

Chefs Pantry Allergy Information Sheet

Spring and Summer 2024	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Savoury Pies														
Steak & Kidney	✓		✓			✓								
Steak, Ale & Mushroom	✓		✓			✓								
Steak & Stilton	✓		✓			✓	✓							
Steak Onion & Guinness	✓		✓			✓								
Chicken, Leek & Bacon	✓		✓				✓							
Chicken & Mushroom	✓		✓				✓							
Chicken & Ham	✓		✓				✓							
Trio of Cheeses	✓		✓				✓							

Quiche	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Cheese & Onion	✓		✓				✓			✓				
Quiche Lorraine	✓		✓				✓			✓				
Stilton & Broccoli	✓		✓				✓			✓				
Spanish (Mixed Peppers)	✓		✓				✓			✓				
Tomato & Basil	✓		✓				✓			✓				
Crispy Bacon & Mushroom	✓		✓				✓			✓				
Ricotta, Spinach & Mushroom	✓		✓				✓			✓				
Breakfast Quiche	✓		✓				✓			✓				
Goats Cheese & Watercress	✓		✓				✓			✓				
Roasted Mediterranean Vegetable	✓		✓				✓			✓				
Caramelised Red Onion & Brie	✓		✓				✓			✓				

Other Savoury	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sausage Rolls (6", 8", Cocktail)	✓		✓						✓	✓				
Beef Lasagne	✓					✓	✓							
Vegetarian Lasagne	✓					✓	✓							
Cheese & Bacon Turnover	✓		✓				✓							

Tray Bakes	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Country Fruit Slice	✓		✓				✓					✓		
Millionaires Shortbread	✓						✓					✓		
Double Chocolate Chip	✓		✓				✓					✓		
Chocolate Chip Brownie	✓		✓				✓					✓		
Carrot Cake	✓		✓				✓					✓		
Tiffin	✓						✓					✓		
Strawberry Sensation	✓		✓				✓							
Lemon Drizzle	✓		✓			✓	✓							

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Giant Shortbreads														
Plain Giant Shortbread	✓													
Cherry Giant Shortbread	✓											✓		
Chocolate Giant Shortbread	✓													
Toffee Giant Shortbread	✓					✓	✓					✓		

Coffee Shops & Tea Rooms	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Blackcurrant Crumble Cake	✓		✓				✓							
Lemon & Blueberry Cake	✓		✓			✓	✓							
Kentish Apple Cake	✓		✓				✓					✓		
Coffee Cake	✓		✓			✓	✓							
Farmhouse Fruit Cake	✓		✓				✓					✓		
Raspberry & Coconut Cake	✓		✓				✓							
Toffee & Apple Cake	✓		✓			✓	✓							
Triple Chocolate Victoria	✓		✓				✓					✓		
Passion Cake	✓		✓				✓	✓	Walnut			✓		
Iced Bakewell	✓		✓				✓	✓	Almond					
Victoria Sponge	✓		✓											
Sticky Ginger Cake	✓		✓				✓							
Apricot & Pistachio Cake	✓		✓				✓	✓	Pistachio					
Coffee & Walnut Cake	✓		✓			✓	✓	✓	Walnut					

Gluten Free Range	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Chocolate & Raspberry Cake			✓				✓					✓		
Lemon Delight Cake			✓			✓	✓							
Spiced Apple & Sultana Cake			✓				✓					✓		
Chocolate Brownie			✓				✓							
Toffee Torment Cake			✓			✓	✓					✓		
Iced Coconut & Cherry Cake			✓				✓					✓		

Vegan and Sugar Free	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Vegan Lemon Cake	✓					✓								
Vegan Iced Cherry Genoa Cake	✓					✓						✓		
Vegan Iced Coffee & Chocolate Cake	✓					✓								
Vegan Chocolate & Orange Cake	✓					✓								
Vegan Raspberry Ripple	✓					✓								

Scones	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Sultana Scones	✓		✓			✓	✓					✓		
Cheese Scones	✓		✓				✓							
Plain Scones	✓		✓			✓	✓							

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Profiteroles														
Fresh Cream Profiteroles	✓		✓				✓							
Long Life Cream Profiteroles	✓		✓				✓							
Crème Patisiere Profiteroles	✓		✓				✓							

From Our Pantry	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Strawberry Preserve Cheesecake	✓						✓							
Raspberry Preserve Cheesecake	✓						✓							
Red Cherry Preserve Cheesecake	✓						✓							
Black Cherry Preserve Cheesecake	✓						✓							
Blackcurrant Preserve Cheesecake	✓						✓							
Lemon Preserve Cheesecake	✓						✓							
Fresh Fruit Strawberry Cheesecake	✓						✓					✓		
Fresh Fruit Raspberry Cheesecake	✓						✓							
Fresh Fruit Mandarin Cheesecake	✓						✓							
Fresh Fruit Blackcurrant Cheesecake	✓						✓							
Fresh Fruit Woodland Fruits Cheesecake	✓						✓							
Biscoff Cheesecake	✓					✓	✓							
Honeycomb Chocolate Cheesecake	✓						✓							
Lemon & Stem Ginger Cheesecake	✓						✓							
Banoffee Pie	✓						✓							
Black Forest Gateau	✓		✓			✓	✓							
Peach & Apricot Crumble	✓													
Chocolate Fudge Cake	✓		✓			✓	✓					✓		
Romeo & Juliet	✓					✓	✓							
Pear & Raspberry Frangipan	✓		✓				✓	✓	Almond					
Apple & Raspberry Strudel	✓		✓				✓							
Marshmallow Roulade	✓		✓				✓							

Fruit Pies	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Apple & Blackberry Pie	✓		✓											
Apple Pie	✓		✓											
Gypsy Tart	✓						✓					✓		
Tarte au Citron	✓		✓				✓							
Lemon Meringue Pie	✓		✓											
Treacle Tart	✓													
Hot Puddings														
Golden Syrup Sponge Pudding	✓		✓				✓							
Spotted Dick	✓		✓				✓			✓				
Sticky Toffee Sponge Pudding	✓		✓			✓	✓							
Raspberry Sponge	✓		✓				✓							

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Individual Desserts														
Strawberry Pavlova	✓		✓				✓							
Raspberry Pavlova	✓		✓				✓							
Manadarin Pavlova	✓		✓				✓							
Lemon Meringue Pie	✓		✓											
Tarte au Citron	✓		✓				✓							
Ultimate Strawberry Tart	✓		✓				✓							
Raspberry Paris Brest	✓		✓				✓							
Toffee Paris Brest	✓		✓			✓	✓					✓		
Ultimate Fresh Fruit Tart	✓		✓				✓							
Salted Caramel & Chocolate Tart	✓					✓	✓					✓		
Strawberry Cheesecake	✓						✓							
Banoffee Pie	✓						✓							
Toffee & Honeycomb Cheesecake	✓						✓							
Strawberry Sweetheart Shortcake	✓						✓							
Chocolate & Praline Torte	✓		✓			✓	✓	✓	Hazelnut					
Ind. Iced Bakewell Tarts	✓		✓				✓	✓	Almond			✓		
Ind. Treacle Tarts	✓													
Ind. Gypsy Tarts	✓						✓							