

BAGELS		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	ARE THESE SUITABLE FOR?	
																VEGAN	VEGETARIAN
																Cinnamon & Raisin Bagel	Y
Multi Seed Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	Y
Everything Bagel (was Onion)	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	Y
Plain Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
Poppy Seed Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
Sesame Seed Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	Y
Wholemeal Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y

BREAKFAST		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	ARE THESE SUITABLE FOR?	
																VEGAN	VEGETARIAN
																Bagel with Butter	Y
Bagel with Peanut butter	Y	N	N	N	N	Y	N	Y	N	N	N	N	N	N	N	Y	Y
Bagel with Nutella	Y	N	N	N	N	N	N	Y	N	Y	N	N	N	N	N	N	Y
Bagel with Marmalade	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Bagel with Jam	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Bagel with Marmite	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
Bagel with Honey	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
Cream Cheese Bagel	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y
Cream Cheese and Avocado	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y
Vegan Cream Cheese Bagel	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Y	Y
Vegan Cream Cheese and Avocado	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Y	Y
Sausage Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Bacon Bagel	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sausage & Egg Bagel	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	Y	N	N
Bacon & Egg Bagel	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N	N

	Egg & Cheese Bagel	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	Y
	Egg, Cheese, Tomatoes and Avocado	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	Y
	Hummus, Tomatoes, Rocket and Lemon	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	Y
	Salmon & Egg	Y	N	N	Y	N	N	N	N	Y	Y	N	N	N	Y	N	N
	Bacon, Cream Cheese, Tomato, Avocado	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
	Big Breakfast (Tomato, Sausage, Bacon, Egg)	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	Y	N	N

LUNCH		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	ARE THESE SUITABLE FOR?	
																VEGAN	VEGETARIAN
	Classic (Salmon, Cream cheese, Lemon juice, Pepper)	Y	N	N	Y	N	N	N	N	Y	Y	N	N	N	Y	N	N
	Salt Beef Melt (Salt beef, Mustard, Emmental and Gherkins)	Y	N	N	N	N	N	N	N	N	Y	N	Y	N	N	N	N
	Vegan Bagel (Vegan Cream Cheese, Avocado, Tomatoes, Black Olives)	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	Y
	CheeseBurger Bagel (Burger, Cheese, Lettuce, Tomatoes and Gherkins)	Y	N	N	N	N	N	N	Y	Y	Y	N	N	N	N	N	N
	Turkey & Bacon Club (Turkey, Bacon, Cheddar cheese, Spinach, Tomato, Mayo)	Y	N	N	N	N	N	N	N	Y	Y	N	N	N	N	N	N
	Chicken Caesar (Chicken, Parmesan, Caesar sauce, Cos)	Y	N	N	Y	N	N	N	N	Y	Y	N	Y	N	N	N	N
	Ham & Mozzarella (Ham, Mozzarella cheese)	Y	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	N
	BBQ Chicken (Chicken, BBQ sauce, Cheddar Cheese, Red onions)	Y	N	N	N	N	N	N	Y	N	Y	Y	N	N	N	N	N
	Halloumi Melt (Halloumi, Yoghurt & Mint sauce, Rocket and Sundry tomatoes)	Y	N	N	N	N	N	N	Y	Y	Y	N	Y	N	N	N	Y
	Salmon and Avocado	Y	N	N	Y	N	N	N	N	N	N	N	N	N	Y	N	N
	Salmon Deluxe (Salmon, Cream Cheese, Tomatoes and Capers)		N	N	Y	N	N	N	N	Y	Y	N	N	N	Y	N	N
	Chicken & Avocado (Chicken, Avocado, Mayo, Cos)	Y	N	N	N	N	N	N	N	Y	Y	N	Y	N	N	N	N
	Veggie Burger (Bean Burger, Red Peppers, Spinach, Tomato and Red onions)	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
	Halloumous Bagel (Halloumi, Hummus, Avocado and Tomatoes)	Y	N	N	N	N	N	N	N	N	Y	N	N	Y	N	N	Y



	Guacamole	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
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SAUCES		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	ARE THESE SUITABLE FOR?	
																VEGAN	VEGETARIAN
		Tomato Ketchup	Y	N	N	N	N	N	N	N	N	N	Y	N	N	N	N
	Brown Sauce	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
	Mustard	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N	Y
	Caesar Sauce	Y	N	N	Y	N	N	N	N	Y	Y	N	Y	N	N	N	Y
	BBQ Sauce	Y	N	N	N	N	N	N	Y	N	N	Y	N	N	N	N	Y
	Mayonnaise	Y	N	N	N	N	N	N	N	Y	Y	N	Y	N	N	N	Y
	Tahini	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	Y	Y
	Yoghurt & Mint Sauce	Y	N	N	N	N	N	N	N	Y	Y	N	Y	N	N	N	Y

HOT DRINKS		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	ARE THESE SUITABLE FOR?	
																VEGAN	VEGETARIAN
		Americano (Black)	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y
	Americano (with Milk)	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y
	Filter Coffee (Black)	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
	Filter coffee (with Milk)	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y
	Flat White	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y
	Latte	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y
	Cappuccino	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y
	Mocha	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y
	Hot Chocolate	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y
	Espresso	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
	Tea (Black)	N	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	Y
	Tea (White)	N	N	N	N	N	N	N	N	N	Y	N	N	N	N	N	Y

ALTERNATIVE MILK		Gluten - containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	Soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	ARE THESE SUITABLE FOR?	
																VEGAN	VEGETARIAN
	Alpro - Unsweetened Almond Drink	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Y	Y
	Alpro - Sugar free organic soya drink	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	Y
	Alpro - Oat original UHT	N	N	N	N	N	N	Y	N	N	N	N	N	N	N	Y	Y
	Alpro - Coconut Soya Drink	N	N	N	N	N	N	N	Y	N	N	N	N	N	N	Y	Y

		containing cereals	Crustaceans	Molluscs	Fish	Peanuts	Lupin	Tree Nuts (walnut, hazelnut, almond, etc.)	soya	Eggs	Milk	Celery	Mustard	Sesame	Sulphur Dioxide	ARE THESE SUITABLE FOR?	
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