

Allergen Information

Our products are produced in factories which handle nuts.

	Eggs	Fish	Milk (lactose)	Peanuts	Sesame	Crustaceans	Soja	Nuts	Cereals containing Gluten	Sulphites	Celery	Mustard	Lupin	Molluscs
Bread														
Italian (White) Bread									1					
9-Grain Wheat Bread									1, 2, 3, 4, 5					
9-Grain Multi-seed Bread									1, 2, 3, 4, 5					
Hearty Italian Bread									1					
Italian Herb & Cheese Bread									1					
Gluten Free Bread														
Chilli & Paprika Bread									1					
Tomato Basil Wrap									1					
Flatbread									1, 4					
Spinach Wrap									1					
Meat, Poultry, Seafood, Eggs, Vegan Patty* and Veggie Patty^														
Roast Chicken Breast Strips														
Teriyaki Glazed Chicken Breast									1					
Chicken Tikka									1					
Rotisserie-Style Chicken*									1					
Ham†														
Turkey Breast†														
Maple Cured Streaky Bacon														
Back Bacon‡														
Pepperoni														
Salami														
Meatballs (in Marinara Sauce)									1					
Sausage									1					
Steak† (made with shaved steak strips, green pepper and onion)									3					
Tuna (with Lite Mayonnaise)														
Egg Omelette														
Poached Egg														
Vegan Patty*									1					
Veggie Patty^									1					
Cheese & Vegetables														
American Cheese														
Shredded Mozzarella & Cheddar Cheese														
Italian Hard Grated Cheese														
Olives														
Pickles														
Jalapeños														
Sweetcorn														
Guacamole														
Lettuce, Cucumber, Tri-Colour Peppers, Tomato, Onion, Carrot, Spinach														
Sauces & Condiments														
Hickory Smoked Barbecue Sauce									3					
Chipotle Southwest Sauce														
Honey & Wholegrain Mustard Sauce														
Lite Mayonnaise														
Sticky Sweet Chili Sauce														
Sweet Onion Sauce (contains poppy seeds)														
Tomato Ketchup														
Sriracha Sauce														
Caesar Sauce														
Salsa														
Marinara Sauce														
HP Brown Sauce									2, 3					
Vinaigrette Dressing														
Vegan Garlic Aioli*														
Crispy Onion									1					
Diced Beetroot														
Chopped SunBlush™ Tomatoes														
Sea Salt / Mixed Peppercorn / Chili Flakes / Oregano														
Ranch Sauce														
Cookies**, Donuts & Muffins														
Chocolate Chunk Cookie								**	1					
Double Chocolate Cookie								**	1					
White Chip Macadamia Nut Cookie								14	1					
Oatmeal Raisin Cookie								**	1, 4					
Rainbow Cookie								**	1					
Cadbury's® Caramel Muffin								**	1					
Nutella® Muffin								8	1					
Oreo® Muffin								**	1					
Sugar Donut								**	1					
Choco Donut								**	1					
Soups														
Carrot and Coriander														
Country Chicken and Vegetable									1, 3					
Cream of Chicken									1, 3					
Leek and Potato														
Minestrone									1					
Red Pepper and Tomato									3					
Tomato									1					
Wild Mushroom									1, 3					
Beef Goulash									1, 3					
Thai Style Vegetable														
Cream of Mushroom														
Miscellaneous items														
Nachos (Doritos® Lightly Salted)														
Hash Browns														
Flavoured Coffee Syrups: Vanilla, Gingerbread, Caramel, Chocolate														
Flavoured Coffee Syrups: Hazelnut								8						
Coffee / Tea														
Cappuccino / Latte / Hot Chocolate / Chocolate Sprinkles (for Cappuccino)														
Fountain drinks: Robinsons® Apple And Blackcurrant														
Fountain drinks: Other														

†Formed meat. *Our vegan products are made using vegan ingredients. However, within our normal operating environment, our vegan ingredients may come into contact with non-vegan ingredients. *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.

■ = CONTAINS ** = Due to the nature of storage, product may come into contact with nuts.

Within the normal operating environment, it is not possible to guarantee that Sub and salad ingredients are 100% free from allergen cross-contact. Store product range may vary from the above selection. Please refer to your Sandwich Artist™ with any questions related to items not shown on this chart. Correct at time of printing (June 2019)

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1	Wheat
2	Rye
3	Barley
4	Oat
5	Spelt
6	Kamut

7	Almond
8	Hazelnut
9	Walnut
10	Cashew nut
11	Pecan nut
12	Brazil nut
13	Pistachio
14	Macadamia nut

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Tomato Basil Wrap									1						
Flatbread									1, 4						
Spinach Wrap									1						
Meat, Poultry, Seafood, Eggs, Vegan Patty* and Veggie Patty^															
Halal Roast Chicken Breast Strips															
Halal Teriyaki Glazed Chicken Breast									1						
Halal Chicken Tikka									1						
Halal Rotisserie-Style Chicken*									1						
Halal Turkey Ham†															
Halal Turkey Breast†															
Halal Turkey Rasher†															
Halal Pepperoni (Beef)															
Halal Salami (Beef)															
Halal Meatballs (in Marinara Sauce)									1						
Halal Turkey Sausage Patty†									1						
Halal Steak† (made with shaved steak strips, green pepper and onion)									3						
Tuna (with Lite Mayonnaise)															
Egg Omelette															
Poached Egg															
Vegan Patty*									1						
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Double Chocolate Cookie								**	1						
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Oatmeal Raisin Cookie								**	1, 4						
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Cream of Chicken									1, 3						
Leek and Potato									1						
Minestrone									1						
Red Pepper and Tomato									3						
Tomato									1						
Wild Mushroom									1, 3						
Beef Goulash									1, 3						
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Cream of Mushroom															
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