

Allergen Fast Track Sheet

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	Eggs	Milk / Lactose	Peanuts	Nuts	Soya	Sesame Seeds	Lupin	Sulphur Dioxide	Celery	Mustard	Fish	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
Allergy Fast Track Sheet																
Pies and Pasties																
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	✓		✓			✓			✓							
Hot Pot and Red Cabbage	✓		✓						✓							
Cheese and Onion Pie	✓		✓												✓	
Mash & Gravy	✓		✓			✓										
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			✓													
Melts and Pizzas																
Pizza Napoli	✓		✓													
Roast Veg Pizza	✓	✓	✓													
Pepperoni Pizza	✓		✓													
Tuna Sweetcorn Melt	✓	✓	✓						✓	✓	✓					
Cheese Savoury Melt	✓	✓	✓							✓						
Chicken and Bacon Melt	✓	✓	✓							✓						
Spicy Cajun Melt	✓		✓													
Soups																
Pea and Ham									✓	✓						
Tomato and Basil			✓			✓			✓	✓					✓	
Butternut Squash	✓					✓			✓	✓					✓	✓
Potato and Leek			✓			✓			✓	✓					✓	
Thai Turkey	✓					✓			✓	✓	✓					
Cream of Mushroom			✓			✓			✓	✓					✓	
Curried Parsnip						✓			✓	✓					✓	✓
Ham & Sweetcorn Chowder			✓						✓	✓						

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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									✓						✓	✓

