www.martinsbakery.co.uk/menus Allergen Fast Track Sheet



Due to the nature of our manufacturing and retail processes, we cannot guarantee that products sold on our premises are allergen free. This list includes our core range. We change our menus seasonally so if the product is not listed, please ask in our shop or phone our head office on 0161 688 5588.

	Allergens														Suitability	
	Cereals Containing Gluten	Milk	Soya	Eggs	Mustard	Sulphur Dioxide	Celery	Fish	Nuts	Peanuts	Sesame Seeds	Lupin	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
Bake Off				'	'					'						
Sausage Roll	√ wheat	✓				✓										
Cheese and Spinach Roll	√ wheat	✓		✓											✓	
Cheese Pasty	√ wheat	✓		✓											✓	
Potato and Meat Pasty	✓ wheat	✓				✓	✓									
Vegetable Curry Pasty	√ wheat		✓		✓	✓									✓	✓
Peppered Steak Pasty	√ wheat	✓					✓									
Jamaican Meat Patty	√ wheat	✓	✓		✓	✓	✓									
Steak Pie	√ wheat	✓	✓				✓									
Meat Pie	√ wheat	✓	✓				✓									
Potato & Meat Pie	✓ wheat	✓	✓			✓	✓									
Chicken Balti Pie	√ wheat	✓	✓		✓											
Cottage Pie	√ wheat	✓	✓				✓									
Beef Hot Pot	√ wheat	✓	✓			✓	✓									
Cheese and Onion Pie	✓ wheat	✓	✓												✓	
Steak & Ale Pie	✓ wheat, barley, oats, rye	✓	✓				✓									
Pork Pie	✓ wheat	✓	✓				✓									
Pork & Chilli Pie	√ wheat	✓	✓				✓									
Pork & Stilton Pie	✓ wheat	✓	✓				✓									
Pork & Black Pudding Pie	✓ wheat	✓	✓				✓									
Beef Pie	√ wheat	✓	✓				✓									
Chickpea, Cauliflower & Onion	√ wheat		✓		✓										✓	✓
Chicken & Leek Pie	✓ wheat	✓	✓			✓										
Breakfasts																
All Day Breakfast Muffin/Torpedo	✓ wheat	✓	✓			✓ (sausage)										
Bacon Muffin/Torpedo	✓ wheat	✓	✓													
Sausage Muffin/Torpedo	✓ wheat	✓	✓			✓										
Fried Egg Muffin	✓ wheat	✓		✓											✓	
Potato Cake	✓ wheat	✓													✓	
Cheese & Bacon Potato Cake	✓ wheat	✓														
Chilli, Pepper & Onion Potato Cake	✓ wheat		✓			✓									✓	✓
Black Pudding Slice	√ wheat															

www.martinsbakery.co.uk/menus Allergen Fast Track Sheet



Due to the nature of our manufacturing and retail processes, we cannot guarantee that products sold on our premises are allergen free. This list includes our core range. We change our menus seasonally so if the product is not listed, please ask in our shop or phone our head office on 0161 688 5588.

		Allergens														ability
	Cereals Containing Gluten	Milk	Soya	Eggs	Mustard	Sulphur Dioxide	Celery	Fish	Nuts	Peanuts	Sesame Seeds	Lupin	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
Melts																
Cajun Chicken Melt	√ wheat	✓		✓	✓		✓									
Tuna Sweetcorn Melt	✓ wheat	✓		✓	✓	✓		✓								
Spicy Cajun Melt	√ wheat	✓					✓									
Hunters Chicken Melt	✓ wheat	✓														
Cheese Savoury Melt	✓ wheat	✓													✓	
Soups				I												
Pea and Ham						✓	✓									
Tomato and Basil		✓	✓			✓	✓								✓	
Butternut Squash	✓ wheat		✓		✓	✓	✓								√	✓
Potato and Leek	Wilcut		√			✓	✓									√
Thai Turkey	✓ wheat		√			√	√									
Cream of Mushroom	Wilcat	✓	√			√	√								√	
Curried Parsnip		-	√		√	√	√								√	
Spinach & Lentil Soup			-				√								√	✓
Broccoli & Stilton		✓	✓			✓	√								· ✓	
Chicken & Root Veg Soup		•	✓			√	•									
Minestrone & Bacon Soup	✓ wheat		√			√	√									
Fillings	• Wileat		·			·	•									
Ham																
Turkey																
Chicken																
Cajun Chicken	✓ wheat			✓	✓		✓									
Spicy Cajun	✓ wheat			•	•		✓									
Egg Mayo	• Wileat			✓	✓		·								✓	
Cheese		✓			•										√	
Cheese Savoury		√		✓	✓										✓	
Tuna		<u> </u>		Y	V			✓							•	
Tuna Mayo				✓	√	✓		V								
Tuna Crunch				∨	∨	√		∨ ✓								
Roast Veg		✓		√	V	, ,		,							√	
Extras		V		•											V	
Coleslaw				✓	✓										✓	
Stuffing	✓ wheat	✓	✓	•	V										√	
	• wileat	V	V	✓	✓										∨ ✓	
Mayonnaise Salad Cream				∨	√										✓	
				V	V		✓								✓	✓
Tomato Ketchup	./ harlan						V								V	V
HP Sauce	✓ barley & rye														✓	✓
Piccalilli	✓ wheat					✓									✓	✓
Branston Pickle	√ barley					✓									✓	✓
Cranberry Sauce															✓	✓
Bramley Apple Sauce						✓									✓	✓
Pickled Red Cabbage						✓	✓								✓	✓

www.martinsbakery.co.uk/menus Allergen Fast Track Sheet



Due to the nature of our manufacturing and retail processes, we cannot guarantee that products sold on our premises are allergen free. This list includes our core range. We change our menus seasonally so if the product is not listed, please ask in our shop or phone our head office on 0161 688 5588.

	Allergens														Suita	ability
	Cereals Containing Gluten	Milk	Soya	Eggs	Mustard	Sulphur Dioxide	Celery	Fish	Nuts	Peanuts	Sesame Seeds	Lupin	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
Breads & Rolls			'													
Small/Large White Bread	✓ wheat		✓												✓	✓
White Manchester	√ wheat		✓												✓	✓
White Tin Loaf	√ wheat		✓												✓	✓
White Bloomer	✓ wheat		✓												✓	✓
Danish Batch	✓ wheat		✓												✓	✓
Small/Large Wholemeal Bread	√ wheat		✓												✓	✓
Brown Manchester	√ wheat		✓												✓	✓
Brown Tin Loaf	√ wheat		✓												✓	✓
Country Grain Batch	✓ wheat		✓												✓	✓
Seeded Bloomer	√ wheat		✓												✓	✓
Martins Wheatgerm Loaf	√ wheat		✓												✓	✓
Multiseed Oval	√ wheat														✓	✓
Harvester Tin Loaf	✓ wheat		✓												✓	✓
Manchester White Sourdough	√ wheat														✓	✓
Seeded Sourdough	✓ wheat														✓	✓
Olive Toscana	√ wheat														✓	✓
Sea Salt & Rosemary Focaccia	√ wheat															
Breakfast Bread	√ wheat					✓									✓	✓
Cheese & Chilli Bread	√ wheat	✓													✓	
Fruit Teacakes	√ wheat	✓	✓												✓	
Crusty Stick	√ wheat														✓	✓
White Muffin	√ wheat		✓												✓	✓
Brown Muffin	√ wheat		✓												✓	✓
Oven Bottom Muffin	√ wheat														✓	✓
Plain Teacakes	√ wheat		✓												✓	✓
Torpedo Roll	✓ wheat		✓												✓	✓
White Soft Sub	√ wheat		✓												✓	✓
Harvester Soft Sub	√ wheat		✓												✓	✓
Ciabatta	√ wheat														✓	✓
Croissant	√ wheat	✓		✓											✓	
Pain Au Chocolat	√ wheat	✓		✓											✓	
Crusty Cob	√ wheat		✓												✓	✓
Harvester Cob	√ wheat		✓												✓	✓
Paris Roll	√ wheat		✓												✓	✓
Knot	√ wheat		✓												✓	✓
Poppy Seed Roll	√ wheat		✓												✓	✓
TV Bun	√ wheat		✓												✓	✓
Tear & Share Cheese & Herb	✓ wheat	✓	✓												✓	

www.martinsbakery.co.uk/menus Allergen Fast Track Sheet



Due to the nature of our manufacturing and retail processes, we cannot guarantee that products sold on our premises are allergen free. This list includes our core range. We change our menus seasonally so if the product is not listed, please ask in our shop or phone our head office on 0161 688 5588.

	Allergens														Suitability	
	Cereals Containing Gluten	Miik	Soya	Eggs	Mustard	Sulphur Dioxide	Celery	Fish	Nuts	Peanuts	Sesame Seeds	Lupin	Crustaceans	Molluscs	Suitable for Vegetarians	Suitable for Vegans
Cakes & Pastries			'		'		1			'	'					1
Chocolate Brownie	✓ wheat		✓	✓											✓	
Salted Caramel Brownie	√ wheat	✓	✓	✓											✓	
Flapjack	✓ oats	✓													✓	
Fruited Flapjack	✓ oats	✓													✓	
Chocolate Flapjack	✓ oats	✓	✓												✓	
Cornflake Cake	√ wheat	✓													✓	
Chocolate Fudge Slice	√ wheat	✓	✓	✓											✓	
Carrot Cake Slice	√ wheat	✓	✓	✓											✓	
Chocolate Flake Cake	√ wheat	✓	✓	✓											✓	
Parkin Slab/Buns	√ wheat														,	
	& oats			✓											✓	
Bramley Apple Tart/Pie	✓ wheat					✓									✓	✓
Small/Large Custard	✓ wheat	✓		✓											✓	
Bakewell Tart	√ wheat	✓	✓	✓		✓									✓	
Jam Viennese	√ wheat														✓	
Ultimate Eccles Cake	√ wheat														✓	✓
Iced Finger	✓ wheat	✓	✓												✓	
Sultana Scone	✓ wheat	✓		✓											✓	
Mince Pie	✓ wheat	✓				✓									✓	
Star Mince Pie	✓ wheat					✓									✓	✓
Strawberry Tart	✓ wheat	✓													✓	
Paradise Slice	✓ wheat	✓		✓		✓									√	
Wimberry Muffin	✓ wheat	✓		✓											✓	
Dutch Apple Slice	✓ wheat	√		✓		✓									√	
Cream Cakes	Wilde						<u>I</u>									
Vanilla	✓ wheat	√													✓	
Chocolate Éclair	✓ wheat	✓	✓	✓											✓	
Cream Doughnut	✓ wheat	✓	√	✓											√	
Fudge Doughnut	✓ wheat	✓	✓	✓											√	
Lemon Bun	✓ wheat	√	√	√											√	
Jam Bun	✓ wheat	√	√													
Cream Crisp	✓ wheat	√	· ·												✓	
Bavarian	✓ wheat	√													√	
Wimberry Charlotte	✓ wheat	✓													· /	
Chocolate Sponge	✓ wheat	✓	✓	✓											✓	
Fresh Cream Scone	✓ wheat	√		√											√	
Fresh Cream Sponge	✓ wheat	√		√											√	
Ukraine Sandwich	✓ wheat	√		√											√	
Egg Free Sponge	✓ wheat	√		•											✓	
Lgg i ree Sporige	• wileat	Y													•	