**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 |  | XWheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Square Granary Bread  |  | XWheatBarleyRye |  |  |  |  |  |  |  |  |  |  | X |  |
| Sourdough  |  | XWheatRye |  |  |  |  |  |  |  |  |  |  |  |  |
| Burger Bap |  | XWheat |  |  |  |  |  |  |  |  |  |  |  |  |
| Irish Stout |  | XWheat |  |  |  |  | X |  |  |  |  |  |  |  |
| Bagel |  | XWheatRye |  | M |  |  | M |  |  | M |  | M | M |  |
| GF Wrap (Sysco) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Beetroot Wrap |  | XWheat |  |  |  |  |  |  |  |  |  |  |  |  |
| White sliced (Sysco) |  | XWheat |  |  |  |  |  |  |  |  |  |  | X |  |
| Granary Sliced (Sysco) |  | XWheat |  |  |  |  |  |  |  |  |  |  | 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 |  | XWheat |  | X |  |  |  |  | X |  |  |  |  |  |
| Hummus, roasted red pepper & Rocket |  |  |  |  |  |  |  |  | X |  |  | X |  |  |
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| **Traybakes** |
| Caramel Slice |  | XWheat |  |  |  |  | X |  |  |  |  |  | X |  |
| Caramelita |  | XWheatOats |  |  |  |  | X |  |  |  |  |  | X |  |
| Jam & Cream Slice |  | XWheat |  |  |  |  | X |  |  |  |  |  | X |  |
| Fifteen |  | XWheat |  |  |  |  | X |  |  |  |  |  | X |  |
| Chocolate Brownie |  |  |  | X |  |  | X |  |  |  |  |  | X |  |
| Biscoff Cruffin |  | XWheat |  | X |  |  | X |  |  |  |  |  | X |  |
| Nutella Cruffin |  | XWheat |  | X |  |  | X |  |  | X |  |  | X |  |
| Salted Caramel Muffin |  | XWheat |  | X |  |  | X |  |  |  |  |  | X |  |
| Chocolate Muffin |  | XWheat |  | X |  |  | X |  |  |  |  |  | X |  |
| Raspberry & White Chocolate Muffin |  | XWheat |  | X |  |  | X |  |  |  |  |  | X |  |
| Victoria Sandwich Cake |  | XWheat |  | X |  |  | X |  |  |  |  |  |  |  |
| Raspberry & Coconut Loaf Cake |  | XWheat |  | X |  |  | X |  |  | M | M |  | M | M |
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| **Scones** |
| Plain Scone |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cherry Scone |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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