



# **SCHOOL HOUSE CAFÉ**

## **MENU ALLERGEN**

### **INFORMATION**

**LAST UPDATED SEPTEMBER 2020**

# SCHOOL HOUSE CAFÉ

## Menu Allergen Information

If you are concerned about any ingredients used, please ask a member of the School House Café team to show you the original packaging of the ingredients. This includes alternative milks

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If you are unsure whether a product contains an allergen you cannot eat, we recommend that you choose another item you are sure doesn't contain the allergen.

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As all items on our menu are made in the same kitchen, we cannot guarantee that there will be no traces. If you have an allergy, please inform a member of the School House team so we can take extra steps to ensure your food is safe for you to drink

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Please note that these allergens are for our default menu items. If you should wish to customise your food, you should take into account the allergens for the changes to your food.

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### Key used throughout this document:

 Celery	 Molluscs
 Cereals containing gluten	 Mustard
 Crustaceans	 Nuts
 Eggs	 Peanuts
 Fish	 Sesame
 Lupin	 Soya
 Milk	 Sulphur Dioxide

- C** Celery
- C** Cereals
- C** Crustaceans
- E** Eggs
- F** Fish
- L** Lupin
- M** Milk
- M** Molluscs
- M** Mustard
- N** Nuts
- P** Peanuts
- S** Sesame
- S** Soya
- S** Sulphur

# BREAKFAST ITEMS

## Bacon Bap

- Bacon
- Bread roll **C S**
- Butter Spread (+ Egg) **E**

## Sausage Bap

- Chipolatas **E S**
- Bread roll **C S**
- Butter Spread

## Breakfast Bap

- Bacon
- Bread roll **C S**
- Butter Spread
- Fried Egg **E**
- Hash browns

## SHC Brunch

- Roasted Tomato **S**
- Avocado
- Salmon **F**
- Scrambled Egg **E**  
Milk, Black Pepper, Salt **M**
- Bagel **C**
- Butter Spread

## Eggs on toast

- Sliced Bread **C S**
- Butter Spread
- Fried Egg **E**
- Scrambled Egg **E**  
Milk, Black Pepper, Salt **M**

## Cooked Breakfast

- Chipolatas **E S**
- Bacon
- Fried Egg **E**
- Scrambled Egg **E**  
Milk, Black Pepper, Salt **M**
- Sliced Bread **C S**
- Butter Spread
- Hash Browns
- Baked Beans

## Veggie Breakfast

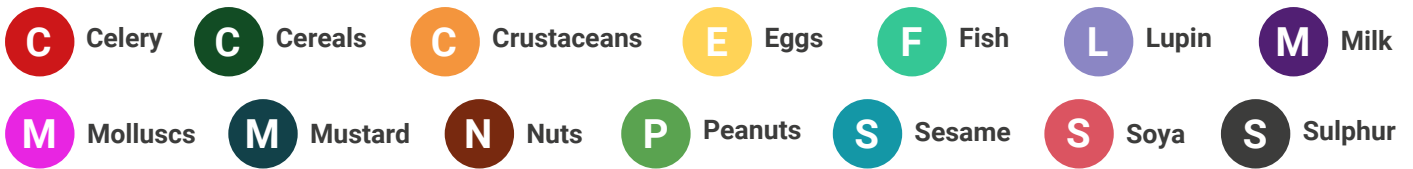
- Roasted Tomato **S**
- Avocado
- Fried Egg **E**
- Scrambled Egg **E**  
Milk, Black Pepper, Salt **M**
- Sliced Bread **C S**
- Butter Spread
- Hash Browns
- Baked Beans

## Cheese and Beans on toast

- Sliced Bread **C S**
- Butter Spread
- Cheddar **M**
- Baked Beans

## Porridge

- Oats (gluten free option) **C**
- Milk **M**
- Banana
- Honey



# BAGELS + SANDWICHES

## Salmon + Scrambled Egg Bagel

- Bagel C
- Salmon F
- Scrambled egg E
- Milk, Black Pepper, Salt M
- Butter spread

## Salmon + Cream Cheese Bagel

- Bagel C
- Salmon F
- Cream Cheese M
- Lemon
- Salad leaves

## Mozzarella, Pesto + Tomato Bagel

- Bagel C
- Mozzarella M
- Pesto
- Roasted Tomato S
- Salad leaves

## Cheese + Tomato Sandwich

- Cheddar M
- Sliced Bread C S
- Butter Spread
- Roasted Tomato S
- Salad leaves

## Chicken + Bacon Sandwich

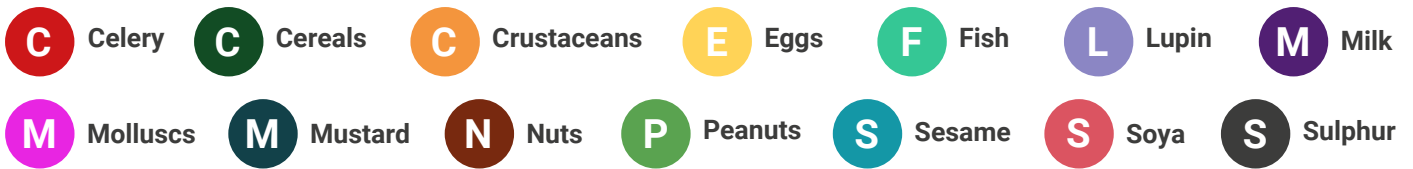
- Chicken
- Bacon
- Mayonnaise E
- Sliced Bread C S
- Butter Spread
- Salad leaves

## Brie + Cranberry Sandwich

- Brie M
- Cranberry Sauce
- Sliced Bread C S
- Butter Spread
- Salad leaves

## Tuna Mayo + Sweetcorn Sandwich

- Tuna F
- Sweetcorn
- Mayonnaise E
- Sliced Bread C S
- Butter Spread
- Salad Leaves



# PANINIS + TOASTED SANDWICHES

## Bacon, Mozzarella + Tomato Panini

- Bacon
- Mozzarella **M**
- Roasted Tomato **S**
- Panini Bread **C**\*

## BBQ Chicken, Bacon + Cheddar Panini

- BBQ Sauce
- Chicken
- Cheddar **M**
- Bacon
- Panini Bread **C**\*

## Tuna, Sweetcorn + Cheese Panini

- Tuna **F**
- Sweetcorn
- Mayonnaise **E**
- Panini Bread **C**\*
- Salad leaves

## Mozzarella, Pesto + Tomato Panini

- Panini Bread **C**\*
- Mozzarella **M**
- Pesto
- Roasted Tomato **S**
- Salad leaves

## Brie & Cranberry Panini

- Brie **M**
- Cranberry Sauce (+ Bacon)
- Panini Bread **C**\*
- Salad leaves

## Avocado & Tomato Toastie

- Avocado
- Roasted Tomato **S**
- Sliced Bread **C** **S**
- Butter Spread

## Bacon + Avocado Toastie

- Bacon
- Avocado
- Sliced Bread **C** **S**
- Butter Spread

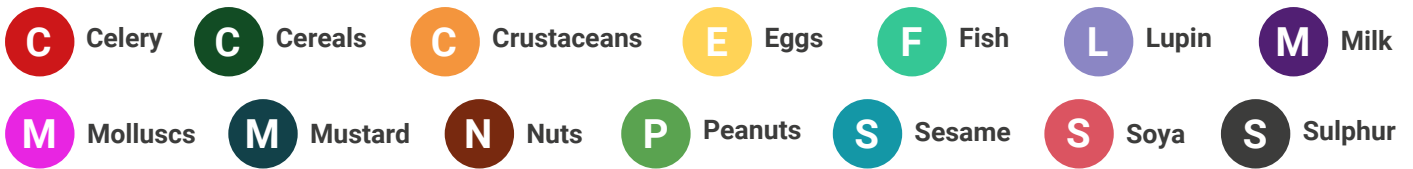
## Cheese + Tomato Toastie

- Cheddar **M**
- Sliced Bread **C** **S**
- Roasted Tomato **S**
- Butter Spread

## Ham + Cheese Toastie

- Ham
- Cheddar **M**
- Sliced Bread **C** **S**
- Butter Spread

\* May contain traces of sesame



# JACKETS + OTHER LUNCH

## Bacon + Cheese Jacket Potato

- Cheddar M
- Bacon
- Butter (optional) M
- Jacket Potato
- Salad leaves

## Cheese Jacket Potato

- Cheddar (vegan option available) M
- Butter (optional) M
- Jacket Potato
- Salad leaves

## Cheese + Beans Jacket Potato

- Cheddar M
- Baked Beans
- Butter (optional) M
- Jacket Potato
- Salad leaves

## Tuna Mayo + Cheese Jacket Potato

- Cheddar M
- Tuna F
- Mayonnaise E
- Sweetcorn
- Butter (optional) M
- Jacket Potato
- Salad leaves

## Chilli + Cheese Jacket Potato

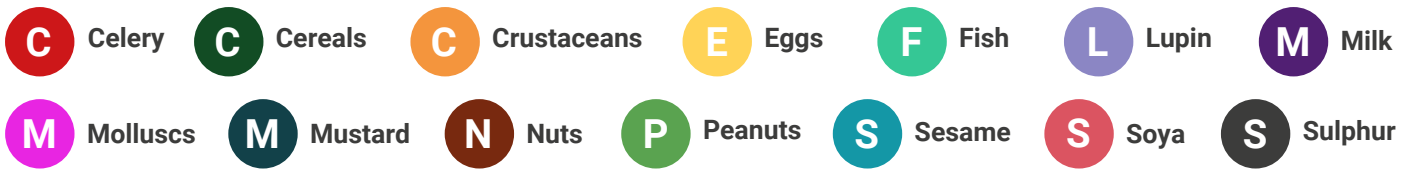
- Cheddar M
- Butter (optional) M
- Chilli C
- Mince Meat, Passata, Roasted red pepper, Spring onions, Coriander, Garam masala, Paprika, Cumin seeds, Chilli flakes, Olive oil, Salt, Black pepper, Kidney beans
- Jacket Potato
- Salad leaves

## Houmous Platter

- Houmous S
- Pitta bread C
- Carrot
- Red Pepper
- Cucumber
- Salad leaves

## Nacho's + Chilli

- Tortilla Chips
- Cheddar M
- Chilli C
- Mince Meat, Passata, Roasted red pepper, Spring onions, Coriander, Garam masala, Paprika, Cumin seeds, Chilli flakes, Olive oil, Salt, Black pepper, Kidney beans
- Sour Cream M



# SOUPS

## Carrot + Corriander

- Carrot
- Corriander
- Vegetable Stock **C**
- Water
- Salt
- Black Pepper
- Olive Oil

## Leek + Potato

- Leek
- Potato
- Vegetable Stock **C**
- Water
- Salt
- Black Pepper
- Olive Oil

## Parsnip

- Parsnip
- Vegetable Stock **C**
- Water
- Salt
- Black Pepper
- Olive Oil

## Pea + Mint

- Pea
- Mint
- Vegetable Stock **C**
- Water
- Salt
- Black Pepper
- Olive Oil

## Sweet potato, Coconut + Chilli

- Sweet Potato
- Coconut milk
- Chilli flakes
- Vegetable Stock **C**
- Water
- Olive Oil
- Salt
- Black Pepper

## Tomato, Garlic + Basil

- Tomato
- Garlic
- Basil
- Balsamic Vinegar **S**
- Caster Sugar
- Olive Oil
- Salt
- Black Pepper
- Vegetable Stock **C**
- Water

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- C** Crustaceans
- E** Eggs
- F** Fish
- L** Lupin
- M** Milk
- M** Molluscs
- M** Mustard
- N** Nuts
- P** Peanuts
- S** Sesame
- S** Soya
- S** Sulphur

# GLUTEN FREE CAKES

## Salted Caramel Brownie

- Gluten free plain flour
- Caster Sugar
- Dark Chocolate **M**
- Butter **M**
- Eggs **E**
- Salted Caramel
- Salt

## Granola

- Condensed milk **M**
- Gluten free oat flakes
- Coconut
- Cranberries
- Mixed Seeds + nuts **N**
- Orange

## Sticky Toffee Flapjack

- Gluten free Oats
- Demerara Sugar
- Black Treacle
- Butter **M**
- Dark Brown Sugar
- Chopped Dates
- Whole Milk **M**

## Lemon Cupcakes

- Gluten free Self-raising flour
- Butter **M**
- Eggs **E**
- Caster Sugar
- Lemons
- Buttermilk **M**
- Icing Sugar

## Vegan Energy Bites

- Cashew Nuts **N**
- Dates
- Pumpkin Seeds
- Limes
- Chia Seeds
- Ground Ginger

## Vegan Brownies

- Gluten Free Self-Raising flour
- Cocoa Powder
- Demerara Sugar
- Oranges
- Salt
- Water
- Vegetable Oil



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# OTHER CAKES

## Millionaire Shortcake

- Plain flour **C**
- Butter **M**
- Caster Sugar
- Condensed Milk **M**
- Golden Syrup
- Dark Chocolate **M**

## Rocky Road

- Digestive Biscuits **C M**
- Marshmallows
- Milk Chocolate **M**
- Dark Chocolate **M**
- Butter **M**
- Golden Syrup
- Please ask for toppings

## Croissants

- Bought Par baked. Cooked in house
- Wheat flour **C**
- Water
- Butter **M**
- Sugar
- Yeast
- Wheat Gluten **C**
- Salt
- Eggs **E**
- Natural Flavourings **M**
- Colour (Carotenes from natural origins)
- Flour Treatment agent E300
- Enzyme

## Tea Cakes

Please ask to see packaging  
(not made in house)

## Coffee Cupcake

- Eggs **E**
- Butter **M**
- Caster Sugar
- Instant coffee granules
- Buttermilk **M**
- Self-raising flour **C**
- Icing Sugar

## Scone

- Self raising flour **C**
- Butter **M**
- Caster Sugar
- Milk **M**
- Baking powder **C**
- Eggs

## Victoria Sponge

- Eggs **E**
- Butter **M**
- Caster Sugar
- Buttermilk **M**
- Self raising flour **C**
- Icing Sugar
- Milk **M**
- Blackcurrant Jam

**C** Celery   **C** Cereals   **C** Crustaceans   **E** Eggs   **F** Fish   **L** Lupin   **M** Milk  
**M** Molluscs   **M** Mustard   **N** Nuts   **P** Peanuts   **S** Sesame   **S** Soya   **S** Sulphur