

Allergens - Pastries

Celery	Cereals containing gluten						Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts								Peanuts	Sesame Seeds	Soya	Sulphites					
	Wheat	Rye	Barley	Oat	Spelt	Kamut								Brazil	Hazelnuts	Walnuts	Cashews	Pecan	Pistachio	Macadamia	Almonds									
Butter Croissant	✓							✓						M	M	M	M	M	M	M	M	M							M	
Almond Croissant	✓							✓						M	M	M	M	M	M	M	M	✓						M		
Pain au Chocolat	✓							✓						M	M	M	M	M	M	M	M	M					✓			
Pain aux Rasin	✓							✓						M	M	M	M	M	M	M	M			M			M			

NB - As pastries, cakes etc. are stored unpackaged with other similar items, and shared equipment is used to prepare and serve them, we cannot guarantee these products will be allergen free.

**KEY:-**

Definitely Contains	✓
May Contain	M

Nutritional Information

	Portion Size (g)	Product suitable for		Energy (KJ)		Energy (Kcal)		Fat (g)		of which are saturates (g)		Carbohydrate (g)		of which are sugars (g)		Fibre (g)		Protein (g)		Salt (g)	
		Vegetarian	Vegan	Per 100g	Per unit	Per 100g	Per unit	Per 100g	Per unit	Per 100g	Per unit	Per 100g	Per unit	Per 100g	Per unit	Per 100g	Per unit	Per 100g	Per unit	Per 100g	Per unit
Butter Croissant	50	Yes	No	1802	901	431	216	24.4	12.2	16.8	8.4	43.5	21.8	6.3	3.2	1.3	2.5	4.1	8.2	0.4	0.88
Almond Croissant	88	Yes	No	1858	1635	445	392	24.4	21.5	11.1	9.7	45.7	40.2	24.6	21.6	2.6	2.9	8	9.1	0.56	0.64
Pain au Chocolat	70	Yes	No	1664	1165	398	279	22.1	15.5	14.4	10.1	40.2	28.1	11	7.7	3	2.1	8.3	5.8	0.95	0.7
Pain aux Rasin	110	Yes	No	1327	1460	317	349	14.3	15.7	9.3	10.2	40.1	44.1	20	22.0	1.5	1.7	3.1	3.4	0.66	0.73