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## Allergen Information Guide – All National Products

#### Introduction

Greggs have gluten free products which comply with legal limits for gluten content, by following stringent controls in our manufacturing and shop operations.

Due to the nature of our manufacturing and retail processes, we cannot guarantee that other products sold on these premises are free from the following ingredients and their derivatives: peanuts, nuts, fish, eggs, crustaceans, sesame seeds, milk, soybeans, celery, mustard, lupin, molluscs, cereals containing gluten and sulphites.

Specific allergen information by product recipe is available below: Iphites ∞ Sulphur Dioxide **Bread & Rolls** Crustaceans Sesame Molluscs Peanut Kamut Celery Barley Soya Oats Spelt Nuts Rye Egg Fish ΜĬ Bran & Rye Roll Corn Topped Roll Crusty Bloomer (Small & Large) Crusty Rolls Demi Baguette **√** Floured White Rolls ✓ **√** Half Malted Brown Bloomer Half White Bloomer Malted Brown Bloomer (Large) ✓ **√** ✓ ✓ **√** √ **√ √** Malted Brown Loaf Mini White Sub Roll Morning Roll (Scotland) Seeded Oval Bite ✓ Stottie ✓ Tiger Loaf (Large) White Bloomer (Large) White Sandwich Bread ✓ White Sub Roll

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Specific allergen information by product recipe is available.	ailal	ble	bel	ow:															
Breakfast	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Breakfast Sandwiches																			
Bacon Breakfast Roll	✓		<b>✓</b>				<b>✓</b>				✓								
Bacon & Sausage Breakfast Roll	✓		✓				✓				✓					✓			
Sausage Breakfast Roll	✓		✓				✓				✓					✓			
Bacon & Omelette Breakfast Roll	✓		✓				✓				✓	✓							
Omelette Breakfast Roll	✓		✓				<b>✓</b>				<b>√</b>	✓							
Sausage & Omelette Breakfast Roll	✓		✓				<b>✓</b>				<b>√</b>	<b>√</b>				<b>√</b>			
Bacon Breakfast Baguette	✓										<b>√</b>								
Bacon & Omelette Breakfast Baguette	✓										✓	✓							
Bacon & Sausage Breakfast Baguette	✓		✓								✓					✓			
Omelette Breakfast Baguette	✓										✓	✓							
Sausage Breakfast Baguette	✓		✓								✓					✓			
Sausage& Omelette Breakfast Baguette	✓		✓								✓	✓				✓			
Breakfast Sandwiches (Scotland only)																			
Bacon & Lorne Breakfast Roll	✓		✓				✓				✓					✓			
Lorne Breakfast Roll	✓		✓				✓				✓					✓			
Lorne & Omelette Breakfast Roll	✓		✓				✓				✓	✓				✓			
Bacon & Lorne Breakfast Baguette	✓										✓					✓			
Lorne Breakfast Baguette	✓										✓					✓			
Lorne & Omelette Breakfast Baguette	✓										✓	✓				✓			
Breakfast Wraps																			
Breakfast Wrap	✓		✓								✓	✓				✓	✓		
Free Range Egg & Cheese Wrap	✓										✓	✓					✓		
Individual Items																			
Breakfast Sausage	✓		✓													✓			
Bacon																			
Omelette											✓	✓							
Lorne Sausage	✓															<b>√</b>			

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Greggs have gluten free products which comply with legal limits for gluten content, by following stringent controls in our manufacturing and shop operations.

Specific allergen information by product recipe is available.	ailal	ole	belo	ow:															
Breakfast	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Breakfast Pots/Box - Selected shops only																			
Breakfast Pot / Box	✓		✓								✓	✓				✓			
Veggie Breakfast Pot / Box											<b>√</b>	✓							
Pastries/Confectionery																			
Almond Croissant	✓							✓			✓	✓							
Croissant	✓										✓	✓							
Pain au Chocolat	✓						✓				✓	✓							
Breakfast Sauces/additions																			
Heinz Tomato Ketchup															✓				
HP Brown Sauce		✓	✓																
Spread											✓								
Porridge																			
Shop Prepared Creamy Oats Porridge				✓							✓								
*Golden Syrup Gluten-Free Porridge				✓							✓								
*Red Berry Gluten-Free Porridge				✓							✓								
*Simply Creamy Gluten-Free Porridge				✓							✓								
*Gluten-Free Porridge is made with Gluten-Free oats																			

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Specific allergen information by product recipe is available.	ailal	ole	bel	ow:															
Cold Drinks  Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded cold drinks.	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Greggs Own Label Cold Drinks																			
Apple & Blackcurrant Juice Drink																			
Fairtrade Apple Juice																			
Fairtrade Orange Juice																			
Natural Mineral Water																			
Orange Juice Drink																			
Sparkling Cloudy Lemonade																✓			
Sparkling Florida Orange																			
Sparkling Ginger Beer																			
Sparkling Raspberry Lemonade																			
Still Fruits of the Forest Juice Drink																			
Still Lemon & Lime Water																			
Still Strawberry Water																			
Still Summer Berry Juice Drink																			
Still Tropical Fruit Juice Drink																			
Juicy Beet Cold Pressed Juice																			
Fruity Roots Cold Pressed Juice																			
Zesty Greens Cold Pressed Juice															✓				

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Specific allergen information by product recipe is available.	ailal	ble	bel	ow:															
Confectionery	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Apple Danish	✓						✓				✓	✓				✓			
Banoffee Doughnut	<b>√</b>						✓				✓	<b>√</b>							
Bavarian Slice	✓						✓				<b>√</b>	✓							
Belgian Bun	<b>✓</b>			>			✓									✓			
Belgian Chocolate Caramel Shortbread/Offcuts	✓						✓				✓								
Belgian Chocolate Chunk Shortbreads	<b>✓</b>						✓				<b>✓</b>	✓							
Belgian White Chocolate & Lemon Shortbreads	<b>✓</b>						<b>✓</b>				<b>✓</b>								
Bran Scone	<b>✓</b>						✓				✓								
Bread Pudding	✓		✓	✓			✓				✓					✓			
Brownie Ball Doughnut	<b>✓</b>						<b>✓</b>				✓	<b>✓</b>							
Caramel (Curl) Finger Doughnut	✓						✓				✓	✓							
Caramel Custard Doughnut	<b>✓</b>						<b>✓</b>				✓	<b>✓</b>							
Caramel Latte Eclair	<b>✓</b>						<b>✓</b>				✓	<b>✓</b>							
Cheese Scone	✓										✓	✓					✓		
Chocolate Crispy Nests	<b>✓</b>		<b>✓</b>				<b>✓</b>				✓								
Cookies 'n' Crème Doughnut	✓						✓				✓	✓							
Cinnamon Bun	✓						✓				✓	✓							
Cream Apple Danish	✓						✓				✓	✓				✓			
Cream Apple Turnover	✓										✓					✓			
Cream Belgian Bun	✓			✓			✓				✓					✓			
Cream Coconut Finger	✓										✓								
Cream Coffee Choux Bun	✓										✓	✓							
Cream Éclair	✓						✓				✓	✓							
Cream Finger Doughnut	✓						✓				✓	✓							
Cream Fruit Scone	<b>✓</b>						✓				✓	✓							
Cream Iced Finger	<b>✓</b>						✓				<b>✓</b>								
Custard Slice	<b>✓</b>						✓				✓	✓							
Devon Doughnut	✓						✓				✓	✓							
Dripping Cake	<b>√</b>						✓					✓							

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Specific allergen information by product recipe is ava	ailal	ole	bel	ow:															
Confectionery	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Eccles Cake	✓										✓	✓							
Egg Custard Tart	✓						✓				✓	✓							
Empire Biscuit	✓											✓				✓			
Flaked Fancy	✓			✓			✓				✓	✓							
French Fancy	✓										✓	✓							
Fruit Scone	<b>√</b>						✓				<b>✓</b>	✓							
Gingerbread Man	<b>√</b>						✓				<b>✓</b>	✓							
Glazed Ring Doughnut	<b>√</b>						✓				<b>✓</b>	✓							
Iced Finger	✓						✓				✓								
Iced Ring Doughnut	✓						✓				✓	✓							
Iced Split (SC Pink Iced Finger)	✓						✓				✓								
Jam Doughnut	✓						✓				✓	✓				✓			
Jammy Heart Biscuit	✓										<b>✓</b>								
London Cheesecake	<b>√</b>										<b>✓</b>	✓				<b>✓</b>			
Milk Chocolate Cookie	✓						✓				<b>✓</b>	✓							
Milk Chocolate Ring Doughnut	<b>√</b>						✓				<b>✓</b>	✓							
Milk Chocolate Ring Doughnut (SC)	<b>√</b>						✓				<b>✓</b>	✓							
Mini Doughnuts	✓										<b>✓</b>	✓							
Mini Raspberry & Almond Bakes	✓			<b>✓</b>				✓			✓	✓							
Mini Yum Yums	✓						✓					✓							
Novelty Biscuit (Spikey Mikey)	✓						✓				✓	✓							
Novelty Ring Bun	✓			<b>✓</b>							✓	✓							
Peach Melba	<b>√</b>										<b>✓</b>								
Pineapple Cake	✓										<b>✓</b>								
Pink Jammie	✓						✓				✓	✓							
Raspberry Finger Doughnut (Pink Iced)	✓						✓				✓	✓							
Salted Caramel Ring Doughnut	✓						✓				✓	✓							
SC Vanilla Doughnut	✓						✓				<b>✓</b>	✓							
Sticky Toffee Muffin	✓										✓	✓							

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Specific allergen information by product recipe is ava	ailal	ble	bel	ow:															
Confectionery	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Sugar Strand Doughnut	✓						✓				✓	✓							
Sweet Mince Pies	✓																		
Tottenham Cake	✓											✓							
Triple Belgian Chocolate Brownies Gluten-Free							✓				✓	✓				✓			
Triple Chocolate Doughnut	✓						✓				✓	✓							
Triple Chocolate Cookie	✓						✓				✓	✓							
Triple Chocolate Muffin	✓						✓				✓	✓							
Vanilla Custard Slice	✓						✓				✓	✓							
Welsh Cake	✓										✓	✓				✓			
White Chocolate Cookie	✓						✓				✓	✓							
Yum Yum	✓						✓					✓							
Celebration Cakes selected stores only																			
Giant Cupcake (Raspberry)	✓			✓			✓				<b>√</b>	<b>√</b>							
Giant Cupcake (Chocolate)	✓			✓			✓				<b>√</b>	<b>√</b>							
Age Cake	<b>√</b>										<b>√</b>	<b>√</b>							
Balloon Cake	<b>√</b>										<b>√</b>	<b>√</b>							
Chocolate Cake	<b>√</b>			✓			✓				<b>√</b>	<b>√</b>							
Christening Cake	<b>√</b>										<b>√</b>	<b>√</b>							
Communion Cake	✓										<b>√</b>	<b>√</b>							
Flower Birthday Cake	✓										<b>√</b>	<b>√</b>							
Football Cake	<b>√</b>						✓				<b>√</b>	<b>√</b>							
Ribbon Cake – "On your Special Day"	<b>√</b>										<b>√</b>	<b>√</b>							
Ribbon Cake – "Happy Anniversary"	<b>√</b>										<b>√</b>	<b>√</b>					$\rightarrow$		
Star Birthday Cake	✓										✓	✓							

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Specific allergen information by product recipe is available.	ailal	ble	bel	ow:															
Hot Drinks	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Americano (Black Coffee)																			
Americano with soya, milk alternative							✓												
Babyccino											✓								
Cappuccino											✓								
Caramel Latte											✓								
Decaf Black Coffee																			
Decaf Coffee with soya, milk alternative							✓												
Decaf White Coffee											✓								
Espresso Shot																			
Extra Espresso Shot																			
Flat White											✓								
Green Tea																			
Hot Chocolate											✓								
Latte											✓								
Milk											✓								
Mocha											✓								
Peppermint Tea																			
Pumpkin Spice Latte	✓										✓								
Tea with soya, milk alternative							✓												
Vanilla Latte											✓								
White Tea											<b>√</b>								
White Coffee											✓								
Soya, Alternative to Milk							✓												
UHT Semi Skimmed Milk (Dairystix)											✓								

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Specific allergen information by product recipe is av	aila	ble	bel	ow:															
Pasties, Bakes, Pies, Pizzas and Hot Snacks	Wheat	Rye	Barley	ats	pelt	amut	oya	Nuts	eanut	esame	<b>filk</b>	.99	ish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	/ustard	Molluscs	upin
Dance O Obacca Wasa	<b>&gt;</b>	4	В	0	(O)	x	(O	_	щ	(O	<b>∠</b>	Ш	4	0	0	ഗ	_	_	_
Bacon & Cheese Wrap	<u> </u>																		
BBQ Pulled Pork Bake	<b>√</b>										<b>√</b>						✓		
Beef & Vegetable Pasty	<b>✓</b>		<b>√</b>	_			/				<b>√</b>								
Bridie  Dutter Chicken Boke	<b>√</b>		✓	✓			<b>√</b>				<b>√</b>						$\vdash$		
Butter Chicken Bake	<b>V</b>						<b>V</b>				<b>√</b>								
Cheese & Onion Bake	<b>√</b>										<b>√</b>						✓		
Chicken Bake	<b>√</b>										<b>√</b>	✓					$\vdash$	-	
Chilli Beef Bake	<b>V</b>										<b>√</b>								
Corned Beef Bake	<b>√</b>										<b>√</b>	<b>√</b>							
Focaccia Style Pepperoni Pizza	<b>√</b>		<b>√</b>				<b>√</b>				<b>√</b>								
Focaccia Style Three Cheese Pizza	<b>√</b>		<b>√</b>				✓				<b>√</b>								
Katsu Chicken Bake	<b>√</b>		✓				✓				<b>√</b>						✓		
Macaroni Cheese	<b>√</b>										<b>√</b>						✓	$\blacksquare$	
Potato & Meat Bake	<b>√</b>		✓				✓				<b>√</b>	✓							
Sausage, Bean & Cheese Melt	<b>√</b>										<b>√</b>					✓			
Sausage Roll	<b>√</b>		<b>√</b>				<b>√</b>				<b>√</b>					✓			
Savoury Mince Pie	✓		✓				✓				✓								
Scotch Pie	✓		✓				✓				✓								
Steak & Cheese Roll	✓		✓								✓								
Steak Bake	✓		✓								✓								
Vegetable Bake	✓										✓						✓		
BBQ Chicken Bites	✓																		
Southern Fried Chicken Goujons	✓														<b>✓</b>		✓		
Southern Fried Potato Wedges	✓																		
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																		[	

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Greggs have gluten free products which comply with legal limits for gluten content, by following stringent controls in our manufacturing and shop operations.

Specific allergen information by product recipe is ava	ailal	ole I	bel	ow:															
Sandwiches	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Baguettes																			
Cheese Salad	✓										✓								
Chicken Club	✓											✓					✓		
Chicken Mayonnaise	✓											✓					✓		
Cheese & Ham	✓										✓								
Ham Salad	✓											✓					✓		
Mexican Chicken	✓										✓	✓					✓		
Southern Fried Chicken	✓										✓				✓		✓		
Steak & Cheese	<b>✓</b>		<b>√</b>								<b>✓</b>	<b>✓</b>					✓		
Tandoori Chicken	<b>✓</b>											<b>✓</b>			<b>√</b>		✓		
Tuna Crunch	✓											✓	✓				✓		
Tuna Melt	✓										✓	<b>✓</b>	✓				✓		
Tuna & Sweetcorn	✓											<b>✓</b>	<b>✓</b>				✓		
Bloomers																			
Red Thai Chicken Bloomer	<b>✓</b>		<b>√</b>				<b>✓</b>				<b>✓</b>	<b>✓</b>					✓		
Tuna Crunch Bloomer	<b>✓</b>		<b>√</b>				<b>✓</b>				<b>✓</b>	<b>✓</b>	<b>✓</b>				✓		
Bread Packs																			
Cheese & Onion BP	<b>✓</b>		<b>√</b>				<b>✓</b>				<b>✓</b>	<b>✓</b>					✓		
Free Range Egg Mayonnaise BP	✓		✓				✓				✓	✓					✓		
Ham & Egg Salad BP	✓		✓				<b>✓</b>				✓	<b>✓</b>					✓		
Tuna Mayonnaise & Cucumber BP	<b>✓</b>		<b>√</b>				<b>✓</b>				<b>✓</b>	<b>✓</b>	<b>✓</b>				✓		
Oval Bites																			
Chargrill Chicken Oval Bite	<b>✓</b>		<b>√</b>				<b>✓</b>			<b>✓</b>	<b>√</b>	<b>✓</b>					<b>✓</b>		
Cheese Ploughman's Oval Bite	✓		✓				✓			✓	✓								
Mexican Chicken Oval Bite	✓		✓				✓			✓	✓	✓					✓		
Stotties																			
Cheese Savoury Stottie	✓						✓				✓	✓					✓		
Tuna Mayonnaise & Cucumber Stottie	✓						<b>✓</b>				✓	✓	✓				✓		

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Specific allergen information by product recipe is ava	ailal	ole	bel	ow:															
Sandwiches	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Sub Rolls																			
Chicken Jalfrezi Sub Roll	<b>√</b>		✓				✓				✓	✓					✓		
Chicken Mayonnaise Sub Roll	<b>√</b>		✓				✓				✓	✓					✓		
Ham Salad Sub Roll	<b>√</b>		✓				✓				✓	✓					✓		
Cheese Mini Sub Roll	<b>√</b>		✓				✓				✓								
Egg Mayonnaise Mini Sub Roll	<b>√</b>		✓				✓				✓	✓					✓		
Ham Mini Sub Roll	<b>√</b>		✓				✓				✓								
Toasties																			
Cheese & Chutney Toastie	<b>√</b>		✓				✓				✓								
Ham & Cheese Toastie	<b>√</b>		✓				✓				✓								
Wraps																			
Chicken Tandoori Wrap	<b>√</b>											✓			✓		✓		
Mexican Bean Wrap	<b>√</b>																✓		
Mexican Chicken Wrap	<b>✓</b>											<b>✓</b>					✓		
Spicy BBQ Chicken Wrap	<b>✓</b>										✓				✓		✓		
Other Sandwiches included in Platters																			
BLT BP	<b>✓</b>		<b>✓</b>				<b>✓</b>				✓	<b>✓</b>					✓		
Chargrill Chicken Salad BP	<b>✓</b>		<b>✓</b>				<b>✓</b>				✓	<b>✓</b>					✓		
Cheese BP	<b>✓</b>		✓				✓				✓								
Cheese & Tomato BP	<b>✓</b>		<b>✓</b>				✓				✓								
Cheese & Mango Chutney BP	<b>√</b>		✓				✓				✓								
Chicken Tandoori BP	<b>√</b>		✓				✓				✓	✓			✓		✓		
Egg Mayonnaise & Tomato BP	<b>√</b>		✓				✓				✓	✓					✓		
Ham BP	<b>✓</b>		<b>✓</b>				✓				✓								
Ham & Cheese BP	<b>√</b>		✓				<b>✓</b>				✓								
Ham Salad BP	<b>✓</b>		✓				<b>✓</b>				✓	✓					✓		
Roast Chicken Salad BP	<b>√</b>		<b>√</b>				<b>√</b>				✓	✓					✓		
Simply Egg Mayonnaise BP	<b>√</b>		<b>✓</b>				✓				✓	✓					✓		
Tuna Crunch BP	<b>√</b>		✓				✓				✓	✓	✓				✓		
Chargrill Chicken Wrap	<b>✓</b>		<b>✓</b>									✓					✓		

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#### Introduction

Greggs have gluten free products which comply with legal limits for gluten content, by following stringent controls in our manufacturing and shop operations.

Due to the nature of our manufacturing and retail processes, we cannot guarantee that other products sold on these premises are free from the following ingredients and their derivatives: peanuts, nuts, fish, eggs, crustaceans, sesame seeds, milk, soybeans, celery, mustard, lupin, molluscs, cereals containing gluten and sulphites.

Specific allergen information by product recipe is available below:

Specific allergen information by product recipe is ava	allal	ole	bel	OW:		-				-					-				
Snacks/Other  Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded crisps / snacks / condiments.	Wheat	Rye	Barley	Oats	Spelt	Kamut	Sova	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin
Chilled Snacks																			
Belgian Chocolate Dessert							✓				✓								
Lemon Meringue Cheesecake Dessert Pot	<b>√</b>										✓	✓							
Millionaire's Dessert Pot	<b>✓</b>						✓				✓								
Raspberry Cheesecake Dessert Pot	<b>✓</b>						✓				✓								
Carrot Sticks with Houmous Dip										✓									
Chicken Tikka Skewers with Yoghurt & Cucumber Dip											✓								
Fruit																			
Fruit Medley Pot																			
Mixed Grape Pot																			
Summer Berry Fruit Pot																			
Apples																			
Bananas																			
Yoghurt																			
Strawberry & Granola Yoghurt with almonds & seeds.				✓				✓			<b>√</b>								
Mango & Granola Yoghurt with almonds and seeds				✓				✓			✓								
Pasta & Salads																			
Feta & Slow Roasted Tomato Pasta	<b>√</b>										✓						_	_	
Oriental Chicken Sticky Rice Salad	<b>√</b>						✓			✓							_	_	
Spicy Mexican Chicken Pasta	✓										✓						<b>√</b>	_	
Soup																			
Cream of Tomato Soup											<b>√</b>								
Chicken, Roast Butternut Squash & Greens Soup											<b>√</b>				<b>√</b>		$\dashv$	$\dashv$	
Lentil & Bacon Soup											✓				✓		$\perp$	$\perp$	

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Other																			
Flora Portion											✓								
Lurpak Portion											✓								
Greggs Own Label Crisps & Snack Packs																			
Mature Cheddar & Onion Hand Cooked Crisps											✓								
Sea Salted Hand Cooked Crisps																			
Sea Salt & Cider Vinegar Hand Cooked Crisps	✓																		
Thai Sweet Chilli Hand Cooked Crisps			✓																
Sweet & Salty Popcorn																			
Berries & Cherries																✓			
Naked Nuts								✓											
Super Seeds																			
Sweet Mango																✓			