

### Co-op ISB Allergen Information Guide - 5th October 2021

For Allergens, including cereals containing gluten, please see below.

Due to the way products are prepared in store, they may also contain other allergens.

PLU Number	Name	Suitable for:	Allergy Advice Contains:
345	Apple Crown with Almond	<i>Vegetarian</i>	Almond, Egg, Wheat.
755	Apple Puff Pastry Pie	<i>Vegan</i>	Wheat
213	Brown Multiseed Triangle Roll	<i>Vegan</i>	Barley, Rye, Wheat
294	Cheese & Tomato Swirly	<i>Vegetarian</i>	Milk, Celery, Wheat
2130	Cheese Twist	<i>Vegetarian</i>	Wheat, Milk
592	Choc Hazelnut Croissant	<i>Vegetarian</i>	Egg, Hazelnuts, Milk, Soya, Wheat
78	Chocolate Twist	<i>Vegetarian</i>	Wheat, Milk
81	Ciabatta Roll	<i>Vegan</i>	Wheat
95	Cinnamon Swirl	<i>Vegetarian</i>	Egg, Wheat.
147	Demi Baguette	<i>Vegan</i>	Wheat
1525	Glazed Ring Doughnut	<i>Vegetarian</i>	Egg, Wheat
2803	Irresistible Cheddar Croissant	<i>Vegetarian</i>	Egg, Milk, Wheat
166	Irresistible Croissant	<i>Vegetarian</i>	Egg, Milk, Wheat.
668	Irresistible Jalapeno and Cheddar Roll	<i>Vegetarian</i>	Barley, Milk, Wheat
773	Irresistible Kalamata Olive Roll	<i>Vegan</i>	Barley, Rye, Wheat
62	Irresistible Triple Chocolate Cookie	<i>Vegetarian</i>	Milk, Soya, Wheat
128	Jam Doughnut	<i>Vegan</i>	Wheat
218	Maple Pecan Plait	<i>Vegetarian</i>	Egg, Milk, Pecan Nuts, Wheat.
162	Medium Petit Pain	<i>Vegan</i>	Wheat
1443	Millionaires Salted Caramel Doughnut	<i>Vegetarian</i>	Barley, Milk, Soya, Wheat
189	Pain Au Chocolate	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat.
77	Pain Au Raisin	<i>Vegetarian</i>	Egg, Milk, Wheat.
317	Portuguese Custard Tart	<i>Vegetarian</i>	Egg, Milk, Wheat
271	Pretzel	<i>Vegetarian</i>	Milk, Wheat
277	Pumpkin & Sunflower Seed Roll	<i>Vegan</i>	Wheat
764	Raspberry Croissant	<i>Vegetarian</i>	Egg, Milk, Wheat
1755	Soft White Roll	<i>Vegan</i>	Wheat
1447	Strawberry Pavlova Doughnut	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
1596	Tiger Roll	<i>Vegan</i>	Wheat, Barley
1407	Triple Chocolate Doughnut	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
1079	Vanilla Crown with Nuts	<i>Vegetarian</i>	Almond, Egg, Hazelnut, Milk, Wheat
157	White Crusty Roll	<i>Vegan</i>	Wheat
163	White Rustic Roll	<i>Vegan</i>	Wheat
6121	Christmas Rockin' Red Strawberry Jam Ball Doughnut	<i>Not Suitable for Vegetarians</i>	Egg, Milk, Soya, Wheat
6131	Halloween Chocolate Orange Pumpkin Face Doughnut	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat

Where indicated products do not contain any ingredients that would make them unsuitable for vegetarians/vegans. However they have been prepared in an area with non-vegetarian/vegan products.