




ALLERGEN INFORMATION

At Arlo's we attempt to provide as complete as possible allergen information about the food and drink served at our sites. Whilst we have strict controls and standards, we prepare some food and drinks on site using a wide range of ingredients and cannot ensure that there is no cross contamination and therefore we can't guarantee that these products are completely allergen free.

-  Contains – a planned ingredient which is definitely present.
-  May contain – a supplier has reported to us a real risk of cross contamination on their production line.
-  May contain via shared equipment – potential cross contamination through shared cooking equipment in our kitchen.

	Allergen Information													
	Contains 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
Breakfast														
Sausage	Y					?								Y
Bacon														
Vegan sausage	Y					Y								Y
Egg			Y											
Mushrooms														
Tomato														
Hash browns														
Baked beans														
Muffin	Y				?	Y								
Multi grain bloomer	Y				?	Y								
White bloomer	Y				?	?								
Butter		Y												
Jam,														
Marmalade														
Porridge														
Porridge with soya milk	Y					Y								
Honey														
Cinnamon														
Banana														
Fruit Compote		?	?	?		?								
Hot Drinks														
Tea with milk		Y												
Americano black														
Americano with milk		Y												
Cappuccino		Y												
Latte		Y												
Dessert														
Mixed Cookies	Y	Y	Y	Y	?	Y	?	?						



Please scan the code for more allergen information. If you have any questions or special dietary requirements, our management team are happy to help.