



# ALLERGEN GUIDE

**WINTER 2022**

# 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 (allergens depends of milk which is used)	✓	✗		✓ (Oats, Barley, Wheat)												
White Toast (without butter)	✓	✓		✓ (Wheat)											✓	
Brown Toast (without butter)	✓	✓		✓ (Wheat, Barley)											✓	
Sourdough Toast (Creed)	✓	✓		✓ (Rye, Barley, Wheat)												
Belgian Waffle (without topping)	✓	✗		✓ (Wheat)		✓			✓						✓	
American Style Buttermilk Pancakes (served without toppings) (Feb'22)	✓	✗		✓ (Wheat)		✓			✓						✓	
<b>Pastries</b>																
Croissant	✓	✗		✓ (Wheat)		✓			✓							
Almond Croissant	✓	✗		✓ (Wheat)		✓			✓			✓ (Almonds)				
Maple & Pecan Plait	✓	✗		✓ (Wheat)		✓			✓			✓ (Pecan)				
Pain Au Raisin	✓	✗		✓ (Wheat)		✓			✓							
Pain Au Chocolat	✓	✗		✓ (Wheat)		✓			✓						✓	
Triple Chocolate Pain Au Chocolat	✓	✗		✓ (Wheat)		✓			✓						✓	
Croissant (Creed)	✓	✗		✓ (Wheat)		✓			✓							
Almond Croissant (Creed)	✓	✗		✓ (Wheat)		✓			✓			✓ (Almond)				
Pain Aux Raisin (Creed)	✓	✗		✓ (Wheat)		✓			✓							
Pain Au Chocolat (Creed)	✓	✗		✓ (Wheat)		✓			✓						✓	
Triple Chocolate Pain Au Chocolat (Creed)	✓	✗		✓ (Wheat)		✓			✓						✓	
Croissant (kiosk) (Creed)	✓	✗		✓ (Wheat)		✓			✓							
Plain Scone	✓	✗		✓ (Wheat)		✓			✓							
Fruit Scone	✓	✗		✓ (Wheat)		✓			✓							
Luxury Fruit Toast	✓	✗		✓ (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>																
<b>Sandwiches</b>																
Mature Cheddar & Pickle Sandwich	✓	✗		✓ (Wheat, Barley, Rye)					✓						✓	✓
Chicken Club Sandwich	✗	✗		✓ (Wheat, Barley, Rye)		✓					✓				✓	
Free Range Egg Mayo & Watercress Sandwich	✓	✗		✓ (Wheat, Barley, Rye)		✓					✓				✓	
Tuna Mayonnaise & Cucumber Sandwich	✗	✗		✓ (Wheat, Barley, Rye)		✓	✓								✓	✓
Smoked Salmon & Cream Cheese Bagel	✗	✗		✓ (Wheat, Barley, Rye)			✓		✓							
Kids Cheese Sandwich	✓	✗		✓ (Wheat, Barley, Rye)					✓						✓	
Kids Ham Sandwich	✗	✗		✓ (Wheat, Barley, Rye)					✓						✓	
<b>Wraps</b>																
Italian Roasted Veg & Avocado Wrap	✓	✓		✓ (Wheat)										✓		
Chicken, Chorizo & Red Onion Hot Wrap	✗	✗		✓ (Wheat)					✓							✓
<b>Baguettes</b>																
Chicken & Bacon Caesar Baguette	✗	✗		✓ (Wheat)		✓			✓							
Brie, Caramelised Onion Chutney & Rocket Baguette	✓	✗		✓ (Wheat)		✓				✓						✓
<b>Salads</b>																
Gym Box Salad	✗	✗				✓					✓			✓	✓	
Buddha Bowl 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
<b>Toasties</b>																
Tuna Melt Flatbread	✗	✗		✓ (Wheat, Rye)		✓	✓		✓							✓
Tomato, Mozzarella & Pesto Flatbread	✓	✗		✓ (Wheat, Rye)					✓			✓ (Cashews)			✓	
Mozzarella & Red Onion Toastie (Merry Hill)	✓	✗		✓ (Wheat)					✓						✓	
Portobello Mushroom & Smoked Cheese Toastie	✓	✗		✓ (Wheat)					✓						✓	
BBQ Chicken & Bacon Toastie	✗	✗	✓	✓ (Wheat, Barley)					✓						✓	
Sriracha Chicken & Chorizo Toastie	✗	✗		✓ (Wheat)					✓						✓	
Wiltshire Ham & Cheese Toastie	✗	✗		✓ (Wheat)					✓						✓	
Tomato & Mozzarella Toastie	✓	✗		✓ (Wheat)					✓						✓	
<b>Hot Mains</b>																
Vegan Pulled Beef Chilli & Rice	✓	✓									✓				✓	
Chicken Tikka Masala & Rice	✗	✗							✓							
Teriyaki Chicken & Rice	✗	✗		✓ (Wheat)										✓	✓	
Mac 'n' Cheese	✓	✗		✓ (Wheat)					✓						✓	
Chicken & Bacon Mac 'n' Cheese	✗	✗		✓ (Wheat)					✓						✓	
Chorizo & Broccoli Mac 'n' Cheese	✗	✗		✓ (Wheat)					✓						✓	
<b>Snacks</b>																
<b>Pots</b>																
Strawberry, Kiwi & Grapes	✓	✓														
Red & Green Grapes	✓	✓														
<b>Cakes</b>																
<b>Muffins</b>																
Red Velvet Muffin	✓	✗		✓ (Wheat)		✓			✓							
Sticky Toffee Muffin	✓	✗		✓ (Wheat)		✓			✓						✓	
Double Chocolate Muffin	✓	✗		✓ (Wheat)		✓			✓						✓	
Lemon & White Chocolate Muffin	✓	✗		✓ (Wheat)		✓			✓						✓	
Blueberry Muffin	✓	✗		✓ (Wheat)		✓			✓							
<b>Cakes &amp; Loafs</b>																
Carrot Cake	✓	✗				✓			✓			✓ (Hazelnut)				
Yogurt Apple Blackcurrant Flapjack	✓	✗		✓ (Oats, Wheat)					✓						✓	
Lemon Drizzle Slice	✓	✗				✓			✓							
Apricot & Pistachio Frangipane	✓	✗				✓			✓			✓ (Almonds, Pistachios)				
<b>Traybakes &amp; Buns</b>																
Chocolate Brownie	✓	✓		✓ (Wheat)											✓	
Salted Caramel Brownie	✓	✗		✓ (Wheat)					✓							
Espresso Caramel Brownie	✓	✗		✓ (Wheat)		✓			✓						✓	
Caramel Shortbread	✓	✗		✓ (Wheat)					✓						✓	
The Big Rock	✗	✗		✓ (Wheat, Barley)					✓						✓	
Blueberry Bakewell	✓	✓		✓ (Wheat)								✓ (Almonds)				
Dark & Fruity Flapjack (VLG - contains Gluten Free Oats)	✓	✓														
Toasted Coconut & Dark Chocolate Flapjack (VLG - contains Gluten Free Oats)	✓	✓														
Morello Cherry Blondie	✓	✗		✓ (Wheat)		✓			✓						✓	
Sticky Cinnamon Bun	✓	✓		✓ (Wheat, Rye)											✓	
Chocolate & Praline Swirl	✓	✗		✓ (Wheat, Rye)					✓			✓ (Hazelnut)			✓	



	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Pecan Tart	✓	✗				✓						✓ (Almonds, Pecans)				
Buttermilk Scone	✓	✗		✓ (Wheat)		✓			✓							
Lemon & Pistachio	✓	✗				✓						✓ (Almonds, Pistachios)				
Pecan & Salted Toffee Scroll	✓	✗		✓ (Rye, Wheat)					✓			✓ (Pecans)			✓	
Toffee Crispy	✓	✗		✓ (Barley, Oats, Wheat)					✓						✓	
Christmas Bakewell XMAS	✓	✓		✓ (Barley, Wheat)								✓ (Almonds)				✓
Winter Spiced Fruit Loaf XMAS	✓	✗		✓ (Wheat)		✓			✓						✓	
Stollen Bun XMAS	✓	✓		✓ (Rye, Wheat)								✓ (Almonds)			✓	✓
<b>Cookies</b>																
Milk Chocolate Cookie	✓	✗		✓ (Wheat)		✓			✓							✓
Oat & Raisin Cookie	✓	✗		✓ (Wheat, Oat)		✓			✓							
Triple Chocolate Cookie	✓	✗		✓ (Wheat)		✓			✓							
Red Velvet Cookie	✓	✗		✓ (Wheat)		✓			✓							✓
Mini Egg Cookie	✓	✗		✓ (Wheat)		✓			✓							✓
<b>Extras</b>																
Butter Portions	✓	✗							✓							
Flora Portions	✓	✓														
Marmite Portions	✓	✓	✓	✓ (Barley, Oats, Wheat, Rye)												
Heinz Ketchup Portions	✓	✓	✓	✓ (Barley, Rye)												
HP Brown Sauce Portions	✓	✓	✓	✓ (Barley, Rye)												
Tiptree Strawberry Jam	✓	✓														
Tiptree Orange Marmalade	✓	✓														
Tiptree Honey	✓	✗														
Tate & Lyle Golden Syrup	✓	✓														
Maple & Agave Syrup	✓	✓														
Nutella	✓	✗							✓			✓ (Hazelnut)				✓
Clotted Cream	✓	✗							✓							
Cooked Streaky Bacon	✗	✗														
<b>Simply Lunch</b>																
<b>Sandwiches</b>																
B.L.T on Granary	✗	✗		✓ (Wheat, Barley)		✓										
Cheddar Ploughman's on Granary	✓	✗		✓ (Wheat, Barley)		✓			✓							
Chunky Egg & Cress on Granary	✓	✗		✓ (Wheat, Barley)		✓					✓					
Smoked Salmon & Cream Cheese on Granary	✗	✗		✓ (Wheat, Barley)			✓		✓							
Veggie New Yorker on Granary Bakers Loaf	✓	✗		✓ (Wheat, Barley)		✓			✓		✓					✓
Chicken & Chorizo on Granary Bakers Loaf	✗	✗		✓ (Wheat, Barley)		✓			✓							
Kids Cheese	✓	✗		✓ (Wheat)					✓							
Kids Ham	✗	✗		✓ (Wheat)												
<b>Wraps</b>																
Falafel & Yoghurt in White Tortilla	✓	✗		✓ (Wheat)		✓			✓						✓	
Chicken Caesar Salad in White Tortilla	✗	✗		✓ (Wheat)		✓			✓							
Houmous & Vegetable Crunch in Tomato Tortilla	✓	✓		✓ (Wheat)										✓		





	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Tanpopo Sushi</b>																
Natsu Sushi	✗	✗		✓ (Wheat)			✓							✓	✓	
Omega Sushi	✗	✗		✓ (Wheat)	✓		✓							✓	✓	
Tuna & Salmon Sashimi	✗	✗		✓ (Wheat)			✓								✓	
Super Salmon Sushi	✗	✗		✓ (Wheat)		✓	✓							✓	✓	
Salmon Sashimi	✗	✗		✓ (Wheat)			✓							✓	✓	
Big Boy Bento	✗	✗		✓ (Wheat)	✓	✓	✓							✓	✓	
Salmon Sushi & Katsu Side	✗	✗		✓ (Wheat)		✓	✓							✓	✓	
Vege California Rolls & Gyoza Side	✓	✗		✓ (Wheat)		✓							✓	✓	✓	
Salmon & Avocado w/ Gochujang	✗	✗		✓ (Wheat)		✓	✓							✓	✓	
Chicken Katsu w/ Chilli Mayo	✗	✗		✓ (Wheat)		✓								✓	✓	
Spicy Tofu w/ Gochujang Miso	✓	✓		✓ (Wheat)										✓	✓	
Edamame Soy Beans	✓	✓													✓	
Mixed Seafood Poke Salad	✗	✗		✓ (Wheat)	✓	✓	✓								✓	
Chicken Gyoza Box	✗	✗		✓ (Wheat)										✓	✓	
Vege Gyoza Box	✓	✓		✓ (Wheat)										✓	✓	
Surimi & Avocado Crunch Roll	✗	✗		✓ (Wheat)	✓	✓	✓							✓	✓	
Black Rice Vege & Tofu Mix	✓	✓		✓ (Wheat)										✓	✓	
Vege Sushi	✓	✗		✓ (Wheat)		✓			✓			✓ (Cashew, Pine)		✓	✓	
Hot'n'Spicy	✗	✗		✓ (Wheat)	✓	✓	✓							✓	✓	
Fried Tofu & Tempura Rice	✓	✗		✓ (Wheat)		✓								✓	✓	
Teriyaki Salmon & Tempura Rice	✗	✗		✓ (Wheat)		✓	✓							✓	✓	
Spicy Tofu & Mushroom Poke Salad	✓	✓		✓ (Wheat)										✓	✓	
Vege Gyoza Dipper	✓	✓		✓ (Wheat)									✓	✓	✓	
Pumpkin Katsu Dipper	✓	✓		✓ (Wheat)											✓	
Fried Tofu & Edamame Snack	✓	✓		✓ (Wheat)										✓	✓	
<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)					✓							











	Suitable For		Allergens													
	Vegetarians	Vegans	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<b>Speciality Drinks</b>																
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	✓	✓										✓ (Almond)				
Chai Latte - Made with Tiger Nut Milk	✓	✓														
Chai Latte - Made with Oat Milk	✓	✓														
<b>Superfood Lattes</b>																
Almond Matcha Latte - Made with Almond Milk																
Almond Matcha Latte - Made with Almond Milk	✓	✓										✓ (Almond)				
Beetroot Cacao Latte - Oat Milk																
Beetroot Cacao Latte - Oat Milk	✓	✓														
Turmeric Latte - Oat Milk																
Turmeric Latte - Oat Milk	✓	✓														
<b>Seasonal Valentine Drink</b>																
Rose Delight Hot Chocolate (Served Without Cream)																
Rose Delight Hot Chocolate - Made with Skimmed Milk	✓	✗							✓							
Rose Delight Hot Chocolate - Made with Whole Milk	✓	✗							✓							
Rose Delight Hot Chocolate - Made with Soya Milk	✓	✓													✓	
Rose Delight Hot Chocolate - Made with Coconut Soya Milk	✓	✗													✓	
Rose Delight Hot Chocolate - Made with Almond Milk	✓	✓										✓ (Almond)				
Rose Delight Hot Chocolate - Made with Tiger Nut Milk	✓	✓														
Rose Delight Hot Chocolate - Made with Oat Milk	✓	✓														
<b>Frappes &amp; Bubble Milk Tea</b>																
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	✓	✗							✓			✓ (Almond)				
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	✓	✗							✓			✓ (Almond)				
Raspberry & White Chocolate Frappe - Made with Tiger Nut Milk	✓	✗							✓							
Raspberry & White Chocolate Frappe - Made with Oat Milk	✓	✗							✓							
Mocha Frappe																
Mocha Frappe - Made with Skimmed Milk	✓	✗							✓							
Mocha Frappe - Made with Whole Milk	✓	✗							✓							
Mocha Frappe - Made with Soya Milk	✓	✓													✓	
Mocha Frappe - Made with Coconut Soya Milk	✓	✓													✓	
Mocha Frappe - Made with Almond Milk	✓	✓										✓ (Almond)				
Mocha Frappe - Made with Tiger Nut Milk	✓	✓														
Mocha Frappe - Made with Oat Milk	✓	✓														
Oreo Frappe																
Oreo Frappe - Made with Skimmed Milk	✓	✗		✓ (Wheat)		✓			✓						✓	
Oreo Frappe - Made with Whole Milk	✓	✗		✓ (Wheat)		✓			✓						✓	
Oreo Frappe - Made with Soya Milk	✓	✗		✓ (Wheat)		✓			✓						✓	
Oreo Frappe - Made with Coconut Soya Milk	✓	✗		✓ (Wheat)		✓			✓						✓	
Oreo Frappe - Made with Almond Milk	✓	✗		✓ (Wheat)		✓			✓			✓ (Almond)			✓	
Oreo Frappe - Made with Tiger Nut Milk	✓	✗		✓ (Wheat)		✓			✓						✓	
Oreo Frappe - Made with Oat Milk	✓	✗		✓ (Wheat)		✓			✓						✓	



