

The Allergen Information sheet shows the allergens containing and may contain within a product, including any nominated substitute ingredients. Although strict cleaning procedures are followed to reduce potential cross contamination, due to the bakery environment, the kitchen and open displays, we cannot guarantee that all these products are free from any allergens.

	Kcal	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
PASTIES	each						Lupin Flour	Wilk		MUSTARD			155AM		WNE
Large Traditional	1041 kcal		Contains Gluten (Wheat, )					Contains							
Traditional	689 kcal		Contains Gluten (Wheat, )					Contains							
Vegetable	627 kcal	Contains	Contains Gluten (Wheat, Barley, )												
Thai Chicken	620 kcal		Contains Gluten (Wheat, )					Contains							
Bacon, Leek & Cheese	773 kcal		Contains Gluten (Wheat, )					Contains							
Steak & Stilton	765 kcal		Contains Gluten (Wheat, )					Contains							
Cheese & Onion	747 kcal		Contains Gluten (Wheat, )					Contains		Contains					
Small Traditional	538 kcal		Contains Gluten (Wheat, )					Contains							



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	Kcal	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
PASTIES	each						Jupin Flour	Milk		MUSTARD			TEAMIN O.		WINE
Beef & Chipotle	678 kcal		Contains Gluten (Wheat, Barley, )					Contains							
Chicken Masala	742 kcal		Contains Gluten (Wheat, )					Contains							
Apple, Rhubarb & Custard	699 kcal		Contains Gluten (Wheat, )					Contains							
Spiced Cauliflower & Onion Bhaji	822 kcal		Contains Gluten (Wheat, )		May Contain			May Contain							
Sausage roll	633 kcal		Contains Gluten (Wheat, )					Contains							
Farmhouse Sausage Roll	475 kcal		Contains Gluten (Wheat, Barley, Oats, )		Contains			Contains						Contains	Contains



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	Kcal	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
Pastries	each						upin Flour	Milk		MUSTARD			153AM OK	18	WNE
Croissant ('Ready to Prove')	303 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Croissant ('Ready to Bake')	298 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Pain au Chocolate ('Ready to Prove')	306 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	Contains	
Pain au Chocolate ('Ready to Bake')	304 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	Contains	
Pain aux Raisins ('Ready to Prove')	325 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Pain aux Raisins ('Ready to Bake')	334 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Chocolate Twist ('Ready to Prove')	370 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	Contains	
Chocolate Twist ('Ready to Bake')	277 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	Contains	
Cherry & Almond Croissant ('Ready to Prove')	532 kcal		Contains Gluten (Wheat, )		Contains			Contains			Contains Nuts (Almonds, )	May Contain	May Contain	May Contain	
Cherry & Almond Croissant ('Ready to Bake')	527 kcal		Contains Gluten (Wheat, )		Contains			Contains			Contains Nuts (Almonds, )	May Contain	May Contain	May Contain	
Vegan Raspberry Croissant	301 kcal		Contains Gluten (Wheat, )		May Contain			May Contain			May Contain		May Contain	May Contain	



Cake and	Kcal	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
Bread	each						upin Fiour	Milk		MUSTARD			SESAMI ON	18	WNE
Pastel de nata	220 kcal	May Contain	Contains Gluten (Wheat, )		Contains		May Contain	Contains		May Contain	May Contain	May Contain	May Contain	May Contain	May Contain
Plain Scone	389 kcal		Contains Gluten (Wheat, )		Contains			Contains						Contains	
Fruit Scone	386 kcal		Contains Gluten (Wheat, )		Contains			Contains						Contains	
Cheese Scone	445 kcal		Contains Gluten (Wheat, )		Contains			Contains		Contains				Contains	
Cornish Pudding	547 kcal		Contains Gluten (Wheat, )		Contains			Contains			Contains Nuts (Almonds, )	May Contain	May Contain	Contains	
Carrot cake	660 kcal		Contains Gluten (Wheat, )		Contains			Contains			Contains Nuts (Almonds, Walnuts,)				
Almond Brownie	429 kcal				Contains			Contains			Contains Nuts (Almonds, )			Contains	
Lemon curd & Blueberry Danish	346 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Cinnamon Bun	361 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Gazillionaire	496 kcal													Contains	



Cake and	Kcal	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
Bread	each						pin Flour	Milk		MUSTARD			USSAM O.S.		Boor
Vegan Roll	178 kcal		Contains Gluten (Wheat, )		May Contain			May Contain			May Contain			Contains	
Raspberry & White Chocolate Bronut	335 kcal		Contains Gluten (Wheat, )		Contains			Contains			Contains Nuts (Almonds, )	May Contain		Contains	
Coffee Friand	299 kcal		Contains Gluten (Wheat, )		Contains			Contains			Contains Nuts (Almonds, )	May Contain		Contains	
Lemon & Earl Grey Friand	299 kcal		Contains Gluten (Wheat, )		Contains			Contains	_		Contains Nuts (Almonds, )	May Contain			



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	Kcal	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
Breakfast	each						upin Flour	Milk		MUSTARD			1854MI		WNE
MOMA Porridge	232 kcal		Contains Gluten (Oats, )					Contains			May Contain	May Contain			
Warmed Bacon & Cheese Croissant	472 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Warmed Spinach Omelette Croissant	492 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Bacon & Cheese Turnover	290 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Tomato & Cheese Turnover	302 kcal		Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Homemade Granola & Greek Yoghurt	332 kcal		Contains Gluten (Oats, )					Contains			Contains Nuts (Almonds, Pecan Nuts, )	May Contain			
Homemade Granola & Coconut Yoghurt	510 kcal		Contains Gluten (Oats, )								Contains Nuts (Almonds, Pecan Nuts, )	May Contain			
Homemade Berry Compote	62 kcal														
Bacon Bap	393 kcal		Contains Gluten (Wheat, )		May Contain			May Contain			May Contain			Contains	



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	Kcal		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
Lunch	each							upin Flour	Milk		MUSTARD			153AM		WNE
Cheese Straw	174 kcal			Contains Gluten (Wheat, )		Contains			Contains			May Contain		May Contain	May Contain	
Mediterranean Vegetable Tortilla	477 kcal					Contains			Contains							
Cheese Roll (Coney Only)	178 kcal			Contains Gluten (Wheat, )		May Contain			Contains			May Contain			Contains	
Brioche Pizzetta, Goats Cheese, Spinach, Mushroom, Sunflower Seeds	381 kcal			Contains Gluten (Wheat, )		Contains			Contains						May Contain	
Roast Chicken, Sage & Onion Stuffing, Chilli Jam, Bacon & Cheddar Toastie	900 kcal		May Contain	Contains Gluten (Wheat, Barley, )		May Contain			Contains			May Contain		Contains		
Foccacia, Houmous, Pesto Roast Vegetables & Rocket	702 kcal		May Contain	Contains Gluten (Wheat, Barley, )		May Contain	May Contain		Contains		May Contain	Contains Nuts (Cashews, )		Contains	May Contain	
Ham Hock, Tomato Chutney, Pickle, Cheddar Cheese Toastie	838 kcal			Contains Gluten (Wheat, )		May Contain			Contains		Contains	May Contain		Contains		
Watercress Salad	5 kcal	See pack														



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SAUCES, JAMS,	Kcal		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
CHUTNEYS, CREAMS, DRESSINGS	each							upin Four	Wilk		MUSTARD			SESAM ON		WINE
Marmalade		See pack														
Heinz Tomato Sauce			Contains													
Stokes Tomato Sauce			Contains													
Heinz Brown Sauce				Contains Gluten (Rye, Barley, )												
Stokes Brown Sauce				Contains Gluten (Barley, )												
Rodda's Clotted Cream									Contains							
Whipped Cream with Maple Syrup									Contains							
Butter Portions									Contains							
Flora Portions									May Contain							
Bonne Maman Strawberry Jam		See pack														
TipTree Strawberry Jam		See pack														



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DRINKS,	Kcal		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
MILK AND SYRUPS	each							upin	Milk		MUSTARD			SEAME		WINE
Espresso / Decaf Coffee	3 kcal	See Pack														
Babycino 4oz (frothed milk)	63 kcal								Contains							
Piccolo 4oz (including cows milk)	45 kcal								Contains							
Flat White 6oz (including cows milk)	101 kcal								Contains							
Americano 8oz	3 kcal								Contains							
Cappuccino 8oz (including cows milk) topped with chocolate powder	128 kcal					May Contain			Contains			May Contain			May Contain	
Latte 10oz .(including cows milk)	162 kcal					May Contain			Contains			May Contain			May Contain	
Mocha 10oz (including cows milk)	208 kcal					May Contain			Contains			May Contain			May Contain	
White Mocha 10oz (including cows milk)	195 kcal								Contains							
Chai Latte (including cows milk) topped with chocolate powder & cinnamon	241 kcal					May Contain			Contains			May Contain			May Contain	
Breakfast Tea (no milk)	0 kcal											May Contain				



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DRINKS,	Kcal		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
MILK AND SYRUPS	each							upin Flour	Milk		MUSTARD			SESAM		WNE
Cloudy Lemonade	68 kcal	See Pack														
Strawberry Lemonade	42 kcal	See Pack														
English Hot Chocolate	296 kcal					May Contain			Contains			May Contain			May Contain	
White Hot Chocolate	273 kcal								Contains							
Italian Hot Chocolate	246 kcal					May Contain			Contains			May Contain			May Contain	
Alpro Coconut milk												May Contain			Contains	
Oatly Oat milk				Contain (Oats)												
Alpro Soya milk															Contains	
Alpro Almond Milk												Contains				
Monin Vanilla Syrup and Sugar free syrup	49 kcal	See Pack														
Monin Caramel Syrup and sugar free syrup	49 kcal	See Pack														



				CEREALS												Simul.
DRINKS,	Kcal	No Allergens	CELERY	CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
MILK AND SYRUPS	each							Jupin Flour	Milk		MUSTARD					Boor WNE
Breakfast decaf Tea (no milk)	0 kcal											May Contain				
Rooibos Tea (no milk)	0 kcal											May Contain				
Green Tea (no milk)	0 kcal											May Contain				
Peppermint tea (no milk)	0 kcal											May Contain				
Earl Grey (no milk)	0 kcal											May Contain				
Chamomile (no milk)	0 kcal											May Contain				
Iced Latte on the Rocks	131 kcal								Contains							
Iced Mocha on the Rocks	199 kcal					May Contain			Contains			May Contain			May Contain	
Caramel Shake	314 kcal			May Contain		May Contain			Contains			May Contain			May Contain	
Chocolate Shake	934 kcal			May Contain		May Contain			Contains			May Contain			May Contain	
Strawberry cream Shake	406 kcal			Contains Gluten (Wheat, )		May Contain			Contains			May Contain			Contains	



	No Allergens	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
Soft Drinks							upin Flour	Milk		MUSTARD			TISAMI NO.		WINE
Still Water	See pack														
Sparkling Water	See pack														
Coca Cola	See pack														
Diet Coke	See pack														
Cornish Orchards Ginger Beer	See pack														
Cornish Orchards Cranberry & Lime	See pack														
This Juicy Water Lemon & Lime	See pack														
PIP Mango, Orange & Apple Water	See pack														
PIP Strawberry & Blackcurrant Water	See pack														
Breckland Elderflower Zero	See pack														
Breckland Plum & Cherry Posh Pop	See pack														



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Retail Products	No Allergens	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
							Jupin Flour	Wilk		MUSTARD			155AMI O.		WINE
Kernow Chocolate Caramel Sea Salt	See Pack														
Kernow Chocolate Honeycomb	See Pack														
Kernow Chocolate Dark	See Pack														
Josh's Chocolate Buttons	See Pack														
Josh's Hot Chocolate Spoon	See Pack														
Simply Cornish Ginger Fairings Box	See Pack														
Simply Cornish Shortbread Box	See Pack														
Simply Cornish Strawberry Shortbread Box	See Pack														
Simply Cornish Shortbread Snack pack	See Pack														
Simply Cornish Strawberry Shortbread Snack Pack	See Pack														



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Retail Products	No Allergens	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
							upin Flour	Milk		MUSTARD			185AM Os.		WINE
Buttermilk Caramel Sea Salt Honeycomb	See Pack														
Buttermilk Crumbly Fudge Caramel Sea Salt	See Pack														
TCB Breakfast Tea	See Pack														
TCB Peppermint Tea	See Pack														
TCB The Earl Grey Tea	See Pack														
Burts Salt & Vinegar Crisps			Contains Gluten (Barley, )												
Burts Mature Cheddar Crisps								Contains							
Burts Sea Salt Crisps	See pack														
Real Hand Cooked Chips Sea Salt	See pack														
Real Hand Cooked Chips Cheese & Onion								Contains							
Real Hand Cooked Chips Salt & Malt Vinegar	See pack														