

Food Allergies and Intolerance

Some of our foods contain allergens. We have listed these below.

If you are allergic or intolerant, or even a little unsure please ask David or Vicky who will assist. In addition to the known ingredients listed there is also some risk of Cross Contamination. Please if you are sensitive to any of the following food types Celery, Cereals/Gluten, Eggs, Fish, Lupin, Milk, Mustard, Nuts (for example almonds, hazelnuts, walnuts,) Peanuts, Sesame seeds, Soya, Sulphur Dioxide, or have any other dietary requirements please do discuss these with David or Vicky.

Cereals/Gluten	HP Sauce, Vinegar, all Cereals, Bread, Sausages. Biscuits. Toast.
Milk	Yogurt, Muesli, Butter, Cakes, Biscuits, Cheese, Salami Meats,
Peanuts	Biscuits,
Eggs	Cakes, Biscuit, Eggs, Croissants, Biscuits.
Celery (including celeriac)	Tomato Sauce
Sulphur dioxide/sulphites	Granola, Sausages. Cured Meats.
Lupin	Bread, Pastries, Toast.
Soybeans	Bread, Rolls, Toast.
Mustard	Mustard
Sesame	Rolls,
Nuts (namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio nuts, cashew, macadamia nuts or Queensland nuts)	Muesli, Granola, Fruit & Fibre. Cereals Biscuits.
Fish	Salmon. Mackerel, Kippers
Molluscs	None Known
Crustaceans	None Known