

Breakfast Club & The Den – Ingredients and allergens

Milk: Milk

Hoops: Wholemeal **Wheat** Flour (39%), **Oat** Flour (20%), Sugar, **Barley** Flour, **Wheat** Starch, Maize Semolina, Rice Flour, Caramelised Sugar Syrup, Iron, Salt, Flavouring, Colour (Paprika Extract), Carrot Extract, Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Thiamin, Folic Acid, Vitamin D, Vitamin B12.

Wheats: **Wholewheat**, Sugar, **Barley** Malt Extract, Invert Sugar Syrup, Salt, Iron, Niacin, Vitamin B12, Pantothenic Acid, Vitamin D, Thiamin, Folic Acid, Vitamin B6, Riboflavin.

Rice snaps: Rice, Sugar, **Barley** Malt Extract, Salt, Iron, Niacin, Pantothenic Acid, Riboflavin, Vitamin B6, Thiamin, Folic Acid, Vitamin D, Vitamin B12.

Cornflakes: Maize, Sugar, Salt, **Barley** Malt Extract, Niacin, Iron, Pantothenic Acid, Vitamin B6, Thiamin, Riboflavin, Folic Acid, Vitamin D, Vitamin B12.

Wheat biscuits: **Wheat** (95%), Malted **Barley** Extract, Sugar, Salt, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.

Bread/ toast: **Wheat** Flour (33%) (with Calcium, Iron, Niacin (B₃) and Thiamin (B₁)), Wholemeal **Wheat** Flour (33%), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Sustainable **Soya** Flour, Emulsifier: E472e, Vinegar, Preservative: Calcium Propionate, Flour Treatment Agent: Ascorbic Acid (Vitamin C)

Waffle: **Egg** (31%), Sugar, Rapeseed Oil, **Wheat** Flour, **Lupin** Flour, Dried Skimmed **Milk**, Sea Salt, Emulsifier (Lecithins), Flavouring.

Crumpets: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Water, Spirit Vinegar, **Wheat** Fibre, Sugar, Yeast, Fermented **Wheat** Flour, Raising Agent (Sodium Bicarbonate), Salt.

Croissants: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Butter (**Milk**) (18%), Water, Sugar, Yeast, Salt, Pasteurised **Egg**, Flour Treatment Agent (Ascorbic Acid).

Pancake: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Sugar, Partially Inverted Sugar Syrup (7%), Whey Powder (**Milk**), Rapeseed Oil, Pasteurised **Egg**, **Wheat** Fibre, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt, Acidity Regulator (Citric Acid).

Bagel: **Wheat** Flour [with Calcium, Niacin (B₃), Iron, Folic Acid and Thiamin (B₁)], Water, Malted **Wheat** Flour, **Wheat** Gluten, Sugar, Dextrose, Yeast, Salt, Maize, Fermented **Wheat** Flour, Rice Flour, **Soya** Flour, Gelling Agent: E466, Preservative: Sorbic Acid, Emulsifiers: E472e, E481, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian)

English muffin: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Water, Durum **Wheat** Semolina, Spirit Vinegar, Sugar, Yeast, Salt, Fermented Wheat Flour, Palm Oil, Acidity Regulator (Calcium Hydroxide), Flour Treatment Agent (Ascorbic Acid).

Brioche: **Wheat** Flour, Pasteurised **Egg** (14%), Sugar, Rapeseed Oil, Water, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Flavourings, Salt, Yeast, **Wheat** Gluten, Thickener (Tara Gum), Deactivated Yeast, Colour (Algal Carotenes), Antioxidant (Ascorbic Acid).

Hot Cross Bun: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Moistened Mixed Fruits (25%) [Sultanas, Raisins, Water], Water, Yeast, Mixed Peel (2%) [Orange Peel, Lemon Peel], Invert Sugar Syrup, **Wheat** Gluten, Potato Dextrin, Palm Oil, Salt, Emulsifiers (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of

Fatty Acids), Flavouring, Rapeseed Oil, Bamboo Fibre, Psyllium Husk Fibre, Flour Treatment Agent (Ascorbic Acid), Palm Fat, Potato Fibre.

Cheese savouries: Wheat Flour [**Wheat** Flour, Calcium, Folic Acid, Iron, Niacin, Thiamin], Palm Oil, Cheese Powder (**Milk**) (10%), Yeast Autolysate, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Bicarbonate), Sugar, Glucose Syrup, Malted **Barley** Extract, Salt, Whey Powder (**Milk**), Acid (Lactic Acid), Flavouring.

Rice cake: Brown Rice, Sea Salt.

Breadsticks: **Wheat** Flour, Olive Oil (6%), Yeast, Salt.

Cracker: Wheat Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Palm Oil, Salt, Raising Agent (Sodium Bicarbonate), Yeast.

Cheese: **Milk**

Hummus: Cooked Chickpeas (41%) [Water, Chickpeas], Rapeseed Oil, Water, Tahini **Sesame** Seed Paste (12%), Concentrated Lemon Juice, Garlic, Salt.

Jam: Sugar, Strawberry, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Trisodium Citrate).

Honey: Honey

Marmalade: Sugar, Water, Orange Purée, Orange Juice From Concentrate, Orange Peel, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Trisodium Citrate), Orange Oil, Caramelised Sugar.

GF bagel: Water, Rice Flour, Native Tapioca Starch, Maize Starch, Sourdough Mix (6%) [Water, Maize Starch, Rice Flour, Toasted Maize Flour, Stabiliser (Xanthan Gum), Sourdough Cultures], Sunflower Oil, Stabilisers (Hydroxypropyl Methyl Cellulose, Methyl Cellulose, Xanthan Gum, Carboxy Methyl Cellulose), Potato Starch, Invert Sugar Syrup, Thickener (Cellulose), Psyllium Husk, Dextrose, **Egg** White Powder, Yeast, Rice Starch, Tapioca Starch, Humectant (Glycerol), Salt, Wholegrain Maize Flour, Spirit Vinegar, Preservatives (Calcium Propionate, Lactic Acid)

GF pancake: Water, Starches (Potato, Maize), Sugar, Rice Flour, Partially Inverted Sugar Syrup, Humectant (Vegetable Glycerol), Dried **Egg** White, Rapeseed Oil, Maize Flour, Raising Agents (Disodium Diphosphate, Potassium Hydrogen Carbonate), Dried Whole **Egg**, Emulsifier (Water, Sugar, Polyglycerol Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids, Potassium Hydroxide), Salt, Acidity Regulator (Citric Acid), Stabilisers (Xanthan Gum, Hydroxypropyl Methyl Cellulose)

Other:

Strawberries, blueberries, grapes, cucumber, hummus, apples, pears, banana, Satsuma