ISSUE 7 18TH SEPT 2020

www.martinsbakery.co.uk/menus Allergen Fast Track Sheet

martins Craft Bakery

Due to the nature of our manufacturing and retail processes, we cannot guarantee that products sold on our premises are allergen free. This list includes our core range.
We change our menus seasonally so if the product is not listed please ask in our shop or phone our head office on 0161 688 5588.
As a first step, please use the recipe look up button on the till as that has the most up to date information. If the date at the top of this sheet is older than 2 months, check with the office if it is the correct version

Products	Allergens														Suitability	
	Cereals Containing Gluten	Milk	Soya	Eggs	Mustard	Sulphur Dioxide	Celery	Fish	Nuts	Peanuts	Sesame Seeds	Lupin	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
Bake Off																
Sausage Roll	✓ wheat	✓				✓										
Cheese and Spinach Roll	✓ wheat	✓		✓											✓	
Cheese Pasty	✓ wheat	✓		✓											✓	
Potato and Meat Pasty	✓ wheat	✓				✓	✓									
Vegetable Curry Pasty	✓ wheat		✓		✓	✓									✓	✓
Peppered Steak Pasty	✓ wheat	✓					✓									
Jamaican Meat Patty	✓ wheat	✓	✓			✓	✓									
Lancashire Pasty	✓ wheat			✓		✓	✓									
Bacon Tasty	✓ wheat	✓														
Steak Pie	✓ wheat	✓	✓													
Meat Pie	✓ wheat	✓	✓				✓									
Potato & Meat Pie	✓ wheat	✓	✓			✓	✓									
Chicken Saag Aloo Pie	✓ wheat	✓	✓		✓											
Cottage Pie	✓ wheat	✓	✓				✓									
Beef Hot Pot	✓ wheat	✓	✓			✓	✓									
Cheese and Onion Pie	✓ wheat	✓	✓			✓									✓	
Mash & Gravy	✓ wheat & barley	✓	✓												✓	
Macaroni Cheese & Bacon	✓ wheat	✓														
Vegan Hotpot	✓ wheat		✓		✓		✓								✓	✓
Vegan Sausage Roll	✓ wheat		✓		✓		✓								✓	✓
Breakfasts																
All Day Breakfast Muffin	✓ wheat	✓	✓													
All Day Breakfast Sub	✓ wheat	✓	✓													
Bacon Muffin	✓ wheat	✓	✓													
Bacon Sub / Toast	✓ wheat	✓														
Sausage Sub / Toast	✓ wheat	✓														
Fried Egg Muffin	✓ wheat	✓		✓											✓	
Fried Egg on Toast	✓ wheat	✓		✓											✓	
Hot Potato Cake	✓ wheat	✓													✓	
Cheese & Bacon Potato Cake	✓ wheat	✓														
Breakfast Toastie	✓ wheat	✓	✓				✓									
Black Pudding Slice	✓ wheat															
Melts and Pizzas																
Pizza Napoli	✓ wheat	✓													✓	
Roast Veg Pizza	✓ wheat	✓		✓											✓	
Pepper & Mushroom Pizza	✓ wheat	✓													✓	
Pepperoni Pizza	✓ wheat	✓														
Tuna Sweetcorn Melt	✓ wheat	✓		✓	✓	✓		✓								
Cheese Savoury Melt	✓ wheat	✓		✓	✓										✓	
Chicken and Bacon Melt	✓ wheat	✓		✓	✓											
Spicy Cajun Melt	✓ wheat	✓														

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Soups																
Pea and Ham							✓									
Tomato and Basil		✓	✓			✓	✓								✓	
Butternut Squash	✓ wheat		✓		✓		✓								✓	✓
Potato and Leek		✓	✓				✓								✓	
Thai Turkey	✓ wheat		✓				✓	✓ anchovy								
Cream of Mushroom		✓	✓				✓								✓	
Curried Parsnip			✓		✓		✓								✓	
Ham & Sweetcorn Chowder		✓					✓									
Broccoli & Stilton		✓	✓				✓								✓	
Winter Veg Soup	✓ wheat		✓		✓		✓								✓	✓
Watercress & Spinach			✓				✓								✓	✓
Breads																
Small/Large White	✓ wheat		✓												✓	✓
White Manchester	✓ wheat		✓												✓	✓
Tiger Bread	✓ wheat		✓												✓	✓
Danish Batch	✓ wheat		✓												✓	✓
Small/Large Wholemeal	✓ wheat		✓												✓	✓
Brown Manchester	✓ wheat		✓												✓	✓
Country Grain Batch	✓ wheat		✓												✓	✓
Hovis Wheatgerm	✓ wheat		✓												✓	✓
Harvester Cob	✓ wheat		✓												✓	✓
Multiseed Oval	✓ wheat														✓	✓
Harvester Tin	✓ wheat		✓												✓	✓
Manchester White Sourdough	✓ wheat														✓	✓
Seeded Sourdough	✓ wheat														✓	✓
Multiseed Sourdough	✓ wheat														✓	✓
Olive Toscana	✓ wheat														✓	✓
Breakfast Bread	✓ wheat					✓									✓	✓
Cheese & Chilli	✓ wheat	✓													✓	
Sleepless White	✓ wheat														✓	✓
Teacakes	✓ wheat	✓	✓												✓	
Demi Baguette	✓ wheat														✓	✓
50/50 Sliced Tin	✓ wheat		✓												✓	✓
Martins Wheatgerm Loaf	✓ wheat		✓												✓	✓
Brioche	✓ wheat	✓	✓	✓											✓	
White Muffin	✓ wheat		✓												✓	✓
Brown Muffin	✓ wheat		✓												✓	✓
Oven Bottom Muffin	✓ wheat														✓	✓
White Crusty Stick	✓ wheat														✓	✓
Harvester Crusty Stick	✓ wheat														✓	✓
White Soft Sub	✓ wheat		✓												✓	✓
Harvester Soft Sub	✓ wheat		✓												✓	✓
Harvester Bread	✓ wheat		✓												✓	✓

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Breads cont…																
Wrap	✓ wheat														✓	✓
Ciabatta	✓ wheat	✓													✓	
Seeded Bloomer	✓ wheat		✓												✓	✓
Wheatgerm Sourdough	✓ wheat														✓	✓
Fillings																
Ham																
Turkey																
Chicken																
Cajun Chicken	✓ wheat			✓	✓		✓									
Spicy Cajun	✓ wheat						✓									
Egg Mayo				✓	✓										✓	
Cheese		✓													✓	
Cheese Savoury		✓		✓	✓										✓	
Tuna								✓								
Tuna Mayo				✓	✓	✓		✓								
Tuna Crunch				✓	✓			✓								
Roast Veg		✓		✓											✓	
Extras																
Coleslaw				✓											✓	
Stuffing	✓ wheat	✓	✓												✓	
Mayonnaise Light				✓	✓										✓	
Mayonnaise Full Fat				✓											✓	
Salad Cream				✓	✓										✓	
Tomato Ketchup							✓								✓	✓
HP Sauce	✓ barley & rye														✓	✓
Piccalilli	✓ wheat					✓									✓	✓
Branston Pickle	✓ barley					✓									✓	✓
Cranberry Sauce															✓	✓
Bramley Apple Sauce						✓									✓	✓
Wholegrain Mustard Dressing						✓	✓								✓	✓
Red Cabbage							✓								✓	✓
Cakes & Pastries																
Chocolate Brownie	✓ wheat		✓	✓											✓	
Salted Caramel Brownie	✓ wheat	✓	✓	✓											✓	
Flapjack	✓ oats	✓													✓	
Fruited Flapjack	✓ oats	✓													✓	
Lemon Drizzle	✓ wheat	✓	✓	✓											✓	
Cornflake Cake	✓ wheat	✓													✓	
Chocolate Fudge Slice	✓ wheat	✓	✓	✓											✓	
Carrot Cake Slice	✓ wheat	✓	✓	✓											✓	
Bakewell Tart	✓ wheat	✓		✓		✓									✓	
Bramley Apple Tart/Pie	✓ wheat					✓									✓	✓

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Cakes & Pastries cont…..																
Small/Large Custard	✓ wheat	✓		✓											✓	
Ultimate Eccles Cake	✓ wheat														✓	✓
Iced Finger	✓ wheat	✓	✓												✓	
Sultana Scone	✓ wheat	✓		✓											✓	
Mince Pie	✓ wheat	✓				✓									✓	
Yum Yum	✓ wheat		✓	✓											✓	
Lemon Yum Yum	✓ wheat		✓	✓											✓	
Star Mince Pie	✓ wheat					✓									✓	✓
Melting Moment Biscuit	✓ wheat	✓	✓	✓											✓	
Shortbread Biscuit	✓ wheat	✓													✓	
Strawberry Tart	✓ wheat	✓													✓	
Lemon Tart	✓ wheat	✓	✓	✓											✓	
Strawberry Bun	✓ wheat	✓	✓												✓	
Cream Cakes																
Vanilla	✓ wheat	✓													✓	
Chocolate Éclair	✓ wheat	✓	✓	✓											✓	
Cream Doughnut	✓ wheat	✓	✓	✓											✓	
Fudge Doughnut	✓ wheat	✓	✓	✓											✓	
Lemon Bun	✓ wheat	✓	✓	✓											✓	
Cream Crisp	✓ wheat	✓													✓	
Bavarian	✓ wheat	✓													✓	
Wimberry Charlotte	✓ wheat	✓													✓	
Chocolate Sponge	✓ wheat	✓	✓	✓											✓	
Fresh Cream Scone	✓ wheat	✓		✓											✓	
Fresh Cream Sponge	✓ wheat	✓		✓											✓	
Russian Sandwich	✓ wheat	✓		✓											✓	
Egg Free Sponge	✓ wheat	✓													✓	