

February 2021

# Allergens

## the good breakfast

good value • good quality • good to go

	Gluten (Containing Cereals)	Celery	Egg	Fish	Crustaceans	Molluscs	Dairy	Peanuts / Groundnuts	Tree Nuts	Sesame Seeds	Mustard	Soya	Sulphite (over 10mg/kg)	Lupin
<b>menu items</b>														
the breakfast box	✓		✓				✓					✓	✓	
BIGGER breakfast box	✓		✓				✓					✓	✓	
the veggie box	✓		✓				✓							
bacon bap	✓		✓							M		✓		
sausage bap	✓		✓							M		✓	✓	
bacon & sausage bap	✓		✓							M		✓	✓	
Quorn sausage bap	✓		✓				✓			M		✓		
<b>individual items</b>														
glazed bap (on its own)	✓		✓							M		✓		
bacon rasher														
sausage	✓											✓	✓	
black pudding	✓													
egg			✓											
hash browns														
Quorn sausage	✓		✓				✓							
mushrooms							✓							
baked beans														
tomato														
white bread/toast	✓											✓		
white fried bread	✓											✓		
butter portions							✓							
jam portion														
marmalade portion														
coffee beans														

Definitely Contains ✓

PLEASE NOTE: All our food is prepared in a kitchen where various allergens may be present. Whilst we have controls in

May Contain

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place we cannot guarantee that items will be 100% allergen free.