



**SCHOOL HOUSE CAFÉ**  
**MENU ALLERGEN**  
**INFORMATION**

**LAST UPDATED MARCH 2022**

		Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur
Breakfast	Bacon Bap	✓			✓									✓	
	Sausage Bap	✓			✓									✓	
	Breakfast Bap	✓			✓									✓	
	Eggs on toast	✓			✓			*						✓	
	Cooked Breakfast	✓			✓			*						✓	
	Veggie Breakfast	✓			✓			*						✓	
	Cheese & Beans on Toast	✓			✓			✓						✓	
	Porridge	✓			✓			✓							
Sandwiches	Tuna Mayo & Sweetcorn	✓	✓		✓	✓		✓						✓	
	Brie & Cranberry	✓	✓		✓			✓						✓	
	Chicken & Bacon	✓	✓		✓			✓						✓	
	Egg mayo	✓	✓		✓			✓						✓	
Paninis	BBQ Chicken, Bacon & Cheddar	✓	✓		✓	✓		✓				▲			
	Tuna Sweetcorn & Cheddar	✓	✓		✓	✓		✓			●	▲	▲	●	✓
	Mozzarella, Pesto & Tomato	✓	✓		✓			✓					▲	▲	●
	Brie & Cranberry	✓	✓		✓			✓					▲	▲	●
Toasties	Avocado & Tomato	✓	✓		✓			✓						✓	✓
	Bacon & Avocado	✓	✓		✓			✓						✓	✓
	Cheese & Tomato	✓	✓		✓			✓						✓	✓
	Ham & Cheese	✓	✓		✓			✓						✓	✓
	Cheese	✓	✓		✓			✓						✓	✓
Jacket Potatoes	Bacon & Cheese	✓	✓		✓			✓						✓	✓
	Cheese	✓	✓		✓			✓						✓	✓
	Cheese & Beans	✓	✓		✓			✓						✓	✓
	Tuna Mayo & Cheese	✓	✓		✓	✓		✓						✓	✓
	Chilli & Cheese	✓	✓		✓			✓						✓	✓
	Veggie Chilli & Cheese	✓	✓		✓			✓					✓		✓
Other Lunch	Houmous Platter	✓	✓		✓			✓				✓			✓
	Nachos + Chilli	✓	✓		✓			✓							✓
	Veggie Nachos + Chilli	✓	✓		✓			✓							✓
French Toast	French Toast w/ Bacon	✓	✓		✓			✓						✓	✓
	French Toast w/ Banana	✓	✓		✓			✓						✓	✓
	French Toast w/ Yoghurt	✓	✓		✓			✓						✓	✓
Soups	Carrot & Corriander	✓													
	Leek & Potato	✓													
	Parsnip	✓													
	Pea & Mint	✓													
	Sweet Potato, Coconut & Chilli	✓													✓
	Roasted Tomato, Garlic & Basil	✓													✓
	Gluten Free Bread				●										
Vegan Cheese		✓													

\* Only for Scrambled eggs

▲ May contain traces

● Our usual product does not contain, some substitutes we are sent may contain

		Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur
Bakery	Salted Caramel Brownie				✓			✓							
	Granola							✓							
	Lemon Cupcakes				✓			✓							
	Vegan Energy Bites										✓				
	Vegan Brownies														
	Sticky Toffee Flapjack														
	Millionaire Shortcake		✓					✓							
	Rocky Road		✓					✓							
	Croissants		✓		✓			✓							
	Coffee Cake		✓		✓			✓							
	Scone		✓					✓							
	Vegan Cookies		✓		✓			✓							✓
	Double Choc Cookie		✓		✓			✓							
	Alices Ginger cake		✓		✓			✓							
	Victoria Sponge		✓		✓			✓							
	Cheese Straw/Stars				✓			✓			✓				
	Gingerbread men		✓					✓							
	Fudge							✓							
	Vegan Millionaires											✓			

# 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:

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

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

## BREAKFAST ITEMS

### Bacon Bap

Bacon	
Bread roll	<b>Ce</b> <b>So</b>
Butter Spread (+ Egg)	<b>E</b>

### Sausage Bap

Sausages	<b>E</b> <b>Su</b>
Bread roll	<b>Ce</b> <b>So</b>
Butter Spread	

### Breakfast Bap

Bacon	
Bread roll	<b>Ce</b> <b>So</b>
Butter Spread	
Fried Egg	<b>E</b>
Hash browns	

### Eggs on toast

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

### Porridge

Oats (gluten free option)	<b>Ce</b>
Milk	<b>Mk</b>
Banana	
Honey	
Mixed Berry Compote	
Greek Yoghurt	<b>Mk</b>
Cinnamon Sugar	

### Cooked Breakfast

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

### Veggie Breakfast

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

### Cheese and Beans on toast

Sliced Bread	<b>Ce</b> <b>So</b>
Butter Spread	
Cheddar	<b>Mk</b>
Baked Beans	

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

## SANDWICHES

### 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

### Egg Mayo Sandwich

Egg E  
 Mayonnaise E  
 Sliced Bread Ce So  
 Butter Spread  
 Salad Leaves

## PANINIS

### 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

\* May contain traces of sesame

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

## TOASTED SANDWICHES

### Avocado & Tomato Toastie

Avocado  
 Roasted Tomato S  
 Sliced Bread Ce So  
 Butter Spread

### Bacon + Avocado Toastie

Bacon  
 Avocado  
 Sliced Bread Ce So  
 Butter Spread

### Cheese + Tomato Toastie

Cheddar Mk  
 Sliced Bread Ce So  
 Roasted Tomato Su  
 Butter Spread

### Ham + Cheese Toastie

Ham  
 Cheddar Mk  
 Sliced Bread Ce So  
 Butter Spread

### Cheese Toastie

Cheddar Mk  
 Sliced Bread Ce So  
 Butter Spread

## FRENCH TOAST

### French Toast with Bacon

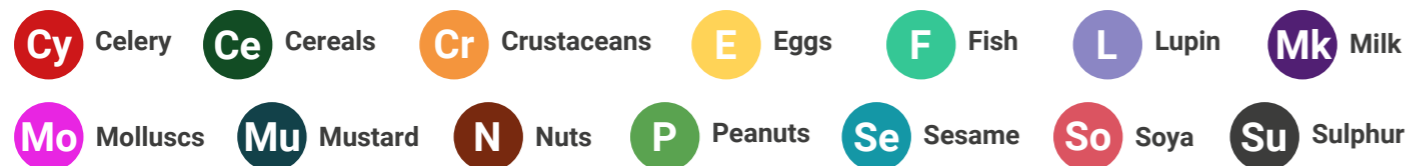
Sliced Bread Ce So  
 Butter Spread  
 Egg E Mk  
 Bacon  
 Maple Syrup

### French Toast with Banana

Sliced Bread Ce So  
 Butter Spread  
 Egg E Mk  
 Banana  
 Maple Syrup

### French Toast with Yoghurt

Sliced Bread Ce So  
 Butter Spread  
 Egg E Mk  
 Greek Yoghurt Mk  
 Mixed Berries  
 Icing Sugar



# JACKET POTATOES

## Bacon + Cheese Jacket Potato

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

## Cheese Jacket Potato

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

## Cheese + Beans Jacket Potato

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

## Tuna Mayo + Cheese Jacket Potato

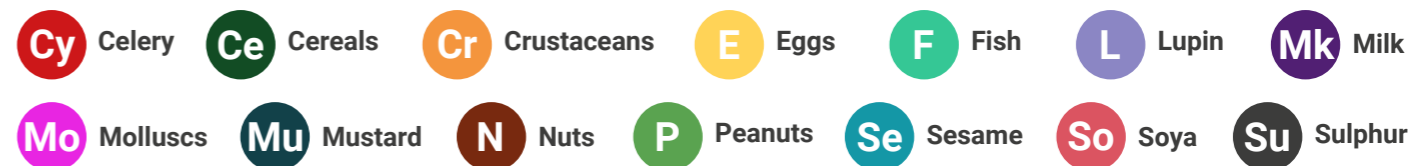
- Cheddar Mk
- Tuna F
- Mayonnaise E
- Sweetcorn
- Butter (optional) Mk
- Jacket Potato
- Salad leaves

## Chilli + Cheese Jacket Potato

- Cheddar Mk
- Butter (optional) Mk
- Chilli Cy
  - 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

## Veggie Chilli + Cheese Jacket Potato

- Cheddar Mk
- Butter (optional) Mk
- Veggie Chilli Cy Su
  - Onion, Celery, Yellow Pepper, Sunflower Oil, Roasted Red Pepper, Chipotle Paste, Red Wine Vinegar, Vegan Cocoa Powder, Oregano, Smoked Paprika, Cumin, Cinnamon, Chopped Tomatoes, Refried Beans, Kidney Beans, Black Beans
- Jacket Potato
- Salad leaves



# OTHER LUNCH

## Houmous Platter

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

## Nacho's + Chilli

- Tortilla Chips
- Cheddar Mk
- Chilli Cy
  - 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 Mk

## Nacho's + Veggie Chilli

- Tortilla Chips
- Cheddar Mk
- Veggie Chilli Cy Su
  - Onion, Celery, Yellow Pepper, Sunflower Oil, Roasted Red Pepper, Chipotle Paste, Red Wine Vinegar, Vegan Cocoa Powder, Oregano, Smoked Paprika, Cumin, Cinnamon, Chopped Tomatoes, Refried Beans, Kidney Beans, Black Beans
- Sour Cream Mk

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  
Mo Molluscs Mu Mustard N Nuts P Peanuts Se Sesame So Soya Su Sulphur

## 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

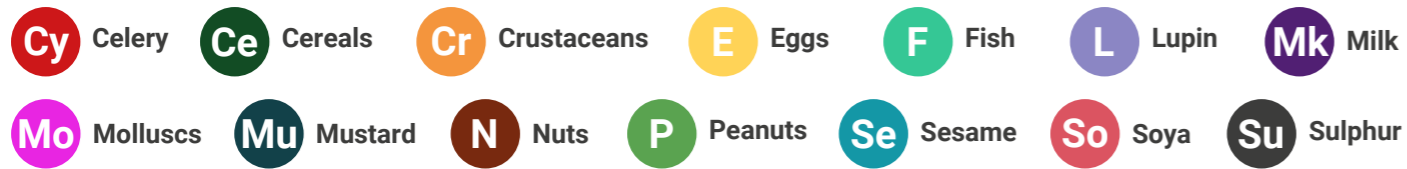
Gluten free Self-raising flour  
 Butter Mk  
 Eggs E  
 Caster Sugar  
 Lemons  
 Buttermilk Mk  
 Icing Sugar

### 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

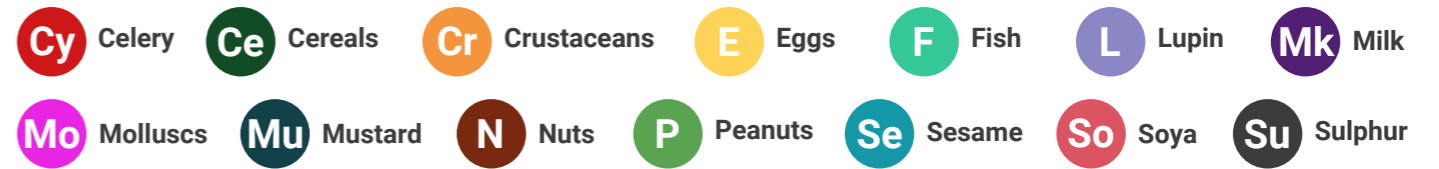
- Eggs E
- Butter Mk
- Caster Sugar
- Instant coffee granules
- Buttermilk Mk
- Self-raising flour Ce
- Icing Sugar

### 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