

# Allergen Chart - The Breakfast Co



| Hot Bagels   | TAGS  | Celery and celeriac | Eggs | Gluten | Wheat | Milk | Mustard | Nuts | Sesame      | Soybeans | Sulphur | Fish | Lupin |
|--|-------|---------------------|------|--------|-------|------|---------|------|-------------|----------|---------|------|-------|
| Sausage, Egg, Cheese, Sriracha, Caramelised onion, Chives    |       |                     | ✓    | ✓      | ✓     | ✓    | ✓       |      | May Contain |          | ✓       |      |       |
| Smoked Bacon, Chilli Jam, Cheese                             |       |                     | ✓    | ✓      | ✓     | ✓    | ✓       |      | May Contain |          | ✓       |      |       |
| Hashbrown, Egg, Cheese, Sunblush Tomato (VEGGIE)             | VG    | ✓                   | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          |         |      |       |
| Turkey Bacon, Egg, Cheese (Halal)                            | Halal |                     | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          |         |      |       |
| Veggie Sausage, Hashbrown, Chilli Jam Hot Sourdough Bagel    | VE    |                     |      | ✓      | ✓     |      |         | ✓    | May Contain | ✓        | ✓       |      |       |
| Hot Muffins  | TAGS  | Celery and celeriac | Eggs | Gluten | Wheat | Milk | Mustard | Nuts | Sesame      | Soybeans | Sulphur | Fish | Lupin |
| Sausage Patty, Egg & Cheddar Muffin                          |       | ✓                   | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          |         |      |       |
| Smoked Bacon, Egg & Cheese                                   |       | ✓                   | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       |      |       |
| Double Bacon Muffin  |       |                     |      | ✓      | ✓     |      |         |      | May Contain |          | ✓       |      |       |
| Sausage & Caramelised onion                                  |       | ✓                   |      | ✓      | ✓     |      |         |      | May Contain |          | ✓       |      |       |
| Veggie Sausage, Caramelised Onion, Sun-Blushed Tomato Muffin | VE    |                     |      | ✓      | ✓     |      |         | ✓    | May Contain | ✓        | ✓       |      |       |
| Halloumi, Chipotle relish, Egg, Spinach                      | VG    |                     | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       |      |       |
| Free From Gluten Muffins                                     | TAGS  | Celery and celeriac | Eggs | Gluten | Wheat | Milk | Mustard | Nuts | Sesame      | Soybeans | Sulphur | Fish | Lupin |
| Gluten Free Halloumi & Egg, Chilli Chutney, Spinach (GF8)    | GF    |                     | ✓    |        |       | ✓    |         |      | May Contain |          |         |      |       |
| Gluten Free Bacon, Egg & Cheese (GF6)                        | GF    |                     | ✓    |        |       | ✓    |         |      | May Contain |          |         |      |       |
| Cold Bagels  | TAGS  | Celery and celeriac | Eggs | Gluten | Wheat | Milk | Mustard | Nuts | Sesame      | Soybeans | Sulphur | Fish | Lupin |
| Chicken Caesar Bagel   |       |                     | ✓    | ✓      | ✓     | ✓    | ✓       |      | May Contain |          | ✓       | ✓    |       |
| Mexican Salad  |       |                     |      | ✓      | ✓     | ✓    |         |      | May Contain | ✓        | ✓       |      |       |
| BLT Bagel  |       |                     | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       |      |       |
| Smoked Bacon, Avo, Tomato, Mayo Bagel                        |       |                     | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          |         |      |       |
| Avocado, Spinach, Tomato, Vegan Mayo Cold Sourdough Bagel    | VE    | ✓                   |      | ✓      | ✓     |      |         |      | May Contain |          |         |      |       |
| Ham, Egg, Cheddar, Chives & Dijon Mayo Bagel                 |       |                     | ✓    | ✓      | ✓     | ✓    | ✓       |      | May Contain |          | ✓       |      |       |
| Smoked Salmon, Cream Cheese, Cucumber & Chives Bagel         |       |                     |      | ✓      | ✓     | ✓    |         |      | May Contain |          |         | ✓    |       |
| Cream Cheese, Sun blush Tomato, Spinach Bagel                | VG    | ✓                   |      | ✓      | ✓     | ✓    |         |      | May Contain |          |         |      |       |
| Hot Smoked Salmon, C.Cheese, Jalape, Spinach Bagel           |       |                     |      | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       | ✓    |       |
| Individual Salads  | TAGS  | Celery and celeriac | Eggs | Gluten | Wheat | Milk | Mustard | Nuts | Sesame      | Soybeans | Sulphur | Fish | Lupin |
| Hot Smoked Salmon Nicoise                                    |       |                     | ✓    |        |       |      | ✓       |      |             |          | ✓       | ✓    |       |
| Roast Ham & Egg Salad  |       |                     | ✓    |        |       | ✓    | ✓       |      |             |          | ✓       |      |       |
| Spicy Mexican Black Bean Salad                               | VE    |                     |      |        |       |      |         |      | ✓           | ✓        | ✓       |      |       |
| Chicken Caesar Salad   |       |                     | ✓    | ✓      | ✓     | ✓    | ✓       |      | ✓           |          | ✓       | ✓    |       |
| Pesto Pasta and Roasted Veg                                  | VG    |                     |      | ✓      | ✓     | ✓    |         | ✓    |             |          | ✓       |      |       |
| Free From Gluten Bagels                                      | TAGS  | Celery and celeriac | Eggs | Gluten | Wheat | Milk | Mustard | Nuts | Sesame      | Soybeans | Sulphur | Fish | Lupin |
| GF - Smoked Salmon, Cucumber, Cream Cheese & Chives          | GF    |                     |      |        |       | ✓    |         | ✓    | May Contain |          |         | ✓    | ✓     |
| GF - Avocado, Rocket, Cream Cheese & Lemon                   | GF/VG | ✓                   |      |        |       | ✓    |         | ✓    | May Contain |          | ✓       |      |       |
| Homemade Flour Bread Rolls                                   | TAGS  | Celery and celeriac | Eggs | Gluten | Wheat | Milk | Mustard | Nuts | Sesame      | Soybeans | Sulphur | Fish | Lupin |
| Egg Mayo and Cress   | VG    |                     | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       |      |       |
| Cheese and Red Pickled Onion                                 | VG    |                     |      | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       |      |       |
| Cheddar Cheese and Chilli Jam                                | VG    |                     |      | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       |      |       |
| Ham, Cheese, Chives & Mustard Mayo                           |       |                     | ✓    | ✓      | ✓     | ✓    | ✓       |      | May Contain |          | ✓       |      |       |
| Sausage and Caramelised Onion With Mustard Mayo              |       |                     | ✓    | ✓      | ✓     | ✓    | ✓       |      | May Contain |          |         |      |       |
| Chicken Mayo with Cheese & Lettuce                           |       |                     | ✓    | ✓      | ✓     | ✓    |         |      | May Contain |          | ✓       |      |       |
| Hummus, Roasted Veg and Avocado                              | VG    |                     |      | ✓      | ✓     |      |         |      | May Contain |          | ✓       |      | ✓     |
| GF - Egg Mayo and Cress                                      | VG/GF |                     | ✓    |        |       | ✓    |         |      | May Contain |          | ✓       |      |       |
| GF - Cheese and Red Pickled Onion                            | VG/GF |                     |      |        |       | ✓    |         |      | May Contain |          | ✓       |      |       |

|  |             |                            |             |               |              |             |                |             |               |                 |                |             |              |
|--|-------------|----------------------------|-------------|---------------|--------------|-------------|----------------|-------------|---------------|-----------------|----------------|-------------|--------------|
| GF - Ham, Cheese, Chives & Mustard Mayo  | VG/GF       |                            | ✓           |               |              | ✓           | ✓              |             | May Contain   |                 | ✓              |             |              |
| GF - Chicken Mayo with Cheese & Lettuce  | VG/GF       |                            | ✓           |               |              | ✓           |                |             | May Contain   |                 | ✓              |             |              |
| <b>Ciabatta Platter</b>  | <b>TAGS</b> | <b>Celery and celeriac</b> | <b>Eggs</b> | <b>Gluten</b> | <b>Wheat</b> | <b>Milk</b> | <b>Mustard</b> | <b>Nuts</b> | <b>Sesame</b> | <b>Soybeans</b> | <b>Sulphur</b> | <b>Fish</b> | <b>Lupin</b> |
| Chicken Pesto Ciabatta - Roasted Chicken • Basil Pesto • Vine-Ripened Tomato • Wild Rocket                       |             |                            |             | ✓             | ✓            | ✓           |                | ✓           |               |                 | ✓              |             |              |
| Chicken & Avocado Ciabatta - Roasted Chicken • Creamy Avocado • Sun-Blush Tomato • Mayo                          |             |                            | ✓           | ✓             | ✓            | ✓           |                |             |               |                 | ✓              |             |              |
| Italian Meats Ciabatta - Premium Salami • Ham • Sliced Cheese • Roasted Peppers • Sun-Blush Tomato • Pesto Mayo  |             |                            | ✓           | ✓             | ✓            | ✓           |                | ✓           | ✓             | ✓               | ✓              |             |              |
| Italian Vegetarian Ciabatta - Fresh Mozzarella • Cheddar • Roasted Peppers • Sun-Blush Tomato • Zesty Pesto Mayo | VG          |                            | ✓           | ✓             | ✓            | ✓           |                | ✓           |               |                 | ✓              |             |              |
| <b>Fresh Fruit and Yoghurt Pots</b>  | <b>TAGS</b> | <b>Celery and celeriac</b> | <b>Eggs</b> | <b>Gluten</b> | <b>Wheat</b> | <b>Milk</b> | <b>Mustard</b> | <b>Nuts</b> | <b>Sesame</b> | <b>Soybeans</b> | <b>Sulphur</b> | <b>Fish</b> | <b>Lupin</b> |
| Exotic Fruit Pot   | VE          |                            |             |               |              |             |                |             |               |                 |                |             |              |
| Mixed Berries & Greek Yoghurt Pot  |             |                            |             | ✓             | ✓            | ✓           |                | ✓           | ✓             |                 | ✓              |             |              |
| Coconut Mixed Berry Yoghurt with nuts  | VE          |                            |             |               |              |             |                | ✓           |               |                 |                |             |              |
| Greek Yoghurt, Fresh Fruit, Nuts, Granola, Honey   |             |                            |             | ✓             | ✓            | ✓           |                | ✓           |               |                 | ✓              |             |              |
| Banana, maple & walnuts coconut yoghurt  | VE          |                            |             |               |              |             |                | ✓           | ✓             |                 | ✓              |             |              |
| Apple slices and peanut butter   | VG/VE/GF/DF |                            |             |               |              |             |                | ✓           |               |                 | ✓              |             |              |
| Greek Yoghurt and Dark chocolate Granola   |             |                            |             | ✓             | ✓            | ✓           |                | ✓           |               |                 | ✓              |             |              |
| Tropical fruit salad & coconut yogurt  | VE          |                            |             |               |              |             |                |             |               |                 |                |             |              |
| <b>Protein Pot</b>   | <b>TAGS</b> | <b>Celery and celeriac</b> | <b>Eggs</b> | <b>Gluten</b> | <b>Wheat</b> | <b>Milk</b> | <b>Mustard</b> | <b>Nuts</b> | <b>Sesame</b> | <b>Soybeans</b> | <b>Sulphur</b> | <b>Fish</b> | <b>Lupin</b> |
| Avocado, Spinach Salad, Free-Range Egg, Tomato and Chilli  | VG          |                            | ✓           |               |              |             |                |             |               |                 | ✓              |             |              |
| Avocado, Spinach Salad, Tomato and Chilli  | VE          |                            |             |               |              |             |                |             |               |                 | ✓              |             |              |
| Simple Egg & Spinach Pot   | VG          |                            | ✓           |               |              |             |                |             |               |                 | ✓              |             |              |
| Hummus With Chopped Carrots, Celery & Peppers  | VG          |                            |             |               |              |             |                |             | ✓             |                 |                |             | ✓            |
| Hot Smoked Salmon, Avocado, Egg, Spinach   |             |                            | ✓           |               |              |             |                |             |               |                 | ✓              | ✓           |              |
| Apple slices and peanut butter   | VG/VE/GF/DF |                            |             |               |              |             |                | ✓           |               |                 | ✓              |             |              |
| <b>Stuffed Croissants</b>  | <b>TAGS</b> | <b>Celery and celeriac</b> | <b>Eggs</b> | <b>Gluten</b> | <b>Wheat</b> | <b>Milk</b> | <b>Mustard</b> | <b>Nuts</b> | <b>Sesame</b> | <b>Soybeans</b> | <b>Sulphur</b> | <b>Fish</b> | <b>Lupin</b> |
| Stuffed Croissant - Cheese Croissants with Fresh Tomato & Rocket   | VG          |                            | ✓           | ✓             | ✓            | ✓           |                | ✓           | ✓             |                 |                |             | ✓            |
| Stuffed Croissant - Wiltshire Ham & Cheese Croissants with Fresh Tomato & Rocket                                 |             |                            | ✓           | ✓             | ✓            | ✓           |                | ✓           | ✓             |                 |                |             | ✓            |
| <b>Artisan Sausage Rolls</b>   | <b>TAGS</b> | <b>Celery and celeriac</b> | <b>Eggs</b> | <b>Gluten</b> | <b>Wheat</b> | <b>Milk</b> | <b>Mustard</b> | <b>Nuts</b> | <b>Sesame</b> | <b>Soybeans</b> | <b>Sulphur</b> | <b>Fish</b> | <b>Lupin</b> |
| Deep Filled Sausage Roll   |             |                            | ✓           | ✓             | ✓            | ✓           |                |             |               |                 | ✓              |             |              |
| Vegan Sausage Roll   | VE          |                            |             | ✓             | ✓            |             |                |             |               | ✓               | ✓              |             |              |

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| Muffins and Cupcakes      | TAGS | ALLERGENS              | CEREALS CONTAINING GLUTEN (Wheat, Rye, Barley, Oats, Spelt) | EGGS | MILK | TREE NUTS (Almonds, Hazelnuts, Walnuts, Pecan, Pistachio, Cashew, Macadamia ) | SOYA | SULPHITES (Sulphur Dioxide (>10mg/kg or 10mg/L)) |
|---------------------------|------|------------------------|---|------|------|---|------|--|
| Triple Chocolate Muffin   |      | Wheat, Egg, Milk, Soya | ✓   | ✓    | ✓    |   | ✓    |  |
| Orange & Polenta Muffin   | GF   | Egg, Milk              |   | ✓    | ✓    |   |      |  |
| Raspberry Muffin          | Ve   | Wheat, Sulphite, Soya  | ✓   |      |      |   | ✓    | ✓  |
| Sticky Banana Muffin      |      | Wheat, Egg, Milk       | ✓   | ✓    | ✓    |   |      |  |
| Lotus Biscoff Cupcakes    | Ve   | Wheat, Soya            | ✓   |      |      |   | ✓    |  |
| Oreo Cupcake              |      | Wheat, Egg, Milk, Soya | ✓   | ✓    | ✓    | ✓   | ✓    |  |
| Caramel & Popcorn Cupcake |      | Wheat, Egg, Milk       | ✓   | ✓    | ✓    |   |      |  |
| Chocolate Fudge Cupcake   |      | Wheat, Egg, Milk, Soya | ✓   | ✓    | ✓    |   | ✓    |  |
| Carrot & Walnut Cupcake   |      | Wheat, Egg, Milk, Nut  | ✓   | ✓    | ✓    | ✓   |      |  |
| Orange & Polenta Cupcake  | GF   | Milk, Egg              |   | ✓    | ✓    |   |      |  |
| Doughnuts                 | TAGS | ALLERGENS              | CEREALS CONTAINING GLUTEN (Wheat, Rye, Barley, Oats, Spelt) | EGGS | MILK | TREE NUTS (Almonds, Hazelnuts, Walnuts, Pecan, Pistachio, Cashew, Macadamia ) | SOYA | SULPHITES (Sulphur Dioxide (>10mg/kg or 10mg/L)) |
| Sugared Doughnut          |      | Wheat, Egg, Milk       | ✓   | ✓    | ✓    |   |      |  |
| Jam Doughnut              |      | Wheat, Egg, Milk,      | ✓   | ✓    | ✓    |   |      |  |
| Oreo Doughnuts            |      | Wheat, Egg, Milk, Soya | ✓   | ✓    | ✓    |   | ✓    |  |

| Cookies                         | TAGS | ALLERGENS                        | CEREALS CONTAINING GLUTEN (Wheat, Rye, Barley, Oats, Spelt) | EGGS | MILK | TREE NUTS (Almonds, Hazelnuts, Walnuts, Pecan, Pistachio, Cashew, Macadamia ) | SOYA | SULPHITES (Sulphur Dioxide (>10mg/kg or 10mg/L)) |
|---------------------------------|------|----------------------------------|---|------|------|---|------|--|
| Red Velvet Cookies              |      | Wheat, Egg, Milk, Soya           | ✓   | ✓    | ✓    |   | ✓    |  |
| Oat & Raisin Cookies            |      | Wheat, Egg                       | ✓   | ✓    |      |   |      |  |
| Chocolate Chip Cookies          |      | Wheat, Egg, Milk, Soya           | ✓   | ✓    | ✓    |   | ✓    |  |
| Breakfast Cookies               |      | Wheat, Sulphite                  | ✓   |      |      |   |      | ✓  |
| Award Winning Pastries          | TAGS | ALLERGENS                        | CEREALS CONTAINING GLUTEN (Wheat, Rye, Barley, Oats, Spelt) | EGGS | MILK | TREE NUTS (Almonds, Hazelnuts, Walnuts, Pecan, Pistachio, Cashew, Macadamia ) | SOYA | SULPHITES (Sulphur Dioxide (>10mg/kg or 10mg/L)) |
| Vegan Plain Croissant           | VE   | Wheat                            | ✓   |      |      |   |      |  |
| Sourdough Butter Croissant      |      | Wheat, Milk                      | ✓   |      | ✓    |   |      |  |
| Red Velvet Croissant            |      | Wheat, Milk, Soya                | ✓   |      | ✓    |   | ✓    |  |
| Pistachio Cream Croissant       |      | Gluten, Milk, Nuts, Soybeans     | ✓   |      |      | ✓   | ✓    |  |
| Pain au Chocolate               |      | Wheat, Milk, Soya                | ✓   |      | ✓    |   | ✓    |  |
| Pain Au Raisin                  |      | Wheat, Milk                      | ✓   |      | ✓    |   |      |  |
| Almond Croissant                |      | Wheat, Egg, Milk, Nut            | ✓   | ✓    | ✓    | ✓   |      |  |
| Cinnamon Rolls                  |      | Wheat                            | ✓   |      |      |   |      |  |
| Apricot Danish                  |      | Wheat, Milk                      | ✓   |      | ✓    |   |      |  |
| Blueberry Danish                |      | Wheat, Milk, Soya, Sulphite      | ✓   |      | ✓    |   | ✓    | ✓  |
| Minis                           | TAGS | ALLERGENS                        | CEREALS CONTAINING GLUTEN (Wheat, Rye, Barley, Oats, Spelt) | EGGS | MILK | TREE NUTS (Almonds, Hazelnuts, Walnuts, Pecan, Pistachio, Cashew, Macadamia ) | SOYA | SULPHITES (Sulphur Dioxide (>10mg/kg or 10mg/L)) |
| Mini Mixed Fruit Tarts          |      | Wheat, Egg, Milk, Soya, Sulphite | ✓   | ✓    | ✓    |   | ✓    | ✓  |
| Mini Chocolate Brownies         |      | Wheat, Milk, Egg, Soya           | ✓   | ✓    | ✓    |   | ✓    |  |
| Mini Chocolate Eclairs          |      | Wheat, Egg, Milk, Soya, Sulphite | ✓   | ✓    | ✓    |   | ✓    | ✓  |
| Mini Sea Salted Caramel Pyramid |      | Milk, Egg, Soya,                 |   | ✓    | ✓    |   | ✓    |  |
| Mini Scone Jam & Cream          |      | Wheat, Milk, Soya, Sulphite      | ✓   |      | ✓    |   | ✓    | ✓  |
| Mini Lemon Tarts                |      | Wheat, Egg, Sulphite             | ✓   | ✓    |      |   |      | ✓  |

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