## \# GREGGS

## 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:

| Bread \& Rolls | $\begin{aligned} & \stackrel{\rightharpoonup}{\pi} \\ & \stackrel{ \pm}{3} \\ & \stackrel{y}{3} \end{aligned}$ |  |  | $\stackrel{0}{0}$ |  | $\left\|\begin{array}{c} \stackrel{\rightharpoonup}{\vec{c}} \\ \underset{\widetilde{n}}{\mathbf{c}} \\ \mid \end{array}\right\|$ | $\overbrace{0}^{\pi}$ | $\frac{0}{3}$ |  |  |  |  | $\frac{\widetilde{9}}{\frac{9}{4}}$ | Crustaceans |  |  | 윾 20 20 |  | ¢ |
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| Bran \& Rye Roll | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Corn Topped Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Crusty Bloomer (Small \& Large) | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Crusty Rolls | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Demi Baguette | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Floured White Rolls | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Half Malted Brown Bloomer | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Half White Bloomer | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Malted Brown Bloomer (Large) | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Malted Brown Loaf | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Mini White Sub Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Morning Roll (Scotland) | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Seeded Oval Bite | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Stottie | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Tiger Loaf (Large) | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| White Bloomer (Large) | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| White Sandwich Bread | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| White Sub Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |

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Specific allergen information by product recipe is available below:

| Breakfast | $\begin{array}{\|l\|} \stackrel{\rightharpoonup}{\nabla} \\ \stackrel{D}{3} \\ \stackrel{1}{3} \end{array}$ | $\stackrel{\otimes}{\underset{\sim}{x}}$ | $\frac{\stackrel{\rightharpoonup}{0}}{\frac{0}{\tilde{\omega}}}$ | $\frac{4}{0}$ |  |  | $\begin{array}{c\|c} \infty \\ 0 & \frac{\infty}{z} \\ \hline \end{array}$ |  |  | $\stackrel{\otimes}{\stackrel{0}{6}}$ | $\stackrel{y}{\bar{\Sigma}}$ | 암 | $\frac{\tilde{9}}{i \frac{9}{1}}$ |  |  |  |  | $\begin{aligned} & 00 \\ & 0 \\ & \\ & \hline \overline{0} \end{aligned}$ |
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| Breakfast Sandwiches |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bacon Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Bacon \& Sausage Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Sausage Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Bacon \& Omelette Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Omelette Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Sausage \& Omelette Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |
| Bacon Breakfast Baguette | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Bacon \& Omelette Breakfast Baguette | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Bacon \& Sausage Breakfast Baguette | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Omelette Breakfast Baguette | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Sausage Breakfast Baguette | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Sausage\& Omelette Breakfast Baguette | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |
| Breakfast Sandwiches (Scotland only) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Bacon \& Lorne Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Lorne Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Lorne \& Omelette Breakfast Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |
| Bacon \& Lorne Breakfast Baguette | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Lorne Breakfast Baguette | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Lorne \& Omelette Breakfast Baguette | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |
| Breakfast Wraps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast Wrap | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |
| Free Range Egg \& Cheese Wrap | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Individual Items |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast Sausage | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |
| Bacon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Omelette |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Lorne Sausage | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |

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Specific allergen information by product recipe is available below:

| Breakfast | $\begin{array}{\|l\|} \stackrel{\pi}{\pi} \\ \stackrel{\otimes}{3} \\ \vdots \end{array}$ | $\underset{\underset{\sim}{0}}{\mathbb{0}}$ |  | $\begin{gathered} \frac{1}{\infty} \\ \\ \\ \hline \end{gathered}$ |  |  | \% |  | $\stackrel{n}{\Sigma}$ |  |  | U | 암 |  | 0 $\stackrel{0}{0}$ 0. 0 0 0 0 0 | $\begin{array}{\|c} \frac{\lambda}{\mathbf{\omega}} \\ \frac{\mathbf{U}}{\mathbf{0}} \\ \hline \end{array}$ |  | $\begin{aligned} & 0 \\ & 0 \\ & 0 \\ & \overline{0} \\ & \vdots \\ & \sum \end{aligned}$ |  |
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| Breakfast Pots/Box - Selected shops only |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breakfast Pot / Box | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |
| Veggie Breakfast Pot / Box |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Pastries/Confectionery |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Almond Croissant | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Croissant | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Pain au Chocolat | $\checkmark$ |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |
| Breakfast Sauces/additions |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Heinz Tomato Ketchup |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |
| HP Brown Sauce |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Spread |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Porridge |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Shop Prepared Creamy Oats Porridge |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| *Golden Syrup Gluten-Free Porridge |  |  |  | $\checkmark$ | , |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| *Red Berry Gluten-Free Porridge |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| *Simply Creamy Gluten-Free Porridge |  |  |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| *Gluten-Free Porridge is made with Gluten-Free oats |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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Specific allergen information by product recipe is available below:

## Cold Drinks

Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded cold drinks.

| 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

|  |  |  | $\frac{\pi}{\sigma}$ | $\begin{aligned} & \stackrel{\rightharpoonup}{\mathrm{O}} \\ & \stackrel{\rightharpoonup}{\circ} \\ & \hline \end{aligned}$ | $\left\lvert\, \begin{gathered} \stackrel{\rightharpoonup}{\vec{c}} \\ \stackrel{\rightharpoonup}{n} \\ \underset{\sim}{\mid c} \\ \hline \end{gathered}\right.$ |  | $\frac{n}{3}$ |  |  | $\stackrel{y}{\overline{\mid}}$ | 永 | $\frac{\sqrt{9}}{i \frac{1}{1}}$ |  | $\frac{\vec{\theta}}{\frac{0}{0}}$ | Sulphur Dioxide \& Sulphites |  | en <br> 0 <br> 0 <br> 0 <br> 2 <br> 0 | - |
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| Confectionery |  | $\begin{aligned} & \text { o } \\ & \stackrel{0}{\omega} \\ & \end{aligned}$ | $\begin{aligned} & 9 \\ & 0 \\ & 0 \end{aligned}$ | $\begin{aligned} & \stackrel{\rightharpoonup}{\mathrm{D}} \\ & \stackrel{0}{0} \end{aligned}$ |  |  | $\frac{0}{3}$ |  |  | - | 守 |  | $\left\lvert\, \begin{aligned} & 0 \\ & \stackrel{0}{0} \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \end{aligned}\right.$ |  |  |  | $\begin{aligned} & 0 \\ & 0 \\ & \stackrel{y}{0} \\ & \hline \overline{\overline{0}} \\ & \hline \end{aligned}$ |  |
| Apple Danish | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| Banoffee Doughnut | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Bavarian Slice | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Belgian Bun | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |
| Belgian Chocolate Caramel Shortbread/offcuts | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Belgian Chocolate Chunk Shortbreads | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Belgian White Chocolate \& Lemon Shortbreads | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Bran Scone | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Bread Pudding | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |
| Brownie Ball Doughnut | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Caramel (Curl) Finger Doughnut | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Caramel Custard Doughnut | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Caramel Latte Eclair | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Cheese Scone | $\checkmark$ |  |  |  |  |  |  |  |  | , | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Chocolate Crispy Nests | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Cookies 'n' Crème Doughnut | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Cinnamon Bun | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Cream Apple Danish | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| Cream Apple Turnover | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |
| Cream Belgian Bun | $\checkmark$ |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |
| Cream Coconut Finger | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Cream Coffee Choux Bun | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Cream Éclair | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Cream Finger Doughnut | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Cream Fruit Scone | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Cream Iced Finger | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Custard Slice | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Devon Doughnut | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Dripping Cake | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |

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Specific allergen information by product recipe is available below:

| Confectionery | $\left.\begin{array}{\|l\|} \stackrel{\rightharpoonup}{\mathbb{D}} \\ \stackrel{\Phi}{3} \end{array} \right\rvert\,$ |  |  |  |  | 䓂 |  | $\frac{n}{z}$ |  | ¢ | $\stackrel{y}{\bar{E}}$ | 암 |  |  |  | Sulphur Dioxide \& Sulphites |  | $\begin{aligned} & 0 \\ & 0 \\ & \tilde{y} \\ & \stackrel{\rightharpoonup}{0} \\ & \end{aligned}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Eccles Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Egg Custard Tart | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Empire Biscuit | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| Flaked Fancy | $\checkmark$ |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| French Fancy | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Fruit Scone | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Gingerbread Man | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Glazed Ring Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Iced Finger | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Iced Ring Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Iced Split (SC Pink Iced Finger) | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Jam Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |
| Jammy Heart Biscuit | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| London Cheesecake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |
| Milk Chocolate Cookie | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Milk Chocolate Ring Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Milk Chocolate Ring Doughnut (SC) | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Mini Doughnuts | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Mini Raspberry \& Almond Bakes | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Mini Yum Yums | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Novelty Biscuit (Spikey Mikey) | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Novelty Ring Bun | $\checkmark$ |  |  | $\checkmark$ |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Peach Melba | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Pineapple Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Pink Jammie | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Raspberry Finger Doughnut (Pink Iced) | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Salted Caramel Ring Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| SC Vanilla Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Sticky Toffee Muffin | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |

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Specific allergen information by product recipe is available below:

| Confectionery | $\left\lvert\, \begin{aligned} & \stackrel{\rightharpoonup}{\tilde{0}} \\ & \stackrel{\Phi}{3} \end{aligned}\right.$ |  |  |  |  | $\left.\begin{gathered} \stackrel{\rightharpoonup}{\vec{~}} \\ \stackrel{\rightharpoonup}{\widetilde{x}} \end{gathered} \right\rvert\,$ |  | $\stackrel{n}{Z}$ |  |  | 咅 | 앙 |  |  |  | Sulphur Dioxide \& Sulphites |  | $\begin{aligned} & 00 \\ & 0.0 \\ & \hline \overline{\overline{0}} \\ & \sum \end{aligned}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sugar Strand Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Sweet Mince Pies | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tottenham Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Triple Belgian Chocolate Brownies Gluten-Free |  |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| Triple Chocolate Doughnut | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Triple Chocolate Cookie | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Triple Chocolate Muffin | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Vanilla Custard Slice | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Welsh Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| White Chocolate Cookie | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Yum Yum | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Celebration Cakes selected stores only |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Giant Cupcake (Raspberry) | $\checkmark$ |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Giant Cupcake (Chocolate) | $\checkmark$ |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Age Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Balloon Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Chocolate Cake | $\checkmark$ |  |  | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Christening Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Communion Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Flower Birthday Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Football Cake | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Ribbon Cake - "On your Special Day" | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Ribbon Cake - "Happy Anniversary" | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Star Birthday Cake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |

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Specific allergen information by product recipe is available below:

| Hot Drinks |  | - |  |  | $\begin{array}{l\|l\|} \substack{9 \\ 0 \\ 0} & \frac{+}{0} \\ \hline 0 \end{array}$ |  | $\stackrel{\rightharpoonup}{1}$ | $\overbrace{0}^{0}$ |  |  |  |  | 안 둔 |  | $\begin{gathered} \mathscr{\infty} \\ \stackrel{\rightharpoonup}{\otimes} \\ \underset{\sim}{0} \\ \hline \end{gathered}$ |  | 0 0 0 0 0 0 0 $\infty$ 0 0 0 0 0 0 |  | 들 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Americano (Black Coffee) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Americano with soya, milk alternative |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| Babyccino |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Cappuccino |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Caramel Latte |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Decaf Black Coffee |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Decaf Coffee with soya, milk alternative |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| Decaf White Coffee |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Espresso Shot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Extra Espresso Shot |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flat White |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Green Tea |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot Chocolate |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Latte |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Milk |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Mocha |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Peppermint Tea |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pumpkin Spice Latte | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Tea with soya, milk alternative |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| Vanilla Latte |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| White Tea |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| White Coffee |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Soya, Alternative to Milk |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| UHT Semi Skimmed Milk (Dairystix) |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |

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Specific allergen information by product recipe is available below:

| Pasties, Bakes, Pies, Pizzas and Hot Snacks | $\begin{array}{\|l\|} \stackrel{\rightharpoonup}{\nabla} \\ \stackrel{D}{3} \\ \stackrel{y}{3} \end{array}$ | $\underset{\sim}{0}$ | $\frac{\stackrel{\rightharpoonup}{\bar{\omega}}}{\frac{1}{\bar{\omega}}}$ | $\frac{\pi}{\pi}$ | $\begin{array}{l\|l} + & \vdots \\ \mathbf{0} & \vdots \\ \dot{0} & \vdots \\ \hline \end{array}$ |  | $\left\|\begin{array}{c} \pi \\ 0 \\ \infty \\ \infty \end{array}\right\|$ | $\frac{n}{3}$ |  | $\stackrel{y}{\Sigma \mid}$ | 家 |  |  | $\frac{\frac{\pi}{0}}{0}$ |  |  | $\left\|\begin{array}{l} \text { ed } \\ 0 \\ \stackrel{3}{\overline{0}} \\ \sum \end{array}\right\|$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Bacon \& Cheese Wrap | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| BBQ Pulled Pork Bake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Beef \& Vegetable Pasty | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Bridie | $\checkmark$ |  | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Butter Chicken Bake | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Cheese \& Onion Bake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Chicken Bake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Chilli Beef Bake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Corned Beef Bake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Focaccia Style Pepperoni Pizza | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Focaccia Style Three Cheese Pizza | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Katsu Chicken Bake | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ | $\checkmark$ |  |
| Macaroni Cheese | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
| Potato \& Meat Bake | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark \checkmark$ |  |  |  |  |  |  |  |
| Sausage, Bean \& Cheese Melt | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| Sausage Roll | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |
| Savoury Mince Pie | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Scotch Pie | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Steak \& Cheese Roll | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Steak Bake | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Vegetable Bake | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BBQ Chicken Bites | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Southern Fried Chicken Goujons | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  | $\checkmark$ |  |  |
| Southern Fried Potato Wedges | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Sandwiches | $\left\lvert\, \begin{aligned} & \stackrel{\rightharpoonup}{\pi} \\ & \stackrel{\otimes}{3} \\ & \stackrel{y}{3} \end{aligned}\right.$ |  |  |  |  |  | $\begin{gathered} \pi \\ 0 \\ 0 \\ \infty \end{gathered}$ | $\frac{0}{3}$ |  |  | $\stackrel{\text { r }}{\underline{\nu}}$ | 앙 | $\stackrel{5}{12}$ |  | - |  | - |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Baguettes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese Salad | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Chicken Club | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Chicken Mayonnaise | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Cheese \& Ham | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Ham Salad | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Mexican Chicken | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Southern Fried Chicken | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  | $\checkmark$ |  |
| Steak \& Cheese | $\checkmark$ |  | $\checkmark$ |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Tandoori Chicken | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |
| Tuna Crunch | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Tuna Melt | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Tuna \& Sweetcorn | $\checkmark$ |  |  |  |  |  |  |  |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Bloomers |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Red Thai Chicken Bloomer | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Tuna Crunch Bloomer | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Bread Packs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese \& Onion BP | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Free Range Egg Mayonnaise BP | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Ham \& Egg Salad BP | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Tuna Mayonnaise \& Cucumber BP | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Oval Bites |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chargrill Chicken Oval Bite | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Cheese Ploughman's Oval Bite | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |
| Mexican Chicken Oval Bite | $\checkmark$ |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Stotties |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese Savoury Stottie | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Tuna Mayonnaise \& Cucumber Stottie | $\checkmark$ |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |

## 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：

| Sandwiches |  | $\stackrel{\underset{\sim}{\triangle}}{0}$ |  | $\begin{aligned} & \frac{9}{\pi} \\ & 0 \end{aligned}$ |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\vec{J}} \\ & \stackrel{\rightharpoonup}{\varpi} \\ & \mathbf{x} \end{aligned}$ | $\begin{gathered} \pi \\ \substack{0 \\ \infty} \end{gathered}$ | $\frac{9}{5}$ |  | $\stackrel{0}{\stackrel{0}{\overleftarrow{0}}}$ | $\stackrel{y}{\underline{\Sigma}}$ | 음 | $\frac{c}{\frac{9}{2}}$ |  | ¢ |  | $\stackrel{\square}{20}$ | $\begin{aligned} & 00 \\ & 00 \\ & \hline ⿳ 亠 二 口 \\ & \hline \mathbf{0} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sub Rolls |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Jalfrezi Sub Roll |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Chicken Mayonnaise Sub Roll |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Ham Salad Sub Roll |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Cheese Mini Sub Roll | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Egg Mayonnaise Mini Sub Roll |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Ham Mini Sub Roll |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Toasties |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cheese \＆Chutney Toastie |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Ham \＆Cheese Toastie |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Wraps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Chicken Tandoori Wrap |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |
| Mexican Bean Wrap |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |
| Mexican Chicken Wrap |  | $\checkmark$ |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Spicy BBQ Chicken Wrap |  | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  | $\checkmark$ |  |
| Other Sandwiches included in Platters |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BLT BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Chargrill Chicken Salad BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Cheese BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Cheese \＆Tomato BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Cheese \＆Mango Chutney BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Chicken Tandoori BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  | $\checkmark$ |  | $\checkmark$ |  |
| Egg Mayonnaise \＆Tomato BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Ham BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Ham \＆Cheese BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |
| Ham Salad BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Roast Chicken Salad BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Simply Egg Mayonnaise BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ |  |  |  |  | $\checkmark$ |  |
| Tuna Crunch BP |  | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |  |  | $\checkmark$ | $\checkmark$ | $\checkmark$ |  |  |  | $\checkmark$ |  |
| Chargrill Chicken Wrap |  | $\checkmark$ | $\checkmark$ |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  | $\checkmark$ |  |

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Specific allergen information by product recipe is available below:

## Snacks/Other

Please see the ingredient declaration on the product packaging / label for specific allergen information for all other branded crisps / snacks / condiments.

## Chilled Snacks

Belgian Chocolate Dessert
Lemon Meringue Cheesecake Dessert Pot
Millionaire's Dessert Pot
Raspberry Cheesecake Dessert Pot
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.
Mango \& Granola Yoghurt with almonds and seeds
Pasta \& Salads
Feta \& Slow Roasted Tomato Pasta
Oriental Chicken Sticky Rice Salad
Spicy Mexican Chicken Pasta
Soup
Cream of Tomato Soup
Chicken, Roast Butternut Squash \& Greens Soup
Lentil \& Bacon Soup


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| snacks/ condiments. |  | $\begin{aligned} & \stackrel{\rightharpoonup}{\otimes} \\ & \stackrel{\otimes}{3} \end{aligned}$ |  | - |  |  | 艺 |  |  | z | $0$ | $\stackrel{\text { ¢ }}{\substack{0 \\ 0}}$ |  | - | 든 | $\begin{aligned} & \stackrel{C}{\widetilde{0}} \\ & \stackrel{\otimes}{0} \\ & \stackrel{\pi}{0} \\ & \stackrel{\rightharpoonup}{0} \end{aligned}$ | $\frac{7}{0}$ |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Other |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Flora Portion |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Lurpak Portion |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Greggs Own Label Crisps \& Snack Packs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Mature Cheddar \& Onion Hand Cooked Crisps |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |
| Sea Salted Hand Cooked Crisps |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sea Salt \& Cider Vinegar Hand Cooked Crisps |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Thai Sweet Chilli Hand Cooked Crisps |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet \& Salty Popcorn |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Berries \& Cherries |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |
| Naked Nuts |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |  |  |  |  |  |  |  |  |
| Super Seeds |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Sweet Mango |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | $\checkmark$ |  |  |  |

