

Allergen Information

JANUARY 2021

We handle allergens in store and due to cross contact we can never 100% guarantee that our products will be allergen free.

Symbol	Meaning
Y	Allergen contained in the product
MC	May contain - the allergen is present at the ingredients manufacturing site and our suppliers believe there is significant risk this allergen could cross-contaminate the ingredient
N	The allergen is not part of the product as delivered to store
Y	Ingredients suitable for plant-based/vegetarian
N	Ingredients NOT suitable for plant-based/vegetarian

	Ingredient suitable for vegetarians	Ingredient suitable for a plant-based diet	Eggs	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
Bread																
Italian (White) Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat	N	N	N	N	N
Tiger Bread	Y	Y	MC	N	MC	N	N	N	Y	N	Wheat, Barley	N	N	N	N	N
9-Grain Wheat Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N
9-Grain Multi-Seed Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat, Rye, Barley, Oat, Spelt	N	N	N	N	N
Hearty Italian Bread	Y	Y	N	N	N	N	N	N	Y	N	Wheat	N	N	N	N	N
Italian Herb & Cheese Bread	Y	N	N	N	Y	N	N	N	Y	N	Wheat	N	N	N	N	N
Gluten Free Bread	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chilli & Paprika Bread	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Ciabatta Toasted Bite	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Tomato Basil Wrap	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Plain Tortilla Wrap	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Meat, Poultry, Fish, Eggs & Plant^{PB} Patty																
Roast Chicken Breast Strips	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Teriyaki Glazed Chicken Breast	N	N	N	N	N	Y	N	Y	N	N	Wheat	N	N	N	N	N
Chicken Tikka	N	N	N	Y	N	N	N	N	N	N	Wheat	N	N	N	N	N
Rotisserie-Style Chicken*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ham*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Turkey Breast*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Maple Cured Streaky Bacon	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Breakfast Back Bacon*	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pepperoni	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Salami	N	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Meatballs (in Marinara Sauce)	N	N	N	Y	N	N	N	Y	N	N	Wheat	N	N	N	N	N
Breakfast Sausage	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Pig in Blanket	N	N	N	N	N	N	N	N	N	N	Wheat	N	N	Y	N	N
Steak *Ø (made with shaved steak strips, green pepper and onion)	N	N	N	N	N	N	N	N	Y	N	Barley	N	N	N	N	N
Tuna (with Lite Mayonnaise)	N	N	Y	Y	N	N	N	N	N	N	N	N	N	Y	N	N
Egg Omelette	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
Poached Egg	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N	N	N
Meatless ^{PB} Meatballs (in Marinara Sauce)	Y	Y	MC	N	N	N	MC	N	Y	N	Wheat, Barley	N	MC	MC	N	N
Roasted Soya Strips	Y	Y	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Plant ^{PB} Patty	Y	Y	N	N	N	N	N	N	Y	N	Wheat	N	Y	N	N	N
Cheese & Vegetables																
American Sliced Cheese	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Shredded Mozzarella & Cheddar Cheese	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Peppered Cheese (IOI)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Mozzarella-Style Cheese Free ^{PB} slice	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Olives	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Pickles	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Jalapeños	Y	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N
Sweetcorn	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Guacamole	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Lettuce, Cucumber, Mixed Peppers, Tomato, Onion, Carrot, Spinach	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sauces & Condiments																
Hickory Smoked BBQ Sauce	Y	N	N	N	N	N	N	N	N	N	Barley	N	N	N	N	N
Chipotle Southwest Sauce	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N
Honey & Wholegrain Mustard Sauce	Y	N	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Lite Mayonnaise	Y	N	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N
Sticky Sweet Chilli Sauce	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sweet Onion Sauce (contains poppy seeds)	Y	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Tomato Ketchup	Y	Y	N	N	N	N	N	N	N	N	N	N	N	Y	N	N
Sriracha Sauce	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Caesar Sauce	Y	N	Y	N	Y	N	N	N	Y	N	N	N	N	N	N	N
Salsa	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Marinara Sauce	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
HP Brown Sauce	Y	Y	N	N	N	N	N	N	N	N	Rye, Barley	N	N	N	N	N
Plant-based ^{PB} Garlic Aioli	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Crispy Onions	Y	Y	N	N	N	N	N	N	N	N	Wheat	N	N	N	N	N
Diced Beetroot	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Chopped SunBlush™ Tomatoes	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Sea Salt / Mixed Peppercorns / Chilli Flakes	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Multi-Seed Mix	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cookies, Donuts & Muffins																
Chocolate Chunk Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Double Chocolate Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
White Chip Macadamia Nut Cookie	Y	N	Y	N	Y	N	N	N	Y	Macadamia nut	Wheat	N	N	N	N	N
Oatmeal Raisin Cookie	Y	N	Y	N	Y	N	N	N	MC	MC - Nuts	Wheat, Oat	N	N	N	N	N
Rainbow Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Mince Pie Cookie	Y	N	Y	N	MC	N	N	N	MC	Hazelnut	Wheat	N	N	N	N	N
Chocolate Orange Cookie	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Vegan Double Chocolate Cookie	Y	Y	MC	N	MC	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Cadbury's® Caramel Muffin	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Nutella® Muffin	Y	N	Y	N	Y	N	N	N	Y	Hazelnut	Wheat	N	N	N	N	N
Oreo® Muffin	Y	N	Y	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Sugar Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Choco Donut	Y	N	MC	N	Y	N	N	N	Y	MC - Nuts	Wheat	N	N	N	N	N
Soups - Selected Stores																
Carrot and Coriander	Y	N	Y	N	Y	N	N	N	N	N	N	N	N	N	N	N
Country Chicken and Vegetable	N	N	Y	N	Y	N	N	N	N	N	Wheat, Barley	N	Y	MC	N	N
Cream of Chicken	N	N	Y	N	Y	N	N	N	N	N	Wheat, Barley	N	N	N	N	N
Leek and Potato	Y	N	N	N	Y	N	N	N	N	N	N	N	N	Y	N	N
Minestrone	N	N	Y	N	MC	N	N	N	N	N	Wheat	N	Y	N	N	N
Red Pepper and Tomato	Y	N	N	N	Y	N	N	N	N	N	Barley	N	N	N	N	N
Tomato	Y	N	N	N	Y	N	N	N	N	N	Wheat	N	Y	N	N	N
Wild Mushroom	Y	N	N	N	Y	N	N	N	N	N	Wheat, Barley	N	N	N	N	N
Beef Goulash	N	N	N	N	N	N	N	N	N	N	Wheat, Barley	N	N	Y	N	N
Thai Style Vegetable	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Cream of Mushroom	Y	N	Y	N	Y	N	N	N	N	N	N	N	Y	N	N	N
Miscellaneous Items																
DORITOS® Nachos (DORITOS® Lightly Salted Tortilla Chips)	Y	N	N	N	Y	N	N	N	MC	N	MC - Gluten - Wheat, Barley	N	N	N	N	N
DORITOS® FLAMIN' HOT® Nachos (DORITOS® FLAMIN' HOT® Flavoured Tortilla Chips)	Y	N	N	N	Y	N	N	N	MC	N	MC - Gluten - Wheat, Barley	N	N	N	N	N
Hash Browns	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Flavoured Coffee Syrups: Vanilla, Gingerbread, Caramel, Chocolate,	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Flavoured Coffee Syrups: Hazelnut	Y	Y	N	N	N	N	N	N	N	Hazelnut	N	N	N	N	N	N
Flavoured Coffee Syrups: Honeycomb	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Coffee / Tea	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)	Y	N	N	N	Y	N	N	N	N	N	N	N	N	N	N	N
Fountain drinks: Robinsons™ Apple & Blackcurrant	Y	Y	N	N	N	N	N	N	N	N	N	N	Y	N	N	N
Fountain drinks: Diet Pepsi®	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fountain drinks: Other	Y	Y	N	N	N	N	N	N	N	N	N	N	N	N	N	N
SubShake - Vanilla - Selected Stores	Y	N	N	N	Y	N	N	N	MC	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N
SubShake - Strawberry - Selected Stores	Y	N	N	N	Y	N	N	N	MC	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N
SubShake - Chocolate - Selected Stores	Y	N	N	N	Y	N	N	N	Y	MC - Nuts	MC - Gluten - Wheat	N	N	N	N	N
Roasted Garlic & Parsley Spread	Y	N	N	N	MC	N	N	N	N	N	N	N	N	N	N	N

* = Formed meat. Ø = Made with shaved steak strips, contains peppers & onions. *May come in contact with non vegetarian items. *Hand torn in-store 100% chicken breast marinated, seared and cooked in its own juices. *Beechwood Naturally Smoked Back Bacon with added smoke flavour. IOI = Only available in the Island of Ireland.

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Our plant-based/vegetarian products are made using plant-based/vegetarian ingredients. However, in store, our plant-based/vegetarian ingredients may come into contact with non plant-based/vegetarian ingredients. Although your meal is prepared with care, we cannot guarantee it will be 100% plant-based/vegetarian.

