

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.

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

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Allergy Fast Track Sheet																
Baked Potatoes																
Butter		✓													✓	
Cajun Chicken	✓			✓	✓											
Cheese		✓													✓	
Beans															✓	✓
Coleslaw				✓											✓	
Tuna Sweetcorn				✓	✓	✓		✓								
Cheese and Beans		✓													✓	
Coleslaw and Cheese		✓		✓											✓	
Soups																
Pea and Ham							✓									
Tomato and Basil		✓	✓			✓	✓								✓	
Butternut Squash	✓		✓		✓		✓								✓	✓
Potato and Leek		✓	✓				✓								✓	
Thai Turkey	✓		✓				✓	✓								
Cream of Mushroom		✓	✓				✓								✓	
Curried Parsnip			✓		✓		✓								✓	
Ham & Sweetcorn Chowder		✓					✓									
Broccoli & Stilton			✓				✓								✓	
Winter Veg Soup	✓		✓		✓		✓								✓	
Self Service																
Ham Salad Muffin	✓	✓	✓													
Ham Salad Stick	✓	✓														
Ham Muffin	✓		✓													
Cajun Chicken Muffin	✓		✓	✓	✓											
Cajun Chicken Stick	✓			✓	✓											
Tuna Mayo Muffin	✓		✓	✓	✓	✓		✓								
Tuna Mayo Salad Muffin	✓		✓	✓	✓	✓		✓								
Turkey Salad Muffin	✓		✓													
Egg Mayo Muffin	✓		✓	✓	✓										✓	
Tandoori Chicken Wrap	✓				✓											
Crumbly Lancs with Carrot Chutney	✓	✓	✓			✓									✓	
Southern Fried Chicken Muffin	✓						✓									
Southern Fried Chicken Salad Box	✓						✓									
Chicken Pasta	✓				✓	✓										
Chicken and Bacon Pasta	✓				✓	✓										
Large Salad Bowl				✓											✓	
Trifle Pot	✓	✓	✓	✓											✓	
Choc Fudge Slice	✓	✓	✓	✓											✓	
Carrot Cake Slice	✓	✓	✓	✓											✓	

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Allergy Fast Track Sheet																
Made to Order Sandwiches																
Base																
White Muffin	✓		✓												✓	✓
Brown Muffin	✓		✓												✓	✓
Oven Bottom Muffin	✓														✓	✓
White Crusty Stick	✓														✓	✓
Harvester Crusty Stick	✓														✓	✓
White Soft Sub	✓		✓												✓	✓
Harvester Soft Sub	✓		✓												✓	✓
White Bread	✓		✓												✓	✓
Wholemeal Bread	✓		✓												✓	✓
Harvester Bread	✓		✓												✓	✓
Wrap	✓														✓	✓
Ciabatta	✓	✓													✓	
Seeded Bloomer	✓		✓												✓	✓
Fillings																
Ham																
Turkey																
Chicken																
Cajun Chicken	✓			✓	✓											
Spicy Cajun	✓				✓											
Egg Mayo				✓	✓										✓	
Cheese		✓													✓	
Cheese Savoury		✓		✓	✓										✓	
Tuna																
Tuna Mayo				✓	✓	✓					✓					
Tuna Crunch				✓	✓						✓					
Roast Veg		✓		✓											✓	
Extras																
Coleslaw				✓											✓	
Stuffing		✓	✓												✓	
Mayonnaise Light				✓	✓										✓	
Mayonnaise Full Fat				✓											✓	
Salad Cream				✓	✓										✓	
Tomato Ketchup								✓							✓	✓
HP Sauce	✓														✓	✓
Piccalilli	✓														✓	✓
Branston Pickle	✓														✓	✓
Cranberry Sauce															✓	✓
Bramley Apple Sauce															✓	✓
Wholegrain Mustard Dressing					✓	✓									✓	✓
Red Cabbage						✓									✓	✓

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																Suitable for Vegetarians	Suitable for Vegans	
Allergy Fast Track Sheet																		
Breads																		
Small/Large White		✓		✓													✓	✓
White Manchester		✓		✓													✓	✓
Tiger Bread		✓		✓													✓	✓
Danish Batch		✓		✓													✓	✓
Small/Large Wholemeal		✓		✓													✓	✓
Brown Manchester		✓		✓													✓	✓
Country Grain Batch		✓		✓													✓	✓
Hovis Wheatgerm		✓		✓													✓	✓
Harvester Cob		✓		✓													✓	✓
Multiseed Oval		✓															✓	✓
Harvester Tin		✓		✓													✓	✓
Manchester White Sourdough		✓															✓	✓
Seeded Sourdough		✓															✓	✓
Multiseed Sourdough		✓															✓	✓
Sultana & Cherry Sourdough		✓					✓											
Olive Toscana		✓															✓	✓
Breakfast Bread		✓					✓										✓	✓
Cheese & Chilli		✓	✓														✓	
Sleepless White		✓															✓	✓
Teacakes		✓	✓	✓													✓	
Demi Baguette		✓															✓	✓
50/50 Sliced Tin		✓		✓													✓	✓
Martins Wheatgerm Loaf		✓		✓													✓	✓
Cakes & Pastries																		
Chocolate Brownie		✓		✓	✓												✓	
Salted Caramel Brownie		✓	✓	✓	✓												✓	
Flapjack		✓	✓														✓	
Fruited Flapjack		✓	✓														✓	
Lemon Drizzle		✓	✓	✓	✓												✓	
Cornflake Cake		✓	✓														✓	
Chocolate Fudge Slice		✓	✓	✓	✓												✓	
Carrot Cake Slice		✓	✓	✓	✓												✓	
Rich Fruit Cake Slice		✓	✓		✓		✓			✓							✓	
Oatmeal Parkin Slab		✓			✓												✓	
Smartie Cookie		✓	✓	✓													✓	
Manchester Bee Biscuit		✓	✓		✓												✓	
Bakewell Tart		✓	✓		✓		✓										✓	
Bramley Apple Tart/Pie		✓					✓										✓	✓
Small/Large Custard		✓	✓		✓												✓	
Ultimate Eccles Cake		✓															✓	
4pk Eccles Cake		✓	✓														✓	
Novelty Gingerbread		✓	✓	✓													✓	
Gingerbread Man		✓	✓														✓	
12 x Mini Gingerbread		✓	✓		✓												✓	

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Allergy Fast Track Sheet																
Cakes & Pastries cont.....																
Gluten Free Gingerbread				✓											✓	
Iced Finger	✓	✓	✓												✓	
Sultana Scone	✓	✓		✓											✓	
Mince Pie	✓	✓				✓									✓	
Yum Yum	✓		✓	✓											✓	
Lemon Yum Yum	✓		✓	✓											✓	
Star Mince Pie	✓					✓									✓	✓
Melting Moment Biscuit	✓	✓	✓	✓											✓	
Shortbread Biscuit	✓	✓													✓	
Parkin Biscuits (without Wheat)	✓			✓											✓	
Mini Gingerbread Men	✓		✓												✓	✓
Cream Cakes																
Vanilla	✓	✓													✓	
Chocolate Éclair	✓	✓	✓	✓											✓	
Cream Doughnut	✓	✓	✓	✓											✓	
Fudge Doughnut	✓	✓	✓	✓											✓	
Lemon Bun	✓	✓	✓	✓											✓	
Cream Crisp	✓	✓													✓	
Bavarian	✓	✓													✓	
Wimberry Charlotte	✓	✓													✓	
Chocolate Sponge	✓	✓	✓	✓											✓	
Fresh Cream Scone	✓	✓		✓											✓	
Fresh Cream Sponge	✓	✓		✓											✓	
Russian Sandwich	✓	✓		✓											✓	