



ALLERGEN INFORMATION

Guidance in seeking allergen information: Please refer to the following allergen table in relation to any products you are ordering. Due to comprehensive range of customisation options and our wide range of weekly specials, for all allergen information relating to filled baguettes, sandwiches, croissants, paninis, salads or jacket potatoes, please refer to each individual component (breads, sauces, fillings & toppings) or the specific ingredients of your product to identify any possible allergens.

Please contact a member of our team for clarification on using the below information or the presence of any allergens prior to ordering.

Important notice: Due to the environment in which our products are prepared we cannot guarantee against cross-contamination for any of the 14 allergens. Nuts and Sesame seeds are also prepared on site. Any customer with severe allergies should consult with a member of our team prior to ordering any products.

Vegetarian & Vegan Products: Whilst our vegetarian products are made with vegetarian ingredients and our vegan products with vegan ingredients we cannot guarantee that vegetarian and vegan products do not come into contact with non-vegetarian or non-vegan ingredients.

When referring to allergens you must check allergens in 1. Bread, 2. Fillings, 3. Sauces 4. Toppings

EST 1988 ANDRÉS FOOD BAR	CELERY	CEREALS CONTAINING GLUTEN**	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE
SPECIALS														
Deli Rustic	✓	1,3		✓			MAY		✓	MAY	MAY	✓		✓
Chorizo & Mozzarella Bagel	✓	1,3		MAY	MAY		✓		MAY	✓	MAY	✓		
New York Bagel	✓	1,3		MAY			✓		✓	MAY	MAY	✓		
Breakfast Bagel		1,3		MAY			✓		MAY	MAY	MAY	MAY		
Foccacia (BF)	✓	1		✓	✓		✓		✓	✓	MAY	MAY		
Caesar Rustic		1,3		✓	✓		✓		✓	MAY	MAY	MAY		
Garlic Chicken & Slaw Rustic		1,3		✓			✓		✓	MAY	MAY	✓		
Brunch Rustic		1,3		✓			✓		✓	MAY	MAY	MAY		
Parisien Rustic		1,3		✓			✓		✓	✓	MAY	MAY		
Coronation Chicken Rustic	✓	1,3		✓			✓		✓	MAY	MAY	✓		
Godfather Rustic		1,2,3		✓			✓		✓	MAY	MAY	MAY		
Godfather Bagel		1,2,3		✓			✓		✓	✓	MAY	MAY		✓
Ultimate Steak Panini		1		MAY			✓		✓	MAY	MAY	MAY		
Sausage and Carmlsd Ctny		1		MAY			✓		✓	MAY	MAY	MAY		✓
Rustic Club		1		✓			✓		✓	MAY	MAY	MAY		✓
AFC Baguette		1		MAY			✓		MAY	MAY	MAY	MAY		✓
Hawaiian Hot		1		MAY			✓		MAY	MAY	MAY	MAY		
Meaty Panini		1		MAY			✓		MAY	MAY	MAY	MAY		
Pasadena Panini		1		MAY			✓		MAY	MAY	MAY	MAY		
Pepperoni Pizza Panini		1		MAY			✓		MAY	MAY	MAY	MAY		
Onion Bhaji Panini	MAY	1		MAY			MAY		MAY	MAY	MAY	MAY	MAY	✓
Senorita Panini		1		MAY			✓		MAY	MAY	MAY	MAY	MAY	
Mozz, G.Pesto, Basil Panini		1		✓			✓		MAY	✓	MAY	MAY	MAY	
Festive Panini		1		MAY			✓		MAY	MAY	MAY	MAY	MAY	
Festive Baguette (incl. brie)		1		MAY			✓		MAY	MAY	MAY	MAY	MAY	
Pigs in Paninis (onion chtny)		1		MAY			✓		MAY	MAY	MAY	MAY	MAY	✓
Mexicana Baguette		1		✓			✓		✓	MAY	MAY	MAY	MAY	✓
Southern Fried BBQ Chicken Panini		1		MAY			✓		MAY	MAY	MAY	MAY		✓

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Cereals (Gluten)		Nuts	
1	Wheat	7	Almond
2	Rye	8	Hazlenut
3	Barley	9	Walnut
4	Oat	10	Cashew
5	Spelt	11	Pecan
6	Kamut	12	Brasil
		13	Pistacho
		14	Macadamia

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SAUCES, DRESSINGS & SPREADS															
Mayonnaise			MAY		✓					✓	MAY	MAY	MAY		✓
Chilli Mayonnaise			MAY		✓					✓	MAY	MAY	MAY	MAY	✓
Seafood Sauce			3	MAY	✓	✓				✓	MAY	MAY	MAY		✓
Salad Cream			MAY		✓					✓	MAY	MAY	MAY		
Ceasar Dressing (Cardinis)			3		✓	✓		✓		✓	MAY	MAY	MAY		
Caesar Dressing (Fairway)			1,3	✓	✓	✓		✓		✓	MAY	MAY	MAY	✓	
French Dressing			MAY		MAY					✓	MAY	MAY	MAY		✓
Balsamic Glaze			MAY		MAY						MAY	MAY	MAY		✓
Sriracha Sauce			MAY		MAY						MAY	MAY	MAY	MAY	
Cranberry Sauce			MAY		MAY						MAY	MAY	MAY		✓
Dijon Mustard			MAY		MAY					✓	MAY	MAY	MAY		✓
Tangy Tomato Chutney			3		MAY						MAY	MAY	MAY		
American Mustard			MAY		MAY					✓	MAY	MAY	MAY		✓
Tomato Ketchup (Heinz)			MAY		MAY						MAY	MAY	MAY		
HP Sauce			1,2,3		MAY						MAY	MAY	MAY		
Mango Chutney (Shaws)					MAY						MAY	MAY	MAY		✓
Caramelised Onion Chutny			MAY		MAY			MAY		✓	MAY	MAY	MAY		✓
Green Pesto					✓			✓			✓	MAY	MAY		
Red Pesto					✓			✓			✓	MAY	MAY		
Pickle			MAY								MAY	MAY	MAY		
Houmus			MAY					MAY			MAY	MAY	✓		
BBQ Sauce			MAY					MAY			MAY	MAY	MAY		
Andre's Smokey Hot Sauce			MAY							MAY	MAY	MAY	MAY		

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1	Wheat	7	Almond
2	Rye	8	Hazlenut
3	Barley	9	Walnut
4	Oat	10	Cashew
5	Spelt	11	Pecan
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FILLINGS														
Garlic Chicken		MAY		MAY			MAY		MAY	MAY	MAY	MAY		✓
Bacon & Egg		MAY		✓			MAY		✓	MAY	MAY	MAY		✓
Bacon & Brie		MAY		MAY			✓		MAY	MAY	MAY	MAY		✓
Seafood		1,3	✓	✓	✓		MAY	✓	✓	MAY	MAY	MAY		✓
Tuna Nicoise		MAY	✓	✓	✓		MAY	MAY	✓	MAY	MAY	MAY		✓
Honey Ham		MAY		MAY			MAY		MAY	MAY	MAY	MAY		
Turkey	✓	MAY		✓			✓		✓	MAY	MAY	MAY		
Tuna Mayo		MAY	✓	✓	✓		MAY	MAY	✓	MAY	MAY	MAY		✓
Egg Mayo		MAY		✓			MAY		✓	MAY	MAY	MAY		✓
Beef Pastrami		MAY		MAY			MAY		MAY	MAY	MAY	MAY		
Chorizo		MAY		MAY			✓		MAY	MAY	MAY	MAY	✓	✓
Salami		MAY		MAY			MAY		MAY	MAY	MAY	MAY		
Cheese-slaw		MAY		✓			✓		✓	MAY	MAY	MAY		✓
Cheddar		MAY		MAY			✓		MAY	MAY	MAY	MAY		
Emmental		MAY		MAY			✓		MAY	MAY	MAY	MAY		
Brie		MAY		MAY			✓		MAY	MAY	MAY	MAY		
Mozzarella		MAY		MAY			✓		MAY	MAY	MAY	MAY		
Mexican Cheese		MAY		MAY			✓		MAY	MAY	MAY	MAY		
Chickpea Falafel		1,3		MAY			MAY		MAY	MAY	MAY	MAY		
Sweet Potato Falafel		1		MAY			MAY		MAY	MAY	MAY	MAY		
Vegan Grated Cheddar (Violife)		MAY		MAY			MAY			MAY	MAY	MAY		
Vegan Sliced Chicken (Quorn)		MAY		MAY			MAY			MAY	MAY	MAY	MAY	MAY
Vegan Cheddar Slices (Aldi)		MAY		MAY			MAY			MAY	MAY	MAY		
Sage & Onion Paxo Stuffing		1,2		MAY			MAY			MAY	MAY	MAY		MAY

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BUFFETS - INDIVIDUAL PACKED LUNCHES, FEAST BOXES, BUFFET SET MENUS														

Our Individual Packed Lunches, Feast Boxes and Buffet Set Menus are made to order and the contents of each varies according to the customers requirements and availability of products on any given day. Pre-packed items such as drinks and crisps detail the ingredients and any allergens on the labels from the supplier. For any allergen information for our own products, please refer to the relevant allergen sections within this document.

To check the allergen contents of any of our filled-baguettes, filled mini-croissants or salads please be sure to check each constituent part such as the bread type, ANY/ALL fillings and all sauces or dressings.

Most of our food is freshly prepared in store, where allergens are handled by our team members and where equipment and utensils may be used for multiple items, including those containing allergens. Although your meal is prepared with care, we cannot guarantee it will be 100% allergen free.

If you are in any doubt whatsoever, or for anyone with severe allergies, please consult with a member of our team prior to ordering.

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BUFFETS - SHARING PLATTERS															
Filled Mini-Baguette Platter	May contain ALL allergens - please refer to allergy info for bread, filling & sauce for each filled baguette type Although the specific baguette may allergen free it is served on mixed platters alongside a wide variety of fillings														
Filled Mini-Croissant Platter	May contain ALL allergens - please refer to allergy info for croissant, filling & sauce for each filled croissant type Although the specific croissant may allergen free it is served on mixed platters alongside a wide variety of fillings														
Kids' Sandwich Platter	May contain ALL allergens - please refer to allergy info for bread, filling & sauce for each filled sandwich Although the specific sandwich may allergen free it is served on mixed platters alongside a wide variety of fillings														
Homemade Quiche Platter	May contain ALL allergens - please refer to allergy info for individual quiches in 'Savoury' section Platters contain various quiche flavours therefore even if one quiche does not contain it will be touching other flavours														
Spanish Cured Meat Platter		1,4		MAY				MAY			MAY	MAY	MAY	✓	
Crudite Selection	✓	1		✓				✓			MAY	MAY	MAY	✓	
Mini Sausage Roll Platter		1		✓				✓			MAY	MAY	MAY	✓	✓
Freshly Baked Bread Bowl		1,2,3,4		MAY				MAY		MAY	MAY	MAY	MAY	MAY	
Chicken & Bacon Caesar Salad		1,3	✓	✓	✓			✓		✓	MAY	MAY	MAY		
Greek Salad Bowl		1		✓				✓			MAY	MAY	MAY		✓
Mozzarella, Tomato & Basil Salad		MAY		MAY				✓			MAY	MAY	MAY		MAY
Mini Traybake Platter		1		✓				✓			MAY	MAY	MAY	✓	
Profiterole Platter		1		✓				✓			MAY	MAY	MAY	✓	
Mini Danish Platter		1		✓				✓			✓	MAY	MAY	✓	✓
Rainbow Mixed Fruit Platter		MAY		MAY				✓			MAY	MAY	MAY		MAY
Cheese Board Platter		1,2,3		MAY				✓		MAY	MAY	MAY	MAY	MAY	
Mini Petit Fours		1,2,3,4		✓				✓			✓	MAY	MAY	✓	✓
Vegan Mini Sausage Rolls		1,3						MAY			MAY	MAY	MAY	✓	

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