

<u>Allergy Fast Track Sheet</u>	Allergens	Cereals containing Gluten	Eggs	Peanuts	Milk/Lactose	Nuts	Soya	Sesame Seeds	Lupin	Sulphur Dioxide	Celery	Mustard	Fish	Crustaceans	Molluscs	Suitable for vegetarians	Suitable for vegans
Bread																	
White Breadcake		✓														Yes	Yes
Country Grain Roll		✓														Yes	Yes
Wholemeal Breadcake		✓														Yes	Yes
White Bread		✓					✓									Yes	Yes
White Farmhouse Bread		✓					✓									Yes	Yes
Wholemeal Bread		✓					✓									Yes	Yes
Canada Brown Bread		✓					✓									Yes	Yes
Country Grain Bread		✓					✓									Yes	Yes
Multiseed Bread		✓					✓									Yes	Yes
Baguette		✓														Yes	Yes
Confect																	
Shortbread Bunny		✓			✓					✓						Yes	No
Ginger Teddy		✓			✓		✓			✓						Yes	No
Double Choc Cookie		✓	✓		✓		✓									Yes	No
Choc Chip Cookie		✓	✓		✓		✓									Yes	No
Novelty Biscuit (Dinosaur/Princess)		✓			✓		✓									Yes	No
Ginger Parkin Biscuit		✓								✓						Yes	Yes
Melting Moments Biscuit		✓			✓											Yes	No
Oaty Biscuit		✓			✓											Yes	No
Caramel Shortbread		✓			✓		✓									Yes	No
Jammy Biscuit		✓	✓		✓					✓						Yes	No
Chocolate Flavoured Flapjack		✓			✓		✓			✓						Yes	No
Chocolate Flavoured Crispie		✓			✓		✓			✓						Yes	No
Jam Tart		✓	✓													Yes	No
Lemon Tart		✓	✓													Yes	No
Almond Tart		✓	✓			✓				✓						Yes	No

Due to the nature of our manufacturing and retail processes, we cannot guarantee that products sold on our premises are free from the following ingredients and their derivatives: eggs, peanuts, milk/lactose, nuts, soya, sesame seeds, lupin, sulphur dioxide, celery, mustard, fish, crustaceans, molluscs, cereals containing gluten and sulphites. This list includes our core range. If the product is not listed here please ask your local shop or phone our Head Office on 01723 585222.

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Bakewell Tart		✓	✓			✓				✓						Yes	No
Maids of Honour		✓	✓		✓	✓				✓						Yes	No
Currant Square		✓	✓		✓					✓						Yes	No
Date Square		✓	✓		✓					✓						Yes	No
Iced White Bun		✓	✓		✓		✓			✓						Yes	No
Chocolate Bun		✓	✓		✓		✓			✓						Yes	No
Novelty Buns (Monster)		✓	✓		✓					✓						Yes	No
Chocolate Muffin		✓	✓		✓		✓									Yes	No
Chocolate Chunk Muffin		✓	✓		✓		✓			✓						Yes	No
Cornflake Nest		✓			✓		✓									Yes	No
Ginger Square		✓								✓						Yes	Yes
Lemon Muffin		✓	✓		✓											Yes	No
<u>Cream Cakes</u>																	
Strawberry Tart		✓	✓		✓					✓						Yes	No
Summer Fruit Flan		✓	✓		✓											Yes	No
Peach Melba		✓	✓		✓					✓						Yes	No
Devonshire Split		✓			✓		✓			✓						Yes	No
Vanilla Slice		✓			✓					✓						Yes	No
Cream Slice		✓			✓		✓			✓						Yes	No
Mini/Large Cream Sponge		✓	✓		✓		✓			✓						Yes	No
Mini Chocolate Cream Sponge		✓	✓		✓		✓									Yes	No
Chocolate Cream Roll		✓	✓		✓					✓						Yes	No
Vanilla Cream Roll		✓	✓		✓					✓						Yes	No
Eclair		✓	✓		✓											Yes	No
Cream Scone		✓	✓		✓					✓						Yes	No
Cream Meringue		✓	✓		✓		✓									Yes	No
Cream Doughnut		✓	✓		✓											Yes	No
Lemon Cream Roll		✓	✓		✓					✓						Yes	No

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<u>Dailies</u>																	
Apple and Raspberry Danish		✓	✓		✓		✓			✓						Yes	No
Chocolate Toffee Danish		✓	✓		✓		✓									Yes	No
Danish Pastry		✓	✓		✓		✓			✓						Yes	No
Egg Custard		✓	✓		✓											Yes	No
Teacake		✓					✓									Yes	Yes
Iced Teacake		✓					✓			✓						Yes	Yes
Pink Iced Finger		✓					✓			✓						Yes	Yes
Yum Yum		✓	✓		✓											Yes	No
Jam Doughnut		✓	✓		✓											Yes	No
Toffee Doughnut		✓	✓		✓		✓									Yes	No
Cherry Scone		✓	✓		✓					✓						Yes	No
Sultana Scone		✓	✓		✓											Yes	No
Cheese Scone		✓	✓		✓											Yes	No
<u>Sandwich Fillings</u>																	
Sausage		✓					✓			✓						No	No
Bacon																No	No
Chicken Tikka		✓	✓		✓						✓	✓				No	No
Tuna & Sweetcorn Mayo		✓	✓		✓							✓	✓			No	No
Cheese Savoury			✓		✓											Yes	No
Egg Mayonnaise		✓	✓		✓							✓				Yes	No
Chicken Mayonnaise		✓	✓		✓		✓				✓	✓				No	No
Chicken & Bacon Mayonnaise		✓	✓		✓		✓				✓	✓				No	No
Beef/Ham/Corned Beef/Turkey/Chicken																No	No
Cheese Grated/Sliced					✓											Yes	No
Pease Pudding																Yes	Yes
Tuna													✓			No	No

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Prawns														✓		No	No
Margarine Spread					✓											Yes	No
Coleslaw			✓		✓											Yes	No
<u>Pastry & Savoury Products</u>	NB shaded area – Products delivered to shop baked (e.g. due to oven breakdown) may be glazed with egg. Please check with the shop/café first on day of purchase																
Sausage Roll		✓			✓					✓						No	No
Pork & Apple Roll		✓			✓					✓						No	No
Breakfast Roll		✓			✓					✓						No	No
BBQ Pulled Pork		✓			✓		✓				✓	✓				No	No
Breakfast Pasty		✓			✓		✓			✓						No	No
Traditional Pasty		✓			✓		✓			✓						No	No
Steak Pie		✓			✓		✓									No	No
Mince & Onion Pie		✓			✓		✓									No	No
Steak Bake		✓			✓		✓									No	No
Chicken Bake		✓			✓		✓									No	No
Cheese & Onion Pasty		✓			✓		✓			✓						Yes	No
Corned Beef & Potato Pasty		✓			✓					✓						No	No
Cheese Straw		✓			✓											Yes	No
Apple Pasty		✓			✓					✓						Yes	No
Apple Pie		✓	✓		✓					✓						Yes	No
Curd		✓	✓		✓											Yes	No
Sweet Mince Pie		✓	✓							✓						Yes	No
Cheese & Tomato Pizza		✓			✓											Yes	No
Pepperoni Pizza		✓			✓											No	No
Ham & Pineapple Pizza		✓			✓											No	No
Ham & Mushroom Pizza		✓			✓											No	No
Bacon & Cheese Wrap		✓			✓											No	No

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Product																	
<u>Celebration Cakes</u>																	
Decorated Fruit Cake		✓	✓		✓	✓				✓						Yes	No
Decorated Sponge Cake		✓	✓		✓					✓						Yes	No
Decorated Sponge/Vermicelli edges		✓	✓		✓		✓			✓						Yes	No
Decorated Chocolate Cake		✓	✓		✓					✓						Yes	No
Decorated Chocolate Cake with Vermicelli edges		✓	✓		✓		✓			✓						Yes	No
Mini Celebration Fruit Cake		✓	✓		✓	✓				✓						Yes	No

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