

ALLERGY INFORMATION

Beginning Coffee Co

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>Savoury Snacks</u>	
Rustic Bacon Roll	Contains Wheat.
Rustic Sausage Roll	Contains Wheat, Eggs, Milk & Sulphites.
Ham & Cheese Croissant	Contains Wheat, Eggs & Milk.
Tuna Melt Panini	Contains Wheat, Eggs, Fish & Milk.
BBQ Chicken Panini	Contains Wheat, Milk & Mustard.
Ham & Cheese Toastie	Contains Wheat & Milk.
Vegan Cheese & Mushroom Toastie	Contains Wheat.
<u>Grab and Go</u>	
Croissant	Contains Wheat, Eggs & Milk. May contain Nuts.
Chocolate Twist	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Pain au Raisin	Contains Wheat, Eggs & Milk. May contain Nuts.
Toasted Teacake	Contains Wheat & Milk.
Jammie Dodger Cupcake	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Lotus Biscuit Cupcake	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Oreo Cupcake	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Party Ring Cupcake	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Caramel Shortbread	Contains Wheat, Milk & Soya. May contain Eggs & Nuts.
Chocolate Brownie	Contains Eggs, Milk & Soya. May contain Nuts.
Lemon Drizzle	Contains Eggs & Milk. May contain Nuts.
Lemon Meringue Tart	Contains Wheat, Eggs & Milk. May contain Soya & Nuts.
Raspberry & White Choc Muffin	Contains Wheat, Eggs, Milk & Soya. May contain Nuts.
Cloud Meringues	Contains Eggs, Milk & Soya.
Fruit Pots	Contains none of the 14 common allergens.
<u>Drinks</u>	
Tea/Americano	Contains Milk if added
Cappuccino/Latte/Mocha/Flat White	Contains Milk.
Hot Chocolate	Contains Milk.
Almond Milk	Contains Nuts.
Coconut Milk	May contain Nuts.
Oat Milk	Contains Oats.
Soya Milk	Contains Milk.
Hazelnut Syrup	Contains Nuts.
Vanilla/Caramel/Gingerbread Syrup	None of the 14 common allergens.
Cream	Contains Milk.
Mini Marshmallow	May contain Milk & Soya.

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.