

ALLERGEN INFORMATION – APRIL 2025

There are 14 legally specified allergens, the below states which products contain or may contain them.

There is a risk of contamination, so we cannot guarantee our products are allergen free, as all our products are made in the same food area, and prepared fresh each day.

We recommend you read the full ingredient list below. Customers with severe food allergies, please seek advice from staff and the below.

Crisps, drinks and pre-packed treats will all have allergen and ingredient labels on in store.

Cakes, confectionary out of packaging, will be displayed on the allergen information in store and on labels.

	List of food	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Wheat	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Gluten	Sulphur dioxide	
BREAKFAST	The Hunter Gatherer		✓		✓			✓	✓							✓	✓	
	Breakfast of Eden		✓		✓			✓	✓						✓	✓		
	Soft Bread Sandwich (No toppings)		✓					✓	✓							✓		
	Breakfast Toastie with Cheese (No toppings)		✓					✓	✓							✓		
	Breakfast Panini with Cheese (No toppings)		✓					✓	✓			✓		✓		✓		
	Breakfast Crusty Cob (No Toppings)		✓					✓	✓			M		M	M	✓		
	Breakfast Baguette (No Toppings)		✓					✓	✓					M		✓		
	Croissant		✓		✓			✓	✓			M	M	M	M	✓		
	Porridge		✓					✓	M							M	✓	
	The Crumpet Burger		✓		✓			✓	✓								✓	✓
	Better than Benedict		✓		✓			✓	✓							M	✓	
	Really Wild Royale		✓		✓	✓		✓	✓							M	✓	
	Mushrooms & Eggs Hollandaise		✓		✓			✓	✓							M	✓	
	Birds Nest Bagel		✓		✓			✓	✓					M			✓	✓
	Beyond Forest Bagel		✓				✓		✓	✓					M		✓	
BRUNCH	Toast with butter		✓					✓	✓								✓	
	Woods Waffles (No Toppings)		✓		✓			M	✓							✓	✓	
	Woods Pancakes (No Toppings)		✓		✓			✓	✓								✓	
	Crumpets (No toppings)		✓		M			✓	✓					M	M		✓	
	Bagels (No toppings)		✓					✓	✓					M			✓	
	Forest Bowl (Acai)		✓					✓	✓			✓	✓			✓	✓	✓
	Savoury Scones		✓		✓			✓	✓								✓	
	Fruit Scone with Cream and Jam		✓		✓			✓	✓							✓	✓	
	Toasted Teacake with butter		✓					✓	✓					M			✓	
	Egg and Soldiers		✓		✓			✓	✓								✓	
	Eggs on Toast		✓		✓			✓	✓								✓	
	Beans on Toast		✓		✓			✓	✓								✓	
	Smashed Avocado on Toast (Seasoned)		✓		✓			✓	✓							M	✓	
LUNCH	Toastie with cheese (No Toppings)		✓					✓	✓								✓	
	Panini with cheese (No Toppings)		✓					✓	✓					M	M		✓	
	Homemade Beef Stew with crusty bread		✓			✓		✓	✓					M	✓		✓	
	Tomato Soup with crusty bread		✓		M			✓	✓					M	M		✓	
	Chicken Soup with crusty bread		✓		M			✓	✓					M	M		✓	
	Mixed Vegetable Soup with crusty bread		✓		M			✓	✓					M	M		✓	
	Lumberjacks Lunch		✓		M			✓	✓					M	M		✓	✓
	Hungry Hog	✓	✓		M			✓	✓		✓	✓		✓	✓		✓	
	Jacket Potato with butter (No Toppings)							✓										
CHILDREN'S MEALS	Ham Toastie/Sandwich		✓					✓	✓								✓	✓
	Cheese Toastie/Sandwich		✓					✓	✓								✓	
	Friendly Forager Board	✓	✓					✓	✓		✓			✓			✓	
	Beans on Toast		✓					✓	✓								✓	
	Chicken Tenders Meal	✓	✓						✓								✓	
	Mini Pizzas Meal		✓					✓	✓								✓	
	Hot Dog Meal	✓	✓					M	✓		M			M	✓		✓	
SIDES & TOPPINGS	Chorizo							✓							M			
	Chilli con carne		✓						✓			M					✓	
	Sausage		✓						✓								✓	✓
	Hollandaise Sauce		✓		✓			✓	✓								✓	
	White and Brown Bread		✓					✓	✓								✓	
	Panini Bread		✓						✓			M		M			✓	
MILKSHAKES	Chocolate							✓								M		
	Strawberry							✓								M		
	Vanilla							✓								M		
	Drink the Milky Way							✓				✓				✓		
	Oreo Poureo		✓					✓	✓							✓	✓	
	Fererro Frappe		✓					✓	✓			✓				✓	✓	
	Hungry Hippo		✓					✓	✓			✓				✓	✓	
	Frog Frappe		✓					✓	✓			✓				✓	✓	
	Bees Knees							✓				✓				✓		
****All seasonal menus - Please seek staff advice for allergens.****																		
****Most food items show allergens without toppings unless specified****																		