Baguettes	Suital	ole for														V4 -10.09.2025
Product	Vegetaria	Vegans						(Contains the	ese allergen	ıs					
	ns		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Chicken Caesar Baguette			>	>	>		WHEAT, RYE, OAT, BARLEY		>			>			>	
Ham & Greve Baguette				<	>		WHEAT		>			>				
Posh Cheddar & Pickle Baguette	¥		¥	~	>		WHEAT, RYE, OAT, BARLEY		>			>	~			
Prosciutto & Rocket Panini				«	>		WHEAT		>			>				

Bowl & Pot	Suita	ble for														V4 -10.09.2025
Product	Vegetarians	Vegans							Contains th	ese allerger						
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Banana & Honey Muesli	•			~												
Bircher Muesli	•			~												PISTACHIO
Cranberry Yoghurt Bowl	>			~												
Coconut Chia Seed Bowl	*	>														ALMOND
Five Berry Bowl	~			~												
Mango Yoghurt Bowl	•			~												
Mango Coconut Chia Seed Bowl	~	•														ALMOND

Pret's Hot	Suita	ble for														V4 -10.09.2025
Product	Vegetar	Vega						(Contains the	ese allergen	S					
	ians	ร	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
All Day Breakfast Hot Wrap				~	>		WHEAT, RYE		~			~				
Chicken Chipotle Hot Wrap				~			WHEAT, RYE		¥			~				
Italian Style Chicken & Basil Hot Wrap				~			WHEAT, RYE									
Spicy Mediterranean Hot Wrap	>			~			WHEAT, RYE		~			~				
Ham and Greve Hot Croissant				~	>		WHEAT									
Cheddar and Tomatoes Hot Croissant	v			~	>		WHEAT									
Chipotle Mozzarella Hot Baguette	V		>	~			WHEAT, RYE, OAT, BARLEY		~			~				

BRIOCHE TOAST	Suita	ble for														V4 -10.09.2025
Product	Vegetarians	Vegans							Contains th	nese allergen	ıs					
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Bacon, Egg and Cheese Brioche Toast				>	~		WHEAT		>			>				
Grilled Tertyaki Chicken Brioche Toast				>	>		WHEAT, BARLEY		>			>				
Egg Florentine Brioche Toast				>	~		WHEAT		~			>				

Toasties	Suital	ole for														V4 -10.09.2025
Product	Vegetar	Vega						(Contains the	ese allergen	S					
	ians	าร	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Brie, Avocado & Tomato Toastie	>			>			WHEAT, OAT, RYE, BARLEY									
Brie, Caramelised Onion Toastie	>			>			WHEAT, OAT, RYE, BARLEY									
Classic Cheese Toastie	>			~	>		WHEAT, OAT, RYE, BARLEY		>			~				
Ham, Cheese & Mustard Toastie				>	>		WHEAT, OAT, RYE, BARLEY		>			~				

Pastries	Suital	ole for													
Product	Vegetarians	Vegans						(Contains th	ese allerge	18				
	,		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish
Croissant Almond	V			>	~		WHEAT								
Croissant Chocolate	>			>	*		WHEAT		~						
Mozzarella & Tomato Croissant	•			>	~		WHEAT								
Pain au Raisin	•			>	~		WHEAT								
Plain Croissant	V			>	~		WHEAT								
Very Berry Croissant	•	V					WHEAT								
Chocolate Chunk Cookie	•			>			WHEAT								
Dark Chocolate Almond Butter Cookies	•	•					WHEAT								
Muffin Blueberry	V			>	~		WHEAT								
Muffin Chocolate	•			>	~		WHEAT		~						
Cinnamon Filled Swril	¥			>	*		WHEAT								
Mediterranean Veggie Basket	V			>	~		WHEAT								

ALMONDS

HAZELNUT

o the risk of

Salads	Suita	ble for														V4 -10.09.2025
Product	Vegetaria	Vegans							Contains	these allerg	ens					
	ns		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Egg & Spinach Protein Pot	V				~											
Smoked Salmon & Spinach Protein Pot					~										>	
Chef's Chicken Salad				~	~		WHEAT, BARLEY		*			~			>	PISTACHIO

Sandwiches	Suita	ble for														V4 -10.09.2025
Product	Vegetariar	Vegans						(Contains the	ese allergen	S					
	18		Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Chicken Avocado Granary				>	>		WHEAT, BARLEY		~			>				
Classic Super Club Granary					>		WHEAT, BARLEY		~			>				
Cracking Egg Salad Granary	~				>		WHEAT, BARLEY		~			>				
Ham & Cheese Granary				>			WHEAT, BARLEY									
Mature Cheddar Granary	~			>	>		WHEAT, BARLEY		~			>	~			
Smoked Salmon & Soft Cheese Granary				>			WHEAT, BARLEY								>	

Wraps	Suital	ole for														V4 -10.09.2025
Product	Vegetarians	Vegans							Contains th	nese allergen	ıs					
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Avocado & Herb Salad Wrap	v			>	~		WHEAT, RYE		~			>				PINENUTS
Chicken & Rocket Salad Wrap				>	*		WHEAT, RYE		*			>				

Duo Delight Box	Suital	ble for														V4 -10.09.2025
Product	Vegetarians	Vegans							Contains th	nese allerge	ns					
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Meaty Selection				>	>		WHEAT, BARLEY		*			>			~	
Veggie Selection	>			>	~		WHEAT, RYE		>			>				PINENUTS

Crisps	Suita	ble for														V4 -10.09.2025
Product	Vegetari	Vegar							Contains the	ese allergens						
	ans	ns	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Tyrrells Lightly Sea Salted Crisps	•															
Tyrrells Mature Cheddar & Chives Crisps	•			~												
Tyrrells Sea Salt & Cider Vinegar Crisps	•	•					BARLEY									
Tyrrells Sea Salt & Cracked Black Pepper Crisps	•															

Snacks	Suita	ble for														V4 -10.09.2025
Product	Vegetarians	Vegans							Contains th	nese allerge	ns					
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Brownie Bar	•			~	~		WHEAT		>							
Choc Bar	<			~			WHEAT		>							
Dark Chocolate Almonds Snack	>	•							V							ALMONDS
Love Bar	>			~			OATS		>							PISTACHIO, ALMONDS
Popcorn bar	>			*					>							
Pret A Mango	>	>														

Fruit	Suital	ole for														V4 -10.09.2025
Product	Vegetar	Vegar						(Contains the	ese allergen	s					
	ians	าร	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Apple	~	<														
Banana	<	<														
Dragon Fruit Salad	<	<														
Melon Trio	<	<														
Papaya & Lime	<	<														
Grape Medley Mix	<	<														
Melon & Blueberry	<	<														
Mango & Lime	>	>	·		·			·	·			·				

Cold Drinks	Suita	ble for														V4 -10.09.2025
Product	Vegetar	Vegar						(Contains the	ese allergen	S					
	ans	18	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Water - Aqua Panna 500ml Still	~	<														
Juice - Coconut Water	V	<														
Coke (All types)	>	<														
Juice - Fresh Lemon & Mint	>	<														
Heineken Beer	~	~					BARLEY									
Juice - Orange	>	<														
Juice - Pink Grapefruit	>	<														
Radiance	>	<									>					
Water - San Pellegrino 500ml Sparkling	>	•														
Tiger Beer	>	<					BARLEY									
Ultra Boost	~	>														
Water - Desa 500ml Still	>	<														
Chang Beer	>	<					BARLEY									

Barista Prepared Drinks	Suita	able for	1													V4 -10.09.2025
	Veg€	<							a	1 11						V 4 -10.07.2023
Product	etarians	gans							Contains th	these allerge	ns					
			Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Coffee																
Americano Black	V	V		1	1		'	1								
Americano White Milk	V			V												
Americano White Rice Coconut	V	~				1										
Americano White Soya	V	~							Y							
Americano White Oat	V	•		1			<u> </u>									
Americano White Almond	V	~			<u> </u>		<u> </u>									ALMOND
Cappuccino Milk	V			~												
Cappuccino Rice Coconut	V	V			<u> </u>		<u> </u>	<u> </u>								
Cappuccino Soya	V	~							*							
Cappuccino Oat	>	~					<u> </u>									
Cappuccino Almond	V	V			<u> </u>		<u> </u>	<u> </u>								ALMOND
Rose Cappuccino Milk	~			~			<u> </u>	1								
Rose Cappuccino Rice Coconut	V	~		1			'									
Rose Cappuccino Soya	~	~		1					>							
Rose Cappuccino Oat	•	~		ı		1	OAT	1								
Rose Cappuccino Almond	V	~		1		1	'									ALMOND
Pumpkim Spice Latte Milk	>			>		1										
Pumpkim Spice Latte Rice Coconut	~	~														
Pumpkim Spice Latte Soya	~	~							>							
Pumpkim Spice Latte Oat	~	~					OAT									
Pumpkim Spice Latte Almond	•	~		<u> </u>			<u> </u>	1								ALMOND
Decaf Latte Milk	V			~												
Decaf Latte Rice Coconut	V	V			<u> </u>											
Decaf Latte Soya	V	~							*							
Decaf Latte Oat	V	~		'	'		<u> </u>	'								
Decaf Latte Almond	V	V			<u> </u>			1'								ALMOND
Espresso	V	~														
Filter - Black Coffee	V	~		1												
Filter - White Coffee Milk	V			~												
Filter - White Coffee Rice Coconut	V	~		ı '	'											
Filter - White Coffee Soya	V	~							~							
Filter - White Coffee Oat	V	~	i T	1		1										
Filter - White Coffee Almond	~	~														ALMOND
Flat White Milk	V			~												

Flat White Rice Coconut	>	V								
Flat White Soya	>	<				V				
Flat White Oat	>	<								
Flat White Almond	>	<								ALMOND
Latte Milk	>		V							
Latte Rice Coconut	>	<								
Latte Soya	>	<				V				
Latte Oat	>	<								
Latte Almond	>	<								ALMOND
Macchiato Milk	>		V							
Macchiato Rice Coconut	>	<								
Macchiato Soya	>	<				Y				
Macchiato Oat	>	<								
Macchiato Almond	>	<								ALMOND
Mocha Milk	>		V							
Mocha Rice Coconut	>	<								
Mocha Soya	>	<				V				
Mocha Oat	>	<								
Mocha Almond	>	V								ALMOND

Barista Prepared Drinks	Suital	ble for														V4 -10.09.2025
Durism'r repared Drinks									~ · · · · · · · · · · · · · · · · · · ·	11						V T -10.07.2023
Product	Vegetari	Vegar							Contains ti	hese allerge	ns					
	arians	ıs	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Over Ice & Frappes																
Iced Americano Black	~	V														
Iced Americano White Milk	V			Y												
Iced Americano White Rice Coconut	~	~														
Iced Americano White Soya	V	>							~							
Iced Americano White Oat	~	~														
Iced Americano White Almond	~	V														ALMOND
Iced Cappuccino Milk	V			V												
Iced Cappuccino Rice Coconut	~	V														
Iced Cappuccino Soya	~	V							>							
Iced Cappuccino Oat	V	~														
Iced Cappucino Almond	V	~														ALMOND
Iced Caramel Latte	V			V												
Iced Caramel Latte Rice Coconut	V	~														
Iced Caramel Latte Soya	V	V							Y							
Iced Caramel Latte Oat	~	~														
Iced Caramel Latte Almond	V	V														ALMOND
Iced Chocolate Milk	V			V												
Iced Chocolate Rice Coconut	V	~														
Iced Chocolate Soya	V	~							V							
Iced Chocolate Oat	V	~														
Iced Chocolate Almond	V	V														ALMOND
Iced Filter Coffee Black	V	V														
Iced Filter Coffee White Milk	V			V												
Iced Filter Coffee White Rice Coconut	V	~														
Iced Filter Coffee White Soya	~	~							~							
Iced Filter Coffee White Oat	V	V														
Iced Filter Coffee White Almond	V	~														ALMOND
Iced Hazelnut Latte Milk	~			V												HAZELNUT
Iced Hazelnut Latte Rice Coconut	V	V														HAZELNUT
Iced Hazelnut Latte Soya	V	~							V							HAZELNUT
Iced Hazelnut Latte Oat	V	V														HAZELNUT
Iced Hazelnut Latte Almond	~	V														HAZELNUT AL MOND
Iced Latte Milk	~			V												ALMUMI
Iced Latte Rice Coconut	~	V														
Iced Latte Soya	-	~							~							
Iced Latte Oat	V	V														
Iced Latte Almond	V	-														ALMOND
L																

Iced Mocha Milk	V		V							
Iced Mocha Rice Coconut	>	V								
Iced Mocha Soya	~	V				<				
Iced Mocha Oat	>	V								
Iced Mocha Almond	V	V								ALMOND

Barista Prepared Drinks	Suital	ole for														V4 -10.09.2025
·	<								Contains th	hese allerge	ns					
Product	egetaria	Vegans							Contains	nese unerge						
	sns	07	Sesame	Milk	Egg	Lupin	Cereals containing gluten	Molluscs	Soya	Peanut	Celery and celeriac	Mustard	Sulphites	Crustacean	Fish	Tree Nuts
Flavoured Latte/ Tea																
Chai Latte Milk	•			Y												
Chai Latte Rice Coconut	~	~														
Chai Latte Soya	~	~							>							
Chai Latte Oat	V	~														
Chai Latte Almond	V	~														ALMOND
Caramel Latte Milk	V			~												
Caramel Latte Rice Coconut	~	~														
Caramel Latte Soya	V	~							>							
Caramel Latte Oat	V	~														
Caramel Latte Almond	~	V														ALMOND
Hazelnut Latte Milk	V			~												HAZELNUT
Hazelnut Latte Rice Coconut	V	V														HAZELNUT
Hazelnut Latte Soya	V	~							>							HAZELNUT
Hazelnut Latte Oat	V	V														HAZELNUT
Hazelnut Latte Almond	V	>														HAZELNUT ALMOND
Matcha Latte Milk	_			~												ALIVIOND
Matcha Latte Rice Coconut		V		·												
Matcha Latte Soya		•							~							
Matcha Latte Oat	V	V														
Matcha Latte Almond	-	V														ALMOND
Vanilla Latte Milk				~												
Vanilla Latte Rice Coconut	V	V														
Vanilla Latte Soya	V	V							>							
Vanilla Latte Oat	V	V														
Vanilla Latte Almond	V	V														ALMOND
Gingerbread Latte Milk	V			V												
Gingerbread Latte Rice Coconut	V	V														
Gingerbread Latte Soya	V	V							y							
Gingerbread Latte Oat	V	V														
Gingerbread Latte Almond	~	V														ALMOND
Spirulina Caramel Iced Latte	V	V		~												

Hot Chocolate										
Hot Chocolate Milk	~		Y							
Hot Chocolate with Rice-Coconut	V	~								
Hot Chocolate Soya	•	~				V				
Hot Chocolate Oat	>	~								
Hot Chocolate Almond	V	~								ALMOND
Caramel Hot Chocolate Milk	V		>							
Caramel Hot Chocolate with Rice-Coconut	V	~								
Caramel Hot Chocolate Soya	>	V				V				
Caramel Hot Chocolate Oat	~	V	·				·			
Caramel Hot Chocolate Almond	V	V								ALMOND