

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
Cakes & Slices														
Apple Cake	✓	✓	✓			Walnut				✓				
Baby Baked Cheesecake	✓	✓	✓							✓				
Baked Cheesecake	✓	✓	✓							✓				
Banana Cake	✓	✓	✓							✓				
Banana Bundt Cake	✓	✓	✓							✓				
Billionaires Caramel Slice	✓	✓	✓		✓	Walnut				✓				
Brownie	✓	✓	✓		✓	Pecan				✓				
Carrot Cake	✓	✓	✓			Walnut				✓				
Carrot and Date Slice	✓	✓	✓			Nuts in factory				✓				
Chilled Cheesecake - Blueberry Delifruit	✓	✓								✓				
Chilled Cheesecake - Fresh Fruit Topping	✓	✓								✓				
Chilled Cheesecake - Strawberry	✓	✓								✓				
Choc Mousse Cake	✓	✓	✓		✓					✓				
Chocolate Cheesecake	✓	✓			✓					✓				
Coffee Cake	✓	✓	✓			Walnut				✓				
Date Square	✓	✓				Nuts In Factory								
Jelly Slice	✓	✓								✓				
Lemon Coconut Slice	✓	✓								✓				
Lemon Meringue	✓	✓	✓							✓				
Mars Bar Slice	✓	✓	✓	✓	✓					✓				
Mud Cake	✓	✓	✓		✓					✓				
Peppermint Slice	✓	✓	✓		✓					✓				

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Raspberry Coconut Slice	✓	✓	✓			Almond				✓				
Rocky Road	✓	✓	✓	✓	✓	✓				✓				
Salted Caramel Sweet Tart		✓			✓					✓				
Salted Caramel Popcorn Bar	✓	✓			✓					✓				
Sticky Date Bundt Cake		✓	✓			✓								
Sticky Toffee Pudding	✓	✓	✓											

Cookies

Cookie - Choc Chip (Dawn Foods)	✓	✓	✓		✓									
Cookie - Double Choc Chip (Dawn Foods)	✓	✓	✓		✓									
Cookie - Oat Biscuits	✓	✓	✓											
Cookie - Shortbread	✓	✓	✓											
Cookie - Yo Yo	✓	✓	✓											

Loaves

Loaf - Banana Bread	✓	✓	✓			Walnut				✓				
Loaf - Date Apple Pecan	✓	✓	✓			Pecan								
Loaf - Orange Poppy seed	✓	✓	✓											

Icings, Pastes & Toppings

Chocolate Icing		✓												
Chocolate Paste		✓												
Cream Cheese Frosting – Dawn	✓	✓												

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUST ARD	SESAME	FISH	SULPHI TES	CELERY	LUPIN	CRUSTA CEAN	MOLLUSC
Crunch Mixture		✓				Walnut								

Savoury Bakes, Tarts, Pies & Quiche

Bacon Egg Pie	✓	✓	✓											
Chicken Pasta Bake	✓	✓	✓											
Mediterranean Pie	✓	✓	✓											
Individual Quiche – NO INCLUSIONS	✓	✓	✓											
Sausage Rolls	✓	✓	✓		✓					✓				
Spinach Feta Pie	✓	✓	✓											
Tartlet - Chorizo & Caramelized Red Onion	✓	✓	✓											
Tartlet - Salmon & Asparagus	✓	✓	✓						✓					
Tartlet - Leek & Mushroom	✓	✓	✓											
Tartlet - Butternut, Walnut & Rocket	✓	✓	✓			Walnut								
Tartlet - Roast Tomato, Rocket & Ham	✓	✓	✓											
Veggie Pasta Bake	✓	✓	✓											
Flaky Flan- Bacon & Egg	✓	✓	✓											
Flaky Flan- Courgette	✓	✓	✓											
Flaky Flan- Spinach & Feta	✓	✓	✓											
Layer Bake- Chicken & Ham	✓	✓												
Layer Bake- Gourmet Veggies	✓	✓												

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
Soup														
Soup - Tomato & Basil	✓	✓												
Soup - Carrot & Coriander	✓	✓									✓			
Soup - Thai Chicken	✓	✓									✓			
Soup - Butternut & Corn, Red Pepper	✓	✓												
Soup - Pea & Ham	✓	✓												
Soup - Mushroom & Tarragon	✓	✓					✓							

Breakfast Goods

Bacon Roll with Butter	✓	✓									✓			
Cranberry Teacake	✓	✓	✓											
Croissant	✓	✓	✓											
Fruit Loaf	✓	✓												
Granola & Yoghurt	✓	✓				✓				✓				
Porridge	✓	✓								✓				
Scroll Ham	✓	✓	✓											
Scroll Vegetarian	✓	✓	✓											
Bacon & Egg Roll	✓		✓											
Breakfast Burrito	✓	✓	✓							✓	✓			
Toast	✓	✓			✓									

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
Dairy Free Muffins														
Apple Cinnamon w Trail mix	✓		✓	✓	✓	Almond, Hazelnut								
Banana & Coconut	✓		✓		✓									
Banana Nut w Trail mix	✓		✓	✓	✓	Almond, Hazelnut								
Chocolate & Cherry	✓		✓		✓									
Cranberry & Blueberry w Trail mix	✓		✓	✓	✓	Almond, Hazelnut								
Lemon & Poppy seed	✓		✓		✓									

Gluten Free Muffins														
Apple			✓											
Apple Berry			✓											
Apple Cinnamon			✓											
Apple Date			✓											
Apricot Choc Chip			✓		✓									
Apricot Cream Cheese		✓	✓											
Banana			✓											
Banana & Apricot			✓											
Banana Berry			✓											
Banana Choc Chip			✓		✓									
Banana Coconut			✓											
Banana Cream Cheese		✓	✓											
Banana Date			✓											

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
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Gluten Free Muffins Continued

Banana Honey			✓											
Blackberry			✓											
Blackberry Apple			✓											
Blackberry Choc Chip			✓		✓									
Blueberry			✓											
Blueberry Apple			✓											
Blueberry Cream Cheese		✓	✓											
Blueberry Lemon			✓											
Carrot Apple			✓											
Coffee Cream Cheese		✓	✓											
Choc Chip			✓		✓									
Choc Coconut			✓											
Coffee Choc Chip			✓		✓									
Double Chocolate		✓	✓		✓									
Lemon			✓											
Lemon Coconut			✓											
Lemon Cream Cheese		✓	✓											
Lemon Orange			✓											
Mixed Berry			✓											
Orange			✓											
Peach Cream Cheese		✓	✓											
Peach Spice			✓											

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
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Gluten Free Muffins Continued

Pineapple Apricot			✓											
Pineapple Choc Chip			✓		✓									
Pineapple Coconut			✓											
Pineapple Cream Cheese		✓	✓											
Raspberry			✓											
Raspberry Apple			✓											
Raspberry Cream Cheese		✓	✓											
Raspberry Choc Chip			✓		✓									
Strawberry			✓											
Strawberry Cream Cheese		✓	✓											
Strawberry Choc Chip			✓		✓									
Strawberry Lemon			✓											
Triple Choc		✓	✓		✓									

Gluten Free Savoury Muffins

Ham Cheese Tomato		✓	✓											
Mushroom Parmesan & Pesto		✓	✓			Pine Nuts								
Mushroom Spring Onion & Pineapple		✓	✓											
Spinach & Feta		✓	✓											
Sweet Chilli & Corn		✓	✓											
Sundried Tomato Parmesan & Olives		✓	✓											

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
High Fibre Muffins														
Apple	✓	✓	✓		✓									
Apple Berry	✓	✓	✓		✓									
Apple Cake	✓	✓	✓		✓	Walnut								
Apple Cinnamon	✓	✓	✓		✓	Walnut								
Apple Crunch	✓	✓	✓		✓									
Apple Date	✓	✓	✓		✓									
Apple Raisin	✓	✓	✓		✓									
Apricot	✓	✓	✓		✓									
Apricot Almond	✓	✓	✓		✓	Almond								
Apricot Choc Chip	✓	✓	✓		✓									
Apricot Cream Cheese	✓	✓	✓		✓									
Banana	✓	✓	✓		✓									
Banana & Apricot	✓	✓	✓		✓									
Banana Berry	✓	✓	✓		✓									
Banana Choc Chip	✓	✓	✓		✓									
Banana Coconut	✓	✓	✓		✓									
Banana Cream Cheese	✓	✓	✓		✓									
Banana Crunch	✓	✓	✓		✓	Walnut								
Banana Date	✓	✓	✓		✓									
Banana Nut (any nut)	✓	✓	✓	✓	✓	✓								
Banana Poppy Seed	✓	✓	✓		✓									
Banana Toffee	✓	✓	✓		✓									

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
High Fibre Muffins Continued														
Blackberry	✓	✓	✓		✓									
Blackberry Apple	✓	✓	✓		✓									
Blackberry White Choc Chip	✓	✓	✓		✓									
Blueberry	✓	✓	✓		✓									
Blueberry Apple	✓	✓	✓		✓									
Blueberry Cream Cheese	✓	✓	✓		✓									
Blueberry Crunch	✓	✓	✓		✓	Walnut								
Blueberry Lemon	✓	✓	✓		✓									
Carrot Apple	✓	✓	✓		✓									
Carrot Cake	✓	✓	✓		✓	Walnut								
Carrot Date	✓	✓	✓		✓									
Carrot Nut (any nut)	✓	✓	✓	✓	✓	✓								
Choc Chip	✓	✓	✓		✓									
Choc Coconut	✓	✓	✓		✓									
Christmas	✓	✓	✓		✓	Walnut Pecan								
Coffee Choc Chip	✓	✓	✓		✓									
Coffee Cream Cheese	✓	✓	✓		✓									
Cranberry White Chocolate	✓	✓	✓		✓									
Coffee Nut	✓	✓	✓	✓	✓	✓								
Double Chocolate	✓	✓	✓		✓									
Double Chocolate Orange – with paste	✓	✓	✓		✓									
Double Choc Orange – w cocoa, no paste	✓	✓	✓		✓									

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High Fibre Muffins Continued														
Fruit & Nut (any nut)	✓	✓	✓	✓	✓	✓								
Gingerbread	✓	✓	✓		✓									
Honey Nut (any nut)	✓	✓	✓	✓	✓	✓								
Lemon Coconut	✓	✓	✓		✓									
Lemon Cream Cheese	✓	✓	✓		✓									
Lemon Nut (any nut)	✓	✓	✓	✓	✓	✓								
Lemon Orange	✓	✓	✓		✓									
Lemon Poppy Seed	✓	✓	✓		✓									
Mango Coconut	✓	✓	✓		✓									
Mars Bar	✓	✓	✓		✓									
Mixed Berry	✓	✓	✓		✓									
M&M	✓	✓	✓		✓									
Orange Almond	✓	✓	✓		✓									
Orange Choc Chip	✓	✓	✓		✓									
Orange Poppy Seed	✓	✓	✓		✓									
Peach	✓	✓	✓		✓									
Peach & Apricot	✓	✓	✓		✓									
Peach Nut (any nut)	✓	✓	✓	✓	✓	✓								
Peach Spice	✓	✓	✓		✓									
Pineapple Choc Chip	✓	✓	✓		✓									
Pineapple Coconut	✓	✓	✓		✓									
Pineapple Cream Cheese	✓	✓	✓		✓									

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High Fibre Muffins Continued

Raspberry	✓	✓	✓		✓									
Raspberry Apple	✓	✓	✓		✓									
Raspberry Cream Cheese	✓	✓	✓		✓									
Raspberry Choc Chip	✓	✓	✓		✓									
Strawberry	✓	✓	✓		✓									
Strawberry Cream Cheese	✓	✓	✓		✓									
Strawberry Choc Chip	✓	✓	✓		✓									
Strawberry Lemon	✓	✓	✓		✓									
Snickers (with or without paste)	✓	✓	✓	✓	✓									
Toffee	✓	✓	✓		✓									
Toffee Crunch	✓	✓	✓		✓									
Toffee Nut (any nut)	✓	✓	✓	✓	✓	✓								
Triple Chocolate	✓	✓	✓		✓									
Winter Berry	✓	✓	✓		✓									

Premium High Fibre Muffins

Bounty Bar & Coconut	✓	✓	✓	POS	✓									
Mars Bar & Caramel	✓	✓	✓	POS	✓									
Orange, Date & Pecan	✓	✓	✓		✓	Pecan								
Pear, Walnut & Honey	✓	✓	✓		✓	Walnut								
Raspberry, Hazelnut & Spiced Ricotta	✓	✓	✓		✓	Hazelnut								

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Bran Muffins														
Apple Berry	✓	✓	✓											
Apple Date	✓	✓	✓											
Apple Raisin	✓	✓	✓											
Banana Berry	✓	✓	✓											
Banana Date	✓	✓	✓											
Banana Nut (any nut)	✓	✓	✓			✓								
Blackberry Apple	✓	✓	✓											
Blueberry Lemon	✓	✓	✓											
Carrot Apple	✓	✓	✓											
Mango Coconut	✓	✓	✓											
Mixed Berry	✓	✓	✓											
Peach & Apricot	✓	✓	✓											
Pineapple Coconut	✓	✓	✓											
Strawberry Lemon	✓	✓	✓											
Muffin Lab														
Duffin Nutella	✓	✓	✓		✓	✓								
Duffin Custard	✓	✓	✓		✓					✓				
Duffin Jam	✓	✓	✓		✓									
Red Velvet	✓	✓	✓											
Clementine Collision	✓	✓	✓							✓				
Peanut Butter, Banana & Caramel	✓	✓	✓			Peanuts				✓				

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Maple Bacon	✓	✓	✓		✓									

Low Fat Muffins

Apple Berry	✓	✓	✓											
Apple Date	✓	✓	✓											
Apple Raisin	✓	✓	✓											
Banana Berry	✓	✓	✓											
Banana Date	✓	✓	✓											
Banana Nut (any nut)	✓	✓	✓			✓								
Blackberry Apple	✓	✓	✓											
Blueberry Lemon	✓	✓	✓											
Carrot Apple	✓	✓	✓											
Mango Coconut	✓	✓	✓											
Mixed Berry	✓	✓	✓											
Peach & Apricot	✓	✓	✓											
Pineapple Coconut	✓	✓	✓											
Strawberry Lemon	✓	✓	✓											

Scones

Cheese Scone	✓	✓												
Fruit Scone	✓	✓												
Plain Scone	✓	✓												

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Panini														
Bacon & Brie – no mayonnaise	✓	✓	✓											
Bacon & Brie – with mayonnaise	✓	✓	✓											
Brie & Cranberry- no mayonnaise	✓	✓	✓											
Brie & Cranberry- with mayonnaise	✓	✓	✓											
Chicken Cranberry & Brie - no mayonnaise	✓	✓	✓											
Chicken Cranberry & Brie – with mayo	✓	✓	✓											
Chicken Tikka	✓	✓	✓							✓				
Ham & Emmental – no mayonnaise	✓	✓	✓											
Ham & Emmental – with mayonnaise	✓	✓	✓											
Ham, Emmental & Tomato- no mayonnaise	✓	✓	✓											
Ham, Emmental & Tomato- mayonnaise	✓	✓	✓											
Italian – no mayonnaise	✓	✓					✓							
Italian – with mayonnaise	✓	✓	✓				✓							
Mozzarella Pepperoni Jalapeño	✓	✓	✓				✓							
Mozzarella Tomato Basil	✓	✓				Pine Nuts								
Roast Veg & Mozzarella	✓	✓												
Tuna Melt – Bought in tuna mix	✓	✓	✓				✓		✓					
Tuna Melt – Homemade tuna mix	✓	✓	✓				✓		✓					
Turkey Cranberry Stuffing & Rocket	✓	✓												

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Toasties														
Cheddar Cheese & Onion – no mayo	✓	✓			✓									
Cheddar Cheese & Onion – with mayo	✓	✓	✓		✓									
Cheddar Cheese & Tomato – no mayo	✓	✓			✓									
Cheddar Cheese & Tomato – with mayo	✓	✓	✓		✓									
Chicken Cheese & Bacon – no mayo	✓	✓			✓									
Chicken Cheese & Bacon – with mayo	✓	✓	✓		✓									
Chicken Pesto Mozzarella	✓	✓	✓		✓	Pine Nuts								
Ham & Cheddar Cheese – no mayo	✓	✓			✓									
Ham & Cheddar Cheese – with mayo	✓	✓	✓		✓									
Ham Cheddar Cheese & Tomato – no mayo	✓	✓			✓									
Ham Cheddar Cheese & Tomato – w mayo	✓	✓	✓		✓									
MB Breakfast	✓	✓	✓		✓		✓							
Tuna Melt – Bought in tuna mix	✓	✓	✓		✓		✓		✓					
Tuna Melt – Homemade tuna mix	✓	✓	✓		✓		✓		✓					

Wraps

Cajun Chicken	✓	✓									✓			
Chicken Caesar	✓	✓	✓				✓		✓					
Ham Pesto	✓	✓				Pine Nut				✓				
Hummus & Black Olive	✓	✓						✓						
Prawn & Rocket	✓	✓	✓				✓						✓	
Roast Veggies & Feta	✓	✓									✓			

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Salsa Chicken	✓	✓									✓			
Smoked Salmon	✓	✓							✓					
Sweet Chilli Chicken	✓	✓												
Tuna Salad	✓	✓	✓				✓		✓					
Turkey & Cranberry	✓	✓												
Flatbreads														
Pulled Pork & Apple	✓	✓								✓				
Spinach, Ricotta & Pumpkin	✓	✓												
Chicken Salsa Verde	✓	✓								✓				
Chicken, Almond & Herb	✓		✓			✓				✓				
Baguettes														
BLT	✓	✓	✓											
Ham & Cheese	✓	✓	✓											
Ham Salad	✓	✓	✓											
Prawn Mayo	✓	✓	✓				✓						✓	
Tuna Salad	✓	✓	✓				✓		✓					

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUST ARD	SESAME	FISH	SULPHI TES	CELERY	LUPIN	CRUSTA CEAN	MOLLUSC
Bloomers														
BLT- with Mayonnaise	✓	✓	✓		✓									
BLT – no Mayonnaise	✓	✓			✓									
Chicken Pesto Mozzarella	✓	✓	✓		✓									
Egg Mayonnaise & Watercress	✓	✓	✓		✓		✓							
Ham Cheese & Pickle	✓	✓	✓		✓									
MB Club	✓	✓	✓		✓									
Prawn Mayonnaise	✓	✓	✓		✓		✓							
Roast Beef & Horseradish	✓	✓	✓		✓									
Smoked Salmon & Cucumber	✓	✓							✓					
Tuna Salad	✓	✓	✓		✓		✓		✓					
Vegetarian Roast Pepper & Feta	✓	✓			✓					✓				

Frappe, Milkshakes & Smoothies

Vanilla Frappe Powder		✓												
Frappe- Banana		✓												
Frappe- Berry		✓												
Frappe- Citrus Crush		✓												
Frappe- Chocolate		✓												
Frappe- Coffee		✓												
Frappe-Cookie	✓	✓	✓		✓									
Frappe- Mango														
Frappe- Mocha		✓												

PRODUCT	GLUTEN	MILK	EGG	PEA NUTS	SOYA	TREENUTS	MUSTARD	SESAME	FISH	SULPHITES	CELERY	LUPIN	CRUSTACEAN	MOLLUSC
Frappe- Peach														
Frappe- Raspberry White Choc		✓												
Frappe- Strawberries & Cream		✓												
Frappe- Vanilla		✓												
Iced Coffee		✓												
Muffin Shake- Blueberry	✓	✓	✓		✓									
Muffin Shake-Apple & Cinnamon	✓	✓	✓		✓									
Muffin Shake- Choc Chip	✓	✓	✓		✓									
Banana Milkshake		✓												
Caramel Milkshake		✓												
Chocolate Milkshake		✓												
Strawberry Milkshake		✓												
Vanilla Milkshake		✓												
Smoothie- Very Berry														
Smoothie- Passion Fruit & Mango														
Smoothie- Strawberry & Banana														
Homemade Lemonade														