



Think Allergy

Hot Food Products - Breakfast



Product

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Small Breakfast (no sauce)	N	Wheat		Y			*								Y
Full English Breakfast (no sauce)	N	Wheat		Y			*								Y
Eggs Florentine (bagel)	Y	Wheat barley	Y	Y	*	Y								*	
Eggs and avocado (bagel)	Y	Wheat barley	*	Y	*	Y								*	
Egg Benedict (bagel)	N	Wheat barley	Y	Y	*	Y								*	
Vegetarian (no sauce)	Y	Wheat		Y											
Scrambled Eggs, Mush & Toast (Multigrain, no butter)	Y	wheat barley	Y	Y		*	Y								
Egg, Bacon Beans & Multigrain Toast (no butter)	N	wheat barley		Y		*	Y								
Egg, Bacon Beans & White Toast (no butter)	N	wheat		Y		*	*								
Waffles bacon and maple syrup	N	Wheat	Y	Y			*		*	*					*

Last Updated Dec 2018)

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Bacon Baps (NO SAUCE)	N	wheat			*	*									
Sausage Baps (NO SAUCE)	N	Wheat			*	*	*								Y
Ketchup	Y								Y						
HP sauce	Y	wheat rye maize													
Wholegrain toast and butter	Y	wheat barley	Y			*	Y								
Wholegrain toast, butter toast & Jam	Y	Wheat barley	Y			*	Y								
White Bloomer toast & Butter	Y	wheat	Y			*	*								
White Bloomer toast, butter & Jam	Y	wheat	Y			*	*								
Jam portions	Y														
Marmalade	Y														

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Hot Food Products – Side orders



Product

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Bacon	N														
Baked Beans	Y														
Beetroot salad	Y	*	*	*		*	*	*	*						
Chips	Y														
Cous cous with roasted vegetables	Y	Wheat Barley	*	*		*	*	Y	*						
Egg	Y			Y											
Chicken strips with chilli sauce	N	Wheat	Y			Y									
Coleslaw	Y	*	Y	Y			*	Y	*	*					
Hash browns	Y														
Mac and cheese bites	Y	wheat barley	Y												
Mushrooms	Y														
Onion Rings	Y	wheat													

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Hot Food Products – Side orders



Product

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Sausage	N	Wheat					*								Y
Sweetcorn (without butter)	Y														
Sweet potato fries	Y														
Tomato	Y														
Toasted White Bloomer (butter)	Y	wheat	Y			*	*								
Toasted Multiseed Bloomer (butter)	Y	wheat barley	Y			*	Y								

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Think Allergy

Hot Food Products - Soup



Product

Vegetarian

Contains Cereals Containing Gluten

Contains Milk

Contains Egg

Contains Nuts

Contains Sesame

Contains Soya

Contains Mustard

Contains Celery

Contains Fish

Contains Crustaceans

Contains Lupin

Contains Molluscs

Contains Peanuts

Contains Sulphur Dioxide/Sulphites

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Indonesian Chicken Noodle soup	N	wheat		Y					Y						
Boston Chicken Chowder	N		Y	Y											
British Beef & potato	N		Y						Y						
Chipotle Meatball	N								Y						
Sambar Dahl	Y														
Red Lentil and vegetable	Y								Y						

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Hot Food Products - Burgers



Product

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The Arlo's	N	wheat	Y	Y		*	*	Y	*	*					
Mexican with steak burger	N	wheat	Y	Y		*	*	Y	*	*					Y
Mexican with chicken	N	wheat	Y	Y		*	*	Y	*	*					Y
The Classic 'Bacon & Cheese' with steak burger	N	wheat	Y	Y		*	*	Y	*	*					
The Classic @bacon and cheese' with chicken	N	wheat	Y	Y		*	*	Y	*	*					
Double Cheese & Bacon burger with steak	N	wheat	Y	Y		*	*	Y	*	*					
Double cheese and bacon with chicken	N	wheat	Y	Y		*	*	Y	*	*					
Kentucky BBQ Jack	N	Barley wheat	Y	Y		*	*	Y	*	*					
Kentucky BBQ Jack with chicken	N	Barley wheat	Y	Y		*	*	Y	*	*					

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Hot Food Products – Kids Menu



Product

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Kids breakfast sausage	N	Wheat		Y			*		Y						Y
Kids breakfast bacon	N			Y					Y						
Kids Veggie breakfast with ketchup	Y	Wheat		Y					Y						
Scrambled Egg & Toast (BROWN TOAST) with ketchup	Y	wheat barley	Y	Y		*	Y		Y						
Chicken salad	N	*	Y	Y			*	Y	*	*					
Trio chicken	N	Wheat	Y						Y						
Kids brunch	N	Wheat		Y			*		Y						Y
Fish and chips (KETCHUP NO TARTARE)	N								Y	Y					
Fried Chicken dippers	N	Wheat	Y						Y						

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Hot Food Products – Street eats



Product

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American Dog & Fries	N	wheat	Y	Y				Y	Y						
Chilli fries	N	Wheat Barley	Y		*										Y
Chilli Dog & Tortilla chips	N	Wheat Barley	Y	Y	*	*	*	Y	*	*	*				Y
Chicken Piri Piri Masala	N	Barley			*			Y							
Chilli Con Carne	N	Wheat Barley	Y		*										Y
Green Thai curry	N		Y		*			Y	Y						
Chilli & Nachos (Tortilla chips)	N	Wheat Barley	Y		*										Y
Basmati rice	Y														
Tortilla chips	Y														
Meatballs and pasta in tomato sauce with Parmesan	N	Wheat	Y	*			*								
Chargrilled chicken rice box	N				*				Y						
Buttermilk chicken Rice box	N	Wheat	Y		*				Y						

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Hot Food Products - Fish



Product

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Tartare sauce	Y			Y											
Cod and chips	N									Y					

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Hot Food Products - Grill



Product

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All day breakfast	N	Wheat		Y			*								Y
Steak and chips	N														
Gammon and Egg	N			Y											
Mixed grill	N	Wheat		Y											
BBQ Chicken stack	N	Barley Wheat	Y	Y			*	Y	*	*					
Chicken Tikka skewer	N	Wheat	Y	Y			*	Y	*	*				*	
Trio of chicken	N	Wheat	Y	Y			*	Y	*	*				*	
Chargrilled chicken salad with beetroot and cous cous and coleslaw	N	Wheat Barley	Y	Y		*	*	Y	*	*					
Chargrilled chicken salad without beetroot cous cous and coleslaw	N														
BBQ sauce	Y	Barley													
Piri Piri Sauce	Y														

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Hot Food Products - Vegetarian



Product

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Goan vegetable curry	Y		Y		*			Y							
Nachos & cheese	Y	*	Y	Y		*	*	Y	*	*	*				Y
Flamin Nacho	Y	wheat	Y	Y		*									Y
Vegetarian breakfast (NO KETCHUP/BROWN SAUCE)	Y	wheat		Y											
Kids Vegetarian breakfast WITH KETCHUP	Y	wheat		Y					Y						
Kids Vegetarian breakfast NO KETCHUP	Y	wheat		Y											

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Think Allergy

Hot Food Products - Cakes



Product

Vegetarian

Contains Cereals Containing Gluten

Contains Milk

Contains Egg

Contains Nuts

Contains Sesame

Contains Soya

Contains Mustard

Contains Celery

Contains Fish

Contains Crustaceans

Contains Lupin

Contains Molluscs

Contains Peanuts

Contains Sulphur Dioxide/Sulphites

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Ultimate chocolate brownie	Y	Y Wheat *OATS *Barley	Y	Y	*		Y							*	
Caramel slice	Y	Y Wheat *OATS *Barley	Y		*		Y							*	
Jewel bar	Y	* Wheat	Y	Y	Y		Y							*	
Coconut and dark chocolate flapjack	Y	*	*	*	*		Y							*	*
Orange fig and cranberry slice	Y	*	*	Y	Y		*							*	*
Carrot and orange cake	Y	Y Wheat *Barley *Rye	Y	Y	Y		*							*	
Lemon drizzle	Y	Y Wheat *Barley *Rye *Oats	Y	Y	*		*							*	
Coffee and walnut	Y	Y Wheat Rye *	Y	Y	Y		*							*	*
Mulled apple crumble	Y	Y Wheat, Oats *Rye barley	*	*	Y		*							*	
Victoria sponge	Y	Y-Wheat	Y	Y	*		*								

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Hot Food Products - Cakes



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Cherry and Almond tart	Y	Wheat	Y	Y	Y		*								
Pear Tart	Y	Wheat	Y	Y	Y		*								
Chocolate chunk cookie	Y	Wheat	Y	Y	*	*	Y	*	*						
Double chocolate cookie	Y	Wheat	Y	Y	*	*	Y	*	*						
White chocolate cookie	Y	Wheat	Y	Y	*	*	Y	*	*						
White chocolate and macadamia cookie	Y	Wheat	Y	Y	Y	*	Y	*	*						
Cookie dough cheesecake	Y	Y WHEAT, MAIZE, BARLEY	Y	Y	*		Y							*	Y
Sticky toffee cheesecake	Y	Y Wheat, Barley	Y	Y	*		Y							*	
Scone	Y	Y - Wheat	Y	Y	*										
Strawberry Jam	Y														
Butter	Y		Y												
Clotted Cream	Y		Y												

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Hot Food Products - Pastries



Product

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Croissant	Y	Wheat	Y	Y	*		*								
Pretzel	Y	Y	Y	Y	Y	*	*		*	*					Y
Pastry crown, apricot & vanilla & cinnamon	Y	Y	Y	Y	Y										
Chocolate pastry sticks	Y	Y	Y	Y	Y		Y								
Toasted teacake (no butter or jam)	Y	Y - Wheat													
Toasted teacake (butter)	Y	Y - Wheat	Y												
Toasted teacake (butter and jam)	Y	Y - Wheat	Y												

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Think Allergy

Sandwiches and ciabattas



Contains Cereals Containing Gluten

Contains Milk

Contains Egg

Contains Nuts

Contains Sesame

Contains Soya

Contains Mustard

Contains Celery

Contains Fish

Contains Crustaceans

Contains Lupin

Contains Molluscs

Contains Peanuts

Contains Sulphur Dioxide/Sulphites

Product

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Ham & Cheese, with mustard Ciabatta	N	wheat rye barley	Y	Y		Y	*	Y	*	*					
Mozzerella tomato and pesto Ciabatta	Y	wheat rye barley maize	Y	y	Y	Y	*	y	*	*					Y
Brie and bacon ciabatta	N	Wheat rye barley	Y			Y									Y
Chicken and bacon ciabatta	N	wheat rye barley	Y												
Cheese ploughmans baguette brown	Y	Wheat barley rye	Y	Y	Y	Y	Y								Y
Ham and cheese ploughmans baguette brown	N	Wheat barley rye	Y	Y	Y	Y	Y								Y
Chicken and avocado baguette white	N	Wheat	Y	Y	*	*	*	Y	*	*					
Chicken and avocado baguette multi grain	N	Wheat	Y	Y	*	Y	*	Y	*	*					
Ham and cheese croissant	N	wheat	Y	Y	*		*								
Cheese and tomato croissant	Y	Wheat	y	Y	*		*								
BLT baguette white	N	Wheat	y	Y	*	*	*	Y	*	*					
BLT roll	N	Wheat	y	Y		*	*	Y	*	*					

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Sandwiches and Ciabattas



Product

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Egg mayo baguette white	Y	Wheat	Y	Y	*	*	*	Y	*	*					
Egg mayo roll	Y	Wheat barley oats	Y	Y		*	*	Y	*	*					
Festive turkey baguette white	N	Wheat, Barley	*	Y	*	*	*	Y	*	*	*				
Festive turkey baguette brown	N	Wheat Rye Barley	Y	Y	Y	Y	Y	Y	*	*	*				
Spicy chicken and pepperoni melt ciabatta	N	Wheat Rye Barley	Y	Y		Y	*	Y	*	*	*				*
Traditional multigrain baguette	Y	wheat rye barley	Y	Y	Y	Y	Y								
Ciabattini Rustic	Y	wheat rye barley				Y									
Baguette white	Y	wheat	*		*	*	*								
Bread bloomer malted wheatgrain	Y	wheat barley				*	Y								
Bread bloomer white	Y	wheat				*	*								
Quatro roll white	Y	wheat				*	*								
Quatro white rustic	Y	Wheat barley oats				*	*								

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Wraps and Flatbreads



Product

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Spicy chicken flatbread	N	Y Wheat	Y	*		*	Y	Y	*	*	*				*
BBQ pork flatbread	N	Y Wheat Barley	Y	*		*	Y	*	*	*	*				*
Steak Ciabatta	N	wheat rye barley	Y	Y		Y	*	Y	*	*					
Chicken wrap and fries , chargrilled chicken	N	Wheat													
Chicken wrap and fries, buttermilk chicken	N	Wheat, maize	Y												
Spicy chicken wrap	N	Wheat	Y	Y		*	*	Y	*	*	*				*
Falafel and guacamole wrap	Y	Wheat *Barley	Y	Y		*	*	Y	*	*	*				*
Chicken and three bean salad	N	Barley	Y	Y		*	Y	Y	*						
Falafel and avocado salad	Y	Wheat *Barley	Y	Y		*	*	*	*						

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Think Allergy

Hot drinks



Product

Vegetarian

Contains Cereals Containing Gluten

Contains Milk

Contains Egg

Contains Nuts

Contains Sesame

Contains Soya

Contains Mustard

Contains Celery

Contains Fish

Contains Crustaceans

Contains Lupin

Contains Molluscs

Contains Peanuts

Contains Sulphur Dioxide/Sulphites

Product	Vegetarian	Contains Cereals Containing Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide/Sulphites
Hot Chocolate	Y		Y												
Americano with milk	Y		Y												
Latte	Y		Y												
Vanilla Latte	Y		Y												
Caramel Latte	Y		Y												
Hazelnut Latte	Y		Y		Y										
Cappuccino	Y		Y												
Black Tea	Y														
Tea with Milk	Y		Y												
Mocha	Y		Y												
Macchiato	Y		Y												
Piccolo	Y		Y												

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Cold Drinks



Product

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Strawberry smoothie												*			
Mango Smoothie															

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Think Allergy

Alcohol



Product

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Kronenbourg draught	Y	Wheat													
Chardonnay	Y														Y
Chenin Blanc	Y														Y
Pinot Grigio	Y														Y
Savignon Blanc	Y														Y
Merlot	Y														Y
Cabernet Sauvignon	Y														Y

Last Updated Dec 2018)

* This allergen hasn't been added but the product has been manufactured in a factory that handles this allergen.

Whilst we take the issue of food allergies and intolerances seriously all dishes are produced and prepared in environments that are not free from gluten, milk, egg, fish, crustaceans, molluscs, peanuts, sesame, celery, mustard, lupin or soya therefore all dishes may contain traces of these and other allergens.