

Allergen Information 2025

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	Yes	No	No	No	No	No
2	Bacon and Mushroom	No	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
3	Bacon Egg and Sausage	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	Yes	No	No	No
4	Sausage and Egg	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	Yes	No	No	No
5	Egg and Mushroom	No	Yes	Yes	No	No	No	No	Yes	No	No	No	Yes	No	No	No	No	No
6	Tomato, Mushroom, Hash Brown Bap	Yes	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No

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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 Granary	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
8	Sausage Granary	No	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No
9	Egg Granary	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	No	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 Granary	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	Yes	No	No	No	No	No
	Gluten Free Bread	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No

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	Possibly	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
2	Bacon Egg and Chips	No	Possibly	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	Possibly	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	**Veggie Beanburger Burger in a Brioche Bun	YES/NO	** Ask to check packaging due to frequent product change from suppliers**															
Spicy Beanburger with Cheese																		
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	Possibly	Possibly	No	No	No	No
5	Standard Plain Veggie BeanBurger (CHECK)	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
6	Bowl of 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					
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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	No	Yes	No	No	No	No	No	No	Possibly	No	No	No
2	Ham & Mozzarella	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	Possibly	No	No	No
3	Goats Cheese, Red Pepper, Chutney	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No
4	Tuna Mayo Cheese Melt	No	Yes	Yes	No	No	May**	Yes	Yes	No	Yes	No	No	No	Possibly	No	No	No
5	Mozzarella, Spinach & Pesto	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	Yes	No	No	No
6	Coleslaw	No	No	No	No	No	Yes*	Yes	Yes	No	No	No	No	No	No	No	No	No
							* Check Mayonnaise packaging									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	VEGAN Breakfast Wrap	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
2	The Brunch Wrap	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No
3	Falafel Wrap	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?					

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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	May**	May**	Yes	No	No	No	No	No	No	No	No	No
3	Tuna Mayo Sweetcorn	No	Yes	Yes	No	No	May**	May**	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	Coronation Chicken	No	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No	No
6	Bacon and Brie	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
7	BLT MAYO	No	Yes	Yes	No	No	May**	May**	Yes	No	No	No	No	No	No	No	No	No
8	BLT No Mayo	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No
9	Sausage & Onion	No	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No

** Check the MAYO

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	May**	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 Chutney	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	May**	May**	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* check packaging	No	No	No	No	No	Yes	Yes*	Yes	No	No	No	Yes	No	Yes	No	No	No

*BUTTER Pack

** Check Chutney /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
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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	May**	May**	Yes	No	Yes	No	No	No	No	No	No	No
3	Coleslaw	No	No	No	No	No	May**	May**	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	Baked Beans	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

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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	Mini Breakfast	No	Yes	Yes	Yes	No	No	Yes*	Yes	No	No	No	Yes	No	Yes	No	No	No
4	Scrambled Egg on toast	No	Yes	Yes	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No
5	Gluten Free Breakfast	No	No	No	No	No	No	Yes*	Yes	No	No	No	No	No	No	No	No	No
6	Just Bacon and Egg	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
7	Vegetarian Breakfast	No	Yes	Yes	No	No	No	Yes*	Yes	No	No	No	Yes	No	No	No	No	No
8	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**															

Allergen information correct to the best of our Knowledge. Last Review date 24th July 2025 next review March 2026

Please inform a member of the team if you need any further allergen information.

