

# Customer Allergen Information Guide

Version 13  
03.10.24

This Guide contains information on the 14 allergens, as recognised by the Food Standards Agency, for our products, to help you choose the right product for you.

**The Food Standards Agency regards the following ingredients and their derivatives as allergens:**

<b>Peanuts</b>	<b>Celery</b>	<b>Eggs</b>	<b>Molluscs</b>
<b>Fish</b>	<b>Lupin</b>	<b>Sesame Seeds</b>	<b>Cereals</b>
<b>Crustaceans</b>	<b>Sulphites</b>	<b>Soybeans</b>	<b>containing</b>
<b>Milk</b>	<b>Nuts</b>	<b>Mustard</b>	<b>Gluten</b>

If you have a query about any other ingredient, please contact our customer care team on:

**0808 147 3447**

 **GREGGS**



## Introduction

We're proud to freshly prepare lots of food, and drinks including our Vegan Friendly Range, in our shop kitchens every day. However, as we use many ingredients and shared equipment, cross-contamination is managed but not to an allergen-free level.

## Vegan Friendly and Gluten Free:



### What is Vegan Friendly?

In line with the Vegan Society recommendations, we at Greggs are using the term 'Vegan Friendly' to label products that may not be made in dedicated vegan sites, but in sites where many steps as possible have been taken to minimise the risk of cross-contamination. See our dedicated pages for our Vegan Friendly Products.



### What is Gluten Free?

Gluten Free labelling legislation explains that "the statement 'gluten free' may only be made where the food as sold to the final consumer contains no more than 20mg/kg of gluten". The claim can be used on products where gluten has been specifically removed and/or substituted with a non-gluten-containing ingredient.

Greggs gluten free products are manufactured using recipes which are free from gluten and the manufacturing sites have strict gluten controls and testing regimes in place. Our shop teams have undergone gluten training, and there are gluten controls and testing regimes in place to manage cross-contamination with gluten within our shops. Gluten Free Products are indicated with (GF) after the product name, and also highlighted in the end column of each page with (Y).



## Product Updates:

Our products may change from time to time, but when this happens we will keep you informed via our **Product Updates section (page 4)**.

Products will remain in this section for a minimum of 28 days, so please check your favourites often.

### Updates will be listed under the following categories:

- *New Product*
- *Allergen Update*
- *New Recipe*

### Hot / Iced Drinks

Due to our equipment, we cannot guarantee our drinks to be allergen-free.

### Packaged Products

The allergen information for our packaged products that are not handled by our team members are detailed within the allergen guide or alternatively detailed on the label.

However, our products are constantly being improved and ingredients are liable to change – so please always read the actual product label carefully before consuming any product.

Please do not rely solely on the information provided on our website / digital channels for our packaged products, despite allergen information being regularly updated.

If you have any further queries about any of our products, or the changes, please contact our Customer Care team on

**0808 147 3447.**

# Product Updates:

<i><b>NEW PRODUCT</b></i>	<i><b>ALLERGEN UPDATE</b></i>	<i><b>NEW RECIPE</b></i>
<b>Sweet Treats (Page 13)</b>		<b>Sweet Treats (Page 13)</b>
Pumpkin Biscuit		Belgian Bun
Spooky Buns		Cream Iced Finger
<b>Hot Food Page 15 (selected shops only)</b>		
Mac & Cheese Pasta		
Meatball Pasta Bake		
Fish Finger Wrap with Ketchup		



# Vegan Friendly Products

\*\*There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.

	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
<b>Contents Key:</b>																					
✓ (Product contains)																					
• (May Contain)																					
GF (Gluten Free)																					
<b>Bread &amp; Rolls</b>																					
Baguettes	✓	•		•																	
Corn Topped Rolls	✓	•	•	•	•	•	✓									•					
Large White Bloomer	✓	•	•	•	•		✓														
Malted Brown Loaf	✓	•	✓	•	•	•	✓									•					
Oval Bites	✓	•	•	•	•	•	✓									•					
Stotties	✓	•	•	•	•		✓														
White & Wholemeal Loaf	✓	•	•	•	•	•	✓														
White & Wholemeal Rolls	✓	•	•	•	•	•	✓									•					
<b>Breakfast</b>																					
**Vegan Sausage Breakfast Roll with Quorn™	✓	•	✓	•	•	•	✓									•					
Extra **Vegan Breakfast Sausage with Quorn™	✓		✓																		
Heinz Tomato Ketchup															✓						
HP Brown Sauce		✓	✓																		
Spread																					
<b>Hot Food</b>																					
Hash Browns	•																				
Southern Fried Potato Wedges	✓																				



# Vegan Friendly Products

\*\*There have been rare cases of allergic reactions to Quorn™ products, which contain mycoprotein. Mycoprotein is made with a member of the fungi/mould family. Mycoprotein is high in protein and fibre which may cause intolerance in some people.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
<b>Savouries &amp; Bakes</b>																					
Spicy Vegetable Curry Bake	✓		•													•	✓				
**Vegan Sausage Roll with Quorn™	✓		✓	•			•									•					
<b>Salads</b>																					
Sweet Potato Bhaji & Rice																	✓				
<b>Sweet Treats</b>																					
Glazed Ring Doughnut	✓	•	•	•	•	•	✓									•					
Sweet Mince Pies	✓		•					•								•					
<b>Pizza Dips</b>																					
Garlic & Herb Dip																	✓				
Hot Sauce																					
Smoky BBQ Dip																	✓				

# Breakfast

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
<b>Breakfast Baguettes with Spread</b>																				
Bacon & Lorne Breakfast Baguette	✓	•	•	•			•									✓				
Bacon & Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓								
Bacon & Sausage Breakfast Baguette	✓	•	•	•			•									✓				
Bacon Breakfast Baguette	✓	•	•	•			•													
Lorne & Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓				✓				
Lorne Breakfast Baguette	✓	•	•	•			•									✓				
Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓								
Sausage & Omelette with cheese Breakfast Baguette	✓	•	•	•			•				✓	✓				✓				
Sausage Breakfast Baguette	✓	•	•	•			•									✓				
<b>Breakfast Rolls with Spread</b>																				
Bacon & Lorne Breakfast Roll	✓	•	•	•	•	•	✓									✓				
Bacon & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				•				
Bacon & Sausage Breakfast Roll	✓	•	•	•	•	•	✓									✓				
Bacon Breakfast Roll	✓	•	•	•	•	•	✓									•				
Lorne & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				✓				
Lorne Breakfast Roll	✓	•	•	•	•	•	✓									✓				
Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				•				
Sausage & Omelette with cheese Breakfast Roll	✓	•	•	•	•	•	✓				✓	✓				✓				
Sausage Breakfast Roll	✓	•	•	•	•	•	✓									✓				
<b>Extras</b>																				
Extra Bacon																				
Extra Breakfast Sausage	✓		•													✓				
Extra Lorne Sausage	✓															✓				
Extra Omelette with cheese											✓	✓								

# Breakfast & Fruit

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
<b>Pastries</b>																				
All Butter Croissant	✓						•	•			✓	✓								
Pain au Chocolat	✓						•	•			✓	✓								
<b>*Porridge - made with <i>Gluten Free</i> oats</b>																				
*Apple & Cinnamon Flavour Porridge ( <b>GF</b> )				✓			•				✓	•								Y
*Golden Syrup Flavour Porridge ( <b>GF</b> )				✓			•				✓	•								Y
*Simply Creamy Porridge ( <b>GF</b> )				✓			•				✓	•								Y
<b>Greggs Fruit Pots</b>																				
Apple and Strawberry Fruit Pot																				
Melon and Grape, Fruit Pot																				



# Sandwiches

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
<b>Baguettes</b>																					
All Day Breakfast Baguette	✓	•	•	•			•				✓	✓	•		✓	✓	•				
Ham & Cheese Baguette	✓	•	•	•			•				✓	•	•		•	•	•				
Honey Roast Ham Salad Baguette	✓	•	•	•			•				•	✓	•		•	•	✓				
Mature Cheddar Cheese Salad Baguette	✓	•	•	•			•				✓	•	•		•	•	•				
Mexican Chicken Baguette	✓	•	•	•			•				✓	✓	•		•	•	✓				
Roast Chicken & Bacon Club Baguette	✓	•	•	•			•				•	✓	•		•	•	✓				
Roast Chicken Mayonnaise Baguette	✓	•	•	•			•				•	✓	•		•	•	✓				
Southern Fried Chicken Baguette	✓	•	•	•			•				✓	•	•		•	•	•				
Tandoori Chicken Baguette	✓	•	•	•			•				•	✓	•		✓	•	✓				
Tuna Crunch Baguette	✓	•	•	•			•				•	✓	✓		•	•	✓				
<b>Bread Packs</b>																					
BLT	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Cheese	✓	•	•	•	•	•	✓				✓	•	•		•	•	•				
Cheese & Pickle	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Cheese & Tomato	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•				
Egg Mayonnaise <b>(HS)</b>	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓				
Egg Mayonnaise & Tomato <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Free Range Egg Mayonnaise	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Free Range Egg Salad <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Ham	✓	•	•	•	•	•	✓				•	•	•		•	•	•				
Honey Roast Ham <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	•	•		•	•	•				
Honey Roast Ham & Egg <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Honey Roast Ham & Egg Salad	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Mexican Chicken <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				
Roast Chicken & Bacon	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓				

# Sandwiches

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
<b>Bread Packs</b>																				
Roast Chicken Salad <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Tandoori Chicken	✓	•	✓	•	•	•	✓				•	✓	•		✓	•	✓			
Tuna Crunch <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓			
Tuna Mayonnaise & Cucumber	✓	•	✓	•	•	•	✓				•	✓	✓		•	•	✓			
<b>Flatbreads</b>																				
Mexican Bean and Spicy Cheese Flatbread	✓		•				•				✓	•	•		•	•	•			
Mexican Chicken Flatbread	✓		•				•				•	✓	•		•	•	✓			
<b>Oval Bites</b>																				
Chargrill Chicken Oval Bite	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Mature Cheddar Cheese Ploughman's Oval Bite	✓	•	✓	•	•	•	✓				✓	•	•		•	•	•			
Mexican Chicken Oval Bite	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			
<b>Stotties</b>																				
Cheese & Onion Stottie	✓	•	•	•	•		✓				✓	✓	•		•	•	✓			
Tuna Mayonnaise Stottie	✓	•	•	•	•		✓				•	✓	✓		•	•	✓			
<b>Rolls</b>																				
Chargrill Chicken Roll <b>(HS)</b>	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Egg & Tomato Roll <b>(HS)</b>	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			
Honey Roast Ham and Egg Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			
Roast Chicken Salad Roll	✓	•	•	•	•	•	✓				•	✓	•		•	•	✓			
Tandoori Chicken Roll	✓	•	•	•	•	•	✓				•	✓	•		✓	•	✓			
Tuna Crunch Roll <b>(HS)</b>	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓			
Tuna Mayonnaise Roll	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓			
<b>Toasties</b>																				
Ham & Mature Cheddar Cheese Toastie	✓	•	•	•	•		✓				✓	•	•		•	•	•			

# Pasta & Salads

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free) HS (Hospital Shop)	Cereals Containing Gluten																						Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)																		
<b>Pasta</b>																								
Chicken & Bacon Pasta	✓		✓									✓	✓							✓				
Pesto & Mozzarella Pasta	✓											✓												
Piri Piri Chicken Pasta	✓											✓	✓							✓				
<b>Salads</b>																								
Smoky Cajun Rice with BBQ Chicken & Sweetcorn Fritters			✓																					
Side Salad	•		•				•					•	•	•				•	•	•				

# Savouries, Bakes & Pizza

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
<b>Savouries &amp; Bakes</b>																					
Bacon & Cheese Wrap	✓		•				•				✓	•				•	•				
Beef & Vegetable Pasty	✓		✓				•				✓					•	•				
Cheese & Onion Bake	✓	•	•	•	•	•	•				✓	•				•	✓				
Chicken Bake	✓	•	•	•	•	•	•				✓	•				•	•				
Corned Beef Bake	✓	•	•	•	•	•	•				✓	✓				•	•				
Katsu Chicken Bake	✓	•	•	•	•	•	•				✓	•	•		•	•	•				
Sausage, Bean & Cheese Melt	✓	•	•	•	•	•	•				✓	•				✓	•				
Sausage Roll	✓	•	✓	•	•	•	•				✓	•				✓	•				
Savoury Mince Pie	✓		✓				✓				✓					•	•				
Scotch Pie	✓	•	✓	•	•	•	✓				✓					•	•				
Steak Bake	✓	•	✓	•	•	•	•				✓	•				•	•				
Vegetable Bake	✓	•	•	•	•	•	•				✓	•				•	✓				
<b>Pizzas **Box only</b>																					
BBQ Chicken & Bacon Pizza**	✓	•	✓	•	•	•	✓				✓	•				•	✓				
Margherita Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				
Pepperoni Hot Shot Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				
Pepperoni Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				
Spicy Mexican Chicken Pizza	✓	•	✓	•	•	•	✓				✓	•				•	✓				
Spicy Veg Pizza	✓	•	✓	•	•	•	✓				✓	•				•	•				

## Sweet Treats

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Apple Danish	✓	•	•	•	•	•	✓				✓	✓				✓	•				
Bavarian Slice	✓						✓	•		•	✓	✓				•					
Belgian Bun ( <b>NEW RECIPE</b> )	✓	•	•	•	•	•	✓				•	•				✓	•				
Caramel Custard Doughnut	✓	•	•	•	•	•	✓				✓	•				•					
Cheese Scones	✓	•	•	•	•	•	•				✓	✓				•	✓				
Cherry Bakewell Muffin	✓	•	•	•			•				✓	✓				✓					
Chocolate Cake Bar	✓	•	•	✓	•		✓	•			✓	✓				•					
Cream Éclair	✓			•			✓				✓	✓									
Cream Iced Finger ( <b>NEW RECIPE</b> )	✓	•	•	•	•		✓				✓	•				•	•				
Empire Biscuit	✓	•	•	•	•	•	•	•			•	✓				✓	•			•	
Filled Milk Chocolate Doughnut	✓	•	•	•	•	•	✓				✓	•				•					
Fruit Scones	✓	•	•	•	•	•	✓				✓	✓				•	•				
Gingerbread Man	✓	•	•	•	•	•	•	•			✓	✓				•	•			•	
Jam Doughnut	✓	•	•	•	•		✓				•	•				•					
Jammy Heart Biscuit	✓			•			•	•			✓	•				•					
Milk Chocolate Caramel Shortbreads/Offcuts	✓						✓	•			✓	•				•					
Milk Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Novelty Buns	✓	•	•	✓							✓	✓				•					
Peach Melba	✓						•				✓	•				•					
Pineapple Cake	✓						•				✓	•				•					
Pink Jammie	✓	•	•	•	•		✓				✓	•				•					
Pumpkin Biscuit ( <b>NEW PRODUCT</b> )	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Pumpkin Spice Doughnut	✓	•	•	•	•		✓				✓	•				•					
Spooky Buns ( <b>NEW PRODUCT</b> )	✓	•	•	✓							✓	✓				•					
Star Biscuit	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Sugar Strand Doughnut	✓	•	•	•	•	•	✓				•	•				•					

# Sweet Treats

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Tottenham Cake	✓		•	•			•	•			•	✓				•					
Triple Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Triple Chocolate Doughnut	✓	•	•	•	•		✓				✓	•				•					
Triple Chocolate Muffin	✓	•	•	•			✓				✓	✓									
Vanilla Custard Slice	✓						•	•		•	✓	✓									
White Chocolate Cookie	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Yum Yum	✓	•	•	•	•		✓				•	✓				•					
<b>Hot Sweet</b>																					
Hot Milk Chocolate Cookies	✓	•	•	•	•	•	✓	•			✓	✓				•	•			•	
Hot Yum Yums	✓	•	•	•	•		✓				•	✓				•					
<b>Dipping Sauces – selected shops only</b>																					
Milk Chocolate Dipping Sauce							✓				✓										
Salted Caramel Dipping Sauce							✓				✓										

# Hot Food

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
<b>Hot</b>																				
BBQ Bites Meal Box	✓						•				•	•			•		•			
Spicy BBQ Chicken Bites	✓						•				•	•			•		•			
Southern Fried Chicken Goujons	✓																			
Mozzarella & Cheddar Bites	•		•							✓							•			
<b>Soup</b>																				
Tomato Soup (GF)										✓					•	•				Y
<b>Hot Meal Boxes - selected shops only</b>																				
Mac & Cheese Pasta (NEW PRODUCT)	✓									✓							✓			
Meatball Pasta Bake (NEW PRODUCT)	✓									✓										
<b>Crispy Chicken Burgers – selected shops only</b>																				
Mayo Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
Spicy Crispy Chicken Burger	✓	•	✓	•	•	•	✓				•	✓	•		•	•	✓			
<b>Fish Finger Sandwiches – selected shops only</b>																				
Fish Finger Sandwich with Ketchup	✓	•	•	•	•	•	✓				•	•	✓		✓	•	✓			
Fish Finger Sandwich with Mayo	✓	•	•	•	•	•	✓				•	✓	✓		•	•	✓			
<b>Wraps - selected shops only</b>																				
<b>Chicken</b>																				
Hot & Spicy Chicken Wrap	✓		•				•				•	✓	•		•	•	✓			
Mayo Chicken Wrap	✓		•				•				•	✓	•		•		✓			
Sweet Chilli Chicken Wrap	✓	•	•				•				•	✓	•		•	•	✓			
<b>Fish</b>																				
Fish Finger Wrap with Ketchup (NEW PRODUCT)	✓		•				•				•	•	✓		✓		✓			
Fish Finger Wrap with Mayo	✓		•				•				•	✓	✓		•		✓			

# Drinks & Snacks - Includes Decaf versions where available

Due to our equipment, we cannot guarantee our hot / iced drinks to be allergen-free.

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
<b>Hot Drinks</b>																				
Americano											•									
Black Tea											•									
Cappuccino	•										✓					•				
Oat Cappuccino				✓							•									
Flat White											✓									
Oat Flat White				✓							•									
Decaf Black Coffee											•									
Espresso Shot											•									
Extra Espresso Shot											•									
Green Tea											•									
Hot Chocolate	•										✓					•				
Latte											✓									
Oat Latte				✓							•									
Milk											✓									
Mocha	•										✓					•				
Peppermint Tea											•									
White Tea											✓									
Oat Tea				✓							•									
White Coffee											✓									
Oat White Coffee				✓							•									
Oat, Alternative to Milk				✓																
Soya, Alternative to Milk portion							✓													



# Drinks & Snacks - Includes Decaf versions where available

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	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
<b>Hot Drinks continued</b>																					
<b>Speciality Drinks</b>																					
Caramel Latte	•										✓					•					
Orange Hot Chocolate	•										✓					•					
Orange Mocha	•										✓					•					
Pumpkin Spice Latte	•		•								✓					•					
Salted Caramel Latte											✓										
Vanilla Latte	•										✓					•					
<b>Iced Drinks</b>																					
Cloudy Lemonade																					
Mango and Strawberry Cooler																					
Strawberries and Cream Refresher											✓										
Strawberry Lemonade																					
Iced Americano											•										
Iced Latte											✓										
<b>Iced Speciality Drinks</b>																					
Iced Caramel Latte											✓										
Iced Vanilla Latte											✓										
Iced Pumpkin Spice Latte	•		•								✓					•					
Iced Salted Caramel Latte											✓										

# Drinks - Includes Decaf versions where available

Due to our equipment, we cannot guarantee our hot / iced drinks to be allergen-free.

<b>Contents Key:</b> ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)														
<b>Extras (syrops may contain sugar &amp; sweeteners)</b>																				
Cream											✓									
Caramel Syrup																				
Cinnamon Syrup – selected shops only																				
Hazelnut Syrup – selected shops only																				
Mint Syrup – selected shops only																				
Orange Syrup																				
Pumpkin Spice Syrup																				
Salted Caramel Syrup																				
Vanilla Syrup																				
<b>Greggs Own Label Cold Drinks</b>																				
Apple Juice																				
Natural Mineral Water																				
Orange Juice																				
Ready to Drink Caramel Latte											✓									
Ready to Drink Latte											✓									
Sparkling Mango & Pineapple																				
Sparkling Raspberry Lemonade																				

# Snacks

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
<b>Greggs Own Label Crisps</b>																					
Mature Cheddar & Onion Hand Cooked Crisps											✓										
Sea Salt & Cider Vinegar Hand Cooked Crisps																					
Thai Sweet Chilli Hand Cooked Crisps																					

## Extra Ingredients – selected shops only

Contents Key: ✓ (Product contains) • (May Contain) GF (Gluten Free)	Cereals Containing Gluten						Soya	Nuts	Peanut	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphites	Mustard	Molluscs	Lupin	Gluten Free (GF)	
	Wheat	Rye	Barley	Oats	Spelt (Wheat)	Kamut (Wheat)															
Chargrill Chicken	•		✓				•				•	•	•		•		✓				
Cheddar Cheese	•		•				•				✓	•	•		•		•				
Jalapeños	•		•				•				•	•	•		•		•				
Mexican Chicken	•		•				•				•	•	•		•		✓				
Mixed Peppers	•		•				•				•	•	•		•		•				
Pepperoni	•		•				•				•	•	•		•		•				
Red Onion	•		•				•				•	•	•		•		•				
Sweetcure Bacon	•		•				•				•	•	•		•		•				