| Menu | No Allergen | Fish | Sulphites | Gluten | Soya | Egg | Sesame | Mustard | Milk | Molluscs | Lupin | Peanuts | Nuts | Celery | Crustacean | V/VE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Panini Bread | | | | √ | | | √ | | | | | | | | | V |
| Bagel Bread | | | | √ | | | √ | | | | | | | | | V |
| Wrap | | | | √ | | | | | | | | | | | | V |
| Bread Rolls | | | | √ | | | | | √ | | | | | | | V |
| Butter | | | | | | | | | √ | | | | | | | V |
| Ham | √ | | | | | | | | | | | | | | | |
| Chicken Tikka | √ | | | | | | | | | | | | | | | |
| Chicken | √ | | | | | | | | | | | | | | | |
| Bacon | √ | | | | | | | | | | | | | | | |
| Tuna | | √ | | | | | | | | | | | | | | |
| Cheese | | | | | | | | | √ | | | | | | | V |
| Cream Cheese | | | | | | | | | √ | | | | | | | V |
| Mayonnaise | | | | | | √ | | √ | | | | | | | | V |
| Teacakes | | | | √ | √ | √ | | | √ | | | | | | | V |
| Toast Bread | | | | √ | √ | | | | | | | | | | | V |
| Crumpets | | | | √ | | | | | | | | | | | | V |
| Margherita Pizza Twist | | | | √ | √ | | | | √ | | | | | | | |
| Pepperoni Pizza Twist | | | | √ | √ | | | | √ | | | | | | | |
| Sweetcorn | √ | | | | | | | | | | | | | | | VE |
| Hummus | | may | √ | may | may | may | √ | may | may | | | | | | may | V |
| Beans | √ | | | | | | | | | | | | | | | VE |
| Waffles | | | | √ | √ | √ | | | may | | | | | | | |
| Golden Syrup | √ | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Desserts | | | | | | | | | | | | | | | | V |
| Rasberry/White Choc Muffin | | | | √ | √ | √ | | | √ | | | | may | | | V |
| Double Chocolate Muffin | | | | √ | √ | √ | | | √ | | | | may | | | V |
| Blueberry Muffin | | | | √ | may | √ | | | √ | | | | may | | | V |
| Banana & Toffee Muffin | | | | √ | may | √ | | | √ | | | | may | | | |
| | | | | | | | | | | | | | | | | |
| Specials | | | | | | | | | | | | | | | | |
| Chicken Tikka Nanster | | | √ | √ | may | | may | | √ | | | may | may | may | | |
| Chick Pea Curry Nanster | | | √ | √ | may | | may | | | | | may | may | may | | VE |
| Mexican Chicken Burrito | | | √ | √ | may | | may | | √ | | | may | may | √ | | |
| Vegetable Samosa | | | | √ | may | | may | | | | | may | may | may | | VE |
| Turkey | √ | | | | | | | | | | | | | | | |
| Stuffing | | | | √ | | | | | | | | | | | | V |
| Cranberry Sauce | √ | | | | | | | | | | | | | | | V |