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PRODUCTS - BAGUETTES	PEANUT	TREE NUTS	CEREALS CONTAINING GLUTENS	EGG	MILK	SOYA	SESAME SEEDS	LUPIN	CELERY	MUSTARD	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	MAY CONTAIN. Where 'May Contain' is complete, the allergen is handled on site at the bakery and although strict procedures are in place to prevent cross contamination, the product cannot be guaranteed to be free of the allergen.	OTHER INFORMATION
BAGUETTE B.L.T			✓ WHEAT	✓						✓						
BAGUETTE BEEF			✓ WHEAT													
BAGUETTE BUTTERED			✓ WHEAT		✓											
BAGUETTE CHEESE & HAM			✓ WHEAT		✓											
BAGUETTE CHEESE GRATED			✓ WHEAT		✓											
BAGUETTE CHEESE MAYO MIX			✓ WHEAT	✓	✓					✓						
BAGUETTE CHEESE, MAYO & HAM			✓ WHEAT	✓	✓					✓						
BAGUETTE CHICKEN & BACON			✓ WHEAT	✓						✓						
BAGUETTE CHICKEN & STUFFING			✓ WHEAT													
BAGUETTE CHICKEN CHAR GRILL			✓ WHEAT													



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BAGUETTE CHICKEN SALAD			✓ WHEAT													
BAGUETTE CHICKEN TIKKA			✓ WHEAT	✓	✓					✓						
BAGUETTE EGG MAYO MIX			✓ WHEAT	✓						✓						
BAGUETTE HAM			✓ WHEAT													
BAGUETTE HAM & EGG MAYO			✓ WHEAT	✓						✓						
BAGUETTE PLOUGHMANS			✓ WHEAT	✓	✓					✓				✓		
BAGUETTE PRAWN MAYO			✓ WHEAT	✓						✓		✓				
BAGUETTE TUNA MAYO			✓ WHEAT	✓						✓	✓					
BAGUETTE TUNA SAVOURY			✓ WHEAT	✓						✓	✓					
BAGUETTE SAUSAGE & EGG MAYO			✓ WHEAT	✓	✓					✓				✓		
BAGUETTE TURKEY			✓ WHEAT													



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PRODUCTS - SANDWICHES	PEANUT	TREE NUTS	CEREALS CONTAINING GLUTENS	EGG	MILK	SOYA	SESAME SEEDS	LUPIN	CELERY	MUSTARD	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	MAY CONTAIN. Where 'May Contain' is complete, the allergen is handled on site at the bakery and although strict procedures are in place to prevent cross contamination, the product cannot be guaranteed to be free of the allergen.	OTHER INFORMATION
B.L.T BARM			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
B.L.T BIN LID/ B.L.T HALF BIN LID			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
B.L.T LUNCH ROLL			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
B.L.T SEEDED			✓ WHEAT	✓		✓	✓			✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
BACON / SAUSAGE / EGG LUNCH ROLL			✓ WHEAT	✓		✓								✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
BACON / SAUSAGE / EGG TOAST			✓ WHEAT	✓		✓								✓		Contains Yeast
BACON / SAUSAGE / EGG BARM			✓ WHEAT	✓		✓								✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
BACON & FRIED EGG LUNCH ROLL			✓ WHEAT	✓		✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
BACON ON LUNCH ROLL			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



BEEF BARM CAKE			✓ WHEAT		✓											May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
BEEF BINLID			✓ WHEAT		✓											May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
BEEF HALFBIN LID			✓ WHEAT		✓											May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
BEEF LUNCH ROLL			✓ WHEAT		✓											May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
BEEF SEEDED			✓ WHEAT		✓	✓										May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast

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PRODUCTS - SANDWICHES CONTINUES	PEANUT	TREE NUTS	CEREALS CONTAINING GLUTENS	EGG	MILK	SOYA	SESAME SEEDS	LUPIN	CELERY	MUSTARD	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	MAY CONTAIN. Where 'May Contain' is complete, the allergen is handled on site at the bakery and although strict procedures are in place to prevent cross contamination, the product cannot be guaranteed to be free of the allergen.	OTHER INFORMATION
*BUTTERED BARM			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
*BUTTERED BIN LID			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
*BUTTERED LUNCH ROLL			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHARGRILL CHICK SEEDED			✓ WHEAT			✓	✓								May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast



CHARGRILLCHICK BIN LID		✓ WHEAT		✓										May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHARGRILLCHICKEN BARM		✓ WHEAT		✓										May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHARGRILLCHICKEN L/R		✓ WHEAT		✓										May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHEESE / ONION / MAYO MIX			✓	✓					✓						
CHEESE & HAM TOASTIE		✓ WHEAT		✓	✓										Contains Yeast
CHEESE & ONION TOASTIE		✓ WHEAT		✓	✓										Contains Yeast
CHEESE MAYO & HAM LUNCH ROLL		✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHEESE MAYO & HAM SEEDED		✓ WHEAT	✓	✓	✓	✓			✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
CHEESE MAYO BARM		✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHEESE MAYO BIN LID		✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHEESE MAYO LUNCH ROLL		✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHEESE MAYO SEEDED ROLL		✓ WHEAT	✓	✓	✓	✓			✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHEESE MIX & HAM BIN LID		✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHEESE ON TOAST		✓ WHEAT		✓	✓										Contains Yeast



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CHEESE SALAD LUNCH ROLL			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICK & STUFF BARMCAKE			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN & BACON BIN LID			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN & BACON HALF BIN LID			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN & BACON LUNCH ROLL			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN & BACON SEEDED			✓ WHEAT	✓		✓	✓			✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
CHICKEN & BACON SLICE			✓ WHEAT	✓		✓				✓						Contains Yeast
CHICKEN BIN LID			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN HALF BIN LID			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



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CHICKEN SEEDED ROLL			✓ WHEAT	✓		✓	✓			✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
CHICKEN STUFFING L/ROL			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN TIKKA BIN LID			✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN TIKKA HALF BIN LID			✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN TIKKA LUNCH ROLL			✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN TIKKA MIX			✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
CHICKEN TIKKA SEEDED			✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
CHICKEN/ BACON BARM (WITH MAYO)			✓ WHEAT			✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
EGG / MAYO MIX				✓						✓						
EGG BARM			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



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EGG MAYO HALF BIN LID			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
EGG MAYO LUNCH ROLL			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
EGG MAYO MIX SEEDED			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
EGG ON TOAST			✓ WHEAT	✓		✓										
EGG SALAD BOX				✓												
FULL MONTY BIN LID			✓ WHEAT	✓		✓								✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
GRATED CHEESE & HAM BARM			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
GRATED CHEESE & HAM L/R			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
GRATED CHEESE BARM			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



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GRATED CHEESE BIN LID			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
GRATED CHEESE HALF BIN LID			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
GRATED CHEESE LUNCH ROLL			✓ WHEAT		✓	✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
GRATED CHEESE SEEDED ROLL			✓ WHEAT		✓	✓	✓								May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
HAM & CHEESE MAYO BARM			✓ WHEAT	✓	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAM & EGG MAYO BARM			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAM & EGG MAYO LUNCH ROLL			✓ WHEAT	✓		✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAM & EGG SEEDED ROLL			✓ WHEAT	✓		✓	✓								May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAM BIN LID / HAM HALF BIN LID			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



HAM LUNCH ROLL		✓ WHEAT		✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAM SEEDED		✓ WHEAT		✓	✓								May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAM & EGG MAYO BIN LID		✓ WHEAT	✓	✓				✓					May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAM BARM CAKE		✓ WHEAT		✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
HAPPY SLICED BREAD		✓ WHEAT		✓										
HOT BEEF & ONION BARM		✓ WHEAT		✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
PLOUGHMANS BARM		✓ WHEAT	✓	✓	✓			✓				✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
PLOUGHMANS BIN LID		✓ WHEAT	✓	✓	✓			✓				✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
PLOUGHMANS HALF BIN LID		✓ WHEAT	✓	✓	✓			✓				✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
PLOUGHMANS LUNCH ROLL		✓ WHEAT	✓	✓	✓			✓				✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
PLOUGHMANS SPECIAL SEEDED		✓ WHEAT	✓	✓	✓	✓		✓				✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
PRAWN MAYO BARM		✓ WHEAT	✓	✓				✓		✓			May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
PRAWN MAYO BIN LID		✓ WHEAT	✓	✓				✓		✓			May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



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PRAWN MAYO LUNCH ROLL			✓ WHEAT	✓		✓				✓		✓			May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
PRAWN MAYO SEEDED			✓ WHEAT	✓		✓	✓			✓		✓			May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
PRAWN MIX				✓						✓		✓				
TUNA SAVOURY LUNCH ROLL			✓ WHEAT	✓		✓				✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TUNA/MAYO MIX				✓						✓	✓					
TUNA/SAVOURY MIX				✓						✓	✓					
TURKEY HALFBIN LID			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TURKEY SEEDED			✓ WHEAT			✓	✓								May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
TURKEY BARMCAKE			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TURKEY BIN LID			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TURKEY LUNCH ROLL			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



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SAUSAGE & EGG MAYO L/R			✓ WHEAT	✓	✓	✓				✓				✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
SAUSAGE & FRIED EGG L/R			✓ WHEAT	✓		✓								✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
SAUSAGE L/ROLL			✓ WHEAT			✓								✓	May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TUNA MAYO BIN LID			✓ WHEAT	✓		✓				✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TUNA MAYO HALF B/LID			✓ WHEAT	✓		✓				✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TUNA MAYO LUNCH ROLL			✓ WHEAT	✓		✓				✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TUNA MAYO SEEDED ROLL			✓ WHEAT	✓			✓			✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
TUNA SAVORY SEEDED ROLL			✓ WHEAT	✓			✓			✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut)	Contains Yeast
TUNA SAVOURY BARM			✓ WHEAT	✓		✓				✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TUNA SAVOURY BIN LID /HALF BIN LID			✓ WHEAT	✓		✓				✓	✓				May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast



PRODUCTS - SALADS	PEANUT	TREE NUTS	CEREALS CONTAINING GLUTENS	EGG	MILK	SOYA	SESAME SEEDS	LUPIN	CELERY	MUSTARD	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	MAY CONTAIN. Where 'May Contain' is complete, the allergen is handled on site at the bakery and although strict procedures are in place to prevent cross contamination, the product cannot be guaranteed to be free of the allergen.	OTHER INFORMATION
SALAD BARM CAKE (PLAIN)			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
SALAD BIN LID			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
SALAD PLAIN																
SALAD BOX 1/2 PORK PIES			✓ WHEAT	✓											May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains MSG
SALAD BOX CHEESE					✓											
SALAD BOX CHICKEN																
SALAD BOX CHICKEN TIKKA				✓	✓					✓						
SALAD BOX HAM																
SALAD BOX PORK PIE			✓ WHEAT	✓											May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains MSG
SALAD BOX PRAWN				✓	✓							✓				
SALAD BOX TURKEY																
SALAD LUNCH ROLL (PLAIN)			✓ WHEAT			✓									May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
SALAD SEEDED			✓ WHEAT			✓	✓								May contain: Traces of peanuts/ Tree nuts (Almond, Hazelnut & Walnut) & or Sesame Seeds	Contains Yeast
TUNA MIX SALAD BOX				✓						✓	✓					



PRODUCTS - SANDWICHES SOUPS & SUNDRIES	PEANUT	TREE NUTS	CEREALS CONTAINING GLUTENS	EGG	MILK	SOYA	SESAME	LUPIN	CELERY	MUSTARD	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	MAY CONTAIN. Where 'May Contain' is complete, the allergen is handled on site at the bakery and although strict procedures are in place to prevent cross contamination, the product cannot be guaranteed to be free of the allergen.	OTHER INFORMATION
TOMATOES																
SPREAD (TUB=2000GMS)																
SOUP - KNORR MINESTRONE			✓ WHEAT	✓	✓				✓							
SOUP - KNORR CARROT & CORIANDER				✓	✓											
SOUP - KNORR BEEF GOULASH			✓ WHEAT & BARLEY							✓					EGG, MILK, CELERY	
SOUP - KNORR THAI STYLE VEG					✓											
SOUP - KNORR RED PEPPER & TOMATO					✓											
SOUP - KNORR CREAM OF MUSHROOM				✓	✓				✓							
SOUP - KNORR CREAM OF CHICKEN			✓ WHEAT	✓	✓											
SOUP - KNORR HIGHLAND VEG			✓ BARLEY						✓							
SOUP - KNORR LEEK & POT					✓				✓							
SOUP - KNORR WILD MUSHROOM			✓ WHEAT		✓											
SOUP - KNORR COUNTRY CHICKEN & VEG			✓ WHEAT & BARLEY	✓	✓				✓						MUSTARD	
SOUP - KNORR CHICKEN TIKKA			✓ WHEAT		✓											
SOUP - KNORR INDIAN CHIC & TOM			✓ BARLEY		✓				✓						MUSTARD & EGG	



PRODUCTS - SANDWICHES SOUPS & SUNDRIES	PEANUT	TREE NUTS	CEREALS CONTAINING GLUTENS	EGG	MILK	SOYA	SESAME	LUPIN	CELERY	MUSTARD	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	Contains Celery	OTHER INFORMATION
SAUCE PORTION - TOMATO SAUCE SACHA									✓							
SAUCE PORTION - MUSTARD SAUCE SACHA										✓						
SAUCE PORTION - BAKO REAL MAYO SMALL TUB				✓						✓						
SAUCE PORTION - SALAD CREAM SACHA				✓						✓						
SAUCE PORTION - BROWN SAUCE SACHA			✓ WHEAT													Barley, Rye & Gluten
SAUCE - TUB MAYO REAL 5LTR				✓						✓						
MARMALADE														✓		
MIXED JAM																
BEANS																
BLOCK BUTTER EACH					✓											
BOX BUTTER (40) M. ST.					✓											
BRANSTON PER JAR														✓		
BUNCH OF SPRING ONION																
*BUTTER					✓											
COOKED MEATS - BACON																
COOKED MEATS - BEEF																
COOKED MEATS - CHAR-GRL CHICK																
COOKED MEATS - HAM																
COOKED MEATS - ITALIAN CHICKEN																
COOKED MEATS - SAUSAGE			✓ WHEAT											✓		
COOKED MEATS - TURKEY																
COOKED MEATS -CHICKEN																



CRESS																		
CUCUMBER																		
DRIED PEAS BAG																		
FRESH EGGS SINGLE				✓														
GRAVY BISTO			✓ WHEAT															
LETTUCE																		
ONIONS																		
PEAS																		

