

Coop ISB Allergen Information Guide - 5th February 2020

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.
250	Bakewell Tart	<i>Vegetarian</i>	Almond, Egg, Wheat, Soya
751	Banana and Blueberry Muffin	<i>Vegetarian</i>	Egg, Oats, Milk, Wheat
538	Blueberry Crown with Almond	<i>Vegetarian</i>	Almond, Egg, Wheat
791	Cheese and Tomato Pizza	<i>Vegetarian</i>	Milk, Wheat
2130	Cheese Twist	<i>Vegetarian</i>	Wheat, Milk
78	Chocolate Twist	<i>Vegetarian</i>	Wheat, Milk
592	Choc Hazelnut Croissant	<i>Vegetarian</i>	Egg, Hazelnuts, Milk, Soya, Wheat
81	Ciabatta Roll	<i>Vegan</i>	Wheat
95	Cinnamon Swirl	<i>Vegetarian</i>	Egg, Wheat.
147	Demi Baguette	<i>Vegan</i>	Wheat
199	Fruit Scone	<i>Vegetarian</i>	Milk, Wheat
218	Maple Pecan Plait	<i>Vegetarian</i>	Egg, Milk, Pecan Nuts, Wheat.
162	Medium Petit Pain	<i>Vegan</i>	Wheat
213	Multiseed Triangle	<i>Vegan</i>	Barley, Rye, Wheat
189	Pain Au Chocolate	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat.
77	Pain Au Raisin	<i>Vegetarian</i>	Egg, Milk, Wheat.
1965	Spicy Tomato Crown	<i>Vegetarian</i>	Egg, Milk, Wheat
294	Cheese & Tomato Swirly	<i>Vegetarian</i>	Milk, Celery, 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
668	Irresistible Jalapeno and Cheddar Roll	<i>Vegetarian</i>	Barley, Milk, Wheat
773	Irresistible Kalamata Olive Roll	<i>Vegan</i>	Barley, Rye, Wheat
82	Irresistible Almond Croissant	<i>Vegetarian</i>	Egg, Milk, Almond, Wheat
166	Irresistible Croissant	<i>Vegetarian</i>	Egg, Milk, Wheat.
764	Raspberry Croissant	<i>Vegetarian</i>	Egg, Milk, 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
1051	White Parisien	<i>Vegan</i>	Wheat
798	White Baton	<i>Vegan</i>	Wheat
762	Irresistible Kalamata Olive Bloomer	<i>Vegan</i>	Barley, Rye, Wheat
767	Irresistible Cheddar & Jalapeno Bloomer	<i>Vegetarian</i>	Barley, Milk, Wheat
749	Irresistible Cheddar & Onion Bloomer	<i>Vegetarian</i>	Barley, Milk, Wheat
738	Irresistible Sourdough Bloomer	<i>Vegan</i>	Barley, Wheat
783	Crusty White Cob	<i>Vegan</i>	Wheat
743	Multiseed Bloomer	<i>Vegan</i>	Barley, Sesame Seeds, Wheat
757	Irresistible Rosemary & Olive Oil Bloomer	<i>Vegan</i>	Barley, Wheat
760	Tiger Bread	<i>Vegan</i>	Barley, Wheat
784	Organic Brown Bloomer	<i>Vegan</i>	Barley, Wheat
766	White Farmhouse Loaf	<i>Vegan</i>	Wheat
753	Custard Flavour Doughnut	<i>Vegan</i>	Wheat
128	Jam Doughnut	<i>Vegan</i>	Wheat
733	Milk Chocolate Cookie	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
781	White Chocolate Cookie	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
729	Double Chocolate Cookie	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
736	Oat & Raisin Cookie	<i>Vegetarian</i>	Egg, Oats, Milk, Wheat
755	Apple Puff Pastry Pie	<i>Vegan</i>	Wheat
725	Glazed Ring Doughnut	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
127	Irresistible Granola Bar	<i>Vegetarian</i>	Oats, Milk, Wheat
124	Irresistible White Chocolate Cookie	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
62	Irresistible Triple Chocolate Cookie	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
132	Irresistible Milk Chocolate Cookie	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
728	Irresistible Chocolate Chip Shortbread	<i>Vegetarian</i>	Milk, Soya, Wheat
676	Chocolate Easter Egg Muffin	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
837	Strawberry Shortcake Doughnut	<i>Vegetarian</i>	Milk, Wheat
n/a	Irresistible Three Cheese Sourdough Bloomer	<i>Vegetarian</i>	Barley, Milk, Wheat
n/a	Poppy Seed Baguette	<i>Vegan</i>	Wheat
4829	Irresistible Salted Caramel Brownie	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
1158	Raspberry Filled Star Doughnut	<i>Vegetarian</i>	Egg, Milk, Wheat
2803	Irresistible Cheddar Croissant	<i>Vegetarian</i>	Egg, Milk, Wheat
1181	Irresistible Carrot Cake Muffin	<i>Vegetarian</i>	Egg, Milk, Soya, Wheat
Recent Delists			
1052	Snowflake Cinnamon Swirl	<i>Vegetarian</i>	Egg, Milk, Wheat.
1303	Chocolate and Salted Caramel Doughnut	<i>Vegetarian</i>	Milk, Wheat
322	Double Chocolate Doughnut	<i>Vegetarian</i>	Milk, Soya, Wheat
940	Irr Brioche Chocolate & Orange Croissant	<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.