kcal per cookie  Adults need around 2000kcal a day</p>
<p><b>5213806 Ultimate Chocolate Brownie</b></p> 	<p>Egg, Milk, Soya, Wheat</p>	<p>Traces of Nuts and Other Cereals Containing Gluten</p>	<p>Yes</p>	<p>No</p>	<p>323kcal per brownie  Adults need around 2000kcal a day</p>

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<p><b>128974 Pastel de Nata</b></p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts, Sesame, and Soya</p>	<p>Yes</p>	<p>No</p>	<p>164kcal per piece Adults need around 2000kcal a day</p>
<p><b>114732 Jam Filled Doughnut</b></p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Sesame</p>	<p>Yes</p>	<p>No</p>	<p>259kcal per doughnut Adults need around 2000kcal a day</p>
<p><b>5210284 Ring Doughnuts, Chocolate</b></p> 	<p>Wheat</p>	<p>Traces of Egg, Milk, Soya, Rye, Barley, Oats, Spelt, Kamut</p>	<p>No</p>	<p>No</p>	<p>197kcal per doughnut Adults need around 2000kcal a day</p>
<p><b>5708092 Chocolate &amp; Hazelnut Doughnut</b></p> 	<p>Wheat, Milk, Egg, Soya, Hazelnuts</p>	<p>Traces of Almonds, Pistachios, Sesame, other Nuts and Mustard</p>	<p>Yes</p>	<p>No</p>	<p>376kcal per doughnut Adults need around 2000kcal a day</p>
<p><b>5705706 Filled Ring Doughnuts, Lemon</b></p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg and Nuts</p>	<p>Yes</p>	<p>No</p>	<p>296kcal per doughnut Adults need around 2000kcal a day</p>
<p><b>5705706 Filled Ring Doughnuts, Salted</b></p>	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg and Nuts</p>	<p>Yes</p>	<p>No</p>	<p>296kcal per doughnut Adults need around 2000kcal a day</p>




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 <p><b>Caramel</b></p>					
<p><b>116486 Pink Iced Ring Doughnut</b></p> 	<p>Milk, Soya, Wheat</p>	<p>Traces of Egg, Nuts, Mustard and Sesame</p>	<p>No</p>	<p>No</p>	<p>231kcal per doughnut Adults need around 2000kcal a day</p>
<p><b>5205055 Toffee Yum Yum</b></p> 	<p>Egg, Milk, Wheat</p>	<p>Traces of Nuts, Peanuts and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>431kcal per piece Adults need around 2000kcal a day</p>
<p><b>5709749 Jaffa Doughnut</b></p> 	<p>Milk, Wheat, Egg</p>	<p>Traces of Nuts, Soya, Hazelnuts, Almonds, Sesame and Mustard</p>	<p>Yes</p>	<p>No</p>	<p>330kcal per doughnut Adults need around 2000kcal a day</p>
<p><b>109878 Halloween Doughnut</b></p> 	<p>Milk, Wheat, Soya</p>	<p>Traces of Egg, Mustard, Nuts and Sesame</p>	<p>Yes</p>	<p>No</p>	<p>235kcal per doughnut Adults need around 2000kcal a day</p>

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<b>Hot</b>					
<b>Product</b>	<b>Allergens</b>	<b>May Contain</b> (not displayed on ticket)	<b>Vegetarian?</b>	<b>Vegan?</b>	<b>Calorie Information</b>

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<p><b>5224737 Rowe's</b></p>  <p><b>Sausage Roll</b></p>	<p>Barley, Milk, Wheat</p>	<p>Traces of Egg</p>	<p>No</p>	<p>No</p>	<p>268kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p><b>5224795 Rowe's</b></p>  <p><b>Vegan Roll</b></p>	<p>Wheat</p>	<p>Traces of Egg and Milk</p>	<p>Yes</p>	<p>Yes</p>	<p>266kcal per piece</p> <p>Adults need around 2000kcal a day</p>
<p><b>5224796 Rowe's Bacon &amp; Cheese</b></p>	<p>Milk, Wheat</p>	<p>Traces of Egg</p>	<p>No</p>	<p>No</p>	<p>336kcal per piece</p> <p>Adults need around 2000kcal a day</p>


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 <p><b>Turnover</b></p>					
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