

Everything is gluten-free. However, other ingredients and allergens are used across the various bakes, such as dairy, nuts etc. Reducing the risk of allergen cross-contamination is managed through taking great care when making the bakes (including having industry training in this area), however please be aware that there can still be the risk of unintentional cross contamination during the baking process. This can sometimes happen when several food products are made on the same premises, which is the case with all the bakes listed below as they are made in the same kitchen.

Not all items are listed below – Such as ‘specials’ and additional add-hoc requests but they will have individual allergens included with each order.

NAME OF ITEM	INGREDIENTS
BAKEWELL TART	Gluten-free plain flour (<i>rice, potato, tapioca, maize, buckwheat</i>), salt, water, egg , dairy-free butter (<i>plant oils, sustainable palm oil, sunflower oil, rapeseed, water, salt, fava bean preparation, plant-based emulsifier (sunflower lecithin), natural flavourings</i>). Caster sugar, almond flour (nuts) , icing sugar, jam, glacé cherries.
CHOCOLATE CUPCAKES	Gluten-free self raising flour (<i>potato starch, Tapioca, maize flour, buckwheat, raising agents, xanthan gum</i>). Caster sugar, organic cocoa powder, gluten-free organic flaxseed, baking powder, salt, soya milk, dairy-free butter (<i>plant oils, sustainable palm oil, sunflower oil, rapeseed, water, salt, fava bean preparation, plant-based emulsifier (sunflower lecithin), natural flavourings</i>). Icing sugar, water, syrup (<i>sugar, natural flavouring, citric acid, colour E150A</i>). Sometimes flavours contain zest from oranges and lemons. Cupcakes with the vegan chocolate filling also contain vegan chocolate spread which contains hazelnuts and soya .
COFFEE AND WALNUT SLICE	Butter (milk) , Instant coffee, caster sugar, soft brown sugar, water, xanthan gum, gluten-free self raising flour (<i>potato starch, Tapioca, maize flour, buckwheat, raising agents, xanthan gum</i>), ground walnuts (nuts) , egg , cream cheese (<i>full fat soft cheese, salt, stabiliser (Locust Bean Gum), acid (citric acid)</i>), icing sugar.
DONUTS (FANCY) GF + VEGAN VERSION	Icing sugar, orange zest, cocoa nibs (<i>54% Belgium dark chocolate sugar, cocoa butter, cocoa mass, emulsifier (soya lecithin), natural vanilla</i>). Hazelnuts , coconut flakes, dairy-free butter by Flora (<i>plant oils, sustainable palm oil, sunflower oil, rapeseed, water, salt, fava bean preparation, plant-based emulsifier (sunflower lecithin), natural flavourings</i>). Caster sugar, cinnamon. Organic cocoa powder, syrup (<i>sugar, natural flavouring, citric acid, colour E150A</i>). Fruit.
DONUTS (FANCY) GF ONLY VERSION	Cream cheese (<i>full fat soft cheese, salt, stabiliser (Locust Bean Gum), acid (citric acid)</i>), icing sugar, orange zest, cocoa nibs (<i>54% Belgium dark chocolate sugar, cocoa butter, cocoa mass, emulsifier (soya lecithin), natural vanilla</i>). Chocolate spread (<i>sugar, palm oil, hazelnuts (13%), skimmed milk powder (8.7%), Fat-Reduced cocoa (7.4%), Emulsifier: Lecithin's (soya), vanilla</i>), Coconut flakes. Caster sugar, cinnamon Fruit. Additional toppings may vary

DONUTS: PLAIN APPLE & CINNAMON	Sugar, rice flour, potato starch, tapioca, maize flour, gram flour, buckwheat, baking powder, xanthan gum, bicarbonate of soda, salt, organic apple purée, organic coconut oil, salt, vanilla essence (water, ethanol, sugar, vanilla extract). Cinnamon.
GRANOLA BAR	Organic Gluten-free rolled oats, almonds (nuts), cashew (nuts), walnuts (nuts), pecans (nuts), cashew (nuts) and Brazil (nuts) . Organic coconut oil, dried apricots (sulphates), raisins, pumpkin seeds, sunflower seeds, sesame seeds, ground almonds (nuts) , ground cinnamon, dairy-free spread (sustainable plant oils (rapeseed, palm, sunflower, linseed, salt, lecithin, faba bean protein, natural flavourings, vitamin A). golden syrup, brown sugar.
LEMON MERINGUE TART	Gluten-free plain flour by Doves farm (Rice, Potato, Tapioca, Maize, Buckwheat), salt, water, egg , dairy-free butter (plant oils, sustainable palm oil, sunflower oil, rapeseed, water, salt, faba bean preparation, plant-based emulsifier (sunflower lecithin), natural flavourings). Caster sugar, lemon juice.
MILLIONAIRE SHORTBREAD	Rice flour, butter (milk) , caster sugar, icing sugar, corn flour, salt, condensed milk by Nestlé (whole milk , sugar), golden syrup, brown sugar, chocolate (54% Belgium dark chocolate and white chocolate; sugar, cocoa butter, cocoa mass, emulsifier (soya lecithin), natural vanilla). Double cream (milk) , white chocolate (sugar, cocoa butter, whole milk , whey powder, polyglycerol polyricinoleate). Vanilla extract (water, ethanol, sugar, vanilla extract).
ROCKY ROAD	Free-from 53% chocolate (cocoa mass, sugar, cocoa butter, emulsifier; sunflower lecithin). Gluten-free digestives (Gluten Free Oat Flour, Muscovado Sugar, Maize Starch, Palm Fat, Rapeseed Oil, Palm Oil, Partially Inverted Sugar Syrup, Raising Agent (Sodium Bicarbonate), Flavouring, Salt, Emulsifier. Dairy-free spread by (sustainable plant oils (rapeseed, palm, sunflower, linseed, salt, lecithin, faba bean protein, natural flavourings, vitamin A). Vegan marshmallows by Mallows (Sugar, Glucose-Fructose Syrup, Water, maize Starch, Dextrose, Tapioca Starch, Gelling agent: Carrageenan (E407), Hydrolised Rice Protein, Natural Vanilla Flavouring, Colour: Beetroot Red/Betanin (E162). Maple syrup.
SANDWICHES - GF Vegan option	Vegan ones; Gluten-free and vegan bread, usually use Shar or B-free brands (<i>Water, Potato Flour, Com Starch, Tapioca Starch, Sunflower Seeds 4%, Brown Rice Flour, Buckwheat flour, Linseeds 32%, Thickening Agents (Xanthan Gum, Cellulose, Agar), Treacle, Millet Seeds 2%, Yeast, Glycerol, Poppy Seeds 1%, Rice Bran, Pea Protein, Rapeseed Oil, Salt, Apple Fibre, Sourdough (Fermented Quinoa, Rice and Maize Flour), Psyllium Husk, Acids (Citric Acid, Malic Acid, Tartaric Acid), Acidifier (Glucono-Delta-Lactone), Flour Treatment Agent (Ascorbic Acid)</i>). Fillings are typically a mixture of:

	<p>Salad variety with a vegan cheese or homemade houmous: (chickpeas, sesame, paprika, cumin, coriander, lemon juice, garlic, fresh herbs) and dairy-free spread (sustainable plant oils (rapeseed, palm, sunflower, linseed, salt, lecithin, faba bean protein, natural flavourings, vitamin A), salt and pepper.</p> <p>Dairy-free cheese and cucumber: With cucumber, mustard (sometimes), spring or red onion (sometimes) vegan mayonnaise (ingredients vary) salt and pepper.</p> <p>3rd sandwich varies in flavour – see label on day for details.</p>
<p>SANDWICHES GF & DF options</p>	<p>Gluten-free sandwiches: Gluten-free bread (brands vary, usually use Genuis triple seeded which contains egg). Full ingredients (<i>Starches (Maize, Potato, Tapioca), Water, Mixed Seeds (11%) (Sunflower, Brown Linseeds, Millet, Poppy), Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Golden Flaxseed, Free Range Dried Egg White, Rice Flour, Dextrose, Iodised Salt (Salt, Potassium Iodate), Fermented Maize Starch, Partially Inverted Sugar Syrup, Vitamins & Minerals: Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamine, Folic Acid</i>).</p> <p>USUALLY 3 FILLING TYPES:</p> <p>*Note: for dairy-free sandwiches, the cheese is swapped for a non-dairy alternative.</p> <p>Free-range egg and cress: Mayonnaise (rapeseed oil (78%), water, pasteurised free range egg & egg yolk (7.9%), spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (calcium disodium EDTA), flavourings, paprika extract) and cress, butter (milk), salt and pepper.</p> <p>Cheese* (milk) and cucumber: Mature cheddar cheese (milk), cucumber, mustard (sometimes), mayonnaise (egg) (rapeseed oil (78%), water, pasteurised free range egg & egg yolk (7.9%), spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (calcium disodium EDTA), flavourings, paprika extract), salt and pepper.</p> <p>3rd sandwich varies in flavour – see label on day for details.</p>
<p>SCONE (GF + Vegan version)</p>	<p>Gluten-free self raising flour (<i>potato starch, Tapioca, maize flour, buckwheat, raising agents, xanthan gum</i>), soya milk, soya single cream (<i>soya base, water, hulled soya, sunflower oil, sugar, emulsifier (sucrose esters of fatty acids), stabilisers</i> (<i>xanthan gum, carrageenan, guar gum, salt</i>). Aquafaba (water from chickpeas), apple cider vinegar, dairy-free butter (<i>plant oils, sustainable palm oil, sunflower oil, rapeseed, water, salt, faba bean preparation, plant-based emulsifier (sunflower lecithin), natural flavourings</i>). Caster sugar, baking powder, xanthan gum, icing sugar, salt.</p>
<p>SCONE (GF only version)</p>	<p>Egg, double cream (milk), milk, lemon juice, gluten-free self-raising flour (<i>potato starch, Tapioca, maize flour, buckwheat, raising agents, xanthan gum</i>), butter (milk), caster sugar, baking powder, xanthan gum, salt.</p>

<p>VEGAN CRUNCH</p>	<p>70% dark chocolate (cocoa mass, low sugar, cocoa powder, emulsifier: lecithin (soya), natural vanilla flavouring, organic maple syrup, dairy-free spread (sustainable plant oils (rapeseed, palm, sunflower, linseed, salt, lecithin, faba bean protein, natural flavourings, vitamin A), vanilla essence, coconut oil, almond butter (nuts), gluten-free rice pops (rice (93%), sugar, salt, vitamins (niacin, pantothenic acid, vitamin B6, riboflavin, folic acid, vitamin D, vitamin B12), iron). Gluten-free corn-flakes (maize (93%), sugar, salt, vitamins (niacin, pantothenic acid, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12),iron. Cranberries, almond flakes (nuts), raisins, pumpkin seeds.</p>
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<p>BAKEWELL TART</p>	<p>Gluten-free plain flour (<i>rice, potato, tapioca, maize, buckwheat</i>), salt, water, egg, dairy-free butter (<i>plant oils, sustainable palm oil, sunflower oil, rapeseed, water, salt, faba bean preparation, plant-based emulsifier (sunflower lecithin), natural flavourings</i>). Caster sugar, almond flour (nuts), icing sugar, jam, glacé cherries.</p>