



ALLERGEN GUIDE

SEPTEMBER 2020

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
Breakfast																
Bacon Brioche Roll	✗	✗		✓		✓			✓							
Sausage & Egg Brioche roll	✗	✗		✓		✓			✓							✓
Egg, Spinach & Hollandaise Brioche Roll	✓	✗		✓		✓			✓							
Original Porridge	✓	✗		✓					✓							
White Toast (without butter)	✓	✓		✓											✓	
Brown Toast (without butter)	✓	✓		✓											✓	
Belgian Waffle (without topping)	✓	✗		✓		✓			✓						✓	
Pastries																
Croissant	✓	✗		✓		✓			✓							
Almond Croissant	✓	✗		✓		✓			✓			✓				
Maple & Pecan Plait	✓	✗		✓		✓			✓			✓				
Pain Au Raisin	✓	✗		✓		✓			✓							
Pain Au Chocolat	✓	✗		✓		✓			✓						✓	
Chocolate Twist	✓	✗		✓		✓			✓						✓	
Raspberry Portuguese Tart	✓	✗		✓		✓			✓							
Portuguese Tart	✓	✗		✓		✓			✓							
Toasted Teacake (without butter)	✓	✗		✓												
Ham & Brie Croissant	✗	✗		✓		✓			✓							
Portobello Mushroom & Brie Croissant	✓	✗		✓		✓			✓							
Brie & Caramelised Red Onion Chutney Croissant	✓	✗		✓		✓			✓		✓					✓
Lunch																
Sandwiches																
Mature Cheddar & Pickle Sandwich	✓	✗		✓					✓						✓	✓
Creamed Corn Sandwich	✓	✓		✓												
New York Deli Sandwich	✗	✗		✓		✓			✓		✓			✓	✓	
Chicken Club Sandwich	✗	✗		✓		✓					✓			✓	✓	
Free Range Egg Mayo & Watercress Sandwich	✓	✗		✓		✓					✓			✓	✓	
Tuna Mayonnaise & Cucumber Sandwich	✗	✗		✓		✓		✓						✓	✓	✓
Chicken Avocado Sandwich	✗	✗		✓		✓								✓	✓	
Smoked Salmon & Cream Cheese Bagel	✗	✗		✓			✓		✓							
Kids Cheese Sandwich	✓	✗		✓					✓						✓	
Kids Ham Sandwich	✗	✗		✓					✓						✓	
Wraps																
Italian Roasted Veg & Avocado Wrap	✓	✓		✓										✓		
Ham, Bacon & Sweet Chilli Mayo Wrap	✗	✗		✓		✓										
Hoisin Duck Wrap	✗	✗		✓		✓									✓	
Chicken, Chorizo & Red Onion Hot Wrap	✗	✗		✓					✓							✓
Vegan BBQ Burrito Hot Wrap	✓	✓	✓	✓							✓				✓	
Baguettes																
Chicken & Bacon Caesar Baguette	✗	✗		✓		✓			✓							
Brie, Caramelised Onion Chutney & Rocket Baguette	✓	✗		✓		✓			✓		✓					✓
Caprese Baguette	✓	✗		✓					✓		✓			✓	✓	
Salads																
Mediterranean Chicken Caesar Salad	✗	✗		✓		✓			✓							
Gym Box Salad	✗	✗				✓					✓			✓	✓	
Buddha Bowl Salad	✓	✓									✓			✓	✓	
Italian Prosciutto Salad	✗	✗							✓		✓			✓	✓	
Sweet Potato Falafel Salad	✓	✓									✓			✓	✓	



	Suitable For		Allergens														
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	
Toasties																	
Tuna Melt Flatbread	✗	✗		✓		✓			✓							✓	
Tomato, Mozzarella & Pesto Flatbread	✓	✗		✓					✓			✓					
Chicken Primavera Flatbread	✗	✗		✓					✓								
Mozzarella & Red Onion Toastie (Merry Hill)	✓	✗		✓					✓								
Portobello Mushroom & Smoked Cheese Toastie	✓	✗		✓					✓								
Pepperoni Toastie	✗	✗		✓					✓								
BBQ Chicken & Bacon Toastie	✗	✗	✓	✓					✓								
Sriracha Chicken & Chorizo Toastie	✗	✗		✓					✓								
Wiltshire Ham & Cheese Toastie	✗	✗		✓					✓								
Tomato & Mozzarella Toastie	✓	✗		✓					✓								
Hot Mains																	
Vegan Pulled Beef Chilli & Rice	✓	✓									✓					✓	
Chicken Tikka Masala & Rice	✗	✗							✓								
Teriyaki Chicken & Rice	✗	✗		✓										✓	✓		
Mac 'n' Cheese	✓	✗		✓					✓							✓	
Chicken & Bacon Mac 'n' Cheese	✗	✗		✓					✓							✓	
Chorizo & Broccoli Mac 'n' Cheese	✗	✗		✓					✓							✓	
Seasoned Potato Wedges	✓	✓		✓													
Southern Fried Chicken Tenders	✗	✗		✓													
Snacks																	
Pots																	
Blueberry Bircher Muesli	✓	✗		✓					✓								✓
Sweet Potato Falafel & Houmous Pot	✓	✓												✓	✓		
Mini Carrot Sticks & Houmous	✓	✓												✓	✓		
Cherry & Lemon Yogurt Pot	✓	✗		✓					✓								✓
Mango Yogurt & Granola	✓	✗		✓					✓								✓
Strawberry, Kiwi & Grapes	✓	✓															
Red & Green Grapes	✓	✓															
Grab & Go Bars																	
Feel Good Boost Bar	✓	✓															
Raspberry & White Chocolate Friand	✓	✗		✓					✓			✓				✓	
Fruit & Nut Bar	✓	✗		✓					✓			✓				✓	
Salted Caramel Bar	✓	✗		✓					✓								
Cakes																	
Muffins																	
Victoria Sponge Muffin	✓	✗		✓		✓			✓								
Triple Chocolate Muffin	✓	✗		✓		✓			✓							✓	
Lemon Meringue Muffin	✓	✗		✓		✓			✓							✓	✓
Nutella Filled Muffin	✓	✗		✓		✓			✓			✓				✓	
Blueberry Crumble Muffin	✓	✗		✓		✓			✓								
Mocha Muffin NEW	✓	✗		✓		✓			✓			may contain				✓	
Banana & Salted Caramel Muffin NEW	✓	✗		✓		✓			✓			may contain			may contain		
Cakes																	
Chocolate Cake (NGCI)	✓	✗				✓			✓							✓	
Carrot Cake (NGCI)	✓	✗				✓			✓								
Coffee & Walnut Cake NEW	✓	✗		✓		✓			✓			✓				✓	



	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Traybakes																
Chocolate Brownie	✓	✓		✓											✓	
Salted Caramel Brownie NEW	✓	✗		✓		✓			✓						✓	
Espresso Caramel Brownie NEW	✓	✗				✓			✓						✓	
Breakfast Boost Bar NEW	✓	✓														
Caramel Shortbread	✓	✗		✓					✓							
Lemon & Apricot Polenta Cake	✓	✗				✓						✓				✓
The Big Rock	✗	✗		✓					✓						✓	
Blueberry Bakewell	✓	✓		✓								✓				
Summer Berry Flapjack	✓	✗		✓					✓						✓	
Dark & Fruity Flapjack	✓	✓														
Toasted Coconut & Dark Chocolate Flapjack	✓	✓													✓	
Pecan Tart	✓	✗				✓						✓				
Buttermilk Scone	✓	✗		✓		✓			✓							
Passion Fruit Meringue NEW	✓	✗				✓			may contain			may contain			may contain	
Cookies																
Milk Chocolate Cookie	✓	✗		✓		✓			✓						✓	
Oat & Raisin Cookie	✓	✗		✓		✓			✓							
Triple Chocolate Cookie	✓	✗		✓		✓			✓						✓	
Red Velvet Cookie	✓	✗		✓		✓			✓							
Mini Egg Cookie	✓	✗		✓		✓			✓							
Extras																
Butter Portion	✓	✗							✓							
Tiptree Strawberry Jam	✓	✓														
Tiptree Marmalade	✓	✓														
Tiptree Honey	✓	✗														
Tate & Lyle Golden Syrup	✓	✓														
Nutella	✓	✗							✓			✓			✓	
Clotted Cream	✓	✗							✓							



	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
White Hot Chocolate																
White Hot Chocolate - Made with Skimmed Milk	✓	✗							✓							
White Hot Chocolate - Made with Whole Milk	✓	✗							✓							
White Hot Chocolate - Made with Soya Milk	✓	✗							✓						✓	
White Hot Chocolate - Made with Coconut Soya Milk	✓	✗							✓						✓	
White Hot Chocolate - Made with Almond Milk	✓	✗							✓			✓				
White Hot Chocolate - Made with Tiger Nut Milk	✓	✗							✓							
White Hot Chocolate - Made with Oat Milk	✓	✗							✓							
Mocha																
Mocha - Made with Skimmed Milk	✓	✗							✓							
Mocha - Made with Whole Milk	✓	✗							✓							
Mocha - Made with Soya Milk	✓	✓													✓	
Mocha - Made with Coconut Soya Milk	✓	✓													✓	
Mocha - Made with Almond Milk	✓	✓										✓				
Mocha - Made with Tiger Nut Milk	✓	✓														
Mocha - Made with Oat Milk	✓	✓														
Speciality Drinks																
Chai Latte																
Chai Latte - Made with Skimmed Milk	✓	✗							✓							
Chai Latte - Made with Whole Milk	✓	✗							✓							
Chai Latte - Made with Soya Milk	✓	✗							✓						✓	
Chai Latte - Made with Coconut Soya Milk	✓	✗							✓						✓	
Chai Latte - Made with Almond Milk	✓	✗							✓			✓				
Chai Latte - Made with Tiger Nut Milk	✓	✗							✓							
Chai Latte - Made with Oat Milk	✓	✗							✓							
Superfood Lattes																
Almond Matcha Latte - Made with Almond Milk	✓	✓										✓				
Beetroot Cacao Latte - Oat Milk	✓	✓														
Turmeric Latte - Oat Milk	✓	✓														
Seasonal Drinks Autumn																
Banoffee Hot Chocolate (Served Without Cream)																
Banoffee Hot Chocolate - Made with Skimmed Milk	✓	✗							✓							
Banoffee Hot Chocolate - Made with Whole Milk	✓	✗							✓							
Banoffee Hot Chocolate - Made with Soya Milk	✓	✗							✓						✓	
Banoffee Hot Chocolate - Made with Coconut Soya Milk	✓	✗							✓						✓	
Banoffee Hot Chocolate - Made with Almond Milk	✓	✗							✓			✓				
Banoffee Hot Chocolate - Made with Tiger Nut Milk	✓	✗							✓							
Banoffee Hot Chocolate - Made with Oat Milk	✓	✗							✓							
Banoffee Frappe (Served Without Cream)																
Banoffee Frappe - Made with Skimmed Milk	✓	✗		✓					✓						✓	
Banoffee Frappe - Made with Whole Milk	✓	✗		✓					✓						✓	
Banoffee Frappe - Made with Soya Milk	✓	✗		✓					✓						✓	
Banoffee Frappe - Made with Coconut Soya Milk	✓	✗		✓					✓						✓	
Banoffee Frappe - Made with Almond Milk	✓	✗		✓					✓			✓			✓	
Banoffee Frappe - Made with Tiger Nut Milk	✓	✗		✓					✓						✓	
Banoffee Frappe - Made with Oat Milk	✓	✗		✓					✓						✓	



	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pumpkin Spice Latte (Served Without Cream)																
Pumpkin Spice Latte - Made with Skimmed Milk	✓	✗							✓							
Pumpkin Spice Latte - Made with Whole Milk	✓	✗							✓							
Pumpkin Spice Latte - Made with Soya Milk	✓	✓													✓	
Pumpkin Spice Latte - Made with Coconut Soya Milk	✓	✓													✓	
Pumpkin Spice Latte - Made with Almond Milk	✓	✓										✓				
Pumpkin Spice Latte - Made with Tiger Nut Milk	✓	✓														
Pumpkin Spice Latte - Made with Oat Milk	✓	✓														
Frappes																
Salted Caramel Latte Frappe (Served Without Cream)																
Salted Caramel Latte Frappe - Made with Skimmed Milk	✓	✗							✓							
Salted Caramel Latte Frappe - Made with Whole Milk	✓	✗							✓							
Salted Caramel Latte Frappe - Made with Soya Milk	✓	✗							✓						✓	
Salted Caramel Latte Frappe - Made with Coconut Soya Milk	✓	✗							✓						✓	
Salted Caramel Latte Frappe - Made with Almond Milk	✓	✗							✓			✓				
Salted Caramel Latte Frappe - Made with Tiger Nut Milk	✓	✗							✓							
Salted Caramel Latte Frappe - Made with Oat Milk	✓	✗							✓							
Raspberry & White Chocolate Frappe (Served Without Cream)																
Raspberry & White Chocolate Frappe - Made with Skimmed Milk	✓	✗							✓							
Raspberry & White Chocolate Frappe - Made with Whole Milk	✓	✗							✓							
Raspberry & White Chocolate Frappe - Made with Soya Milk	✓	✗							✓						✓	
Raspberry & White Chocolate Frappe - Made with Coconut Soya Milk	✓	✗							✓						✓	
Raspberry & White Chocolate Frappe - Made with Almond Milk	✓	✗							✓			✓				
Raspberry & White Chocolate Frappe - Made with Tiger Nut Milk	✓	✗							✓							
Raspberry & White Chocolate Frappe - Made with Oat Milk	✓	✗							✓							
Chocolate Frappe (Served Without Cream)																
Chocolate Frappe - Made with Skimmed Milk	✓	✗							✓							
Chocolate Frappe - Made with Whole Milk	✓	✗							✓							
Chocolate Frappe - Made with Soya Milk	✓	✓													✓	
Chocolate Frappe - Made with Coconut Soya Milk	✓	✓													✓	
Chocolate Frappe - Made with Almond Milk	✓	✓										✓				
Chocolate Frappe - Made with Tiger Nut Milk	✓	✓														
Chocolate Frappe - Made with Oat Milk	✓	✓														
Espresso Frappe (Served Without Cream)																
Espresso Frappe - Made with Skimmed Milk	✓	✗							✓							
Espresso Frappe - Made with Whole Milk	✓	✗							✓							
Espresso Frappe - Made with Soya Milk	✓	✓													✓	
Espresso Frappe - Made with Coconut Soya Milk	✓	✓													✓	
Espresso Frappe - Made with Almond Milk	✓	✓										✓				
Espresso Frappe - Made with Tiger Nut Milk	✓	✓														
Espresso Frappe - Made with Oat Milk	✓	✓														
Oreo Frappe																
Oreo Frappe - Made with Skimmed Milk	✓	✗		✓		✓			✓						✓	
Oreo Frappe - Made with Whole Milk	✓	✗		✓		✓			✓						✓	
Oreo Frappe - Made with Soya Milk	✓	✗		✓		✓			✓						✓	
Oreo Frappe - Made with Coconut Soya Milk	✓	✗		✓		✓			✓						✓	
Oreo Frappe - Made with Almond Milk	✓	✗		✓		✓			✓			✓			✓	
Oreo Frappe - Made with Tiger Nut Milk	✓	✗		✓		✓			✓						✓	
Oreo Frappe - Made with Oat Milk	✓	✗		✓		✓			✓						✓	

