



SCHOOL HOUSE CAFÉ

MENU ALLERGEN

INFORMATION

LAST UPDATED NOVEMBER 2021

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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:

Cy Celery	Mo Molluscs
Ce Cereals containing gluten	Mu Mustard
Cr Crustaceans	N Nuts
E Eggs	P Peanuts
F Fish	Se Sesame
L Lupin	So Soya
Mk Milk	Su Sulphur Dioxide

Cy Celery	Ce Cereals	Cr Crustaceans	E Eggs	F Fish	L Lupin	Mk Milk
Mo Molluscs	Mu Mustard	N Nuts	P Peanuts	Se Sesame	So Soya	Su Sulphur

BREAKFAST ITEMS

Bacon Bap

Bacon	
Bread roll	Ce So
Butter Spread	
(+ Egg)	E

Sausage Bap

Sausages	E Su
Bread roll	Ce So
Butter Spread	

Breakfast Bap

Bacon	
Bread roll	Ce So
Butter Spread	
Fried Egg	E
Hash browns	

SHC Brunch

Roasted Tomato	Su
Avocado	
Salmon	F
Scrambled Egg	E
Milk, Black Pepper, Salt	Mk
Bagel	Ce
Butter Spread	

Eggs on toast

Sliced Bread	Ce So
Butter Spread	
Fried Egg	E
Scrambled Egg	E
Milk, Black Pepper, Salt	Mk

Cooked Breakfast

Sausages	E Su
Bacon	
Fried Egg	E
Scrambled Egg	E
Milk, Black Pepper, Salt	Mk
Sliced Bread	Ce So
Butter Spread	
Hash Browns	
Baked Beans	

Veggie Breakfast

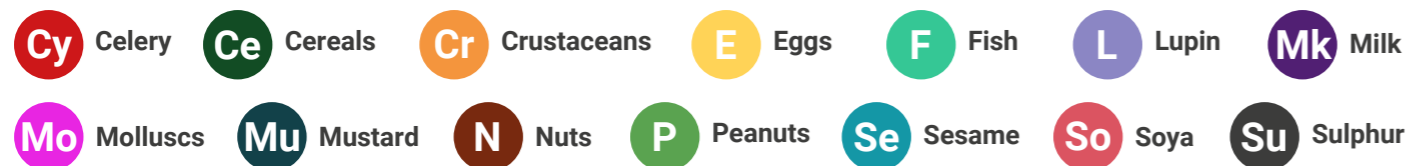
Roasted Tomato	Su
Avocado	
Fried Egg	E
Scrambled Egg	E
Milk, Black Pepper, Salt	Mk
Sliced Bread	Ce So
Butter Spread	
Hash Browns	
Baked Beans	

Cheese and Beans on toast

Sliced Bread	Ce So
Butter Spread	
Cheddar	Mk
Baked Beans	

Porridge

Oats (gluten free option)	Ce
Milk	Mk
Banana	
Honey	



BAGELS + SANDWICHES

Salmon + Scrambled Egg Bagel

Bagel Ce
 Salmon F
 Scrambled egg E
 Milk, Black Pepper, Salt Mk
 Butter spread

Salmon + Cream Cheese Bagel

Bagel Ce
 Salmon F
 Cream Cheese Mk
 Lemon
 Salad leaves

Mozzarella, Pesto + Tomato Bagel

Bagel Ce
 Mozzarella Mk
 Pesto
 Roasted Tomato Su
 Salad leaves

Cheese + Tomato Sandwich

Cheddar Mk
 Sliced Bread Ce So
 Butter Spread
 Roasted Tomato Su
 Salad leaves

Chicken + Bacon Sandwich

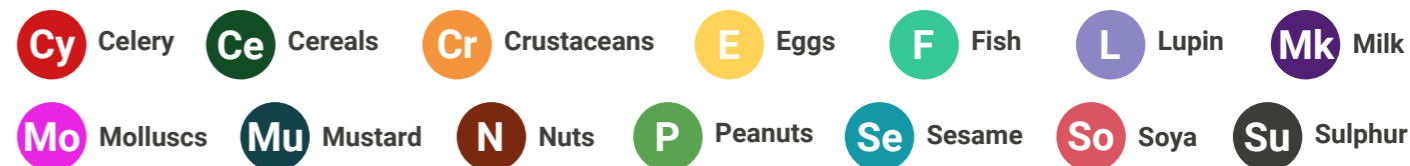
Chicken
 Bacon
 Mayonnaise E
 Sliced Bread Ce So
 Butter Spread
 Salad leaves

Brie + Cranberry Sandwich

Brie Mk
 Cranberry Sauce
 Sliced Bread Ce So
 Butter Spread
 Salad leaves

Tuna Mayo + Sweetcorn Sandwich

Tuna F
 Sweetcorn
 Mayonnaise E
 Sliced Bread Ce So
 Butter Spread
 Salad Leaves



PANINIS

Bacon, Mozzarella + Tomato Panini

Bacon
 Mozzarella Mk
 Roasted Tomato Su
 Panini Bread Ce *

BBQ Chicken, Bacon + Cheddar Panini

BBQ Sauce
 Chicken
 Cheddar Mk
 Bacon
 Panini Bread Ce *

Tuna, Sweetcorn + Cheese Panini

Tuna F
 Sweetcorn
 Mayonnaise E
 Panini Bread Ce *

Mozzarella, Pesto + Tomato Panini

Panini Bread Ce *
 Mozzarella Mk
 Pesto
 Roasted Tomato Su

Brie & Cranberry Panini

Brie Mk
 Cranberry Sauce
 (+ Bacon)
 Panini Bread Ce *
 Salad leaves

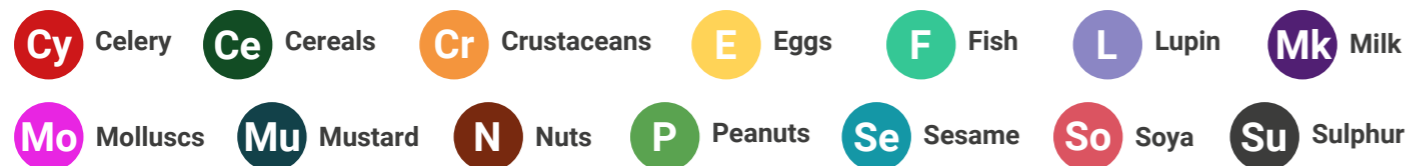
Pesto Chicken Cheddar + Tomato Panini

Cheddar Mk
 Roasted Tomato Su
 Chicken
 Panini Bread Ce *
 Pesto

Vegan Cheese, Falafel, Tomato + Pesto Panini

Vegan Cheese Mk
 Roasted Tomato Su
 Falafel Ce
 Panini Bread Ce *
 Pesto

* May contain traces of sesame



TOASTED SANDWICHES + FRENCH TOAST

Avocado & Tomato Toastie

- Avocado
- Roasted Tomato
- Sliced Bread
- Butter Spread



Bacon + Avocado Toastie

- Bacon
- Avocado
- Sliced Bread
- Butter Spread



Cheese + Tomato Toastie

- Cheddar
- Sliced Bread
- Roasted Tomato
- Butter Spread



Ham + Cheese Toastie

- Ham
- Cheddar
- Sliced Bread
- Butter Spread



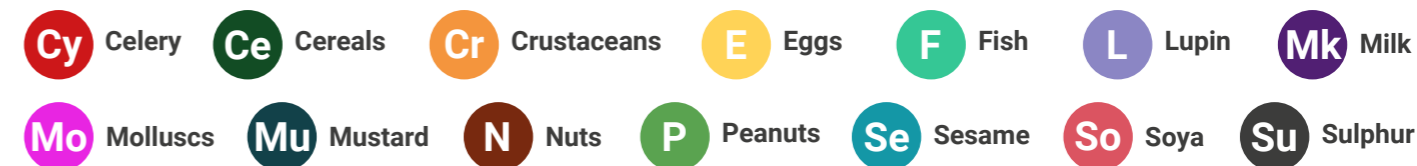
French Toast with Bacon

- Sliced Bread
- Butter Spread
- Egg
- Bacon
- Maple Syrup



French Toast with Banana

- Sliced Bread
- Butter Spread
- Egg
- Banana
- Maple Syrup



JACKETS + OTHER LUNCH

Bacon + Cheese Jacket Potato

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



Cheese Jacket Potato

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



Cheese + Beans Jacket Potato

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



Tuna Mayo + Cheese Jacket Potato

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



Chilli + Cheese Jacket Potato

- Cheddar
- Butter (optional)
- Chilli
- 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



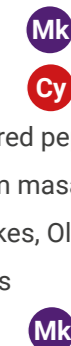
Houmous Platter

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



Nacho's + Chilli

- Tortilla Chips
- Cheddar
- Chilli
- 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



Cy Celery Ce Cereals Cr Crustaceans E Eggs F Fish L Lupin Mk Milk
Mo Molluscs Mu Mustard N Nuts P Peanuts Se Sesame So Soya Su Sulphur

SOUPS

Carrot + Corriander

Carrot
 Corriander
 Vegetable Stock Cy
 Water
 Salt
 Black Pepper
 Olive Oil

Leek + Potato

Leek
 Potato
 Vegetable Stock Cy
 Water
 Salt
 Black Pepper
 Olive Oil

Parsnip

Parsnip
 Vegetable Stock Cy
 Water
 Salt
 Black Pepper
 Olive Oil

Pea + Mint

Pea
 Mint
 Vegetable Stock Cy
 Water
 Salt
 Black Pepper
 Olive Oil

Sweet potato, Coconut + Chilli

Sweet Potato
 Coconut milk
 Chilli flakes
 Vegetable Stock Cy
 Water
 Olive Oil
 Salt
 Black Pepper

Tomato, Garlic + Basil

Tomato
 Garlic
 Basil
 Balsamic Vinegar Su
 Caster Sugar
 Olive Oil
 Salt
 Black Pepper
 Vegetable Stock Cy
 Water

Cy Celery Ce Cereals Cr Crustaceans E Eggs F Fish L Lupin Mk Milk
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GLUTEN FREE CAKES

Salted Caramel Brownie

Gluten free plain flour
 Caster Sugar
 Dark Chocolate Mk
 Butter Mk
 Eggs E
 Salted Caramel
 Salt

Granola

Condensed milk Mk
 Gluten free oat flakes
 Soft Brown Sugar
 Dried Cranberries
 Dried Apricots
 Golden Syrup
 Butter Mk
 Pumpkin Seeds
 Sunflower Seeds

Sticky Toffee Flapjack

Gluten free Oats
 Demerara Sugar
 Black Treacle
 Butter Mk
 Dark Brown Sugar
 Chopped Dates
 Whole Milk Mk

Lemon Cupcakes

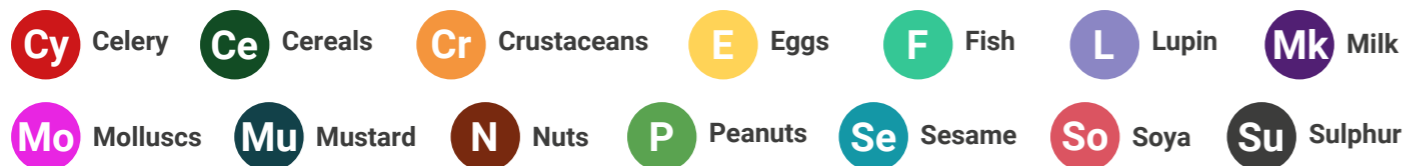
Gluten free Self-raising flour
 Butter Mk
 Eggs E
 Caster Sugar
 Lemons
 Buttermilk Mk
 Icing Sugar

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



OTHER CAKES

Millionaire Shortcake

- Plain flour Ce
- Butter Mk
- Caster Sugar
- Condensed Milk Mk
- Golden Syrup
- Dark Chocolate Mk

Rocky Road

- Digestive Biscuits Ce Mk
- Marshmallows
- Milk Chocolate Mk
- Dark Chocolate Mk
- Butter Mk
- Golden Syrup
- Please ask for toppings

Croissants

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

Tea Cakes

Please ask to see packaging
(not made in house)

Coffee Cake

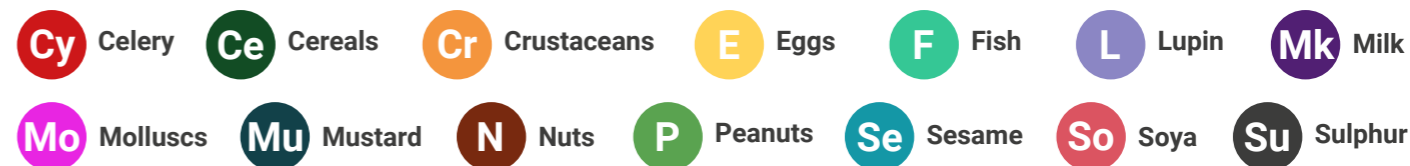
- Eggs E
- Butter Mk
- Caster Sugar
- Instant coffee granules
- Buttermilk Mk
- Self-raising flour Ce
- Icing Sugar

Victoria Sponge

- Eggs E
- Butter Mk
- Caster Sugar
- Buttermilk Mk
- Self raising flour Ce
- Icing Sugar
- Milk Mk
- Blackcurrant Jam

Double Choc Cookies

- Eggs E
- Butter Mk
- Brown Sugar
- Chocolate Mk
- Baking Powder Ce
- flour Ce



Cheese Straws // Stars

- Puff Pastry
- Mustard Mu
- Cheddar Mk
- Parmesan Mk
- Paprika
- Poppy Seeds
- Egg E

Gingerbread Men

- Plain Flour Ce
- Ground Ginger
- Caster Sugar
- Ground Cinnamon
- Butter Mk
- Black Treacle
- Golden Syrup
- Orange Zest
- Demerara Sugar

Fudge

- Milk Mk
- Butter Mk
- Condensed Milk Mk
- Brown Sugar

Vegan Millionaires

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

Vegan Cookies

- Vegan Butter So
- Brown Sugar
- Plain flour Ce
- Baking Powder Ce
- Bicarb of Soda
- Salt
- Vegan Chocolate So
- Oat Milk Ce

Alice's Ginger Cake

- Eggs E
- Butter Mk
- Dark Muscavado Sugar
- Stem Ginger
- Bicarb of Soda
- Self-Raising flour Ce
- Golden Syrup
- Treacle
- Milk Mk
- Ginger
- Cinnamon
- Mixed Spice
- Lemon
- Icing Sugar