Allergens & Calorie Declaration and Matrix

Due to the nature of our business **we cannot** guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination

It is important to inform our team of any allergies, intolerances or dietary requirements before placing your order in our café's or online/via an app. Not all ingredients are listed on the menu. While we have processes in place to prevent cross contamination, we cannot guarantee the total absence of allergens in our dishes due to the open nature of our cafes, in particular allergens such as **gluten**, **tree nuts, peanuts, soya and milk** due to their frequent use. Detailed information on the fourteen legal allergens is provided below, including "may contain" information from our suppliers, however we are unable to provide information on other allergens

E110 (Sunset Yellow FCF) is not classified as a major allergen under EU Regulation (EU) No 1169/2011 or U.S. FDA allergen labeling requirements. However, as it may be found in used ingredients, it is important to us to make you aware of the use, as individuals sensitive to azo dyes may experience adverse reactions.

Please locate the dish you want to order in the column on the left '*Category*' and then match with the allergens in the columns to the right to find what allergens your dish contains and/or may contain. Also calorie information is found in the second column next to each dish.

Although our team members are aware of our allergens, we occasionally change our recipes, therefore the most up-to-date allergen declaration is available below

SAVOURY POCKETS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Savoury Pockets	784	BBQ Chicken Pocket	May Contain	Contains WHEAT		Contains			Contains		Contains			Contains	May Contain	
	769	Spicy Sriracha Chicken Pocket	May Contain	Contains WHEAT		Contains			Contains		Contains			Contains	May Contain	
	914	Falafel Chipotle Pocket	May Contain	Contains WHEAT		Contains			Contains		Contains			Contains	May Contain	
	866	Chicken Fiesta Crunch Pocket	May Contain	Contains WHEAT		Contains			Contains		Contains			Contains	May Contain	
	69	Cheese Sauce		Contains BARLEY					Contains							
Savourish	493	Teriyaki Chicken Pocket	Contains	Contains WHEAT	May Contain	Contains	May Contain		Contains		Contains		May Contain	Contains	May Contain	
	531	Chargrilled Spicy Veg and Houmous		Contains WHEAT		Contains			Contains		Contains		Contains	Contains		

GELATO & SORBETS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Gelato	239	Cherry Choc Chunk		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	182	Basque Cheesecake		Contains		Contains			Contains					May Contain		May Contain
	112	Bubblegum Blue Gelato		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	129	Chocolate Chip Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	124	Chocolate Fudge Brownie Gelato		Contains WHEAT		Contains			Contains			May Contain		May Contain		May Contain
	128	Coconut Geleto		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	125	Coffee Arabica Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	143	Cookie Dough Geleto		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	135	Creams Buenot		May Contain		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	148	Creams Rosher Gelato		May Contain		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	124	Creams Vanilla Gelato		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	124	Mint Chocolate Chip Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	127	O-RE-O Gelato		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	117	Pistachio Gelato		May Contain		May Contain			Contains			May Contain		May Contain		Contains
	136	Salted Caramel Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	129	Speculoos Gelato		Contains WHEAT		May Contain			Contains			May Contain		Contains		May Contain
	118	Strawberry Gelato		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	122	White Chocolate Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	145	Winter Spiced Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain

GELATO & SORBETS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Sorbet	85	Chocolate Absolute		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	91	Alphonso Mango Sorbet		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	84	Amalfi Lemon		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	145	Tango Sorbet - 1 scoop		May Contain		May Contain								May Contain		May Contain
	81	Raspberry Sorbet		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
Soft Serve	135	Creams Soft Vanilla Ice Cream							Contains							
	80	Trial Creams Soft Vanilla Ice Cream		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	May Contain	May Contain
Cones	430	Waffle Cone Small		Contains WHEAT					Contains					Contains		
	430	Waffle Cone Medium		Contains WHEAT					Contains					Contains		
	460	Chocolate Waffle Cone Small		Contains WHEAT					Contains					Contains		May Contain
	468	Chocolate Waffle Cone Medium		Contains WHEAT					Contains					Contains		May Contain
Wafer	10	Creams Wafer		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain

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KIDS MENU

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Kids Menu	536	Strawberry Brownie Bites		Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains		May Contain
	320	Jr Bubble Gum Soft Sundae		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	460	Rainbow Cake & Ice Cream		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	720	Stuffed Pancake bites		Contains WHEAT	May Contain	Contains			Contains					Contains		Contains HAZELNUT
	432	Kids Mallow Sticks							Contains					Contains		
	647	Sweetie the soft bear		Contains WHEAT		Contains			Contains		May Contain	May Contain	May Contain	Contains		May Contain

SAVOURIES, DOUGHNUTS, CAKES & BAKES

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Cakes & Pastries	533	Caramel Apple Crumble Pie		Contains WHEAT					Contains							May Contain
	402	Vegan Belgian Chocolate Fudge Cake		Contains WHEAT		May Contain			May Contain			May Contain		Contains		May Contain
	909	Chocolate Fudge Obsession		Contains WHEAT		Contains			Contains							May Contain
	610	Red Velvet Chocolate Fudge Cake (Pre-cut) Aulds		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	394	Lemon Meringue Cheesecake		Contains WHEAT		Contains			Contains					Contains	Contains	May Contain
	399	Madagascan Vanilla Cheesecake		Contains WHEAT		Contains			Contains							May Contain
	421	White Chocolate & Raspberry Cheesecake		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	624	Rainbow Cake		Contains WHEAT		Contains			Contains					Contains		May Contain
	539	Chunky Triple Chocolate Brownie		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	211	Butter Croissant		Contains WHEAT		Contains			Contains		May Contain		May Contain	Contains		May Contain
	289	Pain Aux Raisins		Contains WHEAT		Contains			Contains		May Contain		May Contain	Contains		May Contain
	231	Chocolate Twist		Contains WHEAT		Contains			Contains		May Contain		May Contain	Contains		May Contain
	426	Fruit Scone		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	358	Cinnamon Swirl		Contains WHEAT		Contains			Contains		May Contain		May Contain	Contains		May Contain
	293	Cherry Bakewell Slice		Contains WHEAT		Contains			Contains							Contains WALNUT ALMOND
	439	Plain Iced Twisted YUM YUM		Contains WHEAT		Contains			Contains					May Contain		May Contain
	416	Pain Au Chocolat		Contains WHEAT		Contains			Contains					Contains		May Contain

SAVOURIES, DOUGHNUTS, CAKES & BAKES

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Doughnuts	318	Creams Glazed Ring Dougnut		Contains WHEAT		May Contain			Contains					Contains		May Contain
	458	Pistachio Dark Chocolate Doughnut		Contains WHEAT / OATS		May Contain			Contains		May Contain			Contains		Contains
	414	Lotus Biscoff with white chocolate sauce		Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains		May Contain
	445	O-re-o with milk chocolate sauce and Oreo crumb		Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains		May Contain
	488	Smarties with white chocolate sauce		Contains WHEAT BARLEY		Contains			Contains			May Contain	May Contain	Contains		May Contain
	454	Jammie Dodger with white chocolate & strawberry sauce		Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains	Contains	May Contain
	451	Aero mint bubbles with milk chocolate sauce		Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains		May Contain
	490	Rolo with milk chocolate & toffee sauce		Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains		May Contain
	926	Popcorn Chicken Waffle Bites	Contains	Contains WHEAT	May Contain	Contains	May Contain		Contains		May Contain		May Contain	Contains	Contains	
	473	Cheese Nachos Small		May Contain					Contains					May Contain		
	495	Mexican Nachos Small		May Contain					Contains					May Contain		
	792	Cheese Nachos To Share		May Contain					Contains					May Contain		
	968	Mexican Nachos To Share		May Contain					Contains					May Contain		
	21	Guacamole							Contains							
	2	Jalapenos														
Birthday Cake Package	625	Rolo Cake		Contains WHEAT		Contains			Contains			May Contain		Contains	May Contain	May Contain
	401	Chocolate Fudge Cake		Contains WHEAT		Contains			Contains					Contains		May Contain
	309	Eton Mess Cake		Contains WHEAT		Contains			Contains			May Contain				May Contain
	630	Gluten free White Chocolate Raspberry Cake		May Contain		Contains			Contains					Contains	May Contain	May Contain
Milk Cakes	422	Lotus Biscuit Milk Cake		Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains	May Contain	May Contain
	392	Rose and Pistachio Milk Cake		Contains WHEAT		Contains			Contains			May Contain	May Contain	May Contain	May Contain	Contains
	280	Milk Sauce		May Contain		Contains			Contains			May Contain	May Contain	May Contain		May Contain

COOKIE DOUGH

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Cookie Dough	979	Milk Chocolate Cookie Dough		Contains WHEAT BARLEY		Contains			Contains		May Contain	May Contain	May Contain	Contains		May Contain
	939	White Chocolate Cookie Dough		Contains WHEAT BARLEY		Contains			Contains		May Contain	May Contain	May Contain	Contains		May Contain
	1130	Creams-A'Tella		Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		Contains HAZELNUT
	1158	O-RE-O Cookie Dough		Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	1222	Triple Treat		Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		Contains HAZELNUT
	1309	Bueno On White Cookie Dough		Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		Contains HAZELNUT

WAFFLES, CREPES, AND FRUITY DELIGHTS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Hot Waffles	930	Strawberry Choc Indulgence	May Contain	Contains WHEAT BARLEY		Contains			Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1007	Chocoholic	May Contain	Contains WHEAT BARLEY		Contains			Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1207	Cookie Crush	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	994	Speculoos	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1291	Millionaires	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1181	Royale	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	Contains	May Contain	Contains	May Contain	Contains ALMOND WALNUTS HAZELNUT
	964	O-RE-O	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1054	Banana & Strawberry	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	437	The Classic	May Contain	Contains WHEAT BARLEY		Contains			Contains		May Contain	May Contain	May Contain	Contains	Contains	May Contain
	691	Creams-A'Tella	May Contain	Contains WHEAT BARLEY		Contains			Contains		May Contain	May Contain	May Contain	Contains	May Contain	Contains HAZELNUTS
	1225	Bueno	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	Contains HAZELNUTS
	1408	Chocolate Obsession	May Contain	Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain

WAFFLES, CREPES, AND FRUITY DELIGHTS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Fresh Crepes	906	Strawberry Choc Indulgence	May Contain	Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains	May Contain	May Contain
	983	Chocoholic	May Contain	Contains WHEAT		Contains			Contains			May Contain	May Contain	Contains	May Contain	May Contain
	1183	Cookie Crush	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	970	Speculoos	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1285	Millionaires	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1157	Royale	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	Contains	May Contain	Contains	May Contain	Contains ALMOND WALNUTS HAZELNUT
	940	O-RE-O	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1030	Banana & Strawberry	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain		Contains	May Contain	May Contain
	413	The Classic	May Contain	Contains WHEAT		Contains			Contains		May Contain			Contains	Contains	May Contain
	667	Creams-A'Tella	May Contain	Contains WHEAT		Contains			Contains		May Contain	May Contain	May Contain	Contains	May Contain	Contains HAZELNUTS
	1201	Bueno	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	Contains HAZELNUTS
	1384	Chocolate Obsession	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
FRUIT KEBABS	228	Fruit Kebabs		May Contain		May Contain			Contains			May Contain	May Contain	Contains		Contains HAZELNUT
SMOOTHIE POTS	155	Berrie Smoothie Pot		May Contain		Contains			Contains			May Contain		May Contain		May Contain
	189	Tropical Smoothie Pot		May Contain		May Contain			May Contain			May Contain		May Contain	Contains	May Contain
	195	Green Smoothie Pot		May Contain		May Contain			May Contain			May Contain		May Contain	Contains	May Contain

SUNDAES

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Sensational Sundaes	832	Creams Sundae Royale		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		Contains HAZELNUT
	791	Speculoos & Caramel		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	718	O-RE-O Overload		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	577	Creams Knickerbocker Glory		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	556	Berry Slice		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	634	Bubblelicious		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	745	Chocolatier		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	829	Hot N Cold Chocolate Cake Volcano		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	734	Lemon Meringue Cheesecakeundae		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	Contains	May Contain
Soft Siwrled Sundae	461	Toffee Speculoos Tub		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	436	Chocolate and Strawberry Tub		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		Contains HAZELNUTS
	367	Black Forest Tub		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	462	Hazelnut Tapioca Tub		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		Contains HAZELNUTS
	361	Mango Coconut Boba Tub		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	Contains	May Contain

CREATE YOUR OWN

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Create Your Own Base (Step 1)	395	Waffle		Contains WHEAT BARLEY		Contains			Contains					May Contain		May Contain
	371	Crepe		Contains WHEAT		Contains			Contains					May Contain		May Contain
	481	Double Chocolate Cookie Dough		Contains WHEAT BARLEY		Contains			Contains					Contains		May Contain
	482	Milk Chocolate Cookie Dough		Contains WHEAT BARLEY		Contains			Contains					Contains		May Contain
	437	White Chocolate Cookie Dough		Contains WHEAT BARLEY		Contains			Contains					Contains		May Contain
	404	Raspberry & White Chocolate Cookie Dough		Contains GLUTEN FREE OAT		Contains			Contains			May Contain		Contains		May Contain
Step 2	For matching scoops of gelato or sorbet used to create your own with the above bases please see the Gelato / Sorbet Sections.															
Step 3	For matching sauces & toppings used to create your own with the above please see the Sauces / Toppings Sections.															
Create Your Own Vegan Base (Step 1)	339	Waffle	May Contain	Contains WHEAT		May Contain			May Contain		May Contain			May Contain	May Contain	May Contain
	524	Crepe		Contains WHEAT										May Contain		
	578	Cookie Dough		Contains GLUTEN FREE OAT		May Contain			May Contain			May Contain				May Contain
Step 2	For matching scoops of sorbet used to create your own with the above bases please see the Sorbet Section.															
Step 3	For matching vegan sauces & toppings used to create your own with the above please see the Sauces / Toppings Sections.															
Pistachio Sauce	226	Pistachio Sauce							Contains					Contains		Contains

TOASTY TREATS & HOT PUDS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Hot Puddings	801	Sticky Toffee Hot Skillet		Contains WHEAT BARLEY		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	695	Hot Chocolate Fudge Cake		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
Hot Pockets	897	Banoffee Hot Pocket	May Contain	Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	1043	Black Forest Hot Pocket	May Contain	Contains WHEAT		Contains			Contains		May Contain			Contains	Contains	
	1102	Choc Tiramisu Hot Pocket	May Contain	Contains WHEAT BARLEY OAT		Contains			Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain
	972	Smores Hot Pocket	May Contain	Contains WHEAT BARLEY OAT		Contains			Contains		May Contain	May Contain	May Contain	Contains	May Contain	May Contain

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Scoop Shakes	329	Regular Base							Contains							
	562	Large Base							Contains							
	95	Banoffee Gelato		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	84	Bubblegum Blue Gelato		May Contain		May Contain			Contains			May Contain	May Contain	May Contain		May Contain
	286	Reg Cherry Chocolate Gelato														
	429	Lg Cherry Chocolate Gelato		May Contain		May Contain			Contains					Contains		May Contain
	92	Chocolate Fudge Brownie Gelato		Contains WHEAT		Contains			Contains			May Contain		May Contain		May Contain
	96	Coconut Geleto		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	94	Coffee Arabica Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	107	Cookie Dough Geleto		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	101	Creams Buenot		May Contain		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	111	Creams Rosher Gelato		May Contain		May Contain			Contains			May Contain	May Contain	Contains		Contains HAZELNUT
	92	Creams Vanilla Gelato		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	92	Mint Chocolate Chip Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	95	O-RE-O Gelato		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	88	Pistachio Gelato		May Contain		May Contain			Contains			May Contain		May Contain		Contains PISTACHIO
	102	Salted Caramel Gelato		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	88	Strawberry Gelato		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	92	White Chocolate Gelato		May Contain		May Contain			Contains			May Contain		Contains		
Add Whipped Cream	63	Whipped Cream							Contains							

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Thick Shakes	678	Oreo Regular		Contains WHEAT		May Contain			Contains			May Contain		Contains		May Contain
	930	Oreo Large		Contains WHEAT		May Contain			Contains			May Contain		Contains		May Contain
	873	Creams'a'tella Regular		May Contain		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	1077	Creams'a'tella Large		May Contain		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	666	Rolo Regular		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	910	Rolo Large		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	604	Aero Mint Regular		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	788	Aero Mint Large		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	632	Kinder Bueno White Regular		Contains WHEAT		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	892	Kinder Bueno White Large		Contains WHEAT		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	645	Kinder Bueno Regular		Contains WHEAT		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	909	Kinder Bueno Large		Contains WHEAT		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	702	Lotus Regular		Contains WHEAT		May Contain			Contains			May Contain		May Contain		May Contain
	957	Lotus Large		Contains WHEAT		May Contain			Contains			May Contain		May Contain		May Contain
	668	Ferrero Rocher Regular		Contains WHEAT		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	959	Ferrero Rocher Large		Contains WHEAT		May Contain			Contains			May Contain		Contains		Contains HAZELNUT
	548	Smarties Regular		Contains WHEAT BARLEY		May Contain			Contains			May Contain		May Contain		May Contain
	1008	Smarties Large		Contains WHEAT BARLEY		May Contain			Contains			May Contain		May Contain		May Contain
	753	Snickers Regular		May Contain		Contains			Contains			Contains		Contains		May Contain
	908	Snickers Large		May Contain		Contains			Contains			Contains		Contains		May Contain
Add Whipped Cream	63	Whipped Cream							Contains							

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Loaded Shakes	1023	Birthday Cake		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	1111	Chocolate Salted Caramel		Contains WHEAT BARLEY		Contains			Contains			May Contain	May Contain	Contains		Contains HAZELNUT
Slushies	214	Blue Raspberry Regular														
	267	Blue Raspberry Large														
	214	Strawberry Regular														
	267	Strawberry Large														
	214	Mega-Mix Regular														
	267	Mega-Mix Large														
	Slushies products contain glycerol. Not recommended for children 4 years of age and under.															
Plantbased Shakes	86	Regular Base												Contains		
	86	Large Base												Contains		
	Select from below matching scoops of sorbet used to create your shakes with the above bases.															
	80	Alphonso Mango Sorbet		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	77	Amalfi Lemon		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	78	Blood Orange Sorbet		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	79	Forest Fruits Sorbet		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	96	Chocolate Absolute		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	79	Raspberry Sorbet		May Contain		May Contain			May Contain			May Contain		May Contain		May Contain
	210	Mango Bubble Fruit Tea														
	625	Mango and Lychee Bubble Shake		May Contain		May Contain			Contains			May Contain		May Contain		May Contain
	312	Strawberry Mango Bubble Slush														

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Bubble Tea Regular Size	274	Strawberry Fruit Tea														
	284	Passion Fruit Tea							May Contain							
	274	Apple Fruit Tea														
	294	Blueberry Fruit Tea							May Contain							
	284	Raspberry Fruit Tea							May Contain					May Contain		
	294	Watermelon Fruit Tea														
	284	Honey Peach Fruit Tea							May Contain							
	284	Mango Fruit Tea							May Contain							
	274	Lychee Fruit Tea							May Contain							
	832	Matcha Green Milk Tea							Contains						Contains	
	564	Taro Milk Tea							Contains						Contains	
	1001	Honey Dew Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	981	Strawberry Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	981	Chocolate Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	951	Mango Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	519	Assam Pearl Milk Tea							Contains						Contains	
	519	Jasmine Pearl Milk Tea							Contains						Contains	

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Bubble Tea Large Size	316	Strawberry Fruit Tea														
	340	Passion Fruit Tea							May Contain							
	316	Apple Fruit Tea														
	356	Blueberry Fruit Tea							May Contain							
	340	Raspberry Fruit Tea							May Contain					May Contain		
	356	Watermelon Fruit Tea														
	340	Honey Peach Fruit Tea							May Contain							
	340	Mango Fruit Tea							May Contain							
	316	Lychee Fruit Tea							May Contain							
	1050	Matcha Green Milk Tea							Contains						Contains	
	667	Taro Milk Tea							Contains						Contains	
	1347	Honey Dew Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	1320	Strawberry Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	1320	Chocolate Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	1275	Mango Milk Tea		May Contain		May Contain			Contains			May Contain	May Contain	May Contain	Contains	May Contain
	658	Assam Pearl Milk Tea							Contains						Contains	
	658	Jasmine Pearl Milk Tea							Contains						Contains	

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Coffee & Hot Chocolate	5	Espresso														
Coffee & Hot Chocolate with Milk	129	Latte							Contains					May Contain		
	92	Flat White							Contains					May Contain		
	9	Americano							Contains					May Contain		
	129	Cappucino							Contains					May Contain		
		Machiato							Contains					May Contain		
	117	Affogato (vanilla gelato)							Contains					May Contain		
	185	Iced Coffee							Contains					May Contain		
	456	Tiramisu Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	507	Churros Hot Chocolate (Eat in/TA/DEL)		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	389	Rich Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		May Contain
Coffee and Hot Chocolate with Soya Milk	85	Flat White							May Contain					Contains		
	116	Cappucino							May Contain					Contains		
	116	Latte							May Contain					Contains		
	176	Chai Latte							May Contain					Contains		
	182	Iced Coffee							May Contain					Contains		
	200	Luxury Milk Hot Chocolate		May Contain		May Contain			May Contain					Contains		May Contain
	456	Tiramisu Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	507	Churros Hot Chocolate (Eat in/TA/DEL)		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	389	Rich Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		May Contain

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Coffee & Hot Chocolate with Coconut Milk	48	Flat White							May Contain					Contains		May Contain
	64	Cappucino							May Contain					Contains		May Contain
	64	Latte							May Contain					Contains		May Contain
	138	Chai Latte							May Contain					Contains		May Contain
	164	Iced Coffee							May Contain					Contains		May Contain
	152	Luxury Milk Hot Chocolate		May Contain		May Contain			May Contain					Contains		May Contain
	456	Tiramisu Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		May Contain
	507	Churros Hot Chocolate (Eat in/TA/DEL)		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	389	Rich Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		May Contain
Coffee & Hot Chocolate with Almond Milk	51	Flat White							May Contain					May Contain		Contains ALMOND
	68	Cappucino							May Contain					May Contain		Contains ALMOND
	68	Latte							May Contain					May Contain		Contains ALMOND
	129	Chai Latte							May Contain					May Contain		Contains ALMOND
	165	Iced Coffee							May Contain					May Contain		Contains ALMOND
	156	Luxury Milk Hot Chocolate		May Contain		May Contain			May Contain					May Contain		Contains ALMOND
	456	Tiramisu Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		Contains ALMOND
	507	Churros Hot Chocolate (Eat in/TA/DEL)		Contains WHEAT		Contains			Contains			May Contain		Contains		Contains ALMOND
	389	Rich Hot Chocolate (Eat in/TA/DEL)		May Contain		May Contain			Contains			May Contain		Contains		Contains ALMOND

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Coffee & Hot Chocolate with Oat Milk	118	Flat White		Contains OAT					May Contain					May Contain		
	162	Cappucino		Contains OAT					May Contain					May Contain		
	162	Latte Dairy		Contains OAT					May Contain					May Contain		
	222	Chai Latte		Contains OAT					May Contain					May Contain		
	199	Iced Coffee		Contains OAT					May Contain					May Contain		
	240	Luxury Milk Hot Chocolate		Contains OAT		May Contain			May Contain					May Contain		May Contain
	456	Tiramisu Hot Chocolate (Eat in/TA/DEL)		Contains OAT/WHEAT		May Contain			Contains			May Contain		Contains		May Contain
	507	Churros Hot Chocolate (Eat in/TA/DEL)		Contains OAT/WHEAT		Contains			Contains			May Contain		Contains		May Contain
	389	Rich Hot Chocolate (Eat in/TA/DEL)		Contains OAT/WHEAT		May Contain			Contains			May Contain		Contains		May Contain
Floats	213	Pepsi Ice Cream Float		May Contain		May Contain			Contains			May Contain		May Contain	Contains	May Contain
	225	7UP Ice Cream Float		May Contain		May Contain			Contains			May Contain		May Contain	Contains	May Contain
Frappes	148	Caramel		May Contain		May Contain			Contains					May Contain		May Contain
	344	Strawberries & Cream		May Contain		May Contain			Contains					May Contain		May Contain
	276	Coffee		May Contain		May Contain			Contains					May Contain		May Contain
Tea	9	English Breakfast														
	9	Earl Grey														
	9	Mint														
	9	Green Tea														
	9	Redbush														
	123	Masala Chai		Contains WHEAT					Contains					Contains		
Milk	33	Dairy Whole Milk							Contains							

DRINKS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites	Tree Nuts
Cold Drinks	135	Pepsi Regular Can														
	2	Pepsi Diet Can														
	1	Pepsi Max Can														
	64	7UP Can														
	63	Tango Orange Can														
	0	Ballygowan Still Water														
	0	Harrogate Sparkling Water														
	11	Fruit Shoot Apple&Raspberry														
	16.5	Fruit Shoot Orange Juice														
	50	J20 Orange and Passionfruit														
	45	J20 Apple and Raspberry														

SAUCES & SYRUPS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Sauces	137	Milk Chocolate Sauce							Contains			May Contain	May Contain	Contains		May Contain
	117	White Chocolate Sauce							Contains			May Contain	May Contain	Contains		May Contain
	560	Nutkao Milk Chocolate Sauce							Contains					Contains		May Contain
	565	Nutkao White Chocolate Sauce							Contains					Contains		May Contain
	638	Hard chocolate Nic Sauce							May Contain							
	68	Bubblegum Flavour Topping Syrup														
	68	Maple Flavour Topping Syrup													Contains	
	68	Maple Flavour Syrup Bobby's or Lyle's														
	23	Ku-Li Mango Fruit Coulis														
	65	Strawberry Sauce				May Contain			May Contain			May Contain		May Contain		May Contain
	117	White Chocolate Hazelnut-Nutkao							Contains			May Contain		Contains		Contains HAZELNUT
	122	Cream-A-Tella Hazelnut / Nutella - Nutkao							Contains			May Contain		Contains		Contains HAZELNUT
	68	Caramel Sauce														
	81	Toffee Sauce							Contains							
	60	Vegan Chocolate Sauce														
	211	Lotus Biscoff Spread		Contains WHEAT										Contains		
	95	EF BBQ Sauce														
	593	Pistachio Topping Sauce - Nutkao							Contains			May Contain		Contains		Contains
	23	Salsa														
Syrups	31	Hazelnut Syrup														Contains HAZELNUT
	34	Vanilla Syrup														
	32	Caramel Syrup														
	64	Cinamon Syrup														

TOPPINGS

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Toppings	97	Fudge Cubes		May Contain		May Contain			Contains					May Contain	May Contain	
	43	Flake Chocolate							Contains							
	105	Crumbled Cookie Dough		Contains WHEAT BARLEY		Contains			Contains					Contains		May Contain
	108	Rolo		May Contain					Contains							
	101	Aero Mint Bubbles							Contains							
	98	Jammie Dodger		Contains WHEAT											Contains	
	75	Mini Pink & White Marshmallows							May Contain					May Contain		
	136	Ferrero Rocher		Contains WHEAT					Contains					Contains		Contains HAZELNUTS
	142	Coconut Shavings													Contains	
	108	Oreo Biscuits		Contains WHEAT					May Contain					Contains		
	10	Creams Wafer		Contains WHEAT		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	87	Meringue				Contains			Contains							
	136	Chopped Mixed Roasted Nuts										Contains				Contains ALMOND WALNUTS
	27	Strawberry / Banana Slices														
	73	Whipped Cream / Aerosol Cream							Contains							
	90	100's and 1000's														
	109	Lotus Biscoff Biscuits		Contains WHEAT										Contains		
	130	Ferrero Kinder Bueno		Contains WHEAT					Contains					Contains		Contains HAZELNUTS
	129	Ferrero Kinder Bueno White		Contains WHEAT					Contains					Contains		Contains HAZELNUTS
	189	Snickers Bar				Contains			Contains			Contains		Contains		
	126	Milk Chocolate Shavings							Contains					Contains		
	121	White Chocolate Shavings							Contains					Contains		
	167	Butter							Contains							
	22	Custard							Contains							
	103	Lemon Juice Squeeze + Icing Sugar													Contains	
	89	Smarties		Contains WHEAT BARLEY					Contains							

Cake Upgrade

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Cake Upgrade	308	Basque Cheesecake		Contains WHEAT		Contains WHEAT			Contains							May Contain
	387	Cinnamon Swirl Cheesecake		Contains WHEAT		Contains			Contains							May Contain
	396	Chocolate Drip Cake		Contains WHEAT		May Contain			Contains					Contains		May Contain
	443	Salted Caramel Drip Cake		Contains WHEAT		Contains			Contains					Contains		May Contain

SECRET MENU DUBAI

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Secret Menu	1621	Dubai Choc Crepe		Contains WHEAT		Contains WHEAT		May Contain	Contains			May Contain	May Contain	Contains	May Contain	Contains
	1992	Dubai Choc Waffle		Contains WHEAT		Contains		May Contain	Contains			May Contain	May Contain	Contains	May Contain	Contains

PEPSI COLLAB

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentration	Tree Nuts
FLOATS	241	Raspberry Ripple Pepsi Ice cream Float		Contains WHEAT OATS		May Contain			Contains		May Contain	May Contain		Contains	Contains	May Contain
	159	Pepsi Strawberries and Cream Float							Contains							
	324	Cherry& Vanilla Pepsi Ice cream Float		Contains WHEAT OATS					Contains		May Contain			Contains	Contains	

SOFT SWIRL SUNDAES

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10mg/L)	Tree Nuts
Soft Swirl Sundaes	351	Lemon and Strawberry Eton Mess		Contains WHEAT		Contains			Contains					Contains		May Contain
	361	Honey and Blueberry Crunch		Contains WHEAT & Oats		Contains			Contains			May Contain		Contains		Contains
	439	Raspberry Rippletto		Contains WHEAT & Oats		Contains			Contains			Contains		Contains		Contains
	241	Black Forest		Contains WHEAT		Contains			Contains					Contains		May Contain
	515	Pistaccio Milk Chocolate		Contains WHEAT & OATS		Contains		May Contain	Contains		May Contain	May Contain	May Contain	Contains		May Contain
	297	Strawberry and Chocolate		Contains WHEAT		Contains			Contains					Contains		Contains

FROFFLE TOAST

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentration	Tree Nuts
Froffle Toasts	806	Teriyaki Chicken Froffle Toast	Contains	Contains WHEAT	May Contain	Contains	May Contain		Contains		Contains		May Contain	Contains	May Contain	
	876	Choc Banana Crunch Froffle Toast		Contains WHEAT		Contains			Contains					Contains		Contains HAZLENUTS
	817	Maple Froffle Toast		Contains WHEAT		Contains			Contains							
	841	Apple Crunch Froffle Toast		Contains WHEAT		Contains			Contains					Contains		

DOT CAKE

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentration	Tree Nuts
DOT CAKE	473	Dot Cake		Contains WHEAT		May Contain			Contains					Contains		May Contain

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VALUE MENU

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentration	Tree Nuts
SHAKES	551	Creams a tella							Contains					Contains		Contains
	435	Strawberry							Contains							
	455	Toffee		Contains WHEAT					Contains					May Contain		
	558	Pistachio							Contains			May Contain		Contains		Contains
COOKIE DOUGHETTES	473	White Chocolate		Contains WHEAT		Contains			Contains					Contains		May Contain
	497	Milk Chocolate		Contains		Contains			Contains			May Contain		Contains		May Contain
WAFFLE WEDGES	392	Double Chocolate		Contains WHEAT BARLEY		Contains			Contains					Contains		May Contain
	419	Pistachio		Contains WHEAT BARLEY		Contains			Contains			Contains		Contains		Contains
	356	Strawberry Meringue		Contains WHEAT BARLEY		Contains			Contains					Contains		May Contain
	387	Toffee		Contains WHEAT BARLEY		Contains			Contains			May Contain		Contains		May Contain
STUFFED PANCAKE BITES	415	Toffee		Contains WHEAT		Contains			Contains					Contains		Contains

CRAVE&SAVE

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphite	Tree Nuts
CRAVE&SAVE	326	Cheesey Nacho's		Contains BARLEY					Contains					May Contain		
	549	Waffle Wedges		Contains WHEAT BARLEY		Contains			Contains		Contains			Contains		May Contain
	128	Nacho Cheese Sauce		Contains BARLEY					Contains							
	99	BBQ Salsa														
	543	Chipotle Mayonnaise				Contains										

WINTER 1

Category	KCAL	Product name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphite	Tree Nuts
GOO BAKES	950	Caramel Chunk		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
	989	Pistachio Cherry		Contains WHEAT		Contains			Contains			May Contain		Contains		Contains
	1079	Double Chocolate Smores		Contains WHEAT		Contains			Contains			May Contain		Contains		May Contain
BITES	365	Cinnamon Roll Middle		Contains WHEAT		Contains			Contains					May Contain		May Contain
	339	Chocolate Pistachio Pancake		Contains WHEAT		Contains			Contains				May Contain	Contains		Contains
HOT CHOCOLATE	480	Chocolate Orange		May Contain		May Contain			Contains					Contains		May Contain
	520	Praline		May Contain		May Contain			Contains			Contains		Contains		Contains
	521	Gingerbread		Contains WHEAT		May Contain			Contains					Contains		May Contain

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