



Allergen Information 2022



Giant Breakfast Baps		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Bacon and Egg	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
2	Bacon and Mushroom	No	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
3	Bacon Egg and Sausage	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No
4	Sausage and Egg	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No
5	Egg and Mushroom	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No

Hot Sandwiches		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Bacon White	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
2	Sausage White	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
3	Egg White	No	Yes	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
4	Bacon Brown	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
5	Sausage Brown	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
6	Egg Brown	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
7	Bacon Wholegrain	No	Yes	Yes	Yes	No	No	May*	May	No	No	No	No	No	May	No	No	No
8	Sausage Wholegrain	No	Yes	Yes	Yes	No	No	May*	May	No	No	No	No	No	Yes	No	No	No
9	Egg Wholegrain	No	Yes	Yes	Yes	No	No	May*	Yes	No	No	No	No	No	May	No	No	No
10	Chip Butty White	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
11	Chip Butty Brown	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
13	Chip Butty Wholegrain	Yes	Yes	Yes	Yes	No	No	May*	May	No	No	No	No	No	May	No	No	No
	Gluten Free Bread	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No

May contain from factory

Hiker Meals		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Ham Egg and Chips	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
2	Bacon Egg and Chips	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
3	Sausage Egg and Chips	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No
4	Double Egg and Chips	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No

Burger Menu		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans		
1	Beef Burger in a Brioche Bun	No	Yes	Yes	No	No	RELISH	Yes	Yes	No	No	No	Yes	Possibly	No	No	No	No		
2	**Vegetable Burger in a Brioche Bun	YES/NO	** Ask to check packaging due to frequent product change from suppliers**																	
3	Plain Burger NO BUN	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No		
4	Plain Brioche Bun	No	Yes	Yes	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No		
5	Standard Plain Vegetable Burger (CHECK)	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No		
6	Chips	Yes	Possibly	Possibly**	No	No	No	No	No	No	No	No	No	No	No	No	No	No		
			Possibly** from cooking process, check when ordering							Possibly from factory										
7	Onion Rings	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Possibly	No	No	No	No		
Panini		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans		
1	Bacon Brie Cranberry	No	Yes	Yes	No	No	Coleslaw	Yes	Coleslaw	No	No	No	No	No	Possibly	No	No	No		
2	Ham & Mozzarella	No	Yes	Yes	No	No	Coleslaw	Yes	Coleslaw	No	No	No	No	No	Possibly	No	No	No		
3	Goats Cheese, Red Pepper, Pesto	No	Yes	Yes	No	No	Coleslaw	Yes	Coleslaw	No	No	No	No	No	Yes	No	No	No		
4	Tuna Mayo Cheese Melt	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	No	No	Possibly	No	No	No		
5	Tomato and Mozzarella	No	Yes	Yes	No	No	Coleslaw	Yes	Coleslaw	No	No	No	No	No	No	No	No	No		
															*Coleslaw depending on which Mayonnaise we are currently supplied with				Possibly as used in factory	
Wraps		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans		
1	Bacon Sausage & Hash	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No		
2	Tomato Mushroom & Hash Brown	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No		
3	Falafel Lettuce Sweet Chilli	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No		
4	Houmous Salad	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No		
	Chips	Yes	Possibly	Possibly**	No	No	No	No	No	No	No	No	No	No	No	No	No	No		
			Possibly** if the small fryer is used Main fryer is GF							Possibly from factory?										

Baguette		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Brie Mango Red onion	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
2	Ham and Coleslaw	No	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
3	Tuna Mayo Sweetcorn	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No
4	Cheddar and Tomato	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
5	Stilton with Fig and Plum Relish	No	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No	No	Yes	No	No	No
6	Coronation Chicken	No	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No	No



Hot Baguettes		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Bacon and Brie	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
2	BLT MAYO	No	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
3	BLT No Mayo	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
4	Sausage & Onion	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No
5	Red Pepper Mush Onion	Yes	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No

Oven Baked Potatoes		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Stilton and Mushroom	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
2	Cheddar Cheese and Coleslaw	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
3	Bacon and Cheddar	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
4	Goats Cheese Red Onion Marmalade	No	No	No	No	No	No	Yes	No	No	No	No	No	No	May**	No	No	No
5	Bacon and Brie	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
6	Tuna Mayo & Sweetcorn	No	No	No	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No
7	Red Pepper Mushroom Onion	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
8	Coronation Chicken	No	No	No	No	No	Yes	Yes*	Yes	No	No	No	Yes	No	Yes	No	No	No

*BUTTER Pack

** Check Chutny /Marmalade

Salads		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
								*Feta Contain Ewes and Goats Milk										
1	Greek Style	No	No	No	No	No	No	*	No	No	No	No	No	No	No	No	No	No
2	Goats Cheese Crispy Bacon	No	Yes*	Yes*	Yes*	No	Yes	Goats	Yes	No	No	No	Yes*	No	Yes	No	No	No
3	Haloumi and Roasted Veg	No	Yes*	Yes*	Yes*	No	Yes	Yes**	Yes	No	No	No	Yes*	No	Yes	No	No	No
			Yes* In croutons			**Haloumi Contains Ewes, Cows and Goats Milk												
	The Dressing contains	Honey	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes	No	No	No
Children's Meals		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Sausage and Chips	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No
2	Sausage Egg and Chips	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No
3	Egg and Chips	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
4	Ham Egg and Chips	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
5	Jacket Potato 1 Filling	No	No	No	No	No	No	Yes*	No	No	No	No	No	No	No	No	No	No
6	Jacket Potato 2 Filling	No	No	No	No	No	No	Yes*	No	No	No	No	No	No	No	No	No	No
7	Cheese + Cucumber Wrap	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
								*BUTTER Pack										
1	Cheese	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
2	Tuna	No	No	No	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No
3	Coleslaw	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
4	Sweetcorn	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
5	Beans Heinz	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
6	Bacon	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
1	Sausage Roll	No	Yes	Yes	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No
2	Vegan Sausage Roll	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No

Breakfast		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Monster Breakfast	No	Yes	Yes	Yes	No	No	Yes*	Yes	No	No	No	Yes	No	Yes	No	No	No
2	Hungry Hiker	No	Yes	Yes	Yes	No	No	Yes*	Yes	No	No	No	Yes	No	Yes	No	No	No
3	Vegetarian Breakfast	No	Yes	Yes	No	No	No	Yes*	Yes	No	No	No	Yes	No	No	No	No	No
4	Mini Breakfast	No	Yes	Yes	Yes	No	No	Yes*	Yes	No	No	No	Yes	No	Yes	No	No	No
5	Scrambled Egg on toast	No	Yes	Yes	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No
7	Just Bacon and Egg	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
8	Gluten Free Breakfast	No	No	No	No	No	No	Yes*	Yes	No	No	No	No	No	No	No	No	No
9	Vegan Breakfast	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	Yes	No	No	No	No
*BUTTER Pack																		
Further info		Vegan	Gluten	Wheat Flour	Barley Flour	Celery	Mustard	Milk	Egg	Nuts	Fish	Peanuts	Soya	Sesame	Sulphites	Lupin	Mollusc	Crustaceans
1	Scrambled Egg Contains	No	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	No	No
2	Sausages on their own	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No
3	Burgers on their own	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
4	Vegan Sausage on their own	Yes	** Ask to check packaging due to frequent product change from suppliers**															
 <p>Allergen information correct as of 19th October 2022 - FULL Review date 17th March 2023</p> <p>Please inform a member of the team if you need any further allergen information.</p> 																		
Hiker Café Est.1995 Hengistbury Head - Broadway - Bournemouth - BH6 4EN 01202 428 552 www.hikercafe.co.uk																		