



SCHOOL HOUSE CAFÉ

MENU ALLERGEN

INFORMATION

LAST UPDATED JANUARY 2021

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

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.

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

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.

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

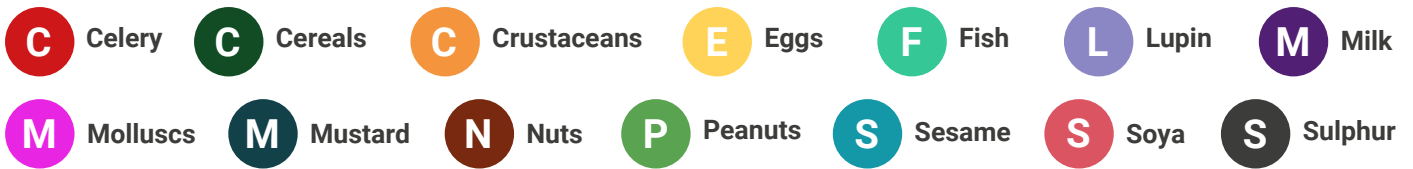
- Roasted Tomato **S**
- Avocado
- Fried Egg **E**
- Scrambled Egg **E**
Milk, Black Pepper, Salt **M**
- Sliced Bread **C S**
- Butter Spread
- Hash Browns
- Baked Beans

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

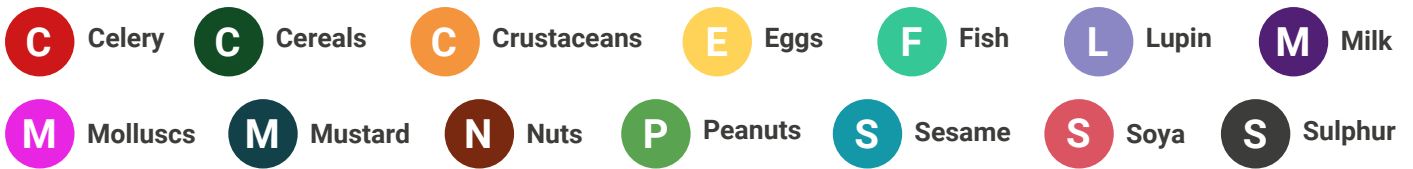
- Chicken
- Bacon
- Mayonnaise E
- Sliced Bread C S
- Butter Spread
- Salad leaves

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

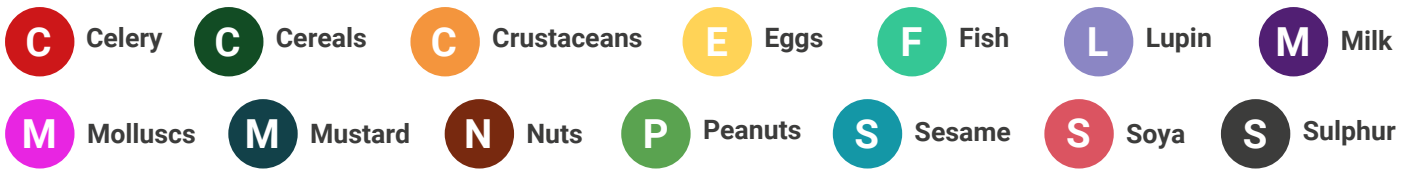
Cheese + Tomato Toastie

- 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

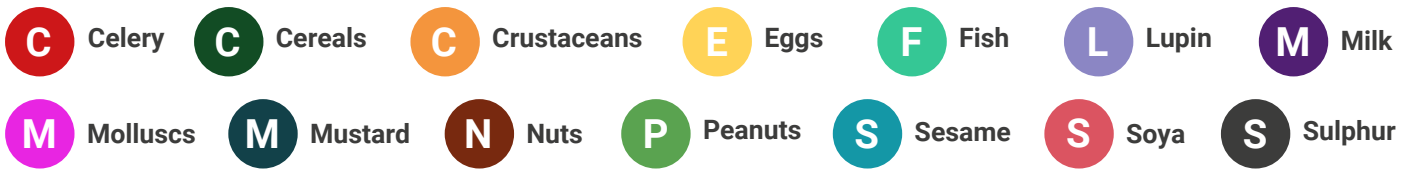
Cheddar M
 Butter (optional) M
 Chilli C
 Mince Meat, Passata, Roasted red pepper,
 Spring onions, Coriander, Garam masala,
 Paprika, Cumin seeds, Chilli flakes, Olive oil,
 Salt, Black pepper, Kidney beans
 Jacket Potato
 Salad leaves

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

- 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

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

- 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

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

Cheese Straws // Stars

- Puff Pastry
- Mustard **M**
- Cheddar **M**
- Parmesan **M**
- Paprika
- Poppy Seeds
- Egg **E**

Gingerbread Men

- Plain Flour **C**
- Ground Ginger
- Caster Sugar
- Ground Cinnamon
- Butter **M**
- Black Treacle
- Golden Syrup
- Orange Zest
- Demerara Sugar

Crinkle Cookie

- Cocoa
- Sugar
- Vegetable Oil
- Eggs **E**
- Flour **C**
- Baking Powder **C**
- Icing Sugar

Vegan Millionaires

- Cashews **N**
- Dates
- Maple Syrup
- Almond Milk **N**
- Coconut Oil
- Cocoa

Fudge

- Milk **M**
- Butter **M**
- Condensed Milk **M**
- Brown Sugar