

SUPERIOR SANDWICHES ALLERGEN CONTENT

| | | * | | | | *** •** | Ō | | | 8 | | •• | 00 | |
|--|--------|---------------------------------|------------------|------|-------------|------------|------------------------|---------|-----------------------------|------|---------|-----------------|---------------|--------------------|
| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| | бт | | | | | | | | | | | | | |
| Ultimate Breakfast | | Gluten /Wheat in Bread | | • | | | In Cheddar Cheese | | V In Relish | | | | ✔ In Bread | ✔ In Relish |
| Sausage & Egg | | Gluten / Wheat in Bread | | ~ | | | V In Cheddar Cheese | | | | | | V In Bread | |
| Bacon & Egg | | Gluten / Wheat in Bread | | ~ | | | In Cheddar Cheese | | | | | | V In Bread | |
| California Breakfast | | Gluten / Wheat | | ~ | | | In Feta Cheese | | | | | | ✔ In Bread | |
| Eggs Royale | | Gluten / Wheat | | 4 | ✔ Salmon | | | | | | | | V In Bread | |
| Eggs Benedict | | Gluten / Wheat | | ~ | | | | | | | | | ✔ In Bread | |
| Sausage Muffin | | Gluten /Wheat in Bread | | | | | ✔ In Cheddar Cheese | | | | | | V In Bread | |
| Bacon Muffin | | Gluten / Wheat in Bread | | | | | V In Cheddar Cheese | | | | | | ✔ In Bread | |
| Ultimate Breakfast Pot | | | | ~ | | | ✔ In Cheddar Cheese | | V In Relish | | | | | V In Relish |
| Cheesy Beans Pot | | | | ~ | | | ✔ In Cheddar Cheese | | | | | | | |
| California Breakfast Pot | | | | ~ | | | ✔ In Feta Cheese | | ✔ In Fajita Seasoning | | | | | |
| Porridge with Honey & Banana | | Gluten / Wheat in Bread | | | | | ~ | | | | | | | |
| Porridge with Apple, Honey & Cinnamon | | Gluten /Wheat in Bread | | | | | ~ | | | | | | | |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| F FAVOURITES (Br | ead Include | ed) | | | | | | | | | | | | |
| Wicked™ | | Gluten / Wheat | | In Mayo | | | In Provolone, Cheddar & Chilli Cheddar Cheese | | | | | | | |
| Cali Chicken club | | Gluten / Wheat | | V In Mayo | | | In Swiss Cheese | | | | | | | |
| Shrimp Po'boy | In Shrimp | Gluten / Wheat in Bread | V In Shrimp | In Shrimp & Cajun Tartar | In Shrimp | | In Shrimp | In Shrimp | In Shrimp, Cajun Tartar & Pickles | | | | | In Shrimp |
| Big Italian Meatball | | Gluten / Wheat in Meatballs & Bread | | | | | In mozzarella | | | | | | | |
| Beef Mushroom Melt | | Gluten / Wheat in SoySauce & Bread | | V In Mayo | | | In Provolone Cheese & Whirl Butter | | | | | | | in lemon juice |
| Ultimate BLT | | Gluten / Wheat | | In Spicy Mayo | | | | | | | | | | |
| Garlic Chicken | | Gluten / Wheat in Bread | | In Garlic Alioli | | | In Cheddar Cheese | | | | | | | In Garlic Alioli |
| Loaded BBQ Pork | In BBQ Sauce | Gluten / Wheat | | In Coleslaw | | | In Cheddar Cheese | | | | | | | ✔ In Coleslaw |
| Mushroom Avocado Melt | | Gluten / Wheat in SoySauce & Bread | | V In Mayo | | | In Provolone Cheese | | | | | | ✔ In Soy Sauce | ✔ in lemon juice |
| Salt Beef | | Gluten / Wheat | | | | | In Cheddar Cheese | | ✔ In American Mustard | | | | | |
| Ham & Cheese Please | | Gluten / Wheat in Bread | | V In Mayo | | | In Swiss Cheese | | ✔ In Dijon Mustard | | | | | |
| Vegan SuperWich | | Gluten / Wheat | | | | | | | | | | V In Hummus | | |
| Super Vegan Wrap | ~ | V Gluten /Wheat in Wrap | | | | | | | ✔ In Tomato Relish | | | | | In Tomato Relish |
| Philly Cheesesteak | | Gluten /Wheat in Bread | | | | | In Cheese | | | | | | | |
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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| BUILD YOUR OW | N | gracen | | | | | - | | | | | | | |
| WICKED™ (Bread all bread & spinach | Not Includ | led) | haat allarg | | low are for all | othor ingradia | | | | | | | | |
| Wicked™(without | | | ileal – allerge | | | | <u> (1115)</u> | | | | | | | |
| Cheese) | | | | | | | | | | | | | | |
| CHICKEN (Bread (all bread & spinach | Not Include tortilla conta | ed) ains aluten & wl | heat – allerge | ens shown be | low are for all | other ingredie | ents) | | | | | | | |
| Chicken | | | <u> </u> | | | <u>_</u> | | | | | | | | |
| BEEF (Bread Not (all bread & spinach | Included) | ains duten 8 w | heat - allera | ens shown bo | low are for all | other ingredi | ante) | | | | | | | |
| Roast Beef | | | near – anerg | CHS SHOWH DE | | | | | | | | | | |
| TURKEY WICHES | (Bread No | t Included) | | | | | | 1 | | | | | | |
| (all bread & spinach) Turkey | tortilla conta | ains gluten & w | heat – allerg | ens shown be | low are for all | other ingredie | ents) | | | | | | | |
| TALIAN (Bread N | lot Included | | | | | | | | | | | 1 | | |
| (all bread & spinac | | tains gluten & v | vheat – allerg | <mark>jens shown b</mark> e | elow are for al | l other ingred | ients) | 1 | | | | | | 1 |
| Cappicolla / Pepperoni | | ad Not Include | ed) | | | | | | | | | | | |
| (all bread & spinac | h tortilla cont | tains gluten & v | vheat – allerg | <mark>jens shown b</mark> e | elow are for al | l other ingred | ients) | | | | | | | |
| Ham | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| (all bread & spinac | h tortilla cont | tains gluten & v | vheat – allerg | ens shown be | elow are for al | other ingred | ients) | | | | | | | |
| Tuna Melt | | | | In Mayo | 🖌 In Tuna | | | | | | | | | |
| VEGETARIAN (Br | ead Not Inc | luded) | | | | | | .1 | | | | 1 | | |
| (all bread & spinac | h tortilla cont | tains gluten & v | vheat – allerg | jens shown be | elow are for al | other ingred | ients) | | | | | | | |
| BYOV | | | | | | | | | | | | | | |
| LTOS WICHES (all bread & spinach tor | tilla contains | gluten & whea | t – allergens | shown below | are for all oth | er ingredients | .) | | | | | | | |
| Thank you Turkey™ | | ~ | | v | | | | | | | | | In Bread | |
| (on white baguette) | | Gluten / Wheat in Bread | | In Mayo | | | In Cheddar Cheese | | | | | | | |
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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| | | | | | | | | | | | | | | |
| PB&J | | Gluten /Wheat | | | | | | | | May Contain in Peanut Butter | In Peanut Butter | | | In Fruit Jam |
| Super Awesome Grilled Cheese | | Gluten /Wheat | | | | | In Mozzarella & Cheddar Cheese | | | | | | | |
| Cheesy PizzaWich | | Gluten /Wheat in Bread | | | | | V In Cheddar Cheese | | | | | | | |
| Ham KidsWich | | Gluten /Wheat in Bread | | | | | In American Cheese | | | | | | | |
| Chicken KidsWich | | Gluten / Wheat in Bread | | | | | In American Cheese | | | | | | | |
| FRIES & SIDES | | | | | | | | | | | | | | |
| McCain Sure Crisp Fries | | | | | | | | | | | | | | |
| EvFav Sweet Potato Fries | | | | | | | | | | | | | | |
| Coleslaw Side | | | | In Mayo | | | | | | | | | | in Cider Vinegar |
| Sautéed Mushrooms | | | | | | | | | | | | | In Soy Sauce | in lemon juice |
| Cruditee Egg & Spinach | | | | In Eggs | | | | | | | | | | |
| Cruditee Hummus & Veggies | | | | | | | | | | | | V In Hummus | | - |
| Garlic Aioli Dip | | | | 🖌 In Mayo | | | | | | | | | | in lemon juice |
| Blue Cheese Dip | | | | V In Mayo | | | In Sour Cream & Blue Cheese | | | | | | | in lemon juice |
| House Harissa Dip | | | | 🖌 In Mayo | | | | | | | | | | ✓ in lemon juice |
| Special Ranch Dip | | | | In Mayo | | | V In Full Fat Milk | | | | | | | |
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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| SHAKES & SWE (all shakes contain | E TS n dairy – aller | | low are for al | l other ingred | ients | | | | | | | | | |
| Oreo Shake | | In Oreo | | | | | In Full Fat Milk | | | | | | In Oreo | |
| Vanilla Shake | | | | | | | In Full Fat Milk | | | | | | | |
| Peanut Butter Shake | | | | | | | In Full Fat Milk | | | V In Peanut Butter | ✔ In Peanut Butter | | | |
| Banana Shake | | | | | | | In Full Fat Milk | | | | | | | |
| Chocolate Shake | | | | | | | In Full Fat Milk | | | | | | | |
| Strawberry Shake | | | | | | | ✔ In Full Fat Milk | | | | | | | |
| Banana Cake | | ~ | | | | | ~ | | | | | | ✓ | |
| Toffee Cake | | ~ | | | | | v | | | | | | v | |
| Coconut Cake | | ~ | | | | | ~ | | | | | | ~ | |
| Double Chocolate Cookie | | 4 | | v | | | ~ | | | | | | v | |
| Oatmeal and Raisin Cookie | | ~ | | ~ | | | ~ | | | | | | v | |
| Lemon Poppy-seed Muffin | | ~ | | ~ | | | ~ | | | | | | v | |
| Double Chocolate Muffin | | • | | ~ | | | ~ | | | | | | v | |
| Blueberry Muffin | | ~ | | ~ | | | ~ | | | | | | ~ | |
| | OTS | | | | | | | | | | | | | |
| Mango Pot | | | | | | | | | | | | | | |
| Mango, Kiwi & Pomegranate | | | | | | | | | | | | | | |
| Melon & Blueberries | | | | | | | | | | | | | | |
| Mango & Pineapple | | | | | | | | | | | | | | |
| Mango, Melon & Pineapple | | | | | | | | | | | | | | |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| | (S | | | | - | | 1 | - | i I | | | | | |
| Pipers Salted Crisps | | | | | | | | | | | | | | |
| Pipers Salt & Vinegar Crisp | | | | | | | ~ | | | | | | | |
| Pipers Cheddar & Onion Crisps | | | | | | | ~ | | | | | | | |
| Pipers Chorizo Crisps | | | | | | | ~ | | | | | | | |
| Real Sea Salt Crisps | | | | | | | | | | | | | | |
| Proper Corn Sweet & Salty Popcorn | | | | | | | | | | | | | | |
| Yogurt & Cranberries | | | | | | | V | | | | | | | |
| Milk Chocolate Honeycomb | | ~ | | | | | v | | | | | | | |
| Honey Chilli Peanuts | | | | | | | | | | | ~ | | | |
| Perkier Bar | | | | | | | | | | V | | | ~ | |
| Eat Natural Bar | | | | | | | | | | | ~ | | ~ | |
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| | | | | | | | | | | | | | | |
| Brooklyn Beer | | v | | | | | | | | | | | | |
| Coke / Diet Coke | | | | | | | | | | | | | | |
| Coke Zero | | | | | | | | | | | | | | |
| Fanta Orange | | | | | | | | | | | | | | |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Fanta Lemon | | | | | | | | | | | | | | |
| Sprite | | | | | | | | | | | | | | |
| Dr. Pepper | | | | | | | | | | | | | | |
| San Pellegrino Limonata | | | | | | | | | | | | | | |
| San Pellegrino Aranciata | | | | | | | | | | | | | | |
| San Pellegrino Melograno | | | | | | | | | | | | | | |
| San Pellegrino Pompelmo | | | | | | | | | | | | | | |
| San Pellegrino Blood Orange | | | | | | | | | | | | | | |
| Lemons & Limes - Innocent Juicy Water | | | | | | | | | | | | | | |
| Oranges & Lemons - Innocent Juicy Water | | | | | | | | | | | | | | |
| Raspberries & Apples Innocent Juicy Water | | | | | | | | | | | | | | |
| Coconut Water | | | | | | | | | | | | | | |
| Harrogate Still Water | | | | | | | | | | | | | | |
| Harrogate Sparkling Water | | | | | | | | | | | | | | |
| Coldpress Orange | | | | | | | | | | | | | | |
| Coldpress Apple | | | | | | | | | | | | | | |
| Coldpress Banana & Pineapple | | | | | | | | | | | | | | |
| Coldpress Mango & Passion Fruit | | | | | | | | | | | | | | |
| Coldpress Mend & Defend | | | | | | | | | | | | | | |
| Coldpress Survive & Thrive | | | | | | | | | | | | | | |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| CATERING WICHES | | | | | | | | | | | | | | |
| Turkey Club (on white baguette) | | Gluten / Wheat in Bread | | V In Mayo | | | In Swiss Cheese | | | | | | | |
| Chicken (on white baguette) | | Gluten / Wheat in Bread | | ✔ In Mayo | | | In Cheddar Cheese | | | | | | | |
| Buffalo Chicken (on white baguette) | | Gluten / Wheat in Bread | | V In Ranch | | | In Blue Cheese | | | | | | | |
| Ham (on white baguette) | | Gluten / Wheat in Bread | | ✔ In Mayo | | | In Cheddar Cheese | | | | | | | |
| Italian (on white baguette) | | Gluten / Wheat in Bread | | In Ranch | | | In Blue Cheese | | | | | | | |
| Tuna (on white baguette) | | Gluten / Wheat in Bread | | ✔ In Mayo | 🖌 In Tuna | | In Cheddar Cheese | | | | | | ✔ In Bread | |
| Caprese (on white baguette) | | Gluten / Wheat in Bread | | | | | In Mozzarella Cheese & Pesto | | | In Pesto | | | | |
| Salt Beef (on white baguette) | | Gluten / Wheat in Bread & Thousand Island | | In Thousand Island | | | In Swiss Cheese | | | | | | | |
| CATERING SALADS | | - Iolana | | | | | | | | | | | | |
| House Salad | | Gluten / Wheat | | V In Ranch | | | V In Ranch | | | | | | | ✔ in Balsamic Vinegar |
| Cobb Salad | | Gluten / Wheat in Bread | | ✔ In Ranch | | | In Blue Cheese & Ranch | | | | | | | in Balsamic Vinegar |
| Chef Salad | | Gluten / Wheat in Bread | | ✔ In Ranch | | | In Cheddar & Provolone Cheese | | | | | | | in Balsamic Vinegar |
| CATERING SIDES | | | | | | | | | | | | | | |
| Veggie Assortment Tray | | | | ✔ In Ranch | | | ✔ In Ranch | | | | | ✔ In Hummus | | |
| Cheese and Fruit Tray | | | | | | | ~ | | | | | | | |
| CATERING SWEETS | | | | | | | | | | | | | | |
| Dozen Cookies | | v | | ~ | | | ~ | | | | | | ~ | |
| Dozen Sweet Muffins | | ~ | | ~ | | | ~ | | | | | | ~ | |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Dozen Mini Cakes | | ~ | | | | | ~ | | | | | | ~ | |
| Decadent Dessert Tray | | ~ | | | | | ~ | | | | | | ~ | |
| BREADS | | | | | | | | | | | | | | |
| White Bread | | Gluten / Wheat | | | | | | | | | | | | |
| Wheat Bread | | Gluten / Wheat | | | | | | | | | | | | |
| Spinach Tortilla Wrap | | Gluten / Wheat | | | | | | | | | | | | |
| Barrel Sourdough | | Gluten / Wheat | | | | | | | | | | | | |
| English Muffin | | Gluten / Wheat | | | | | ~ | | | | | | | |
| White Bread (Sandwich) | | Gluten / Wheat | | | | | | | | | | | | |
| MEATS & FISH | | | | | | | | | | | | | | |
| Chicken | | | | | | | | | | | | | | |
| Turkey | | | | | | | | | | | | | | |
| Roast Beef | | | | | | | | | | | | | | |
| Ham | | | | | | | | | | | | | | |
| Italian | | | | | | | | | | | | | | |
| Pulled Pork | | | | | | | | | | | | | | |
| Salt Beef | | | | | | | | | | | | | | |
| Cumberland Sausage | | | | | | | | | | | | | | |
| Meatballs | Gluten / Wheat | | | | | | | | | | | | | |
| Salami | | | | | | | | | | | | | | |
| Capicola | | | | | | | | | | | | | | |
| Pepperoni | | | | | | | | | | | | | | |
| Tuna | | | | | ~ | | | | | | | | | |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Smoked Salmon | | | | | ~ | | | | | | | | | |
| Breaded Shrimp | | ~ | v | V Mari Canatala | ✔ May Contain | | / | V Mari Gantain | | | | | | ✔ May Contain |
| CHEESES | | | | May Contain | May Contain | | May Contain | May Contain | | | | | | way contain |
| | | | | | | | ✓ | | | | | | | |
| Cheddar | | | | | | | V | | | | | | | |
| Mexicana Chilli Cheddar | | | | | | | | | | | | | | |
| Mozzarella | | | | | | | ~ | | | | | | | |
| Provolone | | | | | | | ~ | | | | | | | |
| Swiss | | | | | | | ~ | | | | | | | |
| American | | | | | | | ~ | | | | | | | |
| Blue Cheese | | | | | | | ~ | | | | | | | |
| DRESSING, SAUCES | & MAYOS | | | | | | | | | | | | | |
| Ranch | | | | ~ | | | ~ | | | | | | | |
| Spicy Ranch | | | | ~ | | | ~ | | ~ | | | | | |
| Balsamic Vinaigrette | | | | | | | | | | | | | | ~ |
| 1000 Island | | In Wheat | | ~ | | | | | | | | | | |
| Extra Virgin Oil | | | | | | | | | | | | | | |
| Red Wine Vinegar | | | | | | | | | | | | | | ~ |
| Honey Mustard | | | | ~ | | | | | ~ | | | | | |
| Tartar Sauce | | | | ~ | | | | | ~ | | | | | |
| Cajun Tartar | | | | v | | | | | ~ | | | | | |
| Mayonnaise | | | | v | | | | | | | | | | |
| Light Mayonnaise | | | | / | | | | | | | | | | |
| Spicy Mayonnaise | | | | ~ | | | | | | | | | | |
| BBQ SAUCE (Everyday Favourite) | ~ | ~ | | | | | | | | | | | ~ | |
| Franks Buffalo Sauce | | | | | | | | | | | | | | |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Pesto | | | | | | | ~ | | | ~ | | | | |
| Marinara | | | | | | | | | | | | | | |
| Hollandaise Sauce | | | | ~ | | | ~ | | | | | | | |
| Sriracha | | | | | | | | | | | | | | |
| Dark Soy Sauce | | In Wheat | | | | | | | | | | | ~ | |
| MUSTARDS | | | | | | | | | | | | | | |
| Yellow Mustard (American) | | | | | | | | | ~ | | | | | |
| Dijon Mustard | | | | | | | | | ~ | | | | | |
| Honey Mustard | | | | ~ | | | | | ~ | | | | | |
| PEPPERS, PICKLES | & ONIONS | | | | | | | | | | | | | |
| Bell Peppers | | | | | | | | | | | | | | |
| Jalapenos | | | | | | | | | | | | | | |
| Roasted Red Peppers | | | | | | | | | | | | | | |
| Sauerkraut | | | | | | | | | | | | | | |
| Caramelised Onions | | | | | | | | | | | | | | |
| Crispy Onion Strings | | ~ | | | | | | | | | | | | |
| Red Onions | | | | | | | | | | | | | | |
| Pickles (Gherkins) | | | | | | | | | | | | | | |
| VEGGIES | | | | | | | | | | | | | | |
| Avocado | | | | | | | | | | | | | | |
| Hummus | | | | | | | | | | | | ~ | | |
| Black Olives | | | | | | | | | | | | | | |
| Cucumber | | | | | | | | | | | | | | |
| Coleslaw | | | | 🖌 In Mayo | | | | | | | | | | in Cider Vinegar |

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| | Celery | Cereals containing gluten | Crusta- ceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Mushrooms | | | | | | | | | | | | | | |
| Sweet Corn | | | | | | | | | | | | | | |
| Tomato | | | | | | | | | | | | | | |
| Lettuce | | | | | | | | | | | | | | |
| Spinach | | | | | | | | | | | | | | |
| SPICES | | | | | | | | | | | | | | |
| Salt | | | | | | | | | | | | | | |
| Pepper | | | | | | | | | | | | | | |
| Garlic | | | | | | | | | | | | | | |
| Chilli Flakes | | | | | | | | | | | | | | |