MAIN MENU	SANDWICH SANDWICH - ALLERGEN & DIETARY MATRIX																			
SANDWICHES	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
Cauliflower Wings	Gluten (Barley, Wheat, Oats, Rye), Sesame, Soya, Celery	Barley, Wheat, Oats, Rye		✓	✓			✓	✓	✓	✓		✓			✓	✓	✓	✓
Chicken Katsu	Gluten (Wheat, Barley), Egg, Sesame, Soya, Celery, Mustard, Fish	Wheat, Barley		✓	✓			✓	✓	✓	✓		✓			✓			✓
Chicken Kiev	Gluten (Wheat, Barley), Milk, Eggs, Soya. May contain: Mustard	Wheat, Barley		✓	✓			✓	✓	✓	✓		✓			✓			
Coronation Chicken	Gluten (Wheat, Barley), Milk, Eggs, Soya. May contain: Mustard	Wheat, Barley	✓	✓	✓			✓	✓	✓	✓		✓			✓			✓
Mortadella & Burrata	Gluten (Wheat, Barley), Milk, Eggs, Soya. May Contain: Nuts (Pistachios), Mustard	Wheat, Barley	✓	✓	✓		✓	✓	✓	✓	✓		✓			✓			
Roast Beef	Gluten (Wheat, Barley), Milk, Eggs, Soya, Mustard, Sulphites	Wheat, Barley	✓	✓	✓			✓	✓	✓	✓		✓			✓			
Soft Boiled Egg Mayonnaise	Gluten (Wheat, Barley), Eggs, Soya, Mustard	Wheat, Barley	✓	✓	✓			✓	✓	✓	✓		✓			✓	✓		✓
Southern Fried Chicken	Gluten (Wheat, Barley), Eggs, Soya. May contain: Mustard	Wheat, Barley		✓	✓			✓	✓	✓	✓		✓			✓			✓
Spanish Chicken	Gluten (Wheat, Barley), Milk, Eggs, Soya, Sulphites. May Contain: Mustard	Wheat, Barley		✓	✓			✓	✓	✓	✓		✓			✓			
Tandoori Chicken	Gluten (Wheat, Barley), Milk, Eggs, Soya. May contain: Mustard	Wheat, Barley	✓	✓	✓			✓	✓	✓	✓		✓			✓			✓
Tuna Crunch	Gluten (Wheat, Barley), Eggs, Soya, Celery, Fish. May contain: Mustard	Wheat, Barley	✓	✓	✓			✓	✓	✓	✓		✓			✓			✓
MPW Hot Smoked Salmon	Gluten (Wheat, Barley), Milk, Eggs, Soya, Mustard, Fish, Sulphites	Wheat, Barley		✓	✓				✓		✓		✓			✓			
MPW Cumbrian Smoked Chicken Caesar	Gluten (Wheat, Barley), Milk, Eggs, Soya, Mustard, Sulphites	Wheat, Barley		✓	✓				✓		✓		✓			✓			

HOT KITCHEN	Allergen Summary	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
BBQ Burnt Ends	Gluten (Wheat, Spelt, Kamut), Milk, Egg, Soya, Mustard, Sulphites. May Contain: Gluten (Rye, Barley, Oats), Sesame.	Wheat, Spelt, Kamut*		✓	✓			✓	✓		✓					✓			
Hot Crispy Chicken	Gluten (Wheat, Spelt, Kamut), Eggs, Soya. May contain: Gluten* (Rye, Barley, Oats) Milk, Sesame, Mustard	Wheat, Spelt, Kamut*		✓	✓			✓	✓	✓	✓								✓
Jerk Chicken Wrap	Gluten (Wheat), Milk, Eggs. May contain: Mustard	Wheat		✓	✓						✓								
Posh Fish	Gluten (Wheat, Spelt, Kamut), Eggs, Soya, Mustard, Fish. May contain: Gluten* (Rye, Barley, Oats) Milk, Sesame	Wheat, Spelt, Kamut*		✓	✓			✓	✓		✓		✓						✓
MPW Confit Cripsy Duck Bun	Gluten (Wheat, Spelt, Kamut, Milk, Eggs, Sesame, Soya, Sulphites. May Contain: Gluten (Rye, Barley, Oats)	Wheat, Spelt, Kamut*		✓	✓			✓	✓							✓			

SAVOURIES & SWEETS	Allergen Summary	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL

Sausage Roll	Gluten (Wheat), Milk, Eggs, Sulphites	Wheat		☑	☑										☑				
Scotch Egg	Gluten (Wheat, Barley), Eggs, Sulphites. May contain: Milk, Celery	Wheat, Barley		☑	☑					☑					☑				
Biscoff Cheesecake	Gluten (Wheat), Milk, Soya	Wheat		☑					☑							☑		☑	
Sticky Toffee Pudding Cheesecake	Gluten (Wheat), Milk, Eggs. May contain: Soya	Wheat		☑	☑				☑							☑		☑	
Traybakers Brownie	Gluten (Wheat), Egg, Soya. May contain: Milk, Peanuts, Nuts, Sesame, Celery, Mustard, Fish, Crustaceans	Wheat		☑	☑	☑	☑	☑	☑	☑	☑		☑	☑			☑		☑

BREAKFAST SANDWICHES	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
White Bread	Gluten (Wheat), Soya	Wheat							☑										☑
Granary Bread	Gluten (Wheat, Barley), Soya	Wheat, Barley							☑										
Flatbread	Gluten (Wheat)	Wheat																	☑
Sourdough Buns	Gluten (Wheat, Spelt, Kamut). May Contain: Gluten (Rye, Barley, Oats), Milk, Eggs, Sesame, Soya	Wheat, Spelt, Kamut		☑	☑			☑	☑								☑	☑	☑
Sausage	Gluten (Wheat), Sulphites	Wheat														☑			
Bacon	Allergen Free		☑																
Black Pudding	Gluten	Wheat, Oatmeal, Barley																	
Omelette	Milk, Eggs		☑	☑	☑												☑		☑
Hash Brown	Allergen Free		☑														☑	☑	☑
HP Brown Sauce	Gluten	Barley															☑	☑	☑
Heinz Ketchup	Celery		☑							☑							☑	☑	☑

BREAKFAST SPECIALTIES	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
Bridor Pre Proved Croissants	Gluten (Wheat), Milk, Eggs. May Contain: Gluten* (Rye, Barley, Oats), Sesame, Soya, Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio).	Wheat*		☑	☑		☑	☑	☑								☑		☑
Bridor Pre Proved Pain Au Chocolate	Gluten (Wheat), Milk, Eggs, Soya. May Contain: Gluten* (Rye, Barley, Oats), Sesame, Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio).	Wheat*		☑	☑		☑	☑	☑								☑		☑
Bridor Savoureux Pain au Raisin	Gluten (Wheat), Milk, Eggs. May Contain: Gluten* (Spelt), Sesame, Soya, Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio).	Wheat*		☑	☑		☑	☑	☑								☑		☑
Bridor Almond Croissants	Gluten (Wheat), Milk, Eggs, **Nuts (Almond)**. May contain: Gluten (Rye, Barley, Oats, Spelt), Sesame, Soya, Nuts (Hazelnut, Walnut, Pecan).	Wheat*		☑	☑		Almond	☑	☑								☑		☑
Bridor Vegan Vanilla & Chopped Hazelnuts Crowns	Gluten (Wheat, Rye, Barley), **Nuts (Hazelnut).** May Contain: Nuts* (Almond, Walnut, Cashew, Pecan, Pistachio).	Wheat, Rye, Barley					Hazelnut*										☑	☑	☑
Salmon Cream Cheese Croissant	Gluten (Wheat), Milk, Eggs, Mustard, Fish, Sulphites. May Contain: Gluten* (Rye, Barley, Oats), Sesame, Soya, Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio).	Wheat*		☑	☑		☑	☑	☑		☑		☑			☑			☑

Posh Ham & Cheese Croissant	Gluten (Wheat), Milk, Eggs, Soya, Mustard, Fish. May Contain: Gluten* (Rye, Barley, Oats), Sesame, Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio).	Wheat*		✓	✓		✓	✓	✓		✓		✓						
Lemon & Chia Muffin	Gluten (Wheat), **Nuts (Pistachios)**, Soya. May Contain: Milk, Eggs, Sulphites	Wheat		✓	✓		Pistachios		✓							✓	✓	✓	✓
Black Cherry & Almond Muffin	Gluten (Wheat), Milk, Eggs, **Nuts (Almonds)**. May contain: Soya, Sulphites	Wheat		✓	✓		Almonds		✓							✓	✓		✓
Salted Caramel Crunch Muffin	Gluten (Wheat), Soya. May Contain: Milk, Eggs, Nuts, Sulphites.	Wheat		✓	✓		✓		✓							✓	✓	✓	✓
Apple & Blackcurrant Muffin	Gluten (Wheat), Milk, Eggs, Sulphites. May Contain: Nuts, Soya.	Wheat		✓	✓		✓		✓							✓	✓		✓
Breakfast Tart	Gluten (Wheat), Milk, Eggs, Celery, Sulphites	Wheat		✓	✓					✓						✓			

CATERING BREAKFAST	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
Breakfast Bundle	Gluten (Wheat, Spelt, Kamut, Barley), Milk, Eggs, Nuts (Almonds, Pistachios), Soya, Sulphites. May contain: Gluten* (Rye, Oats), Sesame, Soya, Nuts (Hazelnut, Walnut, Pecan).	Wheat, Spelt, Kamut, Barley		✓	✓		✓	✓	✓							✓			
Breakfast Baguette Roll Bundle	Gluten (Wheat, Spelt, Kamut, Barley), Sulphites. May contain: Milk, Eggs, Sesame, Soya	Wheat, Spelt, Kamut, Barley		✓	✓			✓	✓							✓			
Mixed Pastisserie	Gluten (Wheat), Milk, Eggs, Soya. May Contain: Gluten* (Rye, Barley, Oats), Sesame, Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio).	Wheat*		✓	✓		✓	✓	✓								✓		✓
Mixed Muffin Box (V)	Gluten (Wheat), Milk, Eggs, Nuts (Pistachios, Almonds), Soya, Sulphites.	Wheat		✓	✓		Pistachios, Almonds		✓							✓	✓		✓
Lemon & Chia Muffin Platter	Gluten (Wheat), **Nuts (Pistachios)**, Soya. May Contain: Milk, Eggs, Sulphites	Wheat		✓	✓		Pistachios		✓							✓	✓	✓	✓
Black Cherry & Almond Muffin Platter	Gluten (Wheat), Milk, Eggs, **Nuts (Almonds)**. May contain: Soya, Sulphites	Wheat		✓	✓		Almonds		✓							✓	✓		✓
Salted Caramel Crunch Muffin Platter	Gluten (Wheat), Soya. May Contain: Milk, Eggs, Nuts, Sulphites.	Wheat		✓	✓		✓		✓							✓	✓	✓	✓
Apple & Blackcurrant Muffin Platter	Gluten (Wheat), Milk, Eggs, Sulphites. May Contain: Nuts, Soya.	Wheat		✓	✓		✓		✓							✓	✓		✓
Blueberry Cheesecake Muffin Platter	Gluten (Wheat), Milk, Eggs. May conatin: Soya, Nuts, Sulphites	Wheat		✓	✓		✓		✓							✓	✓		✓
Fruit Platter	Allergen Free																✓	✓	✓
Filled Croissant Platter	Gluten (Wheat), Milk, Eggs, Soya, Mustard, Fish, Sulphites. May Contain: Gluten* (Rye, Barley, Oats), Sesame, Nuts (Almond, Hazelnut, Walnut, Pecan, Pistachio).	Wheat*		✓	✓		✓	✓	✓		✓		✓			✓			

CATERING SANDWICH PLATTERS	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
Large Favourite Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya, Celery, Mustard, Fish, Sulphites	Wheat, Barley		✓	✓				✓	✓	✓		✓			✓			

Small Favourites Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya, Celery, Fish. May contain: Mustard	Wheat, Barley		☑	☑				☑	☑	☑		☑						☑
Vegan Sandwich Platter	Gluten (Wheat, Barley, Oats, Rye), Sesame, Soya, Celery, Mustard	Barley, Wheat, Oats, Rye						☑	☑	☑	☑						☑	☑	☑
Veggie Sandwich Platter	Gluten (Wheat, Barley, Oats, Rye) Milk, Eggs, Sesame, Soya, Celery, Mustard, Sulphites	Barley, Wheat, Oats, Rye		☑	☑			☑	☑	☑	☑					☑	☑		☑
Chicken Kyiv Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya, Celery. May contain: Mustard	Wheat, Barley		☑	☑				☑	☑	☑								
Sandwich Sandwich Club Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya, Mustard	Wheat, Barley	☑	☑	☑				☑		☑								
Creamy Coronation Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya. May contain: Mustard	Wheat, Barley	☑	☑	☑				☑		☑								☑
Soft Boiled Egg Mayonnaise Sandwich Platter	Gluten (Wheat, Barley), Eggs, Soya, Mustard	Wheat, Barley	☑		☑				☑		☑						☑		☑
Falafel Sandwich Platter	Gluten (Wheat, Barley), Soya, Mustard	Wheat, Barley	☑						☑		☑						☑	☑	☑
Southern Fried Chicken Sandwich Platter	Gluten (Wheat, Barley), Eggs, Soya, Celery. May contain: Mustard	Wheat, Barley			☑				☑	☑	☑								☑
Italian Chicken Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya, Sulphites. May contain: Mustard	Wheat, Barley	☑	☑	☑				☑		☑					☑			
Roast Beef Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya, Mustard, Sulphites	Wheat, Barley	☑	☑	☑				☑		☑					☑			
Roast Pepper & Mozzarella Sandwich Platter	Gluten (Wheat, Barley), Milk, Soya, Sulphites	Wheat, Barley	☑	☑					☑							☑	☑		☑
Spanish Chicken Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya, Sulphites. May contains: Mustard	Wheat, Barley		☑	☑				☑		☑					☑			
Tandoori Chicken Sandwich Platter	Gluten (Wheat, Barley), Milk, Eggs, Soya. May contain: Mustard	Wheat, Barley	☑	☑	☑				☑		☑								☑
Tuna Crunch Sandwich Platter	Gluten (Wheat, Barley), Eggs, Soya, Celery, Fish. May contain: Mustard	Wheat, Barley	☑		☑				☑	☑	☑		☑						☑
Cauliflower Wings Sandwich Platter	Gluten (Wheat, Barley, Rye, Oats), Sesame, Soya, Celery	Barley, Wheat, Oats, Rye						☑	☑	☑							☑	☑	☑
Small Favourites Wrap Selection	Gluten (Wheat), Milk, Eggs, Soya, Celery, Mustard, Sulphites	Wheat		☑	☑				☑	☑	☑					☑			
Large Favourites Wrap Selection Large	Gluten (Wheat), Milk, Eggs, Soya, Celery, Mustard, Fish, Sulphites	Wheat		☑	☑				☑	☑	☑		☑			☑			
CATERING SALAD BOXES	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
Black Rice & Avocado Salad Box	Soya, Sulphites								☑							☑	☑	☑	☑
Soft Boiled Egg Mayonnaise Salad Box	Eggs, Mustard, Sulphites				☑						☑					☑	☑		☑
Quinoa & Colourful Veg Salad Box	Soya, Celery, Sulphites								☑	☑						☑	☑	☑	☑
Tuna Crunch Salad Box	Eggs, Fish, Celery, Sulphites. May contain: Mustard				☑					☑	☑		☑			☑			☑
Spiced Tandoori Chicken Salad Box	Eggs, Sulphites. May contain: Mustard				☑						☑					☑			☑
Coronation Chicken Salad Box	Eggs, Sulphites. May contain: Gluten, Mustard	☑			☑						☑					☑			☑
CATERING SAVOURY PLATTERS	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
Savoury Meat Platter	Gluten (Wheat), Milk, Eggs, Sulphites. May contain: Celery	Wheat		☑	☑					☑						☑			

Savoury Mixed Platter	Gluten (Wheat), Milk, Eggs, Soya, Sulphites. May contain: Celery	Wheat		☑	☑				☑	☑						☑			
Veggie Savoury Platter	Gluten (Wheat), Milk, Eggs, Soya	Wheat		☑	☑				☑								☑		☑
CATERING DESSERTS	**Allergen Summary**	GLUTEN	SUITABLE FOR GF BREAD	MILK	EGGS	PEANUTS	NUTS	SESAME	SOYA	CELERY	MUSTARD	LUPIN	FISH	CRUSTACEANS	MOLLUSCS	SULPHITES	VEGETARIAN	VEGAN	HALAL
1 Whole Biscoff Cheesecake	Gluten (Wheat), Milk, Soya	Wheat		☑					☑								☑		☑
1 Whole Sticky Toffee Pudding Cheesecake	Gluten (Wheat), Milk, Eggs. May contain: Soya	Wheat		☑	☑				☑								☑		☑
Dessert Platter	Gluten (Wheat, GF Oats), Milk, Eggs, Nuts (Almonds), Soya, Sulphites. May contain: Peanuts, Sesame, Celery, Mustard, Fish, Crustaceans	Wheat, GF Oats		☑	☑	☑	Almonds	☑	☑	☑	☑		☑	☑		☑	☑		☑

CONTAINS THIS ALLERGEN	☑
RISK OF CROSS CONTAMINATION	☑
MAY CONTAIN	☑
SUITABLE FOR	☑

ALLERGEN DISCLAIMER: We are unable to guarantee that our food is completely allergen-free due to the risk of cross-contact. The safety of our customers is our priority, and we're sorry for any inconvenience this may cause. If you have any questions or specific dietary concerns, please let us know before placing your order.