



# AMT COFFEE ALLERGEN

| DISH  | PEANUTS | NUTS | FISH | CRUSTACEANS | MOLLUSCS | MILK | CEREALS<br>CONTAINING<br>GLUTEN | SOYA | EGGS | SESAME SEEDS | MUSTARD | CELERY | SULPHUR<br>DIOXIDE/<br>SULPHITES | LUPIN | SUITABLE FOR<br>VEGETARIAN? | SUITABLE FOR<br>VEGAN? |
|---|---------|------|------|-------------|----------|------|---------------------------------|------|------|--------------|---------|--------|----------------------------------|-------|-----------------------------|------------------------|
| <b>SNACKS</b>   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |
| <b>The factory handles: sesame seeds</b>  |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |
| AMT BELGIAN CHOCOLATE FLAPJACK  |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         |        |                                  |       | YES                         | NO                     |
| AMT BUTTER TOFFEE WAFFLES   |         |      |      |             |          | ✓    | ✓                               | ✓    | ✓    |              |         |        |                                  |       | YES                         | NO                     |
| AMT SHORTBREAD FINGERS  |         |      |      |             |          | ✓    | ✓                               |      |      |              |         |        |                                  |       | YES                         | NO                     |
| AMT SHORTBREAD FINGERS WITH STEM GINGER   |         |      |      |             |          | ✓    | ✓                               |      |      |              |         |        |                                  |       | YES                         | NO                     |
| AMT LUXURY BROWNIE BAR  |         |      |      |             |          | ✓    | ✓                               | ✓    | ✓    |              |         |        |                                  |       | YES                         | NO                     |
| AMT JEWEL BAR   |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         |        |                                  |       | YES                         | NO                     |
| AMT ROCKY ROAD BAR  |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         | ✓      |                                  |       | NO                          | NO                     |
| AMT CHOCOLATE TIFFIN BAR  |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         |        | ✓                                |       | YES                         | NO                     |
| AMT FRUIT & DRIZZLE CAKE  |         |      |      |             |          | ✓    | ✓                               |      | ✓    |              |         |        | ✓                                |       | YES                         | NO                     |
| KITKAT  |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         |        |                                  |       | YES                         | NO                     |
| POPCORN SWEET & SALTY   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |
| BURT'S SEA SALT & VINEGAR CRISPS  |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |
| BURT'S SEA SALT CRISPS  |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |
| BURT'S VINTAGE CHEDDER & ONION  |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | YES                         | NO                     |
| ECCLES CAKE   |         |      |      |             |          | ✓    | ✓                               |      |      |              |         |        | ✓                                |       | YES                         | NO                     |
| GRANOLA BAR   |         |      |      |             |          | ✓    | ✓                               |      |      | ✓            |         |        |                                  |       | YES                         | NO                     |
| <b>AROUND NOON JUICES</b>   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |
| <b>The factory handles: fish, crustaceans, egg, celery, mustard, sesame seeds, soya and sulphites</b> |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |
| CUCUMBER & CELERY JUICE (CLEAN GREENS)  |         |      |      |             |          |      |                                 |      |      |              |         | ✓      |                                  |       | YES                         | YES                    |
| MANGO JUICE   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |
| APPLE, LEMON & MINT JUICE (ZESTY MINT)  |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |
| <b>AROUND NOON SALAD RANGE: Factory handling Fish, Crustaceans, Soya, Celery, Sesame, Sulphites</b>   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |
| CHICKEN CAESAR SALAD  |         |      |      |             |          | ✓    | ✓                               |      | ✓    |              | ✓       |        |                                  |       | NO                          | NO                     |
| SPICY CHICKEN NOODLE SALAD  |         |      |      |             |          |      | ✓                               | ✓    |      | ✓            |         |        |                                  |       | NO                          | NO                     |
| FLAKED SALMON & MIXED LEAF SALAD  |         |      | ✓    |             |          |      |                                 | ✓    | ✓    |              | ✓       |        |                                  |       | NO                          | NO                     |
| QUINOA & BUCKWHEAT SUPERFOOD SALAD  |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | YES                         | NO                     |
| GRAZING BOX   |         |      |      |             |          |      | ✓                               |      |      | ✓            |         | ✓      |                                  |       | YES                         | YES                    |

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|---|---------|------|------|-------------|----------|------|---------------------------|------|------|--------------|---------|--------|---------------------------|-------|--------------------------|---------------------|--|
| <b>AROUND NOON SANDWICHES</b>   |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       |                          |                     |  |
| <b>The factory handles: milk, fish, crustaceans, egg, celery, mustard, sesame seeds, soya and sulphites</b> |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       |                          |                     |  |
| CHICKEN & STUFFING (IRELAND ONLY)   |         |      |      |             |          | ✓    | ✓                         | ✓    | ✓    |              | ✓       |        |                           |       | NO                       | NO                  |  |
| NEW YORKER  |         |      |      |             |          | ✓    | ✓                         | ✓    |      |              | ✓       |        |                           |       | NO                       | NO                  |  |
| CLASSIC CHICKEN SALAD   |         |      |      |             |          |      | ✓                         |      | ✓    |              | ✓       |        |                           |       | NO                       | NO                  |  |
| BESTEST BLT   |         |      |      |             |          |      | ✓                         |      | ✓    |              | ✓       |        |                           |       | NO                       | NO                  |  |
| DOUBLE EGG SALAD  |         |      |      |             |          |      | ✓                         |      | ✓    |              | ✓       |        |                           |       | YES                      | NO                  |  |
| FLAKED SALMON SALAD   |         |      | ✓    |             |          |      |                           | ✓    | ✓    |              | ✓       |        |                           |       | NO                       | NO                  |  |
| AMT MANGO CHICKEN FLATBREAD   |         |      |      |             |          |      | ✓                         |      |      | ✓            |         |        |                           |       | YES                      | YES                 |  |
| ROASTED VEG & MOZZERELLA FLATBREAD  |         |      |      |             |          |      | ✓                         |      |      |              |         |        |                           |       | YES                      | YES                 |  |
| PLOUGHMAN'S   |         |      |      |             |          | ✓    | ✓                         |      |      |              |         |        | ✓                         |       | YES                      | NO                  |  |
| <b>AROUND NOON WRAPS</b>  |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       |                          |                     |  |
| CHICKEN CAESAR WRAP   |         |      | ✓    |             |          | ✓    | ✓                         | ✓    | ✓    |              | ✓       |        |                           |       | NO                       | NO                  |  |
| FALAFEL SWEET POTATO & BEETROOT WRAP  |         |      |      |             |          |      | ✓                         |      | ✓    |              | ✓       |        |                           |       | YES                      | NO                  |  |
| <b>AROUND NOON TOASTIES &amp; PANINIS</b>   |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       |                          |                     |  |
| HAM & CHEESE CROQUE   |         |      |      |             |          | ✓    | ✓                         | ✓    |      |              | ✓       | ✓      |                           |       | NO                       | NO                  |  |
| MOZARELLA & ROAST VEG TOASTIE   |         |      |      |             |          | ✓    | ✓                         | ✓    |      |              |         |        |                           |       | YES                      | NO                  |  |
| HAM & CHEESE PANINI   |         |      |      |             |          | ✓    | ✓                         |      |      |              |         |        |                           |       | NO                       | NO                  |  |
| CAJUN CHICKEN PANINI  |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              | ✓       |        |                           |       | NO                       | NO                  |  |
| TUNA JALAPENO MELT  |         |      | ✓    |             |          | ✓    | ✓                         |      | ✓    |              | ✓       |        |                           |       | NO                       | NO                  |  |
| <b>BREAKFAST</b>  |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       |                          |                     |  |
| BACON & EGG BUTTIE (BUGGIE)   |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        |                           |       | NO                       | NO                  |  |
| BACON BUTTIE  |         |      |      |             |          | ✓    | ✓                         |      |      |              |         |        |                           |       | NO                       | NO                  |  |
| BREAKFAST CIABATTA  |         |      |      |             |          | ✓    | ✓                         | ✓    | ✓    |              | ✓       |        | ✓                         |       | NO                       | NO                  |  |
| PORRIDGE (UK)   |         |      |      |             |          | ✓    | ✓                         |      |      |              |         |        |                           |       | YES                      | NO                  |  |
| MIXED BERRY COMPOTE (UK)  |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       | YES                      | YES                 |  |
| SPICED APPLE COMPOTE (UK)   |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       | YES                      | YES                 |  |
| BIRCHER MUSELI (UK)   |         |      |      |             |          | ✓    | ✓                         |      |      |              |         |        |                           |       | YES                      | NO                  |  |
| <b>YOGHURTS</b>   |         |      |      |             |          |      |                           |      |      |              |         |        |                           |       |                          |                     |  |
| HONEY GRANOLA YOGHURT   |         | ✓    |      |             |          | ✓    | ✓                         |      |      |              |         |        |                           |       | YES                      | NO                  |  |
| STRAWBERRY GRANOLA YOGHURT  |         | ✓    |      |             |          | ✓    | ✓                         |      |      |              |         |        |                           |       | YES                      | NO                  |  |
| COCONUT GRANOLA YOGHURT   |         | ✓    |      |             |          | ✓    | ✓                         |      |      |              |         |        |                           |       | YES                      | NO                  |  |

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|--|---------|------|------|-------------|----------|------|---------------------------|------------|------|--------------|---------|--------|---------------------------|-------|--------------------------|---------------------|
| <b>ARTISAN BY METRO PASTRIES</b>   |         |      |      |             |          |      |                           |            |      |              |         |        |                           |       |                          |                     |
| <b>The factory handles: Nuts, Sesame, Rye, Barley, Oats, Spelt, Soya</b>                           |         |      |      |             |          |      |                           |            |      |              |         |        |                           |       |                          |                     |
| PLAIN CROISSANT  |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| ALMOND CROISSANT   |         | ✓    |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| PISTACHIO CROISSANT  |         | ✓    |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| PAIN AUX RAISINS   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| PAIN AU CHOCOLATE  |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| <b>ARTISAN BY METRO MUFFINS</b>  |         |      |      |             |          |      |                           |            |      |              |         |        |                           |       |                          |                     |
| APPLE CRUMBLE MUFFIN   |         | ✓    |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| BLUEBERRY MUFFIN   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| RASPBERRY & WHITE CHOCOLATE MUFFIN   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| LEMON & POPPYSEED MUFFIN   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| SKINNY BLUEBERRY MUFFIN  |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| CHOCOLATE CHIP MUFFIN  |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| CARROT CAKE MUFFIN   |         | ✓    |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| <b>ARTISAN BY METRO TARTLET (Manufactured in a factory that handles Sesame, Rye, Barley, Oats,</b> |         |      |      |             |          |      |                           |            |      |              |         |        |                           |       |                          |                     |
| CHOCOLATE & RASPBERRY TARTLET  |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| LEMON TARTLET  |         | ✓    |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | NO                       | NO                  |
| PECAN TARTLET  |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| LUXURY BROWNIE   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| <b>THAW &amp; SERVE COOKIES</b>  |         |      |      |             |          |      |                           |            |      |              |         |        |                           |       |                          |                     |
| CRANBERRY & WHITE CHOCOLATE  |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| TRIPLE CHOCOLATE   |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| OAT & RAISIN   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| <b>GALETA CAKES</b>  |         |      |      |             |          |      |                           |            |      |              |         |        |                           |       |                          |                     |
| <b>The factory handles: nuts</b>   |         |      |      |             |          |      |                           |            |      |              |         |        |                           |       |                          |                     |
| CARAMEL SHORTBREAD SLICE   |         |      |      |             |          | ✓    | ✓                         | ✓          |      |              |         |        |                           |       | YES                      | NO                  |
| SALTED CARAMEL BROWNIE   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| PORTUGUESE CUSTARD TART  |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | NO                       | NO                  |
| RED VELVET CUPCAKE   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| CARROT CAKE  |         | ✓    |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| ORANGE & POLENTA CAKE  |         |      |      |             |          | ✓    |                           |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| RED VELVET CAKE  |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| VICTORIA CAKE SANDWICH   |         | ✓    |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| CHOCOLATE CAKE   |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| MANDARIN & CHOCOLATE CAKE  |         | ✓    |      |             |          | ✓    |                           | ✓          | ✓    |              |         |        |                           |       | YES                      | NO                  |
| RASPBERRY CHEESECAKE   |         |      | ✓    |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | NO                       | NO                  |
| TOFFEE & PECAN CHEESECAKE  |         | ✓    | ✓    |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                           |       | NO                       | NO                  |
| GUINNES CHOCOLATE CAKE   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |
| PLAIN/ FRUIT SCONE   |         |      |      |             |          | ✓    | ✓                         |            |      |              |         |        |                           |       | YES                      | NO                  |
| BANANA BREAD   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                           |       | YES                      | NO                  |

|   | PEANUTS | NUTS | FISH | CRUSTACEANS | MOLLUSCS | MILK | CEREALS CONTAINING GLUTEN | SOYA BEANS | EGGS | SESAME SEEDS | MUSTARD | CELERY | SULPHUR DIOXIDE/ SULPHITES | LUPIN | SUITABLE FOR VEGETARIAN? | SUITABLE FOR VEGAN? |
|---|---------|------|------|-------------|----------|------|---------------------------|------------|------|--------------|---------|--------|----------------------------|-------|--------------------------|---------------------|
| <b>ARYZTA PASTRIES</b>  |         |      |      |             |          |      |                           |            |      |              |         |        |                            |       |                          |                     |
| <b>This product is made in a factory that uses ingredients containing; gluten, eggs, soya, milk, nuts, celery, sesame seeds, sulphites and products thereof. Therefore, the absence of traces of these allergens cannot be guaranteed</b> |         |      |      |             |          |      |                           |            |      |              |         |        |                            |       |                          |                     |
| PAIN AU CHOCOLATE   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| PLAIN CROISSANT   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | YES                      | NO                  |
| PAIN AUX RAISIN   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | YES                      | NO                  |
| ALMOND CROISSANT  |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| PORTUGUESE CUSTARD TART   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| CHOCOLATE HAZELNUT CROISSANT  |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| BACON & CHEESE TURNOVER   |         |      |      |             |          | ✓    | ✓                         |            |      |              |         |        |                            |       | YES                      | NO                  |
| APPLE STRUDEL   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| SAUSAGE ROLL  |         |      |      |             |          | ✓    | ✓                         |            |      |              |         |        | ✓                          |       | NO                       | NO                  |
| ONION & CHEESE ROLL   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | YES                      | NO                  |
| SPINACH & GOATS CHEESE  |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | YES                      | NO                  |
| BREAD ROLL  |         |      |      |             |          |      | ✓                         |            |      |              |         |        |                            |       | YES                      | YES                 |
| VEGAN APRICOT CROISSANT   |         |      |      |             |          |      | ✓                         |            |      |              |         |        |                            |       | YES                      | YES                 |
| HAM & CHEESE HANDHELD PIZZA (IRE)   |         |      |      |             |          | ✓    | ✓                         |            |      |              |         |        |                            |       | NO                       | NO                  |
| BAGUETTE TOMATOES MOZARELLA (IRE)   |         |      |      |             |          | ✓    | ✓                         |            |      |              |         |        |                            |       | NO                       | NO                  |
| QUICHE LORRAINE (IRE)   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | NO                       | NO                  |
| PIZZA BAGUETTE (IRE)  |         |      |      |             |          | ✓    | ✓                         |            |      |              |         |        |                            |       | NO                       | NO                  |
| VEGAN SAUSAGE ROLL  |         |      |      |             |          |      | ✓                         | ✓          |      |              |         |        | ✓                          |       | YES                      | YES                 |
| CHICKPEA AND KALE PITHIVIER   |         |      |      |             |          |      | ✓                         |            |      |              |         |        | ✓                          |       | YES                      | YES                 |
| <b>ARYZTA MUFFINS</b>   |         |      |      |             |          |      |                           |            |      |              |         |        |                            |       |                          |                     |
| CHOCOLATE   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| BLUEBERRY CHEESECAKE  |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | YES                      | NO                  |
| MEGA BERRY MUFFIN   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | YES                      | NO                  |
| SKINNY BLUEBERRY MUFFIN   |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | YES                      | NO                  |
| LEMON & WHITE CHOCOLATE MUFFIN  |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        | ✓                          |       | YES                      | NO                  |
| CHOCOLATE BROWNIE TRAYBAKE (IRE)  |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| COCOA BAVAROIS SLICE (IRE)  |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | NO                       | NO                  |
| CRÈME CARAMEL BAVAROIS (IRE)  |         | ✓    |      |             |          | ✓    |                           |            | ✓    |              |         |        |                            |       | NO                       | NO                  |
| LEMON MERINGUE TARTLET (IRE)  |         |      |      |             |          | ✓    | ✓                         |            | ✓    |              |         |        |                            |       | NO                       | NO                  |
| FLOURLESS STICKY TOFFEE CHEESECAKE (IRE)  |         |      |      |             |          | ✓    |                           | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| TRIO OF CHOCOLATE DESSERT (IRE)   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | NO                       | NO                  |
| <b>ARYZTA COOKIE</b>  |         |      |      |             |          |      |                           |            |      |              |         |        |                            |       |                          |                     |
| WHITE CHOCOLATE & MACADAMIA NUT COOKIE  |         | ✓    |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| DOUBLE CHOCOLATE COOKIE   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| WHITE CHOCOLATE & CRANBERRY COOKIE  |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| CHUNKY CHOCOLATE COOKIE   |         |      |      |             |          | ✓    | ✓                         | ✓          | ✓    |              |         |        |                            |       | YES                      | NO                  |
| FRUIT SCONE (IRE)   |         |      |      |             |          | ✓    | ✓                         |            |      |              |         |        |                            |       | YES                      | NO                  |



| Dish  | PEANUTS | NUTS | FISH | CRUSTACEANS | MOLLUSCS | MILK | CEREALS CONTAINING GLUTEN | SOYA | EGGS | SESAME SEEDS | MUSTARD | CELERY | SULPHUR DIOXIDE/ SULPHITES | LUPIN | SUITABLE FOR VEGATARIAN? | SUITABLE FOR VEGAN? |
|---|---------|------|------|-------------|----------|------|---------------------------|------|------|--------------|---------|--------|----------------------------|-------|--------------------------|---------------------|
| YOGURT COCONUT RED CURRY WITH CHICKEN, VEGETABLES, RED RICE & GRAIN                                     |         | ✓    |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | NO                       | NO                  |
| THAI RED VEGETABLE STEW WITH RED RICE AND MIXED GRAINS  |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       | YES                      | YES                 |
| BUTTERNUT, LENTIL, & SPINACH HOT POT  |         |      |      |             |          |      |                           |      |      |              | ✓       | ✓      |                            |       | YES                      | YES                 |
| INDONESIAN CURRY WITH MIXED GRAIN RED RICE  |         |      |      |             |          |      |                           |      |      |              |         | ✓      |                            |       | YES                      | YES                 |
| TOMATO & BLACK BEAN WITH CASHEWS, QUINOA, RED RICE AND MIXED GRAINS                                     |         | ✓    |      |             |          |      |                           |      |      |              |         | ✓      |                            |       | YES                      | YES                 |
| CHICKEN TAGINE WITH SPELT   |         | ✓    |      |             |          |      | ✓                         |      |      |              |         | ✓      | ✓                          |       | NO                       | NO                  |
| CHUNKY VEGETABLE MINESTRONE   |         |      |      |             |          |      | ✓                         |      |      |              |         | ✓      |                            |       | YES                      | YES                 |
| JACKET POTATO WITH BEEF CHILLI - 100% IRISH BEEF IN A RICH CHILLI WITH PEPPERS, ONIONS AND KIDNEY BEANS |         |      |      |             |          |      |                           |      |      |              |         |        | ✓                          |       | NO                       | NO                  |
| <b>JACKET POTATO IRELAND ONLY</b>   |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| JACKET POTATO WITH SLOW-COOKED PULLED BEEF BRISKET  |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       | NO                       | NO                  |
| JACKET POTATO WITH SLOW-COOKED PULLED PORK  |         |      |      |             |          |      |                           |      |      |              | ✓       |        |                            |       | NO                       | NO                  |
| JACKET POTATO WITH PIRI PIRI CHICKEN  |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       | NO                       | NO                  |
| JACKET POTATO WITH BUTTER   |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| JACKET POTATO WITH CHEDDAR CHEESE   |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| JACKET POTATO WITH BAKED BEANS  |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       | YES                      | YES                 |
| JACKET POTATO WITH TUNA & MAYONNAISE  |         |      | ✓    |             |          |      |                           |      | ✓    |              | ✓       |        |                            |       | NO                       | NO                  |
| EXTRA CHEESE  |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| Dish  | PEANUTS | NUTS | FISH | CRUSTACEANS | MOLLUSCS | MILK | CEREALS CONTAINING GLUTEN | SOYA | EGGS | SESAME SEEDS | MUSTARD | CELERY | SULPHUR DIOXIDE/ SULPHITES | LUPIN | SUITABLE FOR VEGATARIAN? | SUITABLE FOR VEGAN? |
| <b>ARYZTA - IRELAND ONLY - PASTRY</b>   |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| PORK & APPLE SAUSAGE PASTRY   |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        | ✓                          |       | NO                       | NO                  |
| CHICKEN & CHORIZO LATTICE   |         |      |      |             |          | ✓    | ✓                         | ✓    | ✓    |              |         |        |                            |       | NO                       | NO                  |
| CLONAKILTY AND BALLYMALOE PORK ROLL   |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              | ✓       |        |                            |       | NO                       | NO                  |
| PULLED HAM & IRISH CHEDDAR CHEESE JAMBON  |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        |                            |       | NO                       | NO                  |
| SPINACH & FETA ROLL   |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        |                            |       | YES                      | NO                  |
| QUICHE LORRAINE WITH COMTÉ & MAPLE CURED BACON  |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        |                            |       | NO                       | NO                  |
| QUICHE WITH GOATS CHEESE, TOMATO, PEPPER & SPINACH  |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        |                            |       | YES                      | NO                  |
| PULLED CHICKEN, CHORIZO SAUSAGE & MANCHEGO CHEESE QUICHE  |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        |                            |       | NO                       | NO                  |
| QUICHE PROVENÇALE   |         |      |      |             |          | ✓    | ✓                         |      | ✓    |              |         |        |                            |       | YES                      | NO                  |
| <b>ARYZTA - IRELAND ONLY - CAKES /PIES /TARTS</b>   |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| <b>THIS FACTORY HANDLES : Gluten, Egg, Milk, Soya, Sulphites &amp; Nuts.</b>                            |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| PASTEL DE NATA  |         |      |      |             |          | ✓    | ✓                         | ✓    | ✓    |              |         |        |                            |       | YES                      | NO                  |
| CHOCOLATE & HAZELNUT TORTE  |         | ✓    |      |             |          | ✓    | ✓                         | ✓    | ✓    |              |         |        | ✓                          |       | YES                      | NO                  |
| FRESH IRISH CREAM BANOFFEE PIE  |         |      |      |             |          | ✓    | ✓                         | ✓    |      |              |         |        | ✓                          |       | YES                      | NO                  |

| Dish  | PEANUTS | NUTS | FISH | CRUSTACEANS | MOLLUSCS | MILK | CEREALS CONTAINING GLUTEN | SOYA | EGGS | SESAME SEEDS | MUSTARD | CELERY | SULPHUR DIOXIDE/ SULPHITES | LUPIN | SUITABLE FOR VEGATARIAN? | SUITABLE FOR VEGAN? |
|---|---------|------|------|-------------|----------|------|---------------------------|------|------|--------------|---------|--------|----------------------------|-------|--------------------------|---------------------|
| IRISH CREAM LIQUEUR & CHOCOLATE SPONGE CHEESECAKE |         |      |      |             |          | ✓    | ✓                         | ✓    | ✓    |              |         |        | ✓                          |       | YES                      | NO                  |
| FLOURLESS CARROT CAKE                             |         | ✓    |      |             |          | ✓    |                           |      | ✓    |              |         |        | ✓                          |       | YES                      | NO                  |
| RASPBERRY & WHITE CHOCOLATE TARTELETTE            |         | ✓    |      |             |          | ✓    | ✓                         | ✓    | ✓    |              |         |        |                            |       | YES                      | NO                  |
| <b>ARYZTA - HOTFOOD IRELAND ONLY - HOTFOOD</b>    |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| SWEET & SOUR CHICKEN WITH BROWN RICE              |         |      |      |             |          |      | ✓                         | ✓    |      |              |         | ✓      | ✓                          |       | NO                       | NO                  |
| CHICKEN CURRY WITH BROWN RICE                     |         |      |      |             |          |      | ✓                         |      |      |              | ✓       | ✓      |                            |       | NO                       | NO                  |
| BEEF STEW   |         |      | ✓    |             |          |      | ✓                         |      |      |              |         | ✓      | ✓                          |       | NO                       | NO                  |
| CHICKEN FAJITA WITH BROWN RICE                    |         |      |      |             |          |      |                           |      |      |              |         |        | ✓                          |       | NO                       | NO                  |
| CHILLI CON CARNE WITH BROWN RICE                  |         |      |      |             |          |      |                           |      |      |              |         |        | ✓                          |       | NO                       | NO                  |
| <b>ARYZTA - HOTFOOD IRELAND ONLY - SOUP</b>       |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| <b>THIS FACTORY HANDLES : NUTS , SESAME</b>       |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| MUSHROOM SOUP                                     |         |      |      |             |          | ✓    |                           |      |      |              |         | ✓      |                            |       | YES                      | NO                  |
| VEGETABLE & THYME SOUP                            |         |      |      |             |          | ✓    |                           |      |      |              |         | ✓      |                            |       | YES                      | NO                  |
| CHICKEN & VEGETABLE SOUP                          |         |      |      |             |          | ✓    |                           |      |      |              |         | ✓      |                            |       | NO                       | NO                  |
| TOMATO & BASIL SOUP                               |         |      |      |             |          |      |                           |      |      |              |         | ✓      |                            |       | YES                      | YES                 |



**AMT COFFEE ALLERGEN**

| DISH   | PEANUTS | NUTS | FISH | CRUSTACEANS | MOLLUSCS | MILK | CEREALS CONTAINING GLUTEN | SOYA | EGGS | SESAME SEEDS | MUSTARD | CELERY | SULPHUR DIOXIDE/ SULPHITES | LUPIN | SUITABLE FOR VEGATARIAN? | SUITABLE FOR VEGAN? |
|--|---------|------|------|-------------|----------|------|---------------------------|------|------|--------------|---------|--------|----------------------------|-------|--------------------------|---------------------|
| <b>CQUIN (Made in a factory that handles other nuts, sesame seeds, milk, soya and other cereals containing gluten)</b> |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| FOOD DOCTOR PINEAPPLE AND COCONUT  |         | ✓    |      |             |          |      | ✓                         |      |      |              |         |        |                            |       | YES                      | YES                 |
| FOOD DOCTOR BEETROOT AND CACAO   |         | ✓    |      |             |          |      | ✓                         |      |      |              |         |        |                            |       | YES                      | YES                 |
| FOOD DOCTOR FIG AND MANGO  |         |      |      |             |          |      | ✓                         |      |      |              |         |        |                            |       | YES                      | YES                 |
| FOOD DOCTOR SMOKIN EDAMAME   |         |      |      |             |          |      |                           | ✓    |      |              |         |        |                            |       | YES                      | YES                 |
| FOOD DOCTOR SOUR CREAM & BASIL CRISPS  |         |      |      |             |          | ✓    |                           | ✓    |      |              |         |        |                            |       | YES                      | NO                  |
| FOOD DOCTOR THAI SWEET CHILLI  |         |      |      |             |          |      |                           | ✓    |      |              |         |        |                            |       | YES                      | YES                 |
| <b>Supplier Handles: May also contain Peanuts, other Nuts and Sesame.</b>  |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| AMT COFFEE SWEET ALMONDS   |         | ✓    |      |             |          |      |                           |      |      |              |         |        |                            |       | YES                      | YES                 |
| AMT COFFEE CASHEW NUTS   |         | ✓    |      |             |          |      |                           |      |      |              |         |        |                            |       | YES                      | YES                 |
| AMT COFFEE FRUIT & SEEDS   |         |      |      |             |          |      |                           |      |      |              |         |        | ✓                          |       | YES                      | YES                 |
| <b>Well &amp; Truly handles: soya and mustard</b>  |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| WELL&TRULY CRUNCHY CHEESE STICKS   |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| WELL&TRULY CRUNCHY SOUR CREAM & ONION STICKS   |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| WELL&TRULY CRUNCHY SMOKEY PAPRIKA STICKS   |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       | YES                      | YES                 |
| LITTLE JUDE'S BANANA MILK 180ML  |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| LITTLE JUDE'S CHOCOLATE MILK 180ML   |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| <b>SNACK</b>   |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| <b>OFF THE EATEN PATH</b>  |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| <b>May contain Gluten, Wheat, Rye, Oats, Barley, Soya, Milk and Made in a factory that also handles Sesame.</b>        |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       |                          |                     |
| SOUR CREAM FLAVOUR   |         |      |      |             |          | ✓    |                           |      |      |              |         |        |                            |       | YES                      | NO                  |
| SEA SALT FLAVOUR   |         |      |      |             |          |      |                           |      |      |              |         |        |                            |       | YES                      | YES                 |

# AMT COFFEE ALLERGEN

| DISH  | PEANUTS | NUTS | FISH | CRUSTACEANS | MOLLUSCS | MILK | CEREALS<br>CONTAINING<br>GLUTEN | SOYA | EGGS | SESAME SEEDS | MUSTARD | CELERY | SULPHUR<br>DIOXIDE/<br>SULPHITES | LUPIN | SUITABLE FOR<br>VEGETARIAN? | SUITABLE FOR<br>VEGAN? | Additional<br>Allergen Advice    |
|---|---------|------|------|-------------|----------|------|---------------------------------|------|------|--------------|---------|--------|----------------------------------|-------|-----------------------------|------------------------|----------------------------------|
| <b>SEASONAL DRINKS</b>                                    |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |                                  |
| GINGERBREAD FLAT WHITE                                    |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| IRISH LATTE   |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| MACARON HOT CHOCOLATE                                     |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| MULLED TEA  |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |                                  |
| SALTED CARAMEL BLONDIE                                    |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| SALTED CARAMEL BLONDIE                                    |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | NO                          | NO                     |                                  |
| <b>SYRUP</b>  |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |                                  |
| IRISH SYRUP   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |                                  |
| CARAMEL SAUCE   |         |      |      |             |          | ✓    |                                 |      |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| BUTTERSCOTCH SYRUP  |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |                                  |
| DARK CHOCOLATE SAUCES                                     |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |                                  |
| MACARON SYRUP   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       | YES                         | YES                    |                                  |
| <b>Around Noon - Sandwiches</b>                           |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |                                  |
| <b>The factory handles: gluten, soya, milk and sesame</b> |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        |                                  |
| CRANBERRY , BRIE & SPINACH TOASTIE                        |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| PULLED TURKEY CHRISTMAS FEAST                             |         |      |      |             |          |      | ✓                               | ✓    | ✓    |              | ✓       |        | ✓                                |       | NO                          | NO                     |                                  |
| PULLED TURKEY CIABATTA WITH BRIE                          |         |      |      |             |          | ✓    | ✓                               | ✓    | ✓    |              |         |        | ✓                                |       | NO                          | NO                     |                                  |
| VEGAN FEAST   |         |      |      |             |          |      | ✓                               | ✓    |      | ✓            |         |        |                                  |       | YES                         | YES                    |                                  |
| VEGAN FEAST (IRELAND)                                     |         |      |      |             |          |      | ✓                               | ✓    |      | ✓            |         |        |                                  |       | YES                         | YES                    |                                  |
| PULLED TURKEY CIABATTA WITH BRIE (IRELAND)                |         |      |      |             |          | ✓    | ✓                               | ✓    | ✓    |              | ✓       |        | ✓                                |       | NO                          | NO                     |                                  |
| PULLED TURKEY CHRISTMAS FEAST (IRELAND)                   |         |      |      |             |          | ✓    | ✓                               | ✓    | ✓    |              | ✓       |        | ✓                                |       | NO                          | NO                     |                                  |
| CRANBERRY , BRIE & SPINACH TOASTIE (IRELAND)              |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| <b>PULLINS - SNACKS</b>                                   |         |      |      |             |          |      |                                 |      |      |              |         |        |                                  |       |                             |                        | Additional<br>Allergen<br>Advice |
| APRICOT & SUNFLOWER VEGAN BISCUIT                         |         |      |      |             |          |      | ✓                               |      |      |              |         |        | ✓                                |       | YES                         | YES                    | CONTAINS SUNFLOWER               |
| AMT FRANGIPANE MINCE PIE                                  |         |      |      |             |          | ✓    | ✓                               |      | ✓    |              |         |        | ✓                                |       | YES                         | NO                     |                                  |
| BROWNIE MILLIONAIRE                                       |         |      |      |             |          | ✓    | ✓                               | ✓    | ✓    |              |         |        |                                  |       | YES                         | NO                     |                                  |
| GINGER TIFFIN   |         |      |      |             |          | ✓    | ✓                               | ✓    |      |              |         |        |                                  |       | YES                         | NO                     |                                  |
| SPICE STAR SHORTBREAD                                     |         |      |      |             |          | ✓    | ✓                               |      |      |              |         |        |                                  |       | YES                         | NO                     |                                  |