

ALLERGEN INFORMATION

APRIL 2025

Symbol	Meaning
Y	Ingredients suitable for vegetarian / vegan diet
X	Allergen contained in the ingredient
~	May Contain - the allergen is present at the ingredients manufacturing site and our suppliers believe there is a significant risk this allergen could cross-contaminate the ingredient

All food is freshly prepared in our kitchens and, while we have controls in place to minimise cross-contamination, many allergens are handled in store and we cannot guarantee that our food will be allergen free or that it will be suitable for those with allergies. Our vegan items are made to vegan recipes. However, they are not suitable for those with dairy & egg allergies.


	Ingredient suitable for vegetarians	Ingredient suitable for a vegan diet	Egg	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soya	Tree Nuts	Cereals containing gluten					Sulphites	Celery	Mustard	Lupin	Molluscs
	Wheat	Barley	Oat	Rye	Spelt															
Bread																				
Italian White Bread	Y	Y			~				X		X									
Wholegrain Bread	Y	Y			~				X		X	X								
Hearty Italian Bread	Y	Y			~				X		X	X								
Italian Herb & Cheese Bread	Y				X				X		X	X								
Honey & Oat Bread	Y				~				X		X	X	X							
Jalapeño Cheese Bread	Y				X				X		X				X					
Gluten-Free Bread*	Y	Y									X									
Plain Tortilla Wrap	Y	Y									X									
Meat, Poultry, Fish, Eggs & Plant-Based Proteins																				
Roast Chicken Breast Strips/Ham*/Turkey Breast†																				
Bacon/Pepperoni/Salami																				
Chicken Tikka					X						X									
Rotisserie-Style Chicken																				
Nacho Chicken Bites					~				~		X									
Meatballs (in Marinara Sauce)					X						X									
Meatballs (in BBQ Sauce)					X						X							X		
Breakfast Sausage Patty											X									
Philly Steak*												X								
Taco Beef											X									
Tuna (with Lite Mayonnaise)				X	X													X		
Poached Egg	Y			X																
Plant-Based Steak	Y	Y							X		X						~		~	
Plant Patty	Y	Y							X		X						X		~	
Cheese & Vegetables																				
American Sliced Cheese	Y				X															
Shredded Mozzarella & Cheddar Cheese/Mozzarella	Y				X															
Monterey Jack Cheddar Slices/Peppered Cheese	Y				X															
Brie	Y				X															
Vegan CheeZe	Y	Y																		
Jalapeños	Y	Y														X				
Lettuce/Cucumber/Mixed Peppers/Tomato	Y	Y																		
Onion/Pickles/Sweetcorn/Olives	Y	Y																		
Sauces & Condiments																				
BBQ Sauce	Y	Y																X		
HP Brown Sauce	Y											X		X						
Chipotle Southwest Sauce	Y			X														X		
Extra-Spicy Chipotle	Y	Y																X		
Lite Mayonnaise	Y			X														X		
Garlic & Herb Sauce	Y	Y																X		
Teriyaki Sauce	Y	Y							X									X		
Sweet Onion Sauce	Y	Y																X		
Tomato Ketchup	Y	Y															X			
Caesar Sauce	Y			X		X			X											
Marinara Sauce/Salsa/Garlic-Infused Oil	Y	Y																		
Caramelised Red Onion in Balsamic Vinegar	Y	Y																		
Guacamole	Y	Y																		
Mango Habanero Sauce	Y	Y																		
Chimichurri Sauce	Y																			
Honey Mustard Sauce	Y																	X		
Crispy Onions	Y	Y									X									
Sea Salt/Mixed Peppercorns/Southwest Seasoning	Y	Y																		
Desserts																				
Hot Cross Bun	Y								X		X					~				
Footlong Cookie	Y			X		X			X		~	X								
Footlong Churro	Y			X		X			X		~	X								
Caramel Sauce	Y					X														
Footlong Gingerbread Cookie	Y					X					~	X								
Hazelnut Cookie	Y			~		X			X	~	~	Hazelnut	X							
Chocolate Chunk Cookie	Y			X		X			X	~	~	~	X							
White Macadamia Cookie	Y			X		X			X	~	~	Macadamia	X							
Rainbow Chocolate Chip Cookie	Y			X		X			X	~	~	~	X							
Double Chocolate Cookie	Y	Y		~		~			X	~	~	~	X							
Raspberry Cheesecake Cookie	Y			X		X			X	~	~	~	X							
Oreo® Muffin	Y			X		X			X	~	~	~	X							
Sugared Donut/Chocolate Donut	Y			~		X			X	~	~	~	X							
Snacks & Sides																				
Doritos® Nachos (Doritos® Lightly Salted Tortilla Chips)	Y					X			~		~	~								
Doritos® Nachos (Doritos® Tangy Cheese Tortilla Chips)	Y					X			~		X	~	~							
Doritos® Nachos (Doritos® Chilli Heatwave Tortilla Chips)	Y					~			X		X	~	~							
Cheesy Bites	Y					X					X									
Chipotle Cheesy Bites	Y					X					X									
Jacket Potato, Baked Beans (in participating stores only)	Y	Y																		
Butter	Y					X														
Hash Browns, Crinkle Wedges	Y	Y																		
Waffle Fries	Y	Y									X									
Quaker Oats Golden Syrup flavour	Y					X			~		~	~	X							
Quaker Oats Hearty Original	Y					X					~	~	~	X						
Drinks																				
Flavoured Coffee Syrups: Vanilla, Caramel, Chocolate	Y	Y																		
Flavoured Coffee Syrups: Hazelnut	Y	Y								Hazelnut										
Flavoured Coffee Syrups: Honeycomb	Y																			
Black Coffee/Black Tea	Y	Y				~														
Cappuccino/Latte/Coffee with Milk/Tea with Milk	Y					X														
Hot Chocolate/Chocolate Sprinkles (for Cappuccino)/Mocha	Y					X			X											
Fountain Drinks: Robinsons® Apple & Blackcurrant	Y	Y														X				
Fountain Drinks: Other	Y	Y																		

Although every care has been taken to remove bones from our meat and fish ingredients some may remain.
Although extra care has been taken to remove all olive stones, some may remain.
*Formed meat.
Our vegan ingredients may come into contact with non-vegan ingredients.
*Our Gluten-Free Bread is manufactured in a gluten-free facility. However, as other ingredients in our stores contain gluten and products are prepared on shared equipment, our Gluten-Free Bread may come into contact with gluten as we prepare your meal.
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											Wheat	Barley	Oat	Rye	Spelt						
Bread																					
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Wholegrain Bread	Y	Y			~				X		X	X									
Hearty Italian Bread	Y	Y			~				X		X										
Italian Herb & Cheese Bread	Y				X				X		X										
Honey & Oat Bread	Y				~				X		X	X	X								
Jalapeño Cheese Bread	Y				X				X		X				X						
Gluten-Free Bread*	Y	Y																			
Plain Tortilla Wrap	Y	Y									X										
Halal Meat, Eggs & Plant-Based Proteins																					
Halal Roast Chicken Breast Strips/Halal Turkey Ham*/Halal Turkey Breast*																					
Halal Turkey Rashers*/Halal Pepperoni (Beef)/Halal Salami (Beef)																					
Halal Rotisserie-Style Chicken																					
Halal Chicken Tikka					X						X										
Halal Nacho Chicken Bites					~				~		X										
Halal Beef Meatballs (in Marinara Sauce)					X				X		X										
Halal Beef Meatballs (in BBQ Sauce)					X						X							X			
Halal Breakfast Turkey* Sausage Patty											X										
Halal Philly Steak*												X									
Halal Taco Beef													X								
Tuna (with Lite Mayonnaise)			X	X															X		
Poached Egg	Y		X																		
Plant-Based Steak	Y	Y							X		X						~		~		
Plant Patty	Y	Y							X		X						X		~		
Cheese & Vegetables																					
American Sliced Cheese	Y				X																
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Lite Mayonnaise	Y		X																X		
Garlic & Herb Sauce	Y	Y																	X		
Teriyaki Sauce	Y	Y							X												
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Tomato Ketchup	Y	Y															X				
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Crispy Onions	Y	Y										X									
Sea Salt/Mixed Peppercorns/Southwest Seasoning	Y	Y																			
Desserts																					
Hot Cross Bun	Y								X			X				~					
Footlong Cookie	Y		X		X				X			X									
Footlong Churro	Y		X		X				X		~	X									
Caramel Sauce	Y				X							X									
Footlong Gingerbread Cookie	Y				X							X									
Hazelnut Cookie	Y		~		X				X	~	Hazelnut	X									
Chocolate Chunk Cookie	Y		X		X				X		~	X									
White Macadamia Cookie	Y		X		X				X	~	Macadamia	X									
Rainbow Chocolate Chip Cookie	Y		X		X				X			X									
Double Chocolate Cookie	Y	Y	~		~				X			X									
Raspberry Cheesecake Cookie	Y		X		X				X			X									
Oreo® Muffin	Y		X		X				X			X									
Sugared Donut/Chocolate Donut	Y		~		X				X			X									
Snacks & Sides																					
Doritos® Nachos (Doritos® Lightly Salted Tortilla Chips)	Y				X				~			~	~								
Doritos® Nachos (Doritos® Tangy Cheese Tortilla Chips)	Y				X				~			X	~								
Doritos® Nachos (Doritos® Chilli Heatwave Tortilla Chips)	Y				~				X			X	~								
Chipotle Cheesy Bites	Y				X							X									
Cheesy Bites	Y				X							X									
Jacket Potato, Baked Beans (in participating stores only)	Y	Y																			
Butter	Y				X																
Hash Browns, Crinkle Wedges	Y	Y																			
Waffle Fries	Y	Y																			
Quaker Oats Golden Syrup flavour	Y				X				~			~	~	X							
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Drinks																					
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