

Bakery Product Range – Allergy Advice

Updated 09.06.2026

For more information on additives and ingredients, please check the ingredients label on the product box or contact Customer Care on 0203 966 5566.

Loaves					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
5300877 Multiseed Cob 	Barley, Milk, Oats, Rye, Soya, Wheat	Traces of Sesame	Yes	No	1148kcal per item Item serves 8 people Adults need around 2000kcal a day
146327 Crusty Wheat and Rye Bloomer 	Rye, Wheat	Traces of Egg, Lupin, Milk, Nuts, Mustard, Sesame, Soya and other Cereals containing Gluten.	Yes	Yes	1392kcal per item Item serves 6 people Adults need around 2000kcal a day
5230481 White Sourdough Bloomer 	Wheat	Traces of Egg, Milk, Soya, Rye, Barley, Oat, Spelt and Kamut	Yes	Yes	1410kcal per item Item serves 12 people Adults need around 2000kcal a day
6610963 Seeded Sourdough Loaf 	Barley, Oats, Rye, Sesame, Wheat	Traces of Lupin, Milk, Nuts, Soya and other Cereals containing Gluten	Yes	Yes	1072kcal per item Item serves 11 people Adults need around 2000kcal a day
225744 San Francisco Style Sourdough Bloomer TBC	Barley, Rye, wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten.	Yes	No	1578kcal per item Item serves 12 people Adults need around 2000kcal a day

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Rolls / Baguettes					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
92781 Petit Pain 	Wheat	Traces of Sesame	Yes	Yes	163kcal per roll Adults need around 2000kcal a day
7003 White Crusty Roll 	Wheat	Traces of other Cereals containing Gluten	Yes	Yes	189kcal per roll Adults need around 2000kcal a day
5204863 Scottish Crispy Roll 	MOT Barley, Soya, Rye, Wheat	-	Yes	Yes	180kcal per roll Adults need around 2000kcal a day
5303551 Ancient Grain Roll 	AVO, BEL, BRI, ENF, EXE, LTN, NAY, NFL, PET, RUN, SOU, WED Barley, Milk, Oats, Rye, Spelt, Wheat	-	Yes	No	225kcal per roll Adults need around 2000kcal a day
5302766 Stone Baked White Roll 	Wheat	Traces of Milk and other Cereals containing Gluten	Yes	No	244kcal per roll Adults need around 2000kcal a day

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5312639 Olive Focaccia 		Traces of Milk and other Cereals containing Gluten			265kcal per roll Adults need around 2000kcal a day
72938 Cheese Pretzel Roll 	Milk, Wheat	Traces of Egg, Lupin, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	270kcal per roll Adults need around 2000kcal a day
1950 Italian Style Panini Roll 	Milk, Wheat	-	Yes	No	218kcal per roll Adults need around 2000kcal a day
5201750 Demi Baguette 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	Yes	298kcal per piece Adults need around 2000kcal a day
6742 Large French Baguette 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	1000kcal per item Item serves 4 people Adults need around 2000kcal a day
5307873 White Artisan Baguette 	Wheat	Traces of Milk	Yes	No	586kcal per item Adults need around 2000kcal a day

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144723 Rustic Baguette 	Barley, Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya, Sulphites and other Cereals containing Gluten	Yes	No	650kcal per item Item serves 5 people Adults need around 2000kcal a day
95664 Pretzel 	Wheat	Traces of Egg, Lupin, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	272kcal per piece Adults need around 2000kcal a day
99773 Cheese Covered Pretzel 	Milk, Wheat	Traces of Egg, Lupin, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	298kcal per piece Adults need around 2000kcal a day
5007219 Pizza Pretzel 	Milk, Wheat	Traces of Egg, Lupin, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	234kcal per piece Adults need around 2000kcal a day

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Pastries					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
121278 All Butter Croissant 	AVO, BRI, ENF, LTN, MOT, NAY, NFL, PET, RUN & WED Milk, Wheat	Traces of Celery, Egg, Lupin, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	306kcal per item Adults need around 2000kcal a day
121278 All Butter Croissant 	BEL, SOU, DON, EXE Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, soya and other Cereals containing Gluten	Yes	No	229kcal per item Adults need around 2000kcal a day
5217353 Chocolate Hazelnut Croissant 	RUN, NAY, BRI, DON, WED, MOT, PET & LTN Egg, Hazelnuts, Milk, Soya, Wheat	Traces of other Nuts and other Cereals containing Gluten	Yes	No	302kcal per piece Adults need around 2000kcal a day
5217353 Chocolate Hazelnut Croissant 	BEL, NFL, SOU, EXE & AVO Egg, Hazelnuts, Milk, Soya, Wheat	Traces of other Nuts, Sesame and other Cereals containing Gluten	Yes	No	352kcal per piece Adults need around 2000kcal a day
5224306 Almond Croissant 	Almonds, Egg, Milk, Wheat	Traces of Other Nuts	Yes	No	303kcal per piece Adults need around 2000kcal a day

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183989 Ham & Cheese Croissant 	Egg, Milk, Wheat	Traces of Celery, Nuts, Mustard, Sesame, Soya and other Cereals containing Gluten	No	No	394kcal per piece Adults need around 2000kcal a day
5902902 Chocolate Brioche Croissant 	Hazelnut, Milk, Wheat	Traces of Egg, Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	448kcal per piece Adults need around 2000kcal a day
204472 Pain au Double Choc with Hazelnuts 	Egg, Hazelnuts, Milk, Wheat	Traces of Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	329kcal per piece Adults need around 2000kcal a day
5221170 All Butter Pain au Chocolat 	BRI, DON, ENF, LTN, MOT, NAY, PET, RUN & WED Egg, Milk, Soya, Wheat	Traces of Nuts and Sesame	Yes	No	339kcal per piece Adults need around 2000kcal a day
5221170 All Butter Pain au Chocolat 	BEL, NFL, SOU, EXE & AVO Egg, Milk, Soya, Wheat	Traces of Nuts and Sesame	Yes	No	373kcal per piece Adults need around 2000kcal a day

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1003251 Caramel Suisse 	Barley, Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten.	No	No	277kcal per piece Adults need around 2000kcal a day
57733 Pain aux Raisin 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	318kcal per piece Adults need around 2000kcal a day
5221171 Maple & Pecan Plait 	Egg, Milk, Pecans, Wheat	Traces of Other Nuts	Yes	No	337kcal per piece Adults need around 2000kcal a day
190023 Apple Turnover 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	Yes	309kcal per piece Adults need around 2000kcal a day
6205048 Spinach & Feta Borek 	BEL, LTN Milk, Wheat	Traces of Celery, Egg, Lupin, Mustard, Nuts, Peanuts, Sesame, Soya, Sulphites and other Cereals containing Gluten	No	No	253kcal per piece Adults need around 2000kcal a day

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5311266 Rosemary & Sea Salt Focaccia Roll 	Wheat	Traces of Milk and other Cereals containing Gluten	Yes	Yes	247kcal per piece Adults need around 2000kcal a day
1003727 Focaccia Pizza Peperoni 	Milk, Wheat	Traces of Egg, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	No	No	340kcal per piece Adults need around 2000kcal a day
119627 Vegetable Pizza Slice 	Milk, Wheat	Traces of Egg, Mustard, Nuts, Soya and Sesame	Yes	No	272kcal per piece Adults need around 2000kcal a day
151935 Pizza Margherita 	Milk, Wheat	Traces of Egg, Mustard, Nuts and Sesame	Yes	No	241kcal per piece Adults need around 2000kcal a day
229657 Mozzarella & Pesto Pizza 	Milk, Wheat	Traces of Egg, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	No	No	305kcal per piece Adults need around 2000kcal a day

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1016391 Pesto Swirl 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	326kcal per piece Adults need around 2000kcal a day
207369 Cheese Twist 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	303kcal per piece Adults need around 2000kcal a day
5205055 Toffee Filled Yum Yum 	Egg, Milk, Wheat	Traces of Nuts and Peanuts	Yes	No	350kcal per piece Adults need around 2000kcal a day
85266 Chocolate Twist 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya, and other Cereals containing Gluten	Yes	No	303kcal per piece Adults need around 2000kcal a day

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Other					
Product	Allergens	May Contain (not displayed on ticket)	Vegetarian?	Vegan?	Calorie Information
129770 Filled Muffin, Blueberry 	Egg, Milk, Wheat	Traces of Lupins, Nuts, Sesame, Soya, and other Cereals containing Gluten	No	No	373kcal per muffin Adults need around 2000kcal a day
129770 Filled Muffin, Triple Chocolate 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame, and other Cereals containing Gluten	No	No	391kcal per muffin Adults need around 2000kcal a day
129770 Filled Muffin, Salted Caramel 	Egg, Milk, Soya, Wheat	Traces of Lupins, Nuts, Sesame and Sulphites	Yes	No	396kcal per muffin Adults need around 2000kcal a day
5224931 Victoria Sponge Muffin 	Egg, Milk, Wheat	Traces of Nuts, Soya and Other Cereals containing Gluten	Yes	No	411kcal per piece Adults need around 2000kcal a day
5914694 Speculoos Muffin 	Egg, Milk, Soya, Wheat	Traces of Nuts, Sesame and other Cereals Containing Gluten	No	No	473kcal per piece Adults need around 2000kcal a day

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5237202 Iron Brew Muffin 	MOT Egg, Wheat	Traces of Milk, Nuts and other Cereals Containing Gluten	Yes	No	427kcal per piece Adults need around 2000kcal a day
5238039 Rolo Muffin 	Egg, Milk, Wheat	Traces of Nuts, Soya, and other Cereals Containing Gluten	No	No	309kcal per piece Adults need around 2000kcal a day
5238039 Munchies Muffin 	Barley, Egg, Milk, Wheat	Traces of Nuts, Soya, and other Cereals Containing Gluten	No	No	320kcal per piece Adults need around 2000kcal a day
5236523 Chocolate Fudge Cake 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals Containing Gluten	Yes	No	183kcal per piece Adults need around 2000kcal a day
5236524 Angel Cake 	Egg, Wheat	Traces of Milk, Nuts, Soya and other Cereals Containing Gluten	Yes	No	184kcal per piece Adults need around 2000kcal a day

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5221093 Triple Chocolate Cookie 	RUN, NAY, SOU, WED, EXE, MOT, PET, LTN Egg, Milk, Soya, Wheat	Traces of Mustard, Nuts, Sesame and other Cereals Containing Gluten	Yes	No	322kcal per cookie Adults need around 2000kcal a day
5221093 Milk Chocolate Cookie 	RUN, NAY, SOU, WED, EXE, MOT, PET, LTN Egg, Milk, Soya, Wheat	Traces of Mustard, Nuts, Sesame and other Cereals Containing Gluten	Yes	No	325kcal per cookie Adults need around 2000kcal a day
5221093 White Chocolate Cookie 	RUN, NAY, SOU, WED, EXE, MOT, PET, LTN Egg, Milk, Soya, Wheat	Traces of Mustard, Nuts, Sesame and other Cereals Containing Gluten	Yes	No	333kcal per cookie Adults need around 2000kcal a day
5232506 Triple Chocolate Cookie 	BRI, AVO, NFL, BEL, ENF, DON Milk, Soya, Wheat	Traces of Egg, Nuts and other Cereals Containing Gluten	Yes	No	344kcal per cookie Adults need around 2000kcal a day
5232506 Milk Chocolate Cookie 	BRI, AVO, NFL, BEL, ENF, DON Milk, Soya, Wheat	Traces of, Egg, Nuts and other Cereals Containing Gluten	Yes	No	350kcal per cookie Adults need around 2000kcal a day
5232506 White Chocolate Cookie 	BRI, AVO, NFL, BEL, ENF, DON Milk, Soya, Wheat	Traces of Egg, Nuts and other Cereals Containing Gluten	Yes	No	350kcal per cookie Adults need around 2000kcal a day

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5232500 Half & Half Cookie 	Milk, Soya, Wheat	Traces of Egg, Nuts and other Cereals containing Gluten	Yes	No	303kcal per cookie Adults need around 2000kcal a day
5234273 Half & Half Chocolate & Caramel Cookie 	Milk, Soya, Wheat	Traces of Egg, Nuts and other Cereals containing Gluten	Yes	No	296kcal per cookie Adults need around 2000kcal a day
5236886 Hazelnut Filled Cookie with Drizzle 	Egg, Hazelnuts, Milk, Soya, Wheat	Traces of other Nuts and other Cereals containing Gluten	Yes	No	383kcal per cookie Adults need around 2000kcal a day
5237600 Cookies & Cream Crumb Cookie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	385kcal per cookie Adults need around 2000kcal a day
5214703 Large Empire Biscuit 	RUN, NAY, DON & MOT Wheat	Traces of Egg, Milk, Soya, Nuts and Other Cereals Containing Gluten	No	No	698kcal per piece Adults need around 2000kcal a day
5235591 Caramelised Biscuit Empire 	MOT Milk, Soya, Wheat	Traces of Egg and other Cereals containing Gluten	Yes	No	623kcal per piece Adults need around 2000kcal a day

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5237701 Caramelised Biscuit Slice 	MOT Milk, Soya, Wheat	Traces of Nuts, Peanuts and other Cereals containing Gluten	No	No	358kcal per piece Adults need around 2000kcal a day
5235101 Brookie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	294kcal per piece Adults need around 2000kcal a day
5226874 Ultimate Chocolate Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	308kcal per piece Adults need around 2000kcal a day
5226875 Cheesecake Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	288kcal per piece Adults need around 2000kcal a day
5236522 Mississippi Mud Pie Brownie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	350kcal per piece Adults need around 2000kcal a day
5229237 Triple Chocolate Blondie 	Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	296kcal per piece Adults need around 2000kcal a day

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5233953 Tablet Blondie 	MOT Egg, Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	296kcal per piece Adults need around 2000kcal a day
5236426 Millionaire Honeycomb Slice 	MOT Barley, Milk, Oats, Soya, Wheat	Traces of Egg, Nuts and Other Cereals Containing Gluten	Yes	No	286kcal per piece Adults need around 2000kcal a day
5232750 All Butter Caramel Shortbread 	Milk, Soya, Wheat	Traces of Egg, Nuts and other Cereals containing Gluten	Yes	No	328kcal per piece Adults need around 2000kcal a day
5238029 Chocolate Chip Loaf TBC	Egg, Milk, Soya, Wheat	Traces of Nut and other Cereals containing Gluten	Yes	No	341kcal per piece Adults need around 2000kcal a day
128974 Pastel de Nata 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	164kcal per piece Adults need around 2000kcal a day
114732 Jam Filled Doughnut 	Egg, Milk, Wheat	Traces of Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	265kcal per doughnut Adults need around 2000kcal a day

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5708092 Chocolate & Hazelnut Doughnut 	Egg, Hazelnuts, Milk, Wheat	Traces of Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	365kcal per doughnut Adults need around 2000kcal a day
5310975 White Chocolate & Speculoos Doughnut 	BEL, DON, ENF, LTN, NAY, NFL, RUN Egg, Milk, Soya, Wheat	Traces of Sulphites and other Cereals containing Gluten	Yes	No	336kcal per doughnut Adults need around 2000kcal a day
5312117 Chocolate Puddle Doughnut 	Egg, Milk, Soya, Wheat	Traces of Sulphites and other Cereals containing Gluten	Yes	No	286kcal per doughnut Adults need around 2000kcal a day
5312453 Snowball Puddle Doughnut 	MOT Egg, Milk, Soya, Wheat	N/A	Yes	No	290kcal per doughnut Adults need around 2000kcal a day
228129 Dubai Style Doughnut TBC	Egg, Milk, Pistachio Nuts, Wheat	Traces of Lupin, Mustard, other Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	375kcal per doughnut Adults need around 2000kcal a day

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159229 Caramel Filled Ring Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	No	No	307kcal per doughnut Adults need around 2000kcal a day
214375 Strawberry Cheesecake Filled Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	Yes	No	330kcal per doughnut Adults need around 2000kcal a day
159266 White and Milk Chocolate Drizzle Doughnut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	Yes	No	374kcal per doughnut Adults need around 2000kcal a day
116486 Pink Iced Ring Doughnut 	RUN, BEL, NAY, ENF, BRI, NFL, SOU, DON, LTN Milk, Soya, Wheat	Traces of Egg, Nuts, Mustard and Sesame	No	No	231kcal per doughnut Adults need around 2000kcal a day
116486 Pink Iced Ring Doughnut 	WED, EXE, AVO, MOT, PET Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	No	No	250kcal per doughnut Adults need around 2000kcal a day

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159200 Chocolate Ring Doughnut 	Milk, Soya, Wheat	Traces of Nuts and other Cereals containing Gluten	Yes	No	248kcal per doughnut Adults need around 2000kcal a day
159136 Sugar Cronut 	Wheat	Traces of Egg, Milk, Mustard, Nuts, Sesame, Soya and other Cereals containing Gluten	Yes	No	410kcal per piece Adults need around 2000kcal a day
159134 Chocolate Cronut 	Milk, Wheat	Traces of Egg, Mustard, Nuts, Sesame, Soya other Cereals containing Gluten	No	No	504kcal per piece Adults need around 2000kcal a day
180906 Caramel Crunch Cronut 	Milk, Soya, Wheat	Traces of Egg, Mustard, Nuts, Sesame and other Cereals containing Gluten	No	No	429kcal per piece Adults need around 2000kcal a day
5201481 Belgian Bun 	Egg, Milk, Wheat	Traces of Soya and other Cereals containing Gluten	Yes	No	364kcal per piece Adults need around 2000kcal a day

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5201481 Cinnamon Bun 	Egg, Milk, Wheat	Traces of Soya and other Cereals containing Gluten	Yes	No	374kcal per piece Adults need around 2000kcal a day
5230478 Salted Caramel Bun 	Egg, Milk, Soya, Wheat	Traces of Barley, Oat, Rye, Spelt and Kamut	Yes	No	334kcal per piece Adults need around 2000kcal a day

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