

<b><u>Allergy Fast Track Sheet</u></b>	<b>Allergens</b>	<b>Cereals containing Gluten</b>	<b>Eggs</b>	<b>Peanuts</b>	<b>Milk/Lactose</b>	<b>Nuts</b>	<b>Soya</b>	<b>Sesame Seeds</b>	<b>Lupin</b>	<b>Sulphur Dioxide</b>	<b>Celery</b>	<b>Mustard</b>	<b>Fish</b>	<b>Crustaceans</b>	<b>Molluscs</b>	<b>Suitable for vegetarians</b>	<b>Suitable for vegans</b>
<b><u>Bread</u></b>																	
White Breadcrumbs & Scotch Rolls		✓														Yes	Yes
Country Grain Roll		✓														Yes	Yes
Wholemeal Breadcrumbs & Wholemeal Scotch Rolls		✓														Yes	Yes
White Bread		✓					✓									Yes	Yes
White Farmhouse Bread		✓					✓									Yes	Yes
Wholemeal Bread		✓					✓									Yes	Yes
Country Grain Bread		✓					✓									Yes	Yes
Multiseed Bread		✓														Yes	Yes
Baguette		✓														Yes	Yes
<b><u>Confect</u></b>																	
Shortbread Bunny		✓			✓					✓						Yes	No
Ginger Teddy		✓			✓		✓			✓						Yes	No
Ginger Parkin Biscuit		✓								✓						Yes	Yes
Melting Moments Biscuit		✓			✓											Yes	No
Oaty Biscuit		✓			✓											Yes	No
Caramel Shortbread		✓			✓		✓									Yes	No
Cookie Monster		✓	✓		✓		✓			✓						Yes	No
Chocolate Flavoured Flapjack		✓			✓		✓			✓						Yes	No
Chocolate Flavoured Crispie		✓			✓		✓			✓						Yes	No
Jam Tart		✓	✓													Yes	No
Lemon Tart		✓	✓													Yes	No
Almond Tart		✓	✓			✓				✓						Yes	No
Brownie		✓	✓		✓		✓									Yes	No
Bakewell Tart		✓	✓			✓				✓						Yes	No

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Maids of Honour		✓	✓		✓	✓				✓						Yes	No
Currant Square		✓	✓		✓					✓						Yes	No
Date Square		✓	✓		✓					✓						Yes	No
Iced White Bun		✓	✓		✓		✓			✓						Yes	No
Chocolate Bun		✓	✓		✓		✓			✓						Yes	No
Chocolate Muffin		✓	✓		✓		✓									Yes	No
Cornflake Nest		✓			✓		✓									Yes	No
Ginger Square		✓								✓						Yes	Yes
<b><u>Cream Cakes</u></b>																	
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 (with almonds)		✓	✓		✓	✓	✓									Yes	No
Cream Meringue (with mandarins)		✓	✓		✓		✓									Yes	No
Cream Doughnut		✓	✓		✓											Yes	No
Lemon Cream Roll		✓	✓		✓					✓						Yes	No

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<b><u>Dailies</u></b>																	
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
Sultana Scone		✓	✓		✓											Yes	No
Cheese Scone		✓	✓		✓											Yes	No
<b><u>Sandwich Fillings</u></b>	<b>Please note the information below is for the sandwich fillings only. If you purchase a sandwich please check the allergen information for our bread rolls, margarine spread and any additional sauces.</b>																
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
Prawns														✓		No	No

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Margarine Spread					✓											Yes	No
Coleslaw			✓		✓											Yes	No
<b><u>Pastry &amp; Savoury Products</u></b>	<b>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</b>																
Sausage Roll		✓			✓					✓						No	No
Breakfast Roll		✓			✓					✓						No	No
Sausage, Cheese & Beans 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
Bacon, Cheese & Tomato Quiche		✓	✓		✓		✓									No	No
Cheese & Onion Quiche		✓	✓		✓		✓									Yes	No

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<b>Product</b>																	
<b><u>Celebration Cakes</u></b>																	
Decorated Fruit Cake		✓	✓		✓	✓				✓						Yes	No
Decorated Sponge Cake (icing only)		✓	✓		✓					✓						Yes	No
Decorated Sponge Cake with Chocolate Vermicelli edges		✓	✓		✓		✓			✓						Yes	No
Decorated Sponge Cake with Rainbow Vermicelli edges		✓	✓		✓					✓						Yes	No
Decorated Chocolate Cake (icing only)		✓	✓		✓					✓						Yes	No
Decorated Chocolate Cake with Chocolate Vermicelli edges		✓	✓		✓		✓			✓						Yes	No
Decorated Chocolate Cake with Rainbow Vermicelli edges		✓	✓		✓					✓						Yes	No
Mini Celebration Fruit Cake		✓	✓		✓	✓				✓						Yes	No

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