



# ALLERGEN GUIDE

**AUTUMN 2021 V 2.0**

# INTRODUCTION

## ALLERGEN INFORMATION

Allergic reactions can make people very ill and in extreme cases may lead to death. There is no cure for food/drink allergies. The only way someone can avoid getting ill is to make sure they don't consume the foods and drinks they are allergic to.

Ignorance is no excuse. The change in the law means that you will no longer be able to say that you don't know what allergens are in the food and drink you serve. Allergen information must be available when requested. It must be available for food and drink.

For bought in **Pre-Packaged** items e.g. Crisps, the required information is available on the back of the pack.

For **Counter** items e.g. prepared drinks, cakes or sandwiches the information is available in this manual.

## REMEMBER

It is particularly important to avoid cross contamination when preparing and serving a customer suffering with allergies to food and/or drink. Cross contamination is where something that could cause harm (such as an allergen, food poisoning bacteria etc.) is transferred from one surface to another. This could occur when a customer who is allergic to soya asks for a latte and the Soya Drink jug is inadvertently used to prepare their drink.



# CONTENTS KEY

Our kitchens are busy places which means that we can't guarantee that our food is suitable for those with allergies.

This useful guide has information about any allergens present in Triple Two's food and drinks.

✓ in a column entitled 'allergen(s) (e.g. wheat gluten) present' indicates that the product contains that allergen & is therefore not suitable for a guest with an allergy or intolerance to it.

The '✓'/'✗' in the column entitled 'suitable for Vegetarians/Vegans' details information supplied by the product manufacturer. It does not take into account the in-house storage/preparation methods where cross-contamination issues could render the information void.

'Gluten is a protein component of wheat, rye, barley & oats. When guests/Coeliacs ask about gluten consult the relevant column.

Dairy includes all products containing milk or milk derivatives e.g. cheese, butter, yoghurt.

The Treenuts/nuts column indicates the presence of the following; almonds, Brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts & their respective derivatives.. The tree nut source will be shown in brackets next to the ✓.

**NB: We have taken all reasonable steps to ensure that this table is accurate. Please note this data is accurate up until the point where the products enter the store. Once displayed/heated the allergen status of the products is likely to change. Your statutory rights are not affected.**

Please also note that some of our drinks made with Soya Drink may contain other ingredients made from cows' milk.

Please see the Allergy Data for full dietary information.

If a customer asks which allergens are present in a teacake with jam, help them to find the correct data and advise them to read the Contents Key before making their choice.

## Allergen Notice

Please note that all of our food is produced in a kitchen that handles food products containing allergens including peanuts, tree nuts, sesame, fish, egg, shellfish (both molluscs and crustaceans), milk, cereals containing gluten, celery/celeriac, soya, mustard and sulphites.

Although precautions are taken to avoid cross contamination it is impossible to fully guarantee complete separation of these allergens at all times.

In this guide, we are able to advise you on the presence of the following allergens in our food:

Eggs, Milk, Fish, Peanuts, Tree Nuts, Sesame, Cereals Containing Gluten, Soya, Celery & Celeriac, Mustard, Sulphur Dioxide and Sulphites.

We do not have Lupin, Crustaceans or Molluscs in our kitchen.



	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Breakfast</b>																
Original Porridge	✓	✗		✓ (Oats, Barley, Wheat)				✓								
White Toast (without butter)	✓	✓		✓ (Wheat)											✓	
Brown Toast (without butter)	✓	✓		✓ (Wheat, Barley)											✓	
Belgian Waffle (without topping)	✓	✗		✓ (Wheat)		✓									✓	
<b>Pastries</b>																
Croissant	✓	✗		✓ (Wheat)		✓										
Almond Croissant	✓	✗		✓ (Wheat)		✓					✓ (Almonds)					
Maple & Pecan Plait	✓	✗		✓ (Wheat)		✓					✓ (Pecan)					
Pain Au Raisin	✓	✗		✓ (Wheat)		✓										
Pain Au Chocolat	✓	✗		✓ (Wheat)		✓									✓	
Raspberry Portuguese Tart	✓	✗		✓ (Wheat)		✓										
Portuguese Tart	✓	✗		✓ (Wheat)		✓										
Toasted Teacake (without butter)	✓	✗		✓ (Wheat)		✓										
Ham & Brie Croissant	✗	✗		✓ (Wheat)		✓										
Portobello Mushroom & Brie Croissant	✓	✗		✓ (Wheat)		✓										
<b>Lunch</b>																
Sandwiches																
Mature Cheddar & Pickle Sandwich	✓	✗		✓ (Wheat, Barley)				✓							✓	
Chicken Club Sandwich	✗	✗		✓ (Wheat, Barley)		✓				✓					✓	
Free Range Egg Mayo & Watercress Sandwich	✓	✗		✓ (Wheat, Barley)		✓				✓					✓	
Tuna Mayonnaise & Cucumber Sandwich	✗	✗		✓ (Wheat, Barley)		✓									✓	
Smoked Salmon & Cream Cheese Bagel	✓	✗		✓ (Wheat, Barley)				✓								
Kids Cheese Sandwich	✓	✗		✓ (Wheat, Barley)				✓							✓	
Kids Ham Sandwich	✗	✗		✓ (Wheat, Barley)				✓							✓	
Wraps																
Italian Roasted Veg & Avocado Wrap	✓	✓		✓ (Wheat)											✓	
Chicken, Chorizo & Red Onion Hot Wrap	✗	✗		✓ (Wheat)												
Baguettes																
Chicken & Bacon Caesar Baguette	✗	✗		✓ (Wheat)		✓										
Brie, Caramelised Onion Chutney & Rocket Baguette	✓	✗		✓ (Wheat)		✓				✓						
Salads																
Gym Box Salad	✗	✗				✓									✓	
Buddha Bowl Salad	✓	✓				✓								✓	✓	
Sweet Potato Falafel Salad	✓	✓				✓					✓			✓	✓	

	Allergens											Sulphur Dioxide				
	Suitable For		Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard		Nuts	Peanuts	Sesame Seeds	Soya
	Vegetarians	Vegans														
<b>Toasties</b>																
Tuna Melt Flatbread	X	X		✓ (Wheat, Rye)		✓	✓		✓							✓
Tomato, Mozzarella & Pesto Flatbread	✓	X		✓ (Wheat, Rye)					✓		✓ (Cashews)					✓
Mozzarella & Red Onion Toastie (Merry Hill)	✓	X		✓ (Wheat)				✓								✓
Portobello Mushroom & Smoked Cheese Toastie	✓	X		✓ (Wheat)				✓								✓
Pepperoni Toastie	X	X		✓ (Wheat)				✓								✓
BBQ Chicken & Bacon Toastie	X	X		✓ (Wheat, Barley)				✓								✓
Striracha Chicken & Chorizo Toastie	X	X		✓ (Wheat)				✓								✓
Wiltshire Ham & Cheese Toastie	X	X		✓ (Wheat)				✓								✓
Tomato & Mozzarella Toastie	✓	X		✓ (Wheat)				✓								✓
<b>Hot Mains</b>																
Vegan Pulled Beef Chili & Rice	✓	✓														✓
Chicken Tikka Masala & Rice	X	X									✓					✓
Teriyaki Chicken & Rice	X	X		✓ (Wheat)												✓
Mac 'n' Cheese	X	X		✓ (Wheat)												✓
Chicken & Bacon Mac 'n' Cheese	X	X		✓ (Wheat)												✓
Chorizo & Broccoli Mac 'n' Cheese	X	X		✓ (Wheat)												✓
Seasoned Potato Wedges	✓	✓		✓ (Wheat)												
Southern Fried Chicken Tenders	X	X		✓ (Wheat)												
<b>Snacks</b>																
<b>Pots</b>																
Strawberry, Kiwi & Grapes	✓	✓														
Red & Green Grapes	✓	✓														
<b>Cakes</b>																
<b>Muffins</b>																
Victoria Sponge Muffin	✓	X		✓ (Wheat)		✓			✓							
Triple Chocolate Muffin	✓	X		✓ (Wheat)		✓			✓							✓
Blueberry Crumble Muffin	✓	X		✓ (Wheat)		✓			✓							
Carrot Cake Muffin <b>NEW!</b>	✓	X		✓ (Oat, Wheat)		✓			✓							✓
Toffee Apple Muffin <b>NEW!</b>	✓	X		✓ (Wheat)		✓			✓							
<b>Cakes &amp; Loafs</b>																
Chocolate Cake (NGCI)	✓	X				✓			✓							✓
Carrot Cake (NGCI)	✓	X				✓			✓							✓
Lotus Biscoff Cheesecake (Stores with chilled display only!)	✓	✓		✓ (Wheat)												✓
Caramelised Biscuit Cake <b>NEW!</b>	✓	✓		✓ (Wheat)												✓
Pumpkin & Ginger Cake <b>NEW!</b>	✓	X		✓ (Barley, Wheat)		✓			✓							
Apricot & Pistachio Frangipane <b>NEW!</b>	✓	X				✓			✓		✓ (Almonds, Pistachio)					



	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Traybakes &amp; Buns</b>																
Chocolate Brownie	>	>		✓ (Wheat)												
Salted Caramel Brownie	>	X		✓ (Wheat)					✓							
Espresso Caramel Brownie	>	X		✓ (Wheat)		✓										
Caramel Shortbread	>	X		✓ (Wheat)												
The Big Rock	X	X		✓ (Wheat, Barley)												
Blueberry Bakewell	>	>		✓ (Wheat)							✓ (Almonds)					
Dark & Fruity Flapjack	>	>		✓ (Oats)												
Toasted Coconut & Dark Chocolate Flapjack	>	>		✓ (Oats)												
Morello Cherry Blondie	>	X		✓ (Wheat)		✓										
Sticky Cinnamon Bun	>	>		✓ (Wheat, Rye)												
Chocolate & Praline Swirl	>	X		✓ (Wheat, Rye)							✓ (Hazelnut)					
Pecan Tart	>	X				✓					✓ (Almonds, Pecans)					
Buttermilk Scone	>	X		✓ (Wheat)		✓										
Lemon & Pistachio <b>NEW!!</b>	>	X				✓										
Pecan & Salted Toffee Scroll <b>NEW!</b>	>	X		✓ (Rye, Wheat)							✓ (Almonds, Pistachos)					
Toffee Crispy <b>NEW!</b>	>	X		✓ (Barley, Oats, Wheat)							✓ (Pecans)					
<b>Cookies</b>																
Milk Chocolate Cookie	>	X		✓ (Wheat)		✓										
Oat & Raisin Cookie	>	X		✓ (Wheat, Oat)		✓										
Triple Chocolate Cookie	>	X		✓ (Wheat)		✓										
Red Velvet Cookie	>	X		✓ (Wheat)		✓										
Mini Egg Cookie	>	X		✓ (Wheat)		✓										
<b>Extras</b>																
Butter Portion	>	X														
Tiptree Strawberry Jam	>	>							✓							
Tiptree Marmalade	>	>														
Tiptree Honey	>	X														
Tate & Lyle Golden Syrup	>	>														
Nutella	>	X														
Clotted Cream	>	X							✓							









	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Galeta Bakery (London only!)</b>																
Croissant	✓	✗		✓ (Wheat)		✓			✓							
Almond Croissant	✓	✗		✓ (Wheat)		✓			✓			✓ (Almonds)				
Pain au Raisin	✓	✗		✓ (Wheat)		✓			✓							
Pain au Chocolat	✓	✗		✓ (Wheat)		✓			✓							
Raspberry Danish	✓	✗		✓ (Wheat)		✓			✓							
Apricot Danish	✓	✗		✓ (Wheat)		✓			✓							
Apple Danish	✓	✗		✓ (Wheat)		✓			✓							
Lemon & Raspberry Doughnut	✓	✓		✓ (Wheat)					✓						✓	
Lotus Biscoff Doughnut	✓	✓		✓ (Wheat)					✓						✓	
Oreo Doughnut	✓	✓		✓ (Wheat)					✓						✓	
S'more Doughnut	✓	✗		✓ (Wheat)		✓			✓			✓ (Hazelnut)			✓	
Red Velvet & Nutella Doughnut	✓	✗		✓ (Wheat)		✓			✓			✓ (Hazelnut)			✓	
Salted Caramel & Pistachio Doughnut	✓	✗		✓ (Wheat)		✓			✓			✓ (Pistachio)				
Toffee Apple Crumble Doughnut	✓	✗		✓ (Wheat)					✓							
Classic Jam Doughnut	✓	✗		✓ (Wheat)		✓			✓							
Custard Doughnut	✓	✗		✓ (Wheat)		✓			✓							
Nutella Doughnut	✓	✗		✓ (Wheat)		✓			✓			✓ (Hazelnut)			✓	
Lemon Drizzle Crodough	✓	✗		✓ (Wheat)					✓							
Raspberry Crodough	✓	✗		✓ (Wheat)					✓							
<b>Fully Baked (stores without oven)</b>																
Baked Croissant (box of 32)	✓	✗		✓ (Wheat)		✓			✓							
Baked Croissant (box of 25)	✓	✗		✓ (Wheat)		✓			✓							
Baked Pain au Chocolat	✓	✗		✓ (Wheat)		✓			✓							
<b>Cake Stories (London Trial Stores only!)</b>																
Oreo Chocolate Cake	✓	✓		✓ (Wheat)												✓
Biscoff Cake	✓	✓		✓ (Wheat), ✓ (Barley, Wheat)												✓
Peanut Butter & Chocolate Chip Cookie Dough	✓	✓		✓ (Wheat)											✓ (Almonds, Peanuts)	✓
Jammy Biscoff Blondie	✓	✓		✓ (Oat, Wheat)					✓							✓
Ginger Lime & Coconut Slice	✓	✗		✓ (Wheat)					✓							✓
Chewy Granola Bar	✓	✗		✓ (Oat)					✓							✓
Biscoff Rocky Road	✓	✗		✓ (Wheat)					✓							✓
Nutella Bueno Blondie	✓	✗		✓ (Wheat)		✓			✓			✓ (Hazelnut)				✓
Cherry & Toasted Almond Brownie	✓	✓		✓ (Wheat)					✓			✓ (Almonds)				✓
Salted Toffee Popcorn Brownie	✓	✗		✓ (Wheat)		✓			✓							✓
The Oreo Brownie	✓	✗		✓ (Wheat)		✓			✓							✓













