

# Allergen Information

Prima makes products in a bakery where all allergens (excluding crustaceans & molluscs) are present at all times and in constant use. While we make every effort to prevent cross contamination, we **cannot guarantee** that any food item we make is 100% free of any specific allergen.

For customers with serious allergies, particularly Nut/Sesame allergies who may react to a trace of an allergen, it is important to recognise that even with this level of control there may still be traces of allergens present in the food from airborne contamination, and may therefore be unsuitable for you to eat.

If you require allergen information on any specific product, **please ask a member of staff** who will be happy to assist.

It is important to note that we may update our recipes or suppliers at any time, so please ensure the allergen information **is checked at the time of every purchase.**

Product Description	Suitable for Vegetarians	Suitable for Vegans	Gluten from Wheat	Gluten from Rye	Gluten from Barley	Gluten from Oats	Gluten from Spelt	Gluten from Kamut	Milk	Eggs	Nuts (Peanuts)	Nuts (Almonds)	Soya	Sulphur Dioxide & Sulphites	Celery	Sesame Seeds	Mustard	Lupin	Fish
<b>BREAD AND MORNING GOODS</b>																			
ALL WHITE LOAVES	YES	YES																	
ALL GRANARY LOAVES	YES	YES																	
ALL WHOLEMEAL LOAVES	YES	YES																	
TIGER BREAD	YES	YES																	
MULTISEED (LOW GI) BREAD	YES	YES																	
SOURDOUGH BREAD	YES	YES																	
RYE BREAD	YES	YES																	
SEEDED RYE BREAD	YES	YES																	
SODA BREAD	YES																		
SPELT LOAF	YES																		
ROSEMARY & SEASALT FOCACCIA	YES	YES																	
SAFFRON BUNS AND CAKES																			
TEACAKES																			
YEAST BUNS AND CAKES																			
HEVVA BUNS AND CAKES	YES																		
CHOCOLATE MELTS	YES																		
PLAIN & FRUIT SCONES	YES																		
HOT CROSS BUNS	YES																		
PLAIN CROISSANTS	YES																		
PAIN AU CHOCOLAT	YES																		
PAIN AU RAISIN	YES																		
F/SERV JUMBO TEACAKES	YES																		
F/SERV ALL BUTTER PLAIN SCONES	YES																		
F/SERV ALL BUTTER FRUIT SCONES	YES																		
F/SERV SAFFRON BUNS																			
<b>ROLLS</b>																			
WHITE ROLLS/BAPS/SPLITS/FINGER	YES	YES																	
WHOLEMEAL ROLLS/BAPS/SPLITS	YES	YES																	
GRANARY ROLLS/BAPS/SPLITS	YES																		
CHEESE ROLLS	YES																		
TIGER BAPS	YES	YES																	
DELI SEEDED BAPS	YES	YES																	
BRIOCHE BAPS/ROLLS	YES																		
GRANARY SUBS/TORPEDOES	YES																		
RUSTIC CIABBATTAS	YES	YES																	
PANINI - PLAIN	YES	YES																	
PANINI - SEEDED	YES																		
POPPY ROLLS/ BAPS	YES	YES																	
WHITE GLAZED ROLL/FINGERS	YES																		
GRANARY GLAZED ROLL/FINGER	YES																		

 INDICATES PRESENCE OF ALLERGEN

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<b>CAKES</b>																			
SHORTBREAD BISCUITS	YES	YES																	
CHOCOLATE SHORTBREAD BISCS	YES	YES																	
CHOCOLATE DIPPED SHORTBREAD	YES																		
CHOCOLATE TRUFFLES	YES																		
LEMON MADEIRA	YES																		
CHERRY MADEIRA CAKE	YES																		
FARMHOUSE SULTANA CAKE	YES																		
TOFFEELICIOUS CAKE	YES																		
LEMON SENSATION CAKE	YES																		
BOILED FRUIT CAKE	YES																		
LEMON SPONGE	YES																		
VICTORIA SPONGE	YES																		
CHOCOLATE SPONGE	YES																		
7" CARROT CAKE	YES																		
CHELSEA DANISH PASTRIES (x4)																			
CUSTARD DANISH SLICE (PKT)																			
TREACLE TART	YES																		
CONGRESS TART	YES																		
MINI CONGRESS TARTS	YES																		
CHERRY BAKEWELL TART																			
MINI BAKEWELL TARTS																			
CHOCOLATE NESTS	YES																		
CHERRY & ALMOND PIRANS	YES																		
CHOCOLATE MUFFINS	YES																		
BLUEBERRY MUFFINS	YES																		
FINGER CREAM DOUGHNUTS	YES																		
JAM DOUGHNUTS	YES																		
CARAMEL DOUGHNUTS	YES																		
BANANA & TOFFEE MUFFIN	YES																		
GINGERBREAD MEN	YES																		
CARROT CUPCAKES	YES																		
CHOCOLATE CUPCAKES	YES																		
CHELSEA BUN	YES																		
MILLIONAIRE'S SHORTBREAD	YES	YES																	
APRICOT & OAT CRUMBLE	YES																		
SPICED APPLE CROWN																			
APPLE & RASPBERRY CROWN																			
CHELSEA CROWN																			
CUSTARD CROWN																			
CINAMMON APPLE DOUGHNUTS	YES																		
STRAWBERRY SPRINKLE DOUGHNUTS	YES																		
TRIPLE CHOC DOUGHNUTS	YES																		
CARAMEL LACE DOUGHNUTS	YES																		
LEMON DOUGHNUTS	YES																		
COOKIE CRUSH DOUGHNUTS	YES																		

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### WRAPPED FLAPJACKS AND BARS

BANOFFEE	YES																		
CHOCOLATE TIFFIN	YES																		
YOGHURT TOPPED	YES																		
CHOCOHOLIC	YES																		
CARAMEL SHORTBREAD	YES																		
RASPBERRY CRUMBLE	YES	YES																	
PLAIN OAT FLAPJACK	YES	YES																	
CHERRY BAKEWELL																			

### TRULY TREATS TRAYBAKES

CARROT CAKE SLICE	YES																		
CHOCOLATE ORANGE SLICE																			
HONEYCOMB TIFFIN	YES																		
LEMON & ALMOND SLICE	YES																		
RASPBERRY & WHITE CHOC BLONDIES	YES																		
ROCKY ROAD																			
SALTED CARAMEL FLAPJACK	YES																		
TOFFEE APPLE CRUMBLE	YES																		
ULTIMATE CHOCOLATE BROWNIE	YES																		
WHITE CHOCOLATE ROCKY ROAD																			

### CHRISTMAS PRODUCTS

MINCE PIES	YES	YES																	
BUTTERY MINCE PIES	YES																		
SAFFRON STOLLEN																			
XMAS PUDDINGS	YES																		
MINI CHRISTMAS PUDS	YES																		
CHRISTMAS TRUFFLES	YES																		
CHRISTMAS PUDDING LOG	YES																		
CHRISTMAS CAKE LOG	YES																		
CHRISTMAS PASTIES																			

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<b>SAVOURIES</b>																			
PUFF PASTRY	YES	YES																	
SHORTCRUST PASTRY																			
STEAK PASTIES																			
CHICKEN PASTIES																			
PEPPERED STEAK PASTIES																			
STEAK AND ALE PASTIES																			
CHICKEN & CHORIZO PASTIES																			
STEAK & STILTON PASTIES																			
LAMB & MINT PASTIES																			
CHEESE & ONION PASTIES	YES																		
VEG PASTIES	YES	YES																	
BOMBAY POTATO PASTIES	YES	YES																	
BENGALI BEEF PASTIES																			
CAULIFLOWER CHEESE PASTIES	YES																		
CHEESE & BACON PASTIES																			
CHICKEN & MUSHROOM PASTIES																			
SAUSAGE ROLLS																			
CLASSIC GOURMET SAUSAGE ROLL																			
MEXICAN GOURMET SAUSAGE ROLL																			
VEGAN SAUSAGE ROLL	YES	YES																	
CHEESE & BACON WRAP																			
BREAKFAST WRAP																			
MEAT PATTIES																			
STEAK SLICE																			
CHEESE & ONION SLICE	YES																		
CHICKEN & MUSHROOM SLICE																			
CHICKEN JALFREZI SLICE																			
CHICKEN AND MUSHROOM PIE																			
STEAK AND KIDNEY PIE																			
SPINACH & RICOTTA ROLL	YES																		
GOURMET VEGAN ROLL	YES	YES																	
SPINACH & FETA TURNOVER	YES																		
<b>GLUTEN FREE</b>																			
GF STEAK PASTY (Made Marion)			*																
GF CHEESE PASTY (Made Marion)			*																
GF VEGAN PASTY (Made Marion)	YES	YES	*																
GF PLAIN SCONE	YES		*																
GF FRUIT SCONE	YES		*																

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\* Gluten Free Products are made with Deglutinated **Wheat** Starch

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**GRANARY PREPACKED SANDWICHES**

HUNTERS CHICKEN			■		■				■	■			■		■		■		
BACON & EGG			■						■	■			■						
BLT			■						■				■						
CHICKEN & BACON			■						■	■			■				■		
TUNA & CUCUMBER			■						■				■						■
HAM, CHEESE & PICKLE			■						■				■				■		
CHEESE & TOMATO	YES		■						■				■						
CHEESE MIX & SPRING ONION	YES		■						■	■			■				■		
ROAST CHICKEN SALAD			■						■				■						
HAM SALAD			■						■				■						
TUNA SWEETCORN MAYO			■						■	■			■				■		■
SAUSAGE & EGG			■						■				■						
EGG MAYO & TOMATO	YES		■						■	■			■				■		
HAM & ENGLISH MUSTARD			■	■					■				■				■		
ONION BHAJI	YES	YES	■						■				■	■					
RED PEPPER HOUMOUS & RED ONION	YES	YES	■						■				■			■			
CHEESE SALAD	YES		■						■				■						
CHICKEN & STUFFING			■						■	■			■				■		
GUACAMOLE & CUCUMBER	YES	YES	■						■				■						
SWEET CHILLI CHICKEN			■						■				■						
CORONATION CHICKEN			■						■	■			■		■		■		
VEGAN SAUSAGE & PICKLE	YES	YES	■						■				■				■		
SOUTHERN FRIED CHICKEN			■						■				■		■		■		

**WHITE PREPACKED SANDWICHES**

HUNTERS CHICKEN			■		■				■	■			■		■		■		
BACON & EGG			■						■	■			■						
BLT			■						■				■						
CHICKEN & BACON			■						■	■			■				■		
TUNA & CUCUMBER			■						■				■						■
HAM, CHEESE & PICKLE			■						■				■				■		
CHEESE & TOMATO	YES		■						■				■						
CHEESE MIX & SPRING ONION	YES		■						■	■			■				■		
ROAST CHICKEN SALAD			■						■				■						
HAM SALAD			■						■				■						
TUNA SWEETCORN MAYO			■						■	■			■				■		■
SAUSAGE & EGG			■						■				■						
EGG MAYO & TOMATO	YES		■						■	■			■				■		
HAM & ENGLISH MUSTARD			■	■					■				■				■		
ONION BHAJI	YES	YES	■						■				■	■					
RED PEPPER HOUMOUS & RED ONION	YES	YES	■						■				■			■			
CHEESE SALAD	YES		■						■				■						
CHICKEN & STUFFING			■						■	■			■				■		
GUACAMOLE & CUCUMBER	YES	YES	■						■				■						
SWEET CHILLI CHICKEN			■						■				■						
CORONATION CHICKEN			■						■	■			■		■		■		
VEGAN SAUSAGE & PICKLE	YES	YES	■						■				■				■		
SOUTHERN FRIED CHICKEN			■						■				■		■		■		

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