

Allergen Information

Red = does contain

Amber = may contain



Vegetarian



Vegan



Halal



Kosher



Lactose Free



Gluten Free

		Celery	Gluten	Eggs	Milk	Nuts	Peanuts	Soybeans	Sulphites
Milk									
Soya Milk (advance notice required)									
Oat Milk									
Yoghurts (All)									
Alpen									
Cornflakes									
Crunchy Nut Cornflakes									
Fruit & Fibre									
Weetabix									
Gluten Free Honey Nut Flakes									
Gluten free Berry Granola									
Grapefruit Segments									
White or Wholemeal Bread / Toast									
White / Wholegrain GF Bread / Toast									
Rich Blackcurrant / Really Raspberry / Extra Strawberry / Pear & Stem Ginger Jams									
Seville Orange / Seville Orange & Ginger / Seville Orange & Whisky / Pink Grapefruit Gin & Rhubarb / Lemon & Lavender Marmalade									
English Lakes Honey									
Marmite									
Nutella									
Butter									
Flora									
Gluten Free Cumberland Sausage									
Vegan Sausage									
Bacon									
Stornoway Black Pudding									
Gluten Free Black Pudding									
Eggs									
Tomatoes									
Hash Brown									
Mushrooms									
Beans									
Cumberland Spice Sauce									
Keswick Ketchup									

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