

# ALLERGEN MATRIX

Please find the allergen information for each items in the buffet in the matrix below

DISHES															No Allergens
BAKES	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide	No Allergens
GLUTEN FREE BROWNIE				X											
VANILLA COOKIE		X		X			X								
BANANA YOGHURT FLAPJACK		X					X						X		
BLUEBERRY MUFFIN		X		X			X						X		
LEMON AND POPPY SEED MUFFIN		X		X			X						X	X	
RASPBERRY MUFFIN		X		X			X						X		
STICKY TOFFEE MUFFIN		X		X			X						X		
CARROT CAKE		X		X			X							X	
APPLE CAKE		X		X			X						X		
CRISPY CAKE		X					X						X		
SHORTBREAD		X													

“Some of our menu items contain food allergens. If you have any queries please speak to a member of staff who will be able to assist.”