

*rustic*

— **FOOD** —

**Allergen Guide**

# Rustic Food - Allergen Guide

We cannot guarantee that our foods are allergen free. Due to the use of shared equipment in the display, preparation and service of our products there is a risk of cross contamination.

This guide is designed to provide customers who suffer from an allergy or intolerance with accurate information about our food, so that they can make an informed choice about the suitability of our products for them.

How to read the chart:

- x - this indicates that the allergen is present in the food item.
- Traces - although this allergen is not an ingredient of the product, **traces** may be present in the manufacturing site / factory / supply-chain and therefore there is a risk of cross-contamination

# Signature Filled Rolls - Made on Granary / White

Name	Celery	Cereals - Gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
<b>Rustic Club</b>		x		x			x		x				x		
<b>Rustic Special (N)</b>		x		x			x		x	x		x	x		
<b>Little Red Rooster</b>		x		x					x	traces	traces		x		
<b>Ham it Up</b>		x		x					x				x		
<b>Mambo Italiano</b>		x					x		traces	traces			x		
<b>BBC</b>		x					x						x		
<b>BLT</b>		x		x					x				x		
<b>Mediterranean Tuna</b>		x		x	x		traces		x	traces		traces	x		
<b>Seafarer</b>		x		x	x				x				x		



# Savouries

Name	Celery	Cereals - Gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
Plain Sausage Roll		x					x							x	
BBQ Pork Sausage Roll		x					x							x	
Pork, Leek and Sage Sausage Roll		x					x							x	
Chilli and Pepper Sausage Roll		x					x							x	
Onion Bhaji															Vegan
Veggie Samosa		x													Vegan
Chicken Samosa		x													
Lamb Samosa		x													
Spinach and Ricotta Roll		x					x						x		
Vegan Slice		x								x			x		Vegan
Spiced Cauliflower & Onion Bhaji Vegan Roll		x							x					x	Vegan
Vegan Sausage Roll		x												x	Vegan
Broccoli and Pepper Quiche	traces	x		x			x		traces				traces	traces	
Cheddar and Onion Quiche	traces	x		x			x		traces				traces	x	
Gluten Free Egg Muffin				x			x			traces					GF

# Cakes

Name	Celery	Cereals - Gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
<b>Terrys Tiffin</b>		x					x			traces			x	x	
<b>Mint Aero Tiffin</b>		x					x			traces	traces		traces		
<b>Rocky Road</b>		x					x			traces			traces		
<b>Mars Crispy</b>		x		x			x				trace		x		
<b>Dirty Brownie</b>		x		x			x			traces			traces		
<b>Biscoff Millionaire</b>		x					x						x		
<b>Fruity Flapjack</b>		x								traces				x	Vegan
<b>Apple &amp; Cinnamon Crumble</b>		x								x					Vegan
<b>Cherry &amp; Almond Crumble</b>		x								x					Vegan

# Cakes

Name	Celery	Cereals - Gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
<b>GF Orange &amp; Almond Cake</b>				x						x				x	GF
<b>GF Carrot Cake</b>	traces			x			x						traces	x	GF
<b>GF Courgette &amp; Lime Cake</b>	traces			x			x			traces			x		GF
<b>GF Brownie</b>	traces			x			x			traces			x		
<b>Trail Mix Energy Ball</b>		traces								x	x				
<b>Chocolate &amp; Cocoa Energy Ball</b>		traces					x			x	x				
<b>White Chocolate and Cranberry Energy Ball</b>		traces					x			x	x				
<b>Coconut Energy Ball</b>		traces								x	x				Vegan
<b>Oreo Energy Balls</b>		x					x			traces	traces		x		

# Breakfast Baps

Name	Celery	Cereals - Gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
<b>Bacon Bap</b>		x											x		
<b>Sausage Bap</b>		x											x	x	
<b>Egg Bap</b>		x		x									x		
<b>Vegan Sausage Bap</b>		x											x	x	Vegan
<b>Bacon &amp; Sausage Bap</b>		x											x	x	
<b>Bacon &amp; Egg Bap</b>		x		x									x		
<b>Sausage &amp; Egg Bap</b>		x		x									x	x	
<b>Bacon, Sausage &amp; Egg Bap</b>		x		x									x	x	



# Soup

Name	Celery	Cereals - Gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
<b>Mushroom</b>	X	Traces												X	Vegan / GF
<b>Tomato &amp; Basil</b>	X	Traces												X	Vegan / GF
<b>Carrot &amp; Coriander</b>	X	Traces												X	Vegan / GF
<b>Sweet Potato, Chilli &amp; Lime</b>	X	Traces												X	Vegan / GF
<b>Pea &amp; Mint</b>	X	Traces												X	Vegan / GF

# Salad

Name	Celery	Cereals - Gluten	Crustacea ns	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
Mixed Beans															Vegan / GF
Quinoa		traces													Vegan / GF
Falafel														traces	Vegan / GF
Sweet Chilli Sauce										traces	traces	traces			Vegan / GF
Balsamic Dressing														x	Vegan / GF
Vinaigrette									x			traces			Vegan / GF
Honey and Mustard Dressing				x					x						GF
Mayonnaise				x					x						GF
Salad Cream				x					x						GF
Pesto Oil							x			x					GF