

ALLERGY INFORMATION

Heartlake Park Cafe

Please speak to a member of our trained staff about ingredients in any of the meals before ordering.

Staff may not be able to offer specific advice or make recommendations beyond the 14 common allergen groups.

<u>Drinks</u>	
Tea	None of the 14 common allergens, unless Milk is added.
Americano	None of the 14 common allergens, unless Milk is added.
Espresso	None of the 14 common allergens.
Cappuccino	Contains Milk.
Mocha	Contains Milk.
Latte	Contains Milk.
Hot Chocolate	Contains Milk.
<u>Flavoured Syrups</u>	
Hazelnut Syrup	Contains Tree Nuts.
Vanilla Syrup	None of the 14 common allergens.
Caramel Syrup	None of the 14 common allergens.
Cherry Syrup	None of the 14 common allergens.
Belgium Chocolate Syrup	None of the 14 common allergens.
Ginger Bread Syrup	None of the 14 common allergens.
Salted Caramel Syrup	None of the 14 common allergens.
<u>Alternative Milks</u>	
Almond Milk	Contains Nuts.
Coconut Milk	May contain Nuts.
Oat Milk	Contains Oats.
Soya Milk	Contains Soya.
<u>Snacks</u>	
Blueberry Muffin	Contains Wheat, Eggs & Milk. May contain Soya & Nuts.
Chocolate Muffin	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Vanilla Doughnut	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Chocolate Doughnut	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Chocolate Sponge Cake	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Victoria Sponge Cake	Contains Wheat, Eggs & Milk. May contain Nuts.
Chocolate Brownie	Contains Eggs, Milk & Soya. May contain Nuts.

Please be aware that although every care is taken to prevent cross contamination, food containing allergens including nuts and gluten are handled in our food outlets.