**DISHES AND THEIR ALLERGEN CONTENT – Loaf Café – Allergens 2024**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| DISHES | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide | |
|  | **Celery** | **Cereals containing gluten** | **Crustaceans** | **Eggs** | **Fish** | **Lupin** | **Milk** | **Mollusc** | **Mustard** | **Nuts** | **Peanuts** | **Sesame seeds** | **Soya** | **Sulphur Dioxide** | |
| **Breakfast** | | | | | | | | | | | | | | | |
| Protein balls | |  |  |  |  |  |  |  |  |  | X | X |  |  |  | |
| Overnight oats | |  | X |  |  |  |  |  |  |  | X |  |  |  |  | |
| Granola pots | |  |  |  |  |  |  |  |  |  | X |  |  |  |  | |
| Scones Plain | |  | X |  |  |  |  | X |  |  |  |  |  |  |  | |
| Scones cherry | |  | X |  |  |  |  | X |  |  |  |  |  |  | X | |
| Scones Fruit | |  | X |  |  |  |  | X |  |  |  |  |  |  | X | |
| Eggs Benedict | |  | X |  | X |  |  | X |  |  |  |  |  |  |  | |
| Loaf fry | |  | X |  | X |  |  | X |  |  |  |  |  |  |  | |
| Pancakes, berries, maple, cream | |  | X |  | X |  |  | X |  |  |  |  |  |  |  | |
| Sourdough and avocado, poached eggs | |  | X |  | X |  |  | X |  |  |  |  |  |  |  | |
| French toast | |  | X |  | X |  |  | X |  |  | X |  |  |  |  | |
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| **Main Meals** | | | | | | | | | | | | | | | |
| Seafood chowder | |  | X |  |  | **X** |  | **X** |  | **X** |  |  |  |  |  | |
| Stew | |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| Smoked salmon bagels | |  | X |  |  | X |  | X |  |  |  |  |  |  |  | |
| Bacon bagels | |  | X |  |  |  |  | X |  |  |  |  |  |  |  | |
| Croque monsieur | |  | X |  |  |  |  | X |  | X |  |  |  |  |  | |
| Goats cheese quiche | |  |  | X | X |  |  | X |  |  |  |  |  |  |  | |
| Bacon and leek quiche | |  |  | X | X |  |  | X |  |  |  |  |  |  |  | |
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| **Soup** | | | | | | | | | | | | | | | |
| Veg broth |  | x |  |  |  |  |  |  |  |  |  |  |  |  | |
| Broccoli soup |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| Carrot and coriander soup |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
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| **Salads** | | | | | | | | | | | | | | | |
| Chicken ceasar salad |  | X |  | X | X |  |  |  | X |  |  |  |  |  | |
| Cous cous salad |  | X |  |  |  |  | X |  |  |  |  |  |  |  | |
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| **Bread** | | | | | | | | | | | | | | | |
| Square White Bread |  | X  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | |
| Square Granary Bread |  | X  Wheat  Barley  Rye |  |  |  |  |  |  |  |  |  |  | X |  | |
| Sourdough |  | X  Wheat  Rye |  |  |  |  |  |  |  |  |  |  |  |  | |
| Burger Bap |  | X  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | |
| Irish Stout |  | X  Wheat |  |  |  |  | X |  |  |  |  |  |  |  | |
| Bagel |  | X  Wheat  Rye |  | M |  |  | M |  |  | M |  | M | M |  | |
| GF Wrap (Sysco) |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| Beetroot Wrap |  | X  Wheat |  |  |  |  |  |  |  |  |  |  |  |  | |
| White sliced (Sysco) |  | X  Wheat |  |  |  |  |  |  |  |  |  |  | X |  | |
| Granary Sliced (Sysco) |  | X  Wheat |  |  |  |  |  |  |  |  |  |  | X |  | |
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| **Sandwich Fillings** | | | | | | | | | | | | | | | |
| Coronation Chicken | |  |  |  |  |  |  |  |  | X |  |  |  |  |  |
| Tuna Mayonnaise with Red Onion | |  |  |  |  | X |  |  |  | X |  |  |  |  |  |
| Tuna Melt | |  |  |  |  | X |  | X |  | X |  |  |  |  |  |
| Chipotle Chicken | |  |  |  | X |  |  |  |  | X |  |  |  |  |  |
| Brie, Bacon & Redcurrant Jelly | |  |  |  |  |  |  | X |  | X |  |  |  |  |  |
| Brie & Redcurrant Jelly | |  |  |  |  |  |  | X |  | X |  |  |  |  |  |
| Egg Mayonnaise & Rocket | |  |  |  | X |  |  |  |  | X |  |  |  |  |  |
| Ham & Cheddar Cheese | |  |  |  |  |  |  | X |  | X |  |  |  |  |  |
| Roast Beef with Caramelized Onion Chutney | |  |  |  |  |  |  |  |  | X |  |  |  |  | X |
| Roast Beef, cheddar cheese and Caramelized Onion Chutney | |  |  |  |  |  |  | X |  | X |  |  |  |  | X |
| Onion Bhaji, with Chipotle Mayonnaise & Vegan smoked Cheese | |  | X  Wheat |  | X |  |  |  |  | X |  |  |  |  |  |
| Hummus, roasted red pepper & Rocket | |  |  |  |  |  |  |  |  | X |  |  | X |  |  |
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| **Traybakes** | | | | | | | | | | | | | | | |
| Caramel Slice |  | X  Wheat |  |  |  |  | X |  |  |  |  |  | X |  | |
| Caramelita |  | X  Wheat  Oats |  |  |  |  | X |  |  |  |  |  | X |  | |
| Jam & Cream Slice |  | X  Wheat |  |  |  |  | X |  |  |  |  |  | X |  | |
| Fifteen |  | X  Wheat |  |  |  |  | X |  |  |  |  |  | X |  | |
| Chocolate Brownie |  |  |  | X |  |  | X |  |  |  |  |  | X |  | |
| Biscoff Cruffin |  | X  Wheat |  | X |  |  | X |  |  |  |  |  | X |  | |
| Nutella Cruffin |  | X  Wheat |  | X |  |  | X |  |  | X |  |  | X |  | |
| Salted Caramel Muffin |  | X  Wheat |  | X |  |  | X |  |  |  |  |  | X |  | |
| Chocolate Muffin |  | X  Wheat |  | X |  |  | X |  |  |  |  |  | X |  | |
| Raspberry & White Chocolate Muffin |  | X  Wheat |  | X |  |  | X |  |  |  |  |  | X |  | |
| Victoria Sandwich Cake |  | X  Wheat |  | X |  |  | X |  |  |  |  |  |  |  | |
| Raspberry & Coconut Loaf Cake |  | X  Wheat |  | X |  |  | X |  |  | M | M |  | M | M | |
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| **Scones** | | | | | | | | | | | | | | | |
| Plain Scone |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
| Cherry Scone |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |
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