

Muffins – Biscuits - Cakes

Ingredient Item or Brand	Blackfriars Chocolate Chip Muffin	Lichfield Milk Choc and Orange	Lichfield Stem Ginger	Lichfield Choc Chip	Lichfield Oat Shortcake	Tregroes Waffle	Siwgr a Sbeis Bara Brith Flapjacks	Gluten Free Bakewell Tarts
Allergen:								
Celery/ Celeriac								
Crustations								
Fish								
Milk (Dairy)	Does	Does	Does	Does	Does	Does	May	
Mustard								
Peanuts							May	May
Soya	Does	Does		Does		Does	May	
Gluten	Does	Does	Does	Does	Does	Does	May	
Eggs	Does					Does	May	May
Lupin								
Molluscs								
Nuts							May	Does
Sesame Seeds								
Sulphur Dioxide							May	
Vegan	No	No	No	No	No	No	No	Yes
Vegetarian	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
							Made in a bakery that also uses the above.	

Gluten Free Snacks/Crackers

Ingredient Item or Brand	Cradoc's Rosemary and Garlic Crackers	Cradoc's Chilli Ginger and Cumin	Cradoc's Cheddar Cheese and Chive	Kalio Rice Crackers	Schar Pretzels
Allergen:					
Celery/ Celeriac					
Crustations					
Fish					
Milk (Dairy)	Does	Does	Does		
Mustard					
Peanuts	May	May	May		
Soya	May	May	May	May	Does
Gluten					
Eggs					
Lupin					
Molluscs					
Nuts	May	May	May		
Sesame Seeds	May	May	May	May	May
Sulphur Dioxide	May	May	May		
Vegan	No	No	No	Yes	Yes
Vegetarian	Yes	Yes	Yes	Yes	Yes
				Although milk present in factory	

Nuts, Crisps, Chilli Crackers Olives and Tortilla Chips:

Ingredient Item or Brand	Dry Roasted Nuts	Filberts Simply Sea Salt Nutty Mix	Chilli Crackers (Olives Et Al)	Pipers Salted Crisps	Sun Valley Spicy Bar Mix	Doritos	Country Range Tortilla Chips	Olive King Mixed olives
Allergen:								
Celery/ Celeriac	Does							
Crustations								
Fish			Does					
Milk (Dairy)						May		May
Mustard								May
Peanuts	Does	Does			Does			
Soya			Does			May		
Gluten			Does		Does	May		
Eggs								
Lupin								
Molluscs								
Nuts	Does	Does			Does			May
Sesame Seeds								
Sulphur Dioxide								
Vegan	Yes	Yes	No	Yes	No	No	Yes	No
Vegetarian	Yes	Yes	No	Yes	No	Yes	Yes	Yes
					Chilli extract may contain meat products			

Cheese Board: Gluten free crackers are available

Ingredient Item or Brand	Granarolo Brie	Goats Cheese Log	Cheddar Cheese	Crackers (Jacobs)	Chutney (Celtic Preserves)	Apple/Grapes	Doritos	Country Range Tortilla Chips
Allergen:								
Celery/ Celeriac								
Crustations								
Fish								
Milk (Dairy)	Does	Does	Does	Does			May	
Mustard								
Peanuts								
Soya				May			May	
Gluten				Does			May	
Eggs				May				
Lupin								
Molluscs								
Nuts				May				
Sesame Seeds				May				
Sulphur Dioxide								
Vegan	No	No	No	No	Yes	Yes	No	Yes
Vegetarian	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Kids Picnic Board:

[illegible]

Hot Dog (Meat and Vegan)

Served with Ketchup. Mustard and Crispy onions

The bun is not gluten free for either hotdog!

Ingredient Item or Brand	Bread Bun	Dinos Meat hot dog	Moving mountains vegan hot dog	Crispy Onions	Absolutely Saucesome Tomato Ketchup	Absolutely Saucesome Mustard	Doritos	Country Range Tortilla Chips
Allergen:								
Celery/ Celeriac		May		May				
Crustations				May				
Fish				May				
Milk (Dairy)	May	May		May			May	
Mustard		May		May		Does		
Peanuts				May				
Soya	May	May		May			May	
Gluten	Does			May			May	
Eggs	May			May				
Lupin				May				
Molluscs				May				
Nuts				May				
Sesame Seeds				May				
Sulphur Dioxide				May				
Vegan	Yes	No	Yes	Yes	Yes	Yes	No	Yes
Vegetarian	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes

Ice Cream / Sorbets

[illegible]

Nachos (Just Cheese)

Ingredient Item or Brand	Doritos Tortilla Chips	Country Range Tortilla Chips (Blue Bag)	Cambray Jalapenos
Allergen:			
Celery/ Celeriac			
Crustations			
Fish			
Milk (Dairy)	May		
Mustard			
Peanuts			
Soya	May		
Gluten	May		
Eggs			
Lupin			
Molluscs			
Nuts			
Sesame Seeds			
Sulphur Dioxide			
Vegan	No	Yes	Yes
Vegetarian	Yes	Yes	Yes

Nachos (Normal)

[illegible]

Nachos (Vegan)

Ingredient Item or Brand	Country Range Tortilla Chips (Blue Bag)	Cambray Jalapenos	Peas Pea Guacamole	Olive Pomace Oil (Salsa and Guacamole)	Tomatoes (Salsa)	Red Onion (Salsa and Pea Guac)	Lime Juice	Cooks and Co. Chopped Garlic
Allergen:								
Celery/ Celeriac								
Crustations								
Fish								
Milk (Dairy)								
Mustard								
Peanuts								
Soya								
Gluten								
Eggs								
Lupin								
Molluscs								
Nuts								
Sesame Seeds								
Sulphur Dioxide							Does	Does
Vegan	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Vegetarian	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Vegetarian Picnic Board

[illegible]

Picnic Board

[illegible]

Sweets (1 of 2)

[illegible]

Sweets (2 of 2)

Ingredient Item or Brand	Chocolate Raisins	American Hard Gums	Chocolate Beans
Allergen:			
Celery/ Celeriac			
Crustations			
Fish			
Milk (Dairy)	Does	May	Does
Mustard		May	
Peanuts	May	May	
Soya		May	Does
Gluten		May	May
Eggs			
Lupin			
Molluscs			
Nuts		May	
Sesame Seeds			
Sulphur Dioxide			
Vegan	No	No	No
Vegetarian	Yes	Yes	Yes