






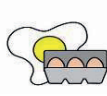
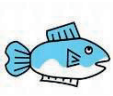


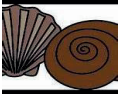






Cornish Bakery

Allergen Information Booklet



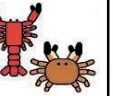
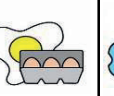
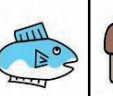
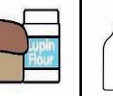

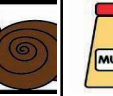
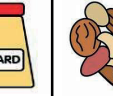
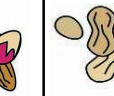

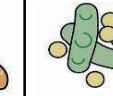


Allergen Information

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.

**Soft Drinks & Pre packaged retail please see pack*

PASTIES	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
Large Traditional	1039	kcal		Contains Gluten (Wheat,)					Contains							
Traditional	690	kcal		Contains Gluten (Wheat,)					Contains							
Vegetable	627	kcal	Contains	Contains Gluten (Wheat, Barley,)												
Thai Chicken	620	kcal		Contains Gluten (Wheat,)					Contains							
Bacon, Leek & Cheese	780	kcal		Contains Gluten (Wheat,)					Contains							
Steak & Stilton	766	kcal		Contains Gluten (Wheat,)					Contains							
Cheese & Onion	747	kcal		Contains Gluten (Wheat,)					Contains		Contains					
Small Traditional	481	kcal		Contains Gluten (Wheat,)					Contains							

Allergen Information

PASTIES	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
Beef & Chipotle	691	kcal		Contains Gluten (Wheat, Barley,)					Contains							
Chicken Masala	756	kcal		Contains Gluten (Wheat,)					Contains							
Apple, Rhubarb & Custard	493	kcal		Contains Gluten (Wheat,)					Contains							
Spiced Cauliflower & Onion Bhaji	766	kcal		Contains Gluten (Wheat,)					May Contain							
Sausage roll	632	kcal		Contains Gluten (Wheat,)					Contains							
Farmhouse Sausage Roll	475	kcal		Contains Gluten (Wheat, Barley, Oats,)		Contains			Contains						Contains	Contains



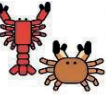

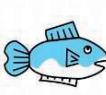
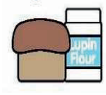




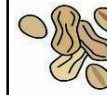

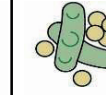

Allergen Information

Pastries	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
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')	317	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	



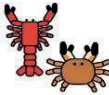
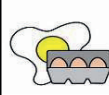

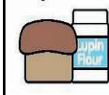




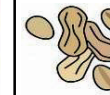

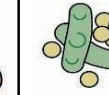

Allergen Information

Cake and Bread	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
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,)				
Chocolate 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	
Winter Iced Bun	414	kcal		Contains Gluten (Wheat,)		Contains			Contains			Contains Nuts (Almonds, Pistachio Nuts,)	May Contain	May Contain	May Contain	Contains
Brie and Cranberry Brioche	402	kcal		Contains Gluten (Wheat,)		Contains			Contains			Contains Nuts (Walnuts,)	May Contain		May Contain	Contains



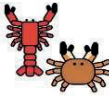
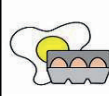
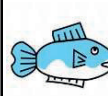
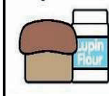

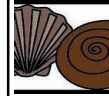
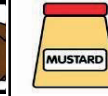

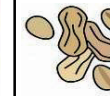

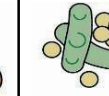

Allergen Information

Cake and Bread	Kcal each	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
															
Raspberry & White Chocolate Bronut	327 kcal		Contains Gluten (Wheat,)		Contains			Contains			Contains Nuts (Almonds,)	May Contain		Contains	
Coffee Cake	299 kcal		Contains Gluten (Wheat,)		Contains			Contains			Contains Nuts (Almonds,)	May Contain		Contains	
Lemon & Earl Grey Cake	299 kcal		Contains Gluten (Wheat,)		Contains			Contains			Contains Nuts (Almonds,)	May Contain			


Allergen Information

Breakfast	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
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	326 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	
Granola & Greek Yoghurt	332 kcal			Contains Gluten (Oats,)					Contains			Contains Nuts (Almonds, Pecan Nuts,)	May Contain			
Berry Compote	62 kcal	Does not contain allergens														

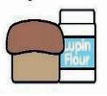



Allergen Information

Lunch	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
Cheese Straw	174 kcal			Contains Gluten (Wheat,)		Contains			Contains			May Contain		May Contain	May Contain	
Mediterranean Vegetable Tortilla	477 kcal					Contains			Contains							
Ham Hock, Tomato Chutney, Pickle, Cheddar Cheese Toastie	838 kcal			Contains Gluten (Wheat,)		May Contain			Contains		Contains	May Contain		Contains		
Feta & Red Onion Marmalade Swirl	729 kcal			Contains Gluten (Wheat,)		Contains			Contains			May Contain		May Contain	May Contain	Contains
Chicken, Bacon & Chilli Jam Toastie	869 kcal			Contains Gluten (Wheat,)		May Contain			Contains			May Contain		Contains		
Watercress Salad	5 kcal	Does not contain allergens														



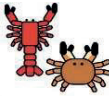
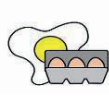
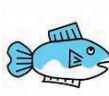
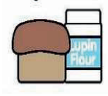

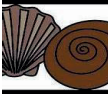


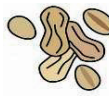

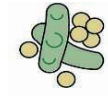

Allergen Information

SAUCES, JAMS, CHUTNEYS, CREAMS, DRESSINGS	Kcal each														
		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
Heinz Tomato Sauce	10 kcal	Contains													
Stokes Tomato Sauce	48 kcal	Contains													
Heinz Brown Sauce	12 kcal		Contains Gluten (Rye, Barley,)												
Stokes Brown Sauce	62 kcal		Contains Gluten (Barley,)												
Rodda's Clotted Cream	234 kcal							Contains							
Whipped Cream with Maple Syrup	229 kcal							Contains							
Butter Portions	52 kcal							Contains							
Flora Portions	62 kcal							May Contain							
TipTree Strawberry Jam	76 kcal	See pack													
Boddingtons Jam	84 kcal	See pack													



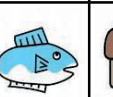

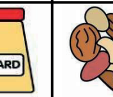
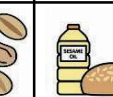
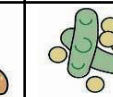
Allergen Information

DRINKS, MILK AND SYRUPS	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
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				

Allergen Information

DRINKS, MILK AND SYRUPS	Kcal each		CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
Cloudy Lemonade	68 kcal	Does not contain allergens														
Strawberry Lemonade	42 kcal	Does not contain allergens														
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														

Allergen Information

DRINKS, MILK AND SYRUPS	Kcal each	No Allergens	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	Sulphites
																
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	316 kcal			May Contain		May Contain			Contains			May Contain			May Contain	
Strawberry cream Shake	406 kcal			Contains Gluten (Wheat,)		May Contain			Contains			May Contain			Contains	