HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Eggs Benedict													
English Muffin - Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**WHEAT**), Salt, Yeast, **SOYA** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)					X					MC	X		
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Poached Eggs (**EGG**)			X										
Chives													
Butter (**MILK**) (Minimum 82% Fat)							X						
Hollandaise Sauce - **EGG** yolk, white wine vinegar (White Wine Vinegar, Water), lemon juice (Lemon Juice from Concentrate, Lemon Oil, Preservative: E224 (**SULPHITES**), salt, Butter (**MILK**) (Minimum 82% Fat)					X							X	
Avocado Eggs Benedict													
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract					X		MC			MC	MC		MC
Poached Eggs (**EGG**)			X										
Avocado													
Lime Juice - Lime Juice from Concentrate, Lime Oil, Preservative: E224 (**Sulphites**)												X	
Salt													
Pepper													
Chilli Flakes													
Chives													
Butter (**MILK**) (Minimum 82% Fat)							X						
Hollandaise Sauce - **EGG** yolk, white wine vinegar (White Wine Vinegar, Water), lemon juice (Lemon Juice from Concentrate, Lemon Oil, Preservative: E224 (**SULPHITES**), salt, Butter (**MILK**) (Minimum 82% Fat)					X							X	

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Eggs Royale													
English Muffin - Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**WHEAT**), Salt, Yeast, **SOYA** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid)					X					MC	X		
Salmon - Salmon, (**FISH**), salt, demerara sugar				X									
Poached Eggs (**EGG**)			X										
Chives													
Butter (**MILK**) (Minimum 82% Fat)							X						
Hollandaise Sauce - **EGG** yolk, white wine vinegar (White Wine Vinegar, Water), lemon juice (Lemon Juice from Concentrate, Lemon Oil, Preservative: E224 (**SULPHITES**), salt, Butter (**MILK**) (Minimum 82% Fat)					X							X	
French Toast													
Brioche Bread - **Wheat** Flour, Sugar, Water, Palm Fat, **Egg**, Invert Sugar Syrup, Salt, Flavourings, Yeast, Heat Treated **Wheat** Flour, Rapeseed Oil, Dried Skimmed **Milk**, **Wheat** Gluten, Preservative (Calcium Propionate), **Milk** Proteins, Deactivated Yeast, Emulsifier (Mono- and Diglycerides of Fatty Acids), Colour (Beta Carotene)			X		X		X						MC
Custard - **EGGS**, Vanilla essence (Invert Sugar Syrup, Glucose Syrup, Water, Vanilla Extract), Cinnamon, **MILK**			X				X						
Raspberry Coulis (Raspberries, Granulated Sugar)													
Blueberries													
Strawberries													
Raspberries													
Honey													
Icing Sugar													
Butter (**MILK**) (Minimum 82% Fat)							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Maple Cinnamon Latte													
Espresso													
Maple Flavoured Golden Syrup [Partially Inverted Refiners Syrup, Natural Flavouring]													
Cinnamon syrup - Sugar, water, acid: citric acid, natural cinnamon flavouring with other natural flavourings, natural flavouring, colours: E150a, E163.													
Cinnamon powder													
Whole Milk							X						
Handmade cream - double cream (**MILK**), Icing Sugar, **MILK** Powder							X						
Mushroom Mocha													
seven mushroom blend													MC
Espresso													
Whole Milk							X						
Darkwoods Dark Chocolate Flakes; cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring											X		
Handmade cream - double cream (**MILK**), Icing Sugar, **MILK** Powder							X						
Pumpkin Spiced Latte													
Espresso													
Pumpkin Spiced Syrup - Sugar, water, natural pumpkin flavouring, acid: citric acid, natural flavouring, colour: E150a, natural cinnamon flavouring with other natural flavourings, natural clove flavouring. Pumpkin juice: 10%.													
Whole Milk							X						
Cinnamon powder													
Handmade cream - double cream (**MILK**), Icing Sugar, **MILK** Powder							X						
Matcha White Hot Chocolate													
Espresso													
Premium Organic Matcha - Camellia Sinensis Leaf Powder													
White chocolate syrup - Sugar, water, natural flavouring. Contains cocoa extract.													
Whole Milk							X						
Darkwoods Dark Chocolate Flakes; cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring											X		
Handmade cream - double cream (**MILK**), Icing Sugar, **MILK** Powder							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Peppermint Matcha Latte													
Espresso													
Peppermint syrup Sugar, Water, Natural mint flavouring, Colours: E102, E133													
Whole Milk							X						
Darkwoods Dark Chocolate Flakes; cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring											X		
Handmade cream - double cream (**MILK**), Icing Sugar, **MILK** Powder							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
THE HCS FULL ENGLISH - Gluten Free													
Gluten Free Sausage - Pork (65%), Water, Pea Protein, Gluten Free Seasoning [Salt (Anti Caking Agent (E535)) , Sugar, Spices (Black Pepper, White Pepper, Nutmeg , Mace), Yeast Extract, Dehydrated Onion, Preservative (E223) [**SULPHITE**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, **SOYA** Protein, Beef Collagen Casing (Collagen, Water, Glycerol, , Cellulose, Oil).											MC	X	
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Fried Eggs			X										
Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper			X										
Boiled Eggs			X										
Poached Eggs			X										
Sauteed Mushrooms													
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices													
Grilled Tomato													
Baked Beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Avocado Butter - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Avocado													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
HCS Vegetarian Breakfast - Gluten free													
Gluten Free Vegan Sausages - Water, Textured Pea Protein (10%), Functional Binder (Pea Protein Starch, Flavourings, Stabiliser (Methyl Cellulose), Pea Fibre, Yeast Extracts, Spices, Colour (Betanin), Herb, Salt, Rapeseed Oil), Gluten Free Crumb (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre), Coconut Oil, Grilled White Onion, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Citrus Fibre, Parsley, Preservative (Sodium **SULPHITE** **), Natural Flavouring, Colour (Maltodextrin, Plant and Fruit Concentrates), Filled into Calcium Alginate Casing, **We use this to help our sausages stay fresh for longer												X	
Fried Eggs			X										
Scrambled Eggs - Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper			X										
Boiled Eggs			X										
Poached Eggs			X										
Sauteed Mushrooms													
Avocado													
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices													
Halloumi - Cypriot Halloumi cheese(**MILK**) mint							X						
Grilled Tomato													
Baked Beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Avocado Butter - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Avocado													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
TOPPED TOAST													
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Avocado Butter - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Avocado													
Smashed Avocado													
Gluten Free Sausage - Pork (65%), Water, Pea Protein, Gluten Free Seasoning [Salt (Anti Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg , Mace), Yeast Extract, Dehydrated Onion, Preservative (E223) [**SULPHITE**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, **SOYA** Protein, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil).										MC	X	
Gluten Free Vegan Sausages - Water, Textured Pea Protein (10%), Functional Binder (Pea Protein Starch, Flavourings, Stabiliser (Methyl Cellulose), Pea Fibre, Yeast Extracts, Spices, Colour (Betanin), Herb, Salt, Rapeseed Oil), Gluten Free Crumb (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre), Coconut Oil, Grilled White Onion, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Citrus Fibre, Parsley, Preservative (Sodium **SULPHITE** **), Natural Flavouring, Colour (Maltodextrin, Plant and Fruit Concentrates), Filled into Calcium Alginate Casing, **We use this to help our sausages stay fresh for longer											X	
Scrambled Eggs - Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper			X										
Poached Eggs			X										
Boiled Eggs			X										
Fried Eggs			X										
Salmon - Salmon, (**FISH**), salt, demerara sugar				X									
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Mushrooms													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
TOPPED TOAST - CONTINUE													
Vegan cheese - Water, Coconut Oil (20%), Modified Potato Starch, Maize Starch, Gluten Free **OAT** Fibre, Tricalcium Citrate, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Fructose, Sea Salt, Natural Flavourings, Yeast Extract, Acidity Regulators (Lactic Acid, Sodium Lactate, Citric Acid), Colour (Carotenes)													
Cheese - Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.							X						
BREAKFAST BAP													
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Gluten Free Sausage - Pork (65%), Water, Pea Protein, Gluten Free Seasoning [Salt (Anti Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg , Mace), Yeast Extract, Dehydrated Onion, Preservative (E223) [**SULPHITE**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, **SOYA** Protein, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil).										X		
Gluten Free Vegan Sausages - Water, Textured Pea Protein (10%), Functional Binder (Pea Protein Starch, Flavourings, Stabiliser (Methyl Cellulose), Pea Fibre, Yeast Extracts, Spices, Colour (Betanin), Herb, Salt, Rapeseed Oil), Gluten Free Crumb (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre), Coconut Oil, Grilled White Onion, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Citrus Fibre, Parsley, Preservative (Sodium **SULPHITE** **), Natural Flavouring, Colour (Maltodextrin, Plant and Fruit Concentrates), Filled into Calcium Alginate Casing, **We use this to help our sausages stay fresh for longer											X	
Butter (**MILK**) (Minimum 82% Fat).							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes).													
Avocado Butter - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Avocado													
Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper.		X											
Boiled **EGG**		X											
Poached **EGG**		X											
Fried **EGG**		X											

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
BREAKFAST BAP - CONTINUE													
Grilled Tomato													
Sauteed Mushrooms													
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices.													
Halloumi - Cypriot Halloumi cheese(**MILK**) mint.							X						
Avocado													
PORRIDGE													
Quaker Gluten Free Original Porridge Oats - Quaker Wholegrain Rolled OATS					MC								
Honey													
Maple Flavoured Golden Syrup [Partially Inverted Refiners Syrup, Natural Flavouring]													
Fresh Strawberries													
Chopped Banana													
Blueberries													
Oat milk - Gluten-free **OAT** base (95.6%) (Water, **OAT** (10%)), Sunflower oil, Chicory root fibre, Pea protein, Acidity regulator (Potassiumphosphates), Sea salt, Vitamins B2, D2													
Dairy milk							X						
GREEK YOGURT & GRANOLA BOWL													
Greek Yoghurt - Greek Style Natural yogurt (**MILK**).							X						
Free From Red Berry Granola - Gluten-Free Oats, Invert Sugar Syrup, Mixed Seeds (8%) [Sunflower Seed, Pumpkin Seed], Rapeseed Oil, Glucose Syrup, Freeze Dried Berries (3%) [Raspberry, Strawberry, Cherry], Concentrated Apple Juice, Coconut Flakes, Salt.			MC										MC
Strawberries													
Blueberries													
Bananas													
Honey													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
JACKET SPUDS													
Potato													
Baked Beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Cheese - Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.							X						
Coleslaw - Cabbage, Carrot, Red onion, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA, Salt, Pepper			X						X				
Vegan cheese - Water, Coconut Oil (20%), Modified Potato Starch, Maize Starch, Gluten Free **OAT** Fibre, Tricalcium Citrate, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Fructose, Sea Salt, Natural Flavourings, Yeast Extract, Acidity Regulators (Lactic Acid, Sodium Lactate, Citric Acid), Colour (Carotenes)													
Tuna Mayo & Sweetcorn - Tuna (Skipjack Tuna (**FISH**), Water, Salt), Sweetcorn, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt, **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA			X	X			X						
Side Salad with basil oil dressing													
Beef Chilli													
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Butter (**MILK**) (Minimum 82% Fat)							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
NOURISH BOWL-Base													
Brown Rice													
NOURISH BOWL-Main													
Baked Salmon Fillet				X									
Shredded Chicken													
Goats Cheese - Pasteursied Goats **MILK**, Salt, Cheese Cultures, Coagulant							X						
Halloumi - Cypriot Halloumi cheese(**MILK**) mint							X						
Feta Cheese - Pasteurised Sheep's and Goat's **MILK**, Salt, Culture, Microbial Rennet							X						
Beef Chilli													
Gluten Free Sausage - Pork (65%), Water, Pea Protein, Gluten Free Seasoning [Salt (Anti Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg , Mace), Yeast Extract, Dehydrated Onion, Preservative (E223) [**SULPHITE**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, **SOYA** Protein, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil).											X		
Gluten Free Vegan Sausages - Water, Textured Pea Protein (10%), Functional Binder (Pea Protein Starch, Flavourings, Stabiliser (Methyl Cellulose), Pea Fibre, Yeast Extracts, Spices, Colour (Betanin), Herb, Salt, Rapeseed Oil), Gluten Free Crumb (Rice Flour, Water, Dextrose Monohydrate, Vegetable Fibre), Coconut Oil, Grilled White Onion, Vegetable Oil (Sunflower Oil, Rapeseed Oil), Citrus Fibre, Parsley, Preservative (Sodium **SULPHITE** **), Natural Flavouring, Colour (Maltodextrin, Plant and Fruit Concentrates), Filled into Calcium Alginate Casing, **We use this to help our sausages stay fresh for longer												X	

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
NOURISH BOWL-Toppings													
Roasted Carrot													
Roasted Beetroot													
Roasted Broccoli													
Pickled Red Onion												X	
Roasted Cauliflower													
Roasted Sugar Snap Peas													
Sweetcorn													
Sliced Avocado													
Roasted Cherry Tomato													
Mixed leaf													
NOURISH BOWL-Dressing													
Balsamic Glaze - Balsamic Vinegar of Modena 70% (wine vinegar, concentrated grape must, contains SULPHITES)												X	
Honey & Mustard dressing - Honey, Wholegrain mustard, White wine vinegar, Ollive Oil, Xantham Gum									X				
Coleslaw - Cabbage, Carrot, Red onion, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA, Salt, Pepper			X						X				
Rich Garlic & Herb Vinaigrette - Basil, Oregano, Rosemary, thyme, garlic puree, white wine vinegar, olive oil													
Beetroot Hummus - Beetroot, (cooked chickpeas, water, rapeseed oil, tahini, Sesame seed paste)										X			
Gluten Free Sandwiches - Bread & butter													
Schär Gluten Free Wholesome White Loaf - Maize Starch, Water, Sourdough 16% (Rice Flour, Water), Rice Starch, Vegetable Fibre (Psyllium), Rice Syrup, Sunflower Oil, **SOYA** Protein, Millet Flour 1.9%, Thickener: Hydroxypropyl Methyl Cellulose, Quinoa Flour 1.3%, Yeast 1%, Honey, Iodized Salt (Salt, Potassium Iodide)						MC			MC				
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Avocado, House Salad & Beetroot Hummus Sub Roll - Filling													
Avocado, Endive, Apollo, Rocket, Radicchio, Red Pepper, Cucumber, Spring Onion, Beetroot Hummus (Beetroot, Cooked Chickpeas, Vegetable Oil (Rapeseed), Tahini Paste (**SESAME** Seed), Water, Lemon Concentrate, Salt, Garlic Puree, Citric Acid, Preservative: Potassium Sorbate), Salt, Pepper.										X			

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Bacon, Lettuce & Tomato Sub Roll - Filling													
Bacon (Pork, Water, Salt, Preservatives), Endive, Apollo, Rocket, Radicchio, Tomato, Butter (**MILK**), Salt, Pepper.							X						
Ham - Filling													
Cooked Wiltshire Ham [Pork Legs, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate)], Butter (**MILK**)							X						
Cheese - Filling													
Mature Cheddar Cheddar Cheese (**MILK**) Anti-caking Agent: Potato Starch), Butter **(MILK)**							X						
Tuna & Sweetcorn - Filling													
Tuna (Skipjack Tuna (**FISH**), Water, Salt), Sweetcorn, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt, **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA, Butter (**MILK**), Salt, Pepper.			X	X			X		X				
Gluten Free Panini- Bread & butter													
Schär Panini Rolls - Maize Starch, Water, Sourdough 12% (Rice Flour, Water), Maize Flour, Rice Flour, Vegetable Fibre (Psyllium), Thickener: Hydroxypropyl Methyl Cellulose, Extra Virgin Olive Oil, Yeast, **SOYA** Protein, Sunflower Oil, Acids: Citric Acid, Tartaric Acid, Salt			MC						MC				
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Tuna Melt Panini													
Tuna (Skipjack Tuna (**FISH**), Water, Salt), Sweetcorn, Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Pasteurised **EGG** Yolks, Sugar, Salt, **MUSTARD** Seeds, Thickeners: Xanthan Gum and Guar Gum, Antioxidant: Calcium Disodium EDTA), Mozzarella Cheese (**MILK**, Potato Starch), Butter (**MILK**)			X	X			X		X				
Chicken, Basil & Mozzarella panini													
Roasted Chicken [Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming agent Dimethylpolysiloxane), Salt, Pepper], Basil Oil [Basil, Olive Oil (Refined Olive Pomace Oil and Virgin Olive Oil)], Mozzarella Cheese (**MILK**, Potato Starch)							X						
Tomato, Basil Oil & Mozzarella panini													
Mozzarella Cheese (**MILK**, Potato Starch), Basil Oil [Basil, Olive Oil (Refined Olive Pomace Oil and Virgin Olive Oil)], Tomato							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Ham & Cheese panini													
Cooked Wiltshire Ham [Pork Legs, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate)], Mozzarella Cheese (**MILK**, Potato Starch), Butter (**MILK**)							X						
Soup - Potato & Leek													
Leek, Potato, Onion, Vegetable Stock - Rapeseed Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Spices (Lovage, Turmeric, Black Pepper), Vegetable Powders (6%) (Carrot, Onion, Garlic), Antioxidant: Extracts of Rosemary; Colour: Plain Caramel; Flavouring, Herbs (Parsley), Vegan Spread - Plant Oils (Sunflower, Rapeseed), Coconut Fat, Water, Sea Salt (1.7%), Fava Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes), Salt, Pepper.													
Soup - Butternut Squash													
Onion, Butternut Squash, Sweet Potato, Garlic, Vegan Spread - Plant Oils (Sunflower, Rapeseed), Coconut Fat, Water, Sea Salt (1.7%), Fava Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes), Salt, Pepper.													
Soup - Carrot & Coriander													
Carrot, Onion, Potato, Red Chilli, Coriander, Vegan Spread - Plant Oils (Sunflower, Rapeseed), Coconut Fat, Water, Sea Salt (1.7%), Fava Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes), Salt, Pepper.													
Soup - Tomato and Red Pepper													
Red Pepper, Tomato, White Onion, Garlic Puree - Water, Garlic Granules, Citric Acid, Vegetable Oil - Refined Rapeseed Oil, Anti-Foaming Agent Dimethylpolysiloxane, Water, Salt, Pepper.													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
THE HCS FULL ENGLISH													
Cumberland Sausage - Pork (65%), water, rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin salt), pea starch, sage & onion (**WHEAT** flour, salt, yeast, sage, onion), herbs,salt, spices, sodium diphosphate (E450), flavour enhancer (E621), preservative (E223),(**SULPHUR DIOXIDE**), flavourings (spice & herb extract), antioxidant (E300).					X							X	
Gluten Free Sausage - Pork (65%), Water, Pea Protein, Gluten Free Seasoning [Salt (Anti Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg , Mace), Yeast Extract, Dehydrated Onion, Preservative (E223) [**SULPHITE**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, **SOYA** Protein, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil).											MC	X	
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Fried Eggs			X										
Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper			X										
Boiled Eggs			X										
Poached Eggs			X										
Sauteed Mushrooms													
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices													
Black Pudding - Water,**WHEAT**,Four (with added Calcium, Iron, niacin & thiamin), **OATMEAL**,Pearl **BARLEY**, Dried Pork Blood,Pork,Fat, Onion,Pork Rind,Salt,Mixed Herbs,**WHEAT**, Starch, White Pepper, Yeast Extract, Raising Agent, Ammonium, Hydrogen Carbonate.					X								
Grilled Tomato													
Baked Beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Sliced White Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
THE HCS FULL ENGLISH - CONTINUE													
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract					X		MC			MC	MC		MC
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Avocado Butter - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Avocado													
HCS Vegetarian													
Vegan Sausages - Rehydrated Textured Pea Protein (36%), Water, Olive Oil, Thickeners (Methylcellulose, Konjac, Xanthan Gum, Carrageenan), Pea Protein Isolate (2%), Natural Flavouring, Dried Onion, Pea Starch, Dextrin, Salt, Sage, Black Pepper, White Pepper, Ground Mace, Dextrose, Colour (Beetroot Red), Acidity Regulators (Calcium Hydroxide)Sausages filled into Sodium Alginate Casings					MC							MC	
Fried Eggs			X										
Scrambled Eggs - Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper			X										
Boiled Eggs			X										
Poached Eggs			X										
Chickpea & Spinach Bake - Onions (39%), Chickpeas (32%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach (9%), Rapeseed Oil, Cumin, Salt, Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser: Methylcellulose; Black Pepper, Turmeric					X								
Sauteed Mushrooms													
Avocado													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
HCS Vegetarian - Continue													
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices													
Halloumi - Cypriot Halloumi cheese(**MILK**) mint							X						
Grilled Tomato													
Baked Beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Sliced White Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract							MC			MC	MC		MC
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Avocado Butter - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Avocado													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
BREAKFAST TOAST													
Sliced White Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract							MC			MC	MC		MC
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Honey													
Strawberry Jam [Sugar, Strawberries, Gelling Agent: Citus Pectin; Acidity Regulator: Citric Acid]													
Raspberry Jam [Sugar, Raspberries, Gelling Agent: Citrus Pectin; Acidity Regulator: Sodium citrate]													
Orange Marmalade - Sugar, Seville Oranges, Gelling Agent: Citrus Pectin													
Chocolate Spread [Sugar, Vegetable Oil (Rapeseed, Palm), Lactose (**MILK**), Milk Chocolate Crumb (7%) (**MILK**, Sugar, Cocoa Mass), Full Cream **MILK** Powder (7%), Fat Reduced Cocoa (5.5%), Whey Powder (**MILK**), Emulsifier: Lecithins, Flavouring.]							X						MC
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
TOPPED TOAST													
Sliced White Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **SOYA** FLOUR; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract							MC			MC	MC		MC
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Avocado Butter - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Avocado													
Smashed Avocado													
Scrambled Eggs - Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper			X										
Poached Eggs			X										
Boiled Eggs			X										
Fried Eggs			X										
Salmon - Salmon, (**FISH**), salt, demerara sugar				X									
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Mushrooms													
Cheese - Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
BREAKFAST BAP													
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
White Bap - **WHEAT** Flour (With Added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Bread Improver (**WHEAT** Gluten, Salt, Vegetable Oil (Rapeseed, Palm), **SOYA** Flour, Dextrose, Emulsifier (E471, E472e), **WHEAT** Flour, Enzymes (**WHEAT**), Four Treatment Agent (E300) Yeast, Improver (Calcium sulphate, **SOY FLOUR**; Emulsifier. Mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids; WHEAT Flour, Palm Fat; Enzymes, Rapeseed oil; Flour treatment agent. Asorbic Acid.					X						X		
Wholemeal bap - Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Butter (**MILK**) (Minimum 82% Fat).							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes).													
Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper.		X											
Boiled **EGG**		X											
Poached **EGG**		X											
Fried **EGG**		X											
Grilled Tomato													
Sauteed Mushrooms													
Chickpea & Spinach Bake - Onions (39%), Chickpeas (32%), **WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach (9%), Rapeseed Oil, Cumin, Salt, Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser: Methylcellulose; Black Pepper, Turmeric.					X								
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices.													
Halloumi - Cypriot Halloumi cheese(**MILK**) mint.							X						
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
BREAKFAST BAP - Continue													
Gluten Free Sausage - Pork (65%), Water, Pea Protein, Gluten Free Seasoning [Salt (Anti Caking Agent (E535)) , Sugar, Spices (Black Pepper, White Pepper, Nutmeg , Mace), Yeast Extract, Dehydrated Onion, Preservative (E223) [**SULPHITE**], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Onion Powder, Sage, **SOYA** Protein, Beef Collagen Casing (Collagen, Water, Glycerol, , Cellulose, Oil).											X		
Cumberland Sausage - Pork (65%), water, rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin salt), pea starch, sage & onion (**WHEAT** flour, salt, yeast, sage, onion), herbs,salt, spices, sodium diphosphate (E450), flavour enhancer (E621), preservative (E223),(**SULPHUR DIOXIDE**), flavourings (spice & herb extract), antioxidant (E300). All allergens in bold					X							X	
Black Pudding - Water, **WHEAT**, Four (with added Calcium, Iron, niacin & thiamin), OATMEAL, Pearl **BARLEY**, Dried Pork Blood, Pork, Fat, Onion, Pork Rind, Salt, Mixed Herbs, **WHEAT**, Starch, White Pepper, Yeast Extract, Raising Agent, Ammonium, Hydrogen Carbonate. Avocado.					X								
Vegan Sausages - Rehydrated Textured Pea Protein (36%), Water, Olive Oil, Thickeners (Methylcellulose, Konjac, Xanthan Gum, Carrageenan), Pea Protein Isolate (2%), Natural Flavouring, Dried Onion, Pea Starch, Dextrin, Salt, Sage, Black Pepper, White Pepper, Ground Mace, Dextrose, Colour (Beetroot Red), Acidity Regulators (Calcium Hydroxide)Sausages filled into Sodium Alginate Casings					MC							MC	
YoFuel Granola Pots													
Greek Style Natural yogurt (**MILK**)							X						
Granola (Rolled **OATS**(55%), Sugar, Palm Oil, **WHEAT** Flour, Dried Coconut, Molasses, Salt, **BARLEY** Malt Extract, Cinnamon)					X								MC
Blueberries													
Strawberries													
PANCAKES - The American One													
Pancakes [Self-Raising Flour (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Raising Agents (Calcium Phosphates, Sodium Bicarbonates)), Whole MILK (**MILK**), **EGG**, White Sugar, Baking Powder (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming agent Dimethylpolysiloxane)]			X		X		X						
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Maple Flavoured Golden Syrup [Partially Inverted Refiners Syrup, Natural Flavouring]													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Pancakes - The Berry One													
Pancakes [Self-Raising Flour (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Raising Agents (Calcium Phosphates, Sodium Bicarbonates)), Whole MILK (**MILK**), **EGG**, White Sugar, Baking Powder (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming agent Dimethylpolysiloxane)]			X		X		X						
Strawberries													
Blueberries													
Greek Style Natural yogurt (**MILK**)							X						
Honey													
Pancakes - The Choco-Berry One													
Pancakes [Self-Raising Flour (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Raising Agents (Calcium Phosphates, Sodium Bicarbonates)), Whole MILK (**MILK**), **EGG**, White Sugar, Baking Powder (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming agent Dimethylpolysiloxane)]			X		X		X						
Chocolate Spread [Sugar, Vegetable Oil (Rapeseed, Palm), Lactose (**MILK**), Milk Chocolate Crumb (7%) (**MILK**, Sugar, Cocoa Mass), Full Cream **MILK** Powder (7%), Fat Reduced Cocoa (5.5%), Whey Powder (**MILK**), Emulsifier: Lecithins, Flavouring.]							X						MC
Aerosol cream [Cream (95%) (from **MILK**), Sugar (5%), Emulsifier (Mono- And Diglycerides Of Fatty Acids), Stabiliser (Carrageenan), Propellent Gas (Nitrous Oxide)]							X						
Strawberries													
PASTRIES													
Pain au chocolat - **WHEAT** Flour, Butter (MILK) (20%), Water, Chocolate (11%) (Sugar, Cocoa Liquor, Cocoa Butter, Emulsifier (**SOYA** Lecithin)), Yeast, Sugar, Salt, Skimmed **MILK**, Vegetable Oil (Rapeseed), Emulsifier (E472e), Dextrose, Pea Proteins, **MILK** Proteins, Antioxidant (E300), Enzymes (Amylase, Hemicellulase).Cocoa solids in chocolate are 38%			MC		X		X				X		MC
Butter croissiant - **WHEAT** flour, butter (**MILK**) 24%, water, sugar, yeast, **WHEAT GLUTEN**, **EGGS**, salt, flour treatment agent (E300), enzyme.			X		X		X				MC		MC
Cinnamon Roll - **WHEAT** flour, water, margarine (non-hydrogenated palm and sunflower vegetable oils, water, salt, concentrated lemon juice, natural flavouring), sugar, yeast, **WHEAT** gluten, modified starch, cinnamon 0.8%, **EGG**, salt, skimmed **MILK** powder, whey powder (**MILK**), firming agent (calcium sulphate, diphosphates), gelling agent (sodium alginate), natural flavouring, colour (carotenes), flour treatment agent (ascorbic acid), enzymes (alpha amylase, xylanase).			X		X		X				MC		MC

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
PASTRIES													
Pain au raisin - **WHEAT** Flour, Water, Butter (**MILK**) (14%), Sugar, Raisins (6%), Yeast, Thickener: Acetylated Di-Starch Phosphate, Whole **MILK** Powder, Iodised Salt, **WHEAT** Gluten, Maize Starch, Vegetable Oil (Rapeseed), Pea Protein, Stabiliser: Methylcellulose, Flavouring, Salt, Colour: Carotene, Antioxidant: Ascorbic Acid, Enzymes (Amylase, Cellulase, Xylanase).			MC		X		X				MC		MC
PORRIDGE													
Oats - Mornflake **OAT** FLAKES (100%)					X								
Honey													
Maple Flavoured Golden Syrup [Partially Inverted Refiners Syrup, Natural Flavouring]													
Fresh Strawberries													
Chopped Banana													
Blueberries													
Oat milk - Gluten-free **OAT** base (95.6%) (Water, **OAT** (10%)), Sunflower oil, Chicory root fibre, Pea protein, Acidity regulator (Potassiumphosphates), Sea salt, Vitamins B2, D2					X								
Dairy milk							X						
GREEK YOGURT & GRANOLA BOWL													
Greek Yoghurt - Greek Style Natural yogurt (**MILK**).							X						
Granola (Rolled **OATS**(55%), Sugar, Palm Oil, **WHEAT** Flour, Dried Coconut, Molasses, Salt, **BARLEY** Malt Extract, Cinnamon).					X								MC
Strawberries													
Blueberries													
Bananas													
Honey													
ACAI BOWL													
Granola (Rolled **OATS**(55%), Sugar, Palm Oil, WHEAT Flour, Dried Coconut, Molasses, Salt, **BARLEY** Malt Extract, Cinnamon).					X								MC
Acai - Special Acai Pulp, Water, Sucrose, Fructose, Natural Guarana Extract, Stabilizer and Citric acid.													
Strawberries													
Blueberries													
Bananas													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
JACKET SPUDS													
Potato													
Baked Beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Cheese - Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.							X						
Coleslaw - Cabbage, Carrot, Red onion, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA, Salt, Pepper			X						X				
Vegan cheese - Water, Coconut Oil (20%), Modified Potato Starch, Maize Starch, Gluten Free **OAT** Fibre, Tricalcium Citrate, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Fructose, Sea Salt, Natural Flavourings, Yeast Extract, Acidity Regulators (Lactic Acid, Sodium Lactate, Citric Acid), Colour (Carotenes)													
Tuna Mayo & Sweetcorn - Tuna (Skipjack Tuna (**FISH**), Water, Salt), Sweetcorn, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt, **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA			X	X			X						
Side Salad with basil oil dressing													
Beef Chilli													
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Butter (**MILK**) (Minimum 82% Fat)							X						
NOURISH BOWL-Base													
Quinoa					MC								
Brown Rice													
Wholemeal Pasta					X								
Mixed Lentils					MC								

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
NOURISH BOWL-Main													
Baked Salmon Fillet				X									
Shredded Chicken													
Vegan Sausages - Rehydrated Textured Pea Protein (36%), Water, Olive Oil, Thickeners (Methylcellulose, Konjac, Xanthan Gum, Carrageenan), Pea Protein Isolate (2%), Natural Flavouring, Dried Onion, Pea Starch, Dextrin, Salt, Sage, Black Pepper, White Pepper, Ground Mace, Dextrose, Colour (Beetroot Red), Acidity Regulators (Calcium Hydroxide)Sausages filled into Sodium Alginate Casings					MC							MC	
Chickpea & Spinach Bake - Onions (39%), Chickpeas (32%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach (9%), Rapeseed Oil, Cumin, Salt, Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser: Methylcellulose; Black Pepper, Turmeric					X								
Goats Cheese - Pasteursied Goats **MILK**, Salt, Cheese Cultures, Coagulant							X						
Halloumi - Cypriot Halloumi cheese(**MILK**) mint							X						
Feta Cheese - Pasteurised Sheep's and Goat's **MILK**, Salt, Culture, Microbial Rennet							X						
Beef Chilli													
NOURISH BOWL-Toppings													
Roasted Carrot													
Roasted Beetroot													
Roasted Broccoli													
Pickled Red Onion												X	
Roasted Cauliflower													
Roasted Sugar Snap Peas													
Sweetcorn													
Sliced Avocado													
Roasted Cherry Tomato													
Mixed leaf													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
NOURISH BOWL-Dressing													
Balsamic Glaze - Balsamic Vinegar of Modena 70% (wine vinegar, concentrated grape must, contains SULPHITES)												X	
Honey & Mustard dressing - Honey, Wholegrain mustard, White wine vinegar, Ollive Oil, Xantham Gum									X				
Coleslaw - Cabbage, Carrot, Red onion, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA, Salt, Pepper			X						X				
Rich Garlic & Herb Vinaigrette - Basil, Oregano, Rosemary, thyme, garlic puree, white wine vinegar, olive oil													
Beetroot Hummus - Beetroot, (cooked chickpeas, water, rapeseed oil, tahini, Sesame seed paste)										X			
Falafel, Goats Cheese & Beetroot Salad													
Couscous, Cooked red beetroot, yellow beetroot, candied beetroot, Chickpea & Spinach Bake - Onions (39%), Chickpeas (32%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach (9%), Rapeseed Oil, Cumin, Salt, Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser: Methylcellulose; Black Pepper, Turmeric. Rocket. Sliced red onion, feta & goats cheese crumb, Toasted pumpkin seeds, sweet chilli - Water, Sugar, Pickled Red Chilli (16%) (Water, Red Chilli, Salt, Acidity Regulator: Acetic Acid), Pickled Garlic (4%) (Garlic, Sugar, Water, Salt, Vinegar), Thickener: Modified Tapioca Starch; Salt, Acidity Regulator: Acetic Acid, Vegan Mayonnaise - Rapeseed oil 60%, water, (**MUSTARD**) seeds, spirit vinegar, sugar, starch, salt, plant fibre (corn, flaxseed), lemon juice from concentrate, faba bean protein, spice.					X		X		X				
Highfield Thai Salad													
Pak Choi, Cucumber, Carrot, Spring Onion, Cabbage, Avocado, Feta Cheese, Toasted Pumpkin Seeds, Diced Red Chilli, Sliced Beetroot, Chicken, Water, Sugar, Pickled Red Chilli, Garlic, Salt, Vinegar, Thickener, Tapioca Starch, Acidity Regulator (Acetic Acid).							X						
Brown Rice & Quinoa Greek Salad													
Mixed Quinoa & Brown Rice, Sliced Black Olives, Cherry Tomatoes, Diced Red Peppers, Avocado, Sweetcorn, Sliced Red Onion, Feta Cheese, Dill, Parsley, Garlic, Olive Oil.					X		X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Tuna Melt Panini													
Panini (**WHEAT** Flour [with added Calcium Carbonate, Niacin, Iron, Thiamine], Water, **WHEAT** Flour, Dried WHEAT Sourdough, Processing Aid: Enzyme (**WHEAT**), Salt, Yeast Improver [Calcium Sulphate, **SOY** Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, WHEAT Flour, Palm Fat, Enzymes, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid]), Tuna (Skipjack Tuna (**FISH**), Water, Salt), Sweetcorn, Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Pasteurised **EGG** Yolks, Sugar, Salt, **MUSTARD** Seeds, Thickeners: Xanthan Gum and Guar Gum, Antioxidant: Calcium Disodium EDTA), Mozzarella Cheese (**MILK**, Potato Starch), Butter (**MILK**)			X	X	X		X		X		X		
Chicken, Basil & Mozzarella panini													
PANINI: [**WHEAT** Flour (With Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, **WHEAT** Flour, Dried **WHEAT**, Sourdough, Processing Aid: Enzyme (**WHEAT**), Salt, Yeast Improver (Calcium Sulphate, **SOY** Flour, Emulsifier: Mono- And Diacetyl Tartaric Acid Esters of Mono-And Diglycerides of Fatty Acids, **WHEAT** Flour, Palm Fat, Enzymes, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid)], Roasted Chicken [Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming agent Dimethylpolysiloxane), Salt, Pepper], Basil Oil [Basil, Olive Oil (Refined Olive Pomace Oil and Virgin Olive Oil)], Mozzarella Cheese (**MILK**, Potato Starch)					X		X				X		
Tomato, Basil Oil & Mozzarella panini													
Panini [**WHEAT** Flour (With Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, **WHEAT** Flour, Dried **WHEAT**, Sourdough, Processing Aid: Enzyme (**WHEAT**), Salt, Yeast Improver (Calcium Sulphate, **SOY** Flour, Emulsifier: Mono- And Diacetyl Tartaric Acid Esters of Mono-And Diglycerides of Fatty Acids, **WHEAT** Flour, Palm Fat, Enzymes, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid)], Mozzarella Cheese (**MILK**, Potato Starch), Basil Oil [Basil, Olive Oil (Refined Olive Pomace Oil and Virgin Olive Oil)], Tomato					X		X				X		
Ham & Cheese panini													
Panini [**WHEAT** Flour (With Added Calcium Carbonate, Niacin, Iron, Thiamine), Water, **WHEAT** Flour, Dried **WHEAT**, Sourdough, Processing Aid: Enzyme (**WHEAT**), Salt, Yeast Improver (Calcium Sulphate, **SOY** Flour, Emulsifier: Mono- And Diacetyl Tartaric Acid Esters of Mono-And Diglycerides of Fatty Acids, **WHEAT** Flour, Palm Fat, Enzymes, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid)], Cooked Wiltshire Ham [Pork Legs, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate)], Mozzarella Cheese (**MILK**, Potato Starch), Butter (**MILK**)					X		X				X		

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
White Sub Roll													
[**WHEAT** Flour (With Added Calcium Carbonate, Niacin, Iron Thiamine), Water, Sugar, Ground Rice, Shortening [Vegetable Oil (Palm Oil, Rapeseed Oil), Citric Acid (Processing Agent)], Yeast, Improver [Calcium Sulphate, **SOY** Flour, Emulsifier: Mono-And Diacetyl Tartaric Acid Esters of Mono-And Diglycerides of Fatty Acids, **WHEAT** Flour, Palm Fat, Enzymes, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid], Salt, Whey Powder (**MILK**)]					X		X				X		
Malted Sub Roll													
WHEAT Flour (with added Calcium Carbonate, Iron, Niacin, Thiamin), Water, Multiseed Flour (**WHEAT** Flour, Sunflower Seeds, Linseed, **WHEAT** Bran, **WHEAT** GLUTEN, Pumpkin Seeds, Dried **WHEAT** Sourdough (**WHEAT** Flour, Starter Culture), **OAT** Flakes), Sugar, Salt, Rapeseed Oil, Caramel, **WHEAT** Malt Flour, Maltodextrin, Enzymes, Yeast, Shortening, Vegetable Oil (Palm and Rapeseed Oil), Citric Acid (Processing Agent), Malted **BARLEY** Flour, Calcium Sulphate, **SOY** Flour, Emulsifier: Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, **WHEAT** Flour, Palm Fat, Enzymes, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid.					X						X		
Avocado, House Salad & Beetroot Hummus Sub Roll - Filling													
Avocado, Endive, Apollo, Rocket, Radicchio, Red Pepper, Cucumber, Spring Onion, Beetroot Hummus (Beetroot, Cooked Chickpeas, Vegetable Oil (Rapeseed), Tahini Paste (**SESAME** Seed), Water, Lemon Concentrate, Salt, Garlic Puree, Citric Acid, Preservative: Potassium Sorbate), Salt, Pepper.										X			
Bacon, Lettuce & Tomato Sub Roll - Filling													
Bacon (Pork, Water, Salt, Preservatives), Endive, Apollo, Rocket, Radicchio, Tomato, Butter (**MILK**), Salt, Pepper.							X						
Ham - Filling													
Cooked Wiltshire Ham [Pork Legs, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate)], Butter (**MILK**)							X						
Cheese - Filling													
Mature Cheddar Cheddar Cheese (**MILK**) Anti-caking Agent: Potato Starch), Butter **(MILK)**							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Vintage cheddar and pickle Sub Roll - Filling													
Mature Cheddar Cheddar Cheese (**MILK**) Anti-caking Agent: Potato Starch), Butter (**MILK**), Branston Pickle (Vegetables in Variable Proportions (51%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **BARLEY** Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste (Dates, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour (**SULPHITE** Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **BARLEY** Malt Extract), Herb and Spice Extracts)					X		X					X	
Tuna & Sweetcorn - Filling													
Tuna (Skipjack Tuna (**FISH**), Water, Salt), Sweetcorn, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt, **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA, Butter (**MILK**), Salt, Pepper.			X	X			X		X				
Chicken, Avocado & Mayo - Filling													
Roasted Chicken [Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent Dimethylpolysiloxane), Salt, Pepper], Avocado, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt, **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA, Salt, Pepper.			X						X				
Soup - Potato & Leek													
Leek, Potato, Onion, Vegetable Stock - Rapeseed Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extracts, Spices (Lovage, Turmeric, Black Pepper), Vegetable Powders (6%) (Carrot, Onion, Garlic), Antioxidant: Extracts of Rosemary; Colour: Plain Caramel; Flavouring, Herbs (Parsley), Vegan Spread - Plant Oils (Sunflower, Rapeseed), Coconut Fat, Water, Sea Salt (1.7%), Fava Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes), Salt, Pepper.													
Soup - Butternut Squash													
Onion, Butternut Squash, Sweet Potato, Garlic, Vegan Spread - Plant Oils (Sunflower, Rapeseed), Coconut Fat, Water, Sea Salt (1.7%), Fava Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes), Salt, Pepper.													
Soup - Carrot & Coriander													
Carrot, Onion, Potato, Red Chilli, Coriander, Vegan Spread - Plant Oils (Sunflower, Rapeseed), Coconut Fat, Water, Sea Salt (1.7%), Fava Bean Preparation, Emulsifier (Lecithin), Natural Flavouring, Colour (Carotenes), Salt, Pepper.													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Soup - Tomato and Red Pepper													
Red Pepper, Tomato, White Onion, Garlic Puree - Water, Garlic Granules, Citric Acid, Vegetable Oil - Refined Rapeseed Oil, Anti-Foaming Agent Dimethylpolysiloxane, Water, Salt, Pepper.													
Rosemary Focacia													
WHEAT flour, water, durum **WHEAT** semolina, non-hydrogenated sunflower oil, yeast, salt, **BARLEY** malt extract, extra virgin olive oil, potato flakes (potato, turmeric), dextrose, sugar, rosemary 0.6%, flour treatment agent (E300)					X		MC		MC	MC	MC		
Tomato & Oregano Focacia													
WHEAT flour, water, durum **WHEAT** semolina, dehydrated tomatoes 3.7% (tomatoes, salt), non-hydrogenated sunflower oil, yeast, salt, extra virgin olive oil, **BARLEY** malt extract, potato flakes (potato, turmeric), dextrose, sugar, oregano 0.6%, flour treatment agent (E300).					X		MC		MC	MC	MC		
Cornish Vegan Roll													
Proper Cornish 6" Vegan Roll - Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegan Seasoning (15%) (Textured **WHEAT** Protein [**SULPHITE**], Palm Fat, **WHEAT** Gluten, Rusk [**WHEAT** Flour Calcium Carbonate, Iron, Niacin, Thiamin, Salt], Flavouring [Salt, Maltodextrin, Yeast Extract], Stabiliser [Methylcellulose], Salt, Dextrose, Herb [Sage], Spices [White Pepper, Coriander, Chilli], Yeast Extract, Onion Powder, Colour [Caramel]), Vegetable Margarine (Vegetable Oils and Fats [Palm], Water, Salt, Lemon Juice), Onion, White Shortening (Vegetable Oils and Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Vegan Glaze (2%) (Tapioca Dextrin, Dextrose), Yeast Extract, Salt.					X		MC					X	
Phat Jumbo Sausage Roll													
Phat Jumbo Sausage Roll - **WHEAT** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), British Red Tractor Pork (27%), Water, Sustainable Palm Oil, Pork Fat, Rapeseed Oil, Free Range **EGG**, Salt, Rusk (**WHEAT** Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Spices, **WHEAT** Starch, Yeast Extract, Sugar, Onion Powder, Thyme, Dextrose, Maltodextrin, Dried Glucose Syrup, Raising Agent (Ammonium Carbonate), Pepper Extract, Lemon Juice (from concentrate).			X		X		MC						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Planet Pancakes													
Pancakes			X		X		X						
Chopped Banana													
Blueberries													
Fresh Strawberries													
Chocolate Spread							X						
Maple Syrup													
Whipped Cream							X						
Cheese and Tomato Mini Pizza - Kids menu													
WHEAT Flour, Water, Tomato Concentrate, Mozzarella Cheese (**MILK**) (17%), Tomato (10%), Rapeseed Oil, Yeast, Durum **WHEAT** Semolina, Salt, Malted **WHEAT** Flour, **BARLEY** Malt Extract, Herbs (Basil, Oregano), **WHEAT** Gluten, Dextrose, Black Pepper.					X		X		MC				
Carrot Sticks													
tomato sauce - Tomatoes (148g per 100g tomato ketchup), vinegar, sugar, salt, spice and herb extracts (contain **CELERY**), spice.	X												
Phoenix Pasta - Kids Menu													
wholemeal pasta					X								
Red Pepper, Chopped Tomato, Roasted Tomatoes, Salt, Pepper.													
Cheese - Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.							X						
Garlic Bread													
WHEAT FLOUR (With Added Calcium, Iron, Niacin, Thiamin), Water, Natural Preserve (**WHEAT** FLOUR, Dried **WHEAT**, Sourdough, Enzymes (Processing Aid) (**WHEAT**)), Yeast, Salt, Improver (Calcium Sulphate), **SOY** Flour, Emulsifier, Butter, Garlic.					X		X				X		

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Titan Topped Toast													
Sliced White Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract					X		MC			MC	MC		MC
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Butter (**MILK**) (Minimum 82% Fat)							X						
Vegan Spread - Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes)													
Smashed Avocado													
Scrambled Eggs - Scrambled Eggs - **EGG**, Vegan Butter (Plant oils (sunflower, rapeseed), coconut fat, water, sea salt (1, 7%), fava bean preparation, emulsifier (lecithin), natural flavouring, colour (carotenes), Salt and Pepper			X										
Baked Beans - (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Chopped tomatoes - Chopped Tomatoes (60%), Tomato Juice, Acidity Regulator :Citric Acid													
Vegan cheese - Water, Coconut Oil (20%), Modified Potato Starch, Maize Starch, Gluten Free **OAT** Fibre, Tricalcium Citrate, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Fructose, Sea Salt, Natural Flavourings, Yeast Extract, Acidity Regulators (Lactic Acid, Sodium Lactate, Citric Acid), Colour (Carotenes)					X								
Cheese - Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Cosmic Little Big Breakfast													
Sliced White Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract					X		MC			MC	MC		MC
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Cumberland Sausage - Pork (65%), water, rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin salt), pea starch, sage & onion (**WHEAT** flour, salt, yeast, sage, onion), herbs,salt, spices, sodium diphosphate (E450), flavour enhancer (E621), preservative (E223),(**SULPHUR DIOXIDE**), flavourings (spice & herb extract), antioxidant (E300).					X							X	
Back Bacon - pork,water,salt,preservatives sodium nitrate, sodium nitrite													
Fried Egg			X										
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices													
Chopped tomatoes - Chopped Tomatoes (60%), Tomato Juice, Acidity Regulator :Citric Acid													
Baked Beans - (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Cosmic Little Veggie Breakfast													
Sliced White Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Sourdough - stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **WHEAT** and **RYE** sourdough 20.3% (stone-ground **WHEAT** flour (stone-ground **WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, **RYE** flour, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **WHEAT GLUTEN**, sea salt, coarse **WHEAT** malt, caramelised malted **WHEAT** flour, malted **WHEAT** flour, **WHEAT** germ, **BARLEY** malt extract					X		MC			MC	MC		MC
Sliced Malted Bread - **WHEAT** FLOUR (Calcium Carbonate, Iron, Niacin, Thiamin), Water, **BARLEY**, Salt, Vegetable Oil (Rapeseed and palm), Yeast, **WHEAT GLUTEN**, **SOYA FLOUR**; acidity regulator E170 emulsifiers E472e, E481			MC		X		MC			MC	X		MC
Gluten Free Bread - Water, Tapioca Starch, Rice Flour, Seeds (9%) (Sunflower, Linseed, Millet, Poppy), Rapeseed Oil, Potato Flakes, Psyllium Husk Powder, Humectant: Vegetable Glycerine, Stabiliser: Hydroxypropyl Methyl Cellulose, Sugar, Maize Flour, Baker's Yeast, Vitamins and Minerals [Calcium Carbonate, Niacin (B3), Iron, Thiamin (B1)], Salt, Fermented Rice Flour													
Vegan Sausages - Rehydrated Textured Pea Protein (36%), Water, Olive Oil, Thickeners (Methylcellulose, Konjac, Xanthan Gum, Carrageenan), Pea Protein Isolate (2%), Natural Flavouring, Dried Onion, Pea Starch, Dextrin, Salt, Sage, Black Pepper, White Pepper, Ground Mace, Dextrose, Colour (Beetroot Red), Acidity Regulators (Calcium Hydroxide)Sausages filled into Sodium Alginate Casings					MC							MC	
Fried Egg			X										
Hashbrown - Potatoes (91%), Sunflower Oil, Salt, Onion Powder, Stabilisers, Hydoxypropylmethylcellulose, Diphosphates, Spices													
Halloumi - Cypriot Halloumi cheese(**MILK**) mint							X						
Chopped tomatoes - Chopped Tomatoes (60%), Tomato Juice, Acidity Regulator :Citric Acid													
Baked Beans - (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Stellar Spud													
Potato													
Baked Beans - Beans (47%), Tomatoes (36%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract													
Cheese - Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch.							X						
Vegan cheese - Water, Coconut Oil (20%), Modified Potato Starch, Maize Starch, Gluten Free **OAT** Fibre, Tricalcium Citrate, Modified Maize Starch, Thickeners (Carrageenan, Guar Gum), Fructose, Sea Salt, Natural Flavourings, Yeast Extract, Acidity Regulators (Lactic Acid, Sodium Lactate, Citric Acid), Colour (Carotenes)					X								
Tuna Mayo & Sweetcorn - Tuna (Skipjack Tuna (**FISH**), Water, Salt), Sweetcorn, Mayonnaise - Rapeseed Oil (70%), Water, Spirit Vinegar, Pasteurised **EGG** Yolks (5%), Sugar, Salt, **MUSTARD** Seeds, Thickeners - Xanthum Gum and Guar Gum, Antioxidant - Calcium DiSodium EDTA			X	X			X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Yorkshire Flapjack - Biscoff													
Margarine (Vegetable Fat: Palm; Vegetable Oils: Rapeseed (RSPO Sourced)), Water, Natural Flavouring, Brown Sugar, Toasted Flakes of Golden Corn (Maize, Sugar, **BARLEY**, Malt Flavouring, Niacin, Iron, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12), Partially Inverted Refiners Syrup, Self Raising Flour (**WHEAT** Flour, Raising Agents: E500, E450), **OATS**, White Chocolate Flavour Coating (Sugar, Palm Oil (RSPO Sourced), Whey Powder (**MILK**), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Emulsifier: **SOYA** Lecithin), Lotus Biscoff Spread (Original Caramelised Biscuits 58% (**WHEAT** Flour, Sugar, Vegetable Oils: Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **SOYA** Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: **SOYA** Lecithin, Citric Acid), Lotus Biscoff Biscuit (Original Caramelised Biscuits 58% (**WHEAT** Flour, Sugar, Vegetable Oils: Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **SOYA** Flour, Salt, Cinnamon).					X		X				X		MC
Yorkshire Flapjack - Stem Ginger													
Margarine (Vegetable Fat: Palm; Vegetable Oils: Rapeseed (RSPO Sourced), Water), Natural Flavouring, Brown Sugar, Toasted Flakes of Golden Corn (Maize, Sugar, **BARLEY**, Malt Flavouring, Niacin, Iron, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12), Ginger Crush 11.7% (Stem Ginger, Sugar, Water), Partially Inverted Refiners Syrup, Self-Raising Flour (**WHEAT** Flour, Raising Agents: E500, E450), Wholegrain **OATS**, Ground Ginger 0.5%.					X		MC				MC		MC
Yorkshire Flapjack - White Chocolate Millionaire Slice													
Luxury Caramel 41.5% (Sweetened Condensed Skimmed **MILK**, Glucose Syrup (**SULPHITES**), Invert Sugar Syrup, Palm Oil, Butter (**MILK**), Sugar, Emulsifier: E471, Stabiliser: Pectin, Salt, Natural Flavouring), White Chocolate Flavour Coating 20.7% (Sugar, Palm Oil (RSPO Sourced), Whey Powder (**MILK**), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Emulsifier: **SOYA** Lecithin), **WHEAT** Flour 18.3% (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1), Ascorbic Acid), Salted Butter 13% (**MILK**, Salt, Fat 80% min), Sugar 6.5%, Lotus Biscoff Spread 1% (Original Caramelised Biscuits 58% (**WHEAT** Flour, Sugar, Vegetable Oils: Palm Oil from Sustainable and Certified Plantations, Rapeseed Oil), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), SOYA Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier: **SOYA** Lecithin, Citric Acid.					X		X				X	X	MC

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Yorkshire Flapjack - Chocolate Orange													
Brown Sugar, Margarine (Vegetable Fat: Palm; Vegetable Oils: Rapeseed (RSPO Sourced), Water, Natural Flavouring), Toasted Flakes of Golden Corn (Maize, Sugar, **BARLEY**, Malt Flavouring, Niacin, Iron, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12), Partially Inverted Refiners Syrup, Self Raising Flour (WHEAT Flour, Raising Agents: E500, E450), **OATS**, Terry's Chocolate Orange Segment (Sugar, Cocoa Mass, Cocoa Butter, Skimmed **MILK** Powder, Whey Powder (from **MILK**), Vegetable Fats (Palm, Shea), Milk Fat, Emulsifiers (**SOYA** Lecithins, E476), Orange Oil, Flavouring, **MILK** Solids 14% Minimum, Cocoa Solids 25% Minimum, Contains Vegetable Fats in Addition to Cocoa Butter), Bakers Dark Chocolate Flavouring (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Whey Powder (MILK), Emulsifiers: **SOYA** Lecithin, E476; Natural Flavouring), Concentrated Orange Liquid Flavour 1%.					X		X				X		MC
Metcalfe Milk Chocolate Rice Cake													
Milk Chocolate 60% (Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOYA** Lecithin, Natural Vanilla Flavouring), Rice Cake 40% (Wholegrain Brown Rice, Rice), (Minimum Cocoa Solids 39%).							X				X		MC
Metcalfe Dark Chocolate Rice Cake													
Dark Chocolate 60% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring), Rice Cake 40% (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 53%)							MC				X		MC
Metcalfe Ricecakes - Yoghurt and Strawberry													
Yoghurt Flavoured Coating 58% (Sugar, Palm Oil, Lactose Powder (**MILK**), Yoghurt Powder (**MILK**) (6%), Emulsifier: **SOYA** Lecithin), Wholegrain Brown Rice, Freeze Dried Strawberries (2%)							X				X		
Divine White Chocolate Bar													
sugar, cocoa butter, skimmed **MILK** powder, butterfat (**MILK**), emulsifier: lecithins (sunflower), vanilla					X		X						MC
Divine Milk Chocolate Bar													
sugar, cocoa butter, dried cream (**MILK**), cocoa mass, **MILK** powder, emulsifier: sunflower lecithin, vanilla. Cocoa solids 26% minimum, milk solids 2% minimum					MC		X						MC
Divine Dark Chocolate Bar													
cocoa mass, sugar, cocoa butter, emulsifier: lecithins (sunflower), vanilla extract					MC		MC						MC
Fairfields Farm Crisps - Roast Rib of Beef													
Potatoes, Sunflower Oil, Yeast Extracts, Onion Powder, Rice Flour, Sugar, Salt, Paprika, Natural Flavourings, Citric Acid, Paprika Extract.													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Fairfields Farm Crisps - Lightly Sea Salted													
Potatoes, Sunflower or Rapeseed Oil, Salt													
Fairfields Farm Crisps - Sweet Chilli													
Potatoes, Vegetable Oil (Sunflower Oil and Rapeseed Oil in varying proportions), Sugar, Dextrose, Salt, Onion Powder, Yeast Extracts, Garlic Powder, Cayenne, Fennel, Paprika, Natural Flavourings, Citric Acid, Tomato Powder, Paprika Extract, Basil, Liquorice Powder (0.5%), China Star Anise, Spice Extracts.													
Fairfields Farm Crisps - Sea Salt & Aspall Cyder Vinegar													
Potatoes, Oil (Sunflower or Rapeseed Oil in varying proportions), Cyder Vinegar Powder, Sea Salt, Maltodextrin, Rice Flour, Citric Acid, Yeast Extract Powder.													
Fairfields Farm Crisps - Cheese & Onion													
Potatoes, Vegetable Oil (Sunflower Oil & Rapeseed Oil in varying proportions), Onion Powder, Yeast Extract, Vegetable Fat Powder (High Oleic Sunflower Oil, Glucose Syrup, Modified Starch), Sugar, Salt, Yeast Powder, Garlic Powder, Natural Flavourings, Lactic Acid, Citric Acid, Paprika Extract.													
Pom Bear Ready Salted													
Dried Potato, Sunflower Oil (25%), Maize Starch, Potato Starch, Maize Dextrin, Sugar, Salt, Yeast Extract, Emulsifier: Mono- and Diglycerides of Fatty Acids, Paprika Powder.													
Grenade Oreo Bar													
Protein Blend (Calcium Caseinate (**MILK**), Whey Protein Isolate (**MILK**)), MILK Chocolate with Sweetener (20%) (Sweetener: Maltitol; Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOY** Lecithin; Natural Flavouring), Bovine Collagen Hydrolysate, Humectant: Glycerol; Sweeteners: Maltitol, Sucralose; Palm Oil, Water, Fat- reduced Cocoa Powder (3%), **WHEAT** Flour, Maize Starch, Rapeseed Oil, Bulking Agent: Polydextrose; Sea Salt, **WHEAT** Starch, Emulsifier: **SOY** Lecithin; Raising Agents: Ammonium Carbonates, Sodium Carbonates; Acidity Regulator: Sodium Hydroxide; Flavourings.					X		X				X		MC

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Northern Bloc Ice Cream - Madagascan Bourbon Vanilla													
MILK, Cream (**MILK**) (20%), Sugar, Glucose Syrup, Skimmed **MILK** Powder, Madagascan Vanilla Extract, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabilisers (Carob Gum, Guar Gum), Vanilla Bean Seed, Natural Flavouring.							X						
Northern Bloc Ice Cream - Peppermint Chip													
MILK, Sugar, Cream (MILK) (5%), Dried Glucose Syrup, Dark Chocolate Chips (4.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Vanilla Extract), Skimmed **MILK** Powder, Bamboo Fibre, Stabilisers (Acacia Gum, Carob Gum), Concentrated Whey Protein (**MILK**), Citrus Fibre, Natural Mint Flavouring, Safflower and Lemon Concentrates, Spirulina Extract.							X				X		
Northern Bloc Ice Cream - Salted Caramel													
Water, Sugar, Dried Glucose Syrup, Rice Syrup, Coconut Milk Powder, Maltodextrin, Caramel Syrup, Coconut Oil, Inulin, Tapioca Starch, Gelling Agent (Pectin), Sea Salt, Bamboo Fibre, Pea Protein, Emulsifier (Sunflower Lecithin), Citrus Fibre, Flavouring.													
Northern Bloc - Kids Ice Cream - Crazy Chocolate													
Milk, Cream, Glucose Syrup, Fructose, Skimmed **MILK** Powder, Inulin, Cocoa Powder, Stabilisers (Carob Gum, Acacia Gum, Guar Gum), Natural Flavouring.							X						
Northern Bloc - Kids Ice Cream - Super Strawberry													
MILK, Strawberry Puree, Cream, Glucose Syrup, Fructose, Skimmed **MILK** Powder, Inulin, Stabilisers (Carob Gum, Acacia Gum, Guar Gum), Natural Flavouring, Colours (Beetroot Red, Carotenes).							X						
Northern Bloc - Dog Ice Cream													
Water, Strawberry Puree, Fructose, Coconut Oil, Hydrolysed Pea Protein, Stabilisers (Locust Bean Gum, Acacia Gum, Guar Gum), Natural Flavouring.													
Cray Bakes													
Biscoff Brownie			X		X		X				X		MC
Salted Caramel Galaxy Brownie			X		X		X				X		MC
Raspberry and White Chocolate Blondie			X		X		X				X		MC
Lemon Drizzle Blondie			X		X		X				X		MC
Rocky Road					X		X				X		MC
Triple Chocolate Brownie			X		X		X				X		MC

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Cakes													
Double Chocolate Fudge Cake - **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **SOYA** drink (water, **SOYA** beans, sugar, natural flavouring, stabiliser (gellan gum)), soft light brown sugar (sugar, cane molasses), non-dairy cream alternative (lentil protein preparation (water, lentil flour), rapeseed oil, coconut fat, sugar, modified potato starch, emulsifier (polysorbate 60), stabiliser (methylcellulose, xanthan gum), acidity regulator (trisodium citrate), natural flavourings, salt, colour (carotene)), dark chocolate 9% (sugar, cocoa mass, cocoa butter, emulsifier (**SOYA** lecithin), natural vanilla flavouring), apple puree, rapeseed oil, fat-reduced cocoa powder 4%, dark chocolate shavings 3% (sugar, cocoa mass, cocoa butter, emulsifier (**SOYA** lecithin), natural vanilla flavouring), soft light brown sugar (sugar, cane molasses, invert sugar syrup), ground flax seeds, raising agents (diphosphates, sodium carbonates), salt.					X						X		MC
Queen Vic - **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), sugar, icing sugar, raspberry jam 10% (raspberries, sugar), buttermilk (**MILK**), salted butter 9% (butter (**MILK**), salt), pasteurised free range **EGG**, rapeseed oil, double cream 3% (**MILK**), whole **MILK**, raising agents (diphosphates, sodium carbonates), snow dusting (dextrose, WHEAT starch, vegetable oils (sustainable palm, rapeseed), salt, natural flavouring), salt, Madagascan vanilla powder.			X		X		X						
Sticky Toffee with Biscoff® spread - **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), chopped dates 12%, date paste 10%, water, dark brown sugar, **SOYA** drink (water, dehulled **SOYA** beans, sugar, natural flavouring, stabiliser (gellan gum)), icing sugar, vegetable fat spread (vegetable oils (coconut, rapeseed, sunflower), water, sea salt, faba bean preparation, emulsifier (lecithin), natural flavourings, colour (carotenes)), Lotus Biscoff® spread 3% (caramelised biscuits (**WHEAT** flour, sugar, vegetable oils (sustainable palm, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), **SOYA** flour, salt, cinnamon), rapeseed oil, sugar, emulsifier (**SOYA** lecithin), acid (citric acid)), black treacle, violife creamy (water, coconut oil, potato starch, sea salt, acidity regulator (glucono-delta-lactone), natural flavourings, olive extract, vitamin B12), coconut oil, rapeseed oil, Lotus Biscoff® crumb 1% (caramelised biscuits (WHEAT flour, sugar, vegetable oils (sustainable palm, rapeseed), candy sugar syrup, raising agent (sodium hydrogen carbonate), **SOYA** flour, salt, cinnamon), raising agents (sodium bicarbonate, diphosphates), mixed spices 1%.					X						X		

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Cakes													
Billionaire's Shortbread - Caramel 40% (sweetened condensed **MILK** (**MILK**, sugar), salted butter (butter (**MILK**), salt), glucose syrup, water, sugar, stabilizer (pectin)), salted butter (butter (**MILK**), salt), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), milk chocolate 13% (sugar, cocoa butter, whole **MILK** powder, cocoa mass, emulsifier (**SOYA** lecithin), natural vanilla flavouring), semolina (**WHEAT**), sugar, dark chocolate 5% (cocoa mass, sugar, fat-reduced cocoa powder, emulsifier (sunflower lecithin), natural vanilla flavouring), ghee (**MILK**).					X		X				X		
blueberry Muffin - **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), sugar, blueberries 15%, rapeseed oil, Greek yoghurt (**MILK**), **MILK**, **EGG**, cornflour, crumb softener (**WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), potato starch, sunflower oil, enzymes), butter (**MILK**), raising agents (sodium acid pyrophosphate, sodium hydrogen carbonate), flavouring (flavouring, colour (sulphite ammonia caramel)), salt.			X		X		X						
Dead Velvet - Icing sugar, soft light brown sugar, **EGG**, salted butter (butter (**MILK**), salt), full fat soft cheese (full fat cheese (**MILK**), salt, thickener (modified tapioca starch), stabilisers (locust bean gum, xanthan gum)), buttermilk (**MILK**), dark chocolate 7% (sugar, cocoa mass, cocoa butter, emulsifier (**SOYA** lecithin), natural vanilla flavouring), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thamin), rapeseed oil, fat-reduced cocoa powder 4% (acidity regulators (sodium hydroxide, ammonium hydroxide)), invert sugar syrup, sour cherries 3%, sugar, raising agents (diphosphates, sodium carbonates), acidity regulator (citric acid), tapioca starch, salt, freeze dried cherry crumb, colour (vegetable carbon black), madagascan vanilla powder.							X				X		
Raspberry & White Chocolate Donut - Doughnut Mix: **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, sugar, RSPO certified palm oil, yeast, rapeseed oil, emulsifiers (sunflower lecithin, mono and diglycerides of fatty acids, polyglycerol esters of fatty acids), raising agents (disodium diphosphate, sodium bicarbonate), **WHEAT** gluten, salt, malt flour (**WHEAT**), enzyme (**WHEAT**), dextrose, acidity regulator (ascorbic acid), thickener (guar gum). Raspberry Jam (27%): sugar, raspberries, thickener (apple pectin), acidity regulator (citric acid), concentrated lemon juice. White choc flavour icing: sugar, RSPO certified palm oil, water, dextrose, fructose, emulsifier (polyglycerol esters of fatty acids), salt, acidity regulator (glucono-delta-lactone), natural flavouring, preservative(potassium sorbate), colour (beta-carotene), freeze dried raspberries, dried rose petals.					X								
Sides													
Double Cream							X						

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Sharing Platter - The Cheese One													
Ingredients													
Yorkshire Blue Cheese							X						
East Barn Brie							X						
Cornish Yarg Cheese							X						
Smoked Mrs Kirkham Cheese							X						
Comte Cheese							X						
Red onion Marmalade- Red Onion (50%), Sugar and Cane Molasses (30%), Balsamic Vinegar of Modena (10%) (Red Wine Vinegar, Grape Must), Red Wine Vinegar, Black Treacle, Sea Salt, Preservative: Sorbic Acid, Spice.													
Chilli Jam - Unrefined Raw Cane Sugar (36%), Sweet Chilli Peppers (18%) (Sweet Chilli Peppers, Water, Sugar, Spirit Vinegar), Red Pepper, Onion, Red Wine Vinegar, Dried Red Peppers, Lemon Juice, Red Chillies, Garlic Puree, Sea Salt.													
Grapes													
Apple													
Rosemary Focaccia Bread - **WHEAT** flour, water, durum **WHEAT** semolina, non-hydrogenated sunflower oil, yeast, salt, **BARLEY** malt extract, extra virgin olive oil, potato flakes (potato, turmeric), dextrose, sugar, rosemary 0.6%, flour treatment agent (E300)					X		MC		MC	MC	MC		
Oregano Crostini - Italian Bread Bites - Wheat Flour, Maize Flour, Olive Oil (15%), Salt, Yeast, Oregano (0.35%), Malted Wheat Flour					X		MC		MC		MC		
Jacob's Salt & Cracked Black pepper Crackers - Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Salt, Black Pepper, Poppy Seeds, Raising Agent (Sodium Bicarbonate)					X		MC			MC			
Milton Original Multigrain Crackers - Wheat Flour (Wheat Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid), Sunflower Oil, Grains (10%) (Corn, Oats, Wheat Bran), Whole Wheat Flour, Sugar, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, Monocalcium Phosphate), Sugar Cane Syrup, Sesame Seeds (3%), Salt, Poppy Seeds					X		MC			X			
Peter's Yard Rosemary & Sea Salt Sourdough Crackers - Wheat Flour (Wheat Flour, Calcium, Iron, Thiamin, Niacin), Rye Flour, Sourdough 21% (Rye Flour, Water), Rapeseed Oil, Sea Salt (Cornish) 1%, Muscovado Sugar, Dried Rosemary Leaves 0.5%, Dried Thyme Leaves, Black Pepper					X		MC			MC			MC
Carrs Melts Cheese Crackers - Wheat Flour, Vegetable Oils (Coconut, Palm), Dried Cheese Powder (9%) (Milk), Sugar, Dried Onion, Natural Flavouring (Contains Dried Whey (Milk), Lactose (Milk)), Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Poppy Seeds, Salt, Colour (Carotenes)					X		X			MC	MC		

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Sharing Platter - The Meat one													
Ingredients													
Black pudding					X								
Focaccia, Prosciutto, Buffalo Mozzarella & basil sandwich - Rosemary Focaccia Bread - WHEAT flour, water, durum WHEAT semolina, non-hydrogenated sunflower oil, yeast, salt, BARLEY malt extract, extra virgin olive oil, potato flakes (potato, turmeric), dextrose, sugar, rosemary 0.6%, flour treatment agent (E300)					X		X		MC	MC	MC		
Fairfield Crisps													
Stokes Red Onion Marmalade- Red Onion (50%), Sugar and Cane Molasses (30%), Balsamic Vinegar of Modena (10%) (Red Wine Vinegar, Grape Must), Red Wine Vinegar, Black Treacle, Sea Salt, Preservative: Sorbic Acid, Spice.													
Stokes Chilli Jam- Unrefined Raw Cane Sugar (36%), Sweet Chilli Peppers (18%) (Sweet Chilli Peppers, Water, Sugar, Spirit Vinegar), Red Pepper, Onion, Red Wine Vinegar, Dried Red Peppers, Lemon Juice, Red Chillies, Garlic Puree, Sea Salt.													
Pork Pie- Pork Leg, Smoked Bacon, Stuffing Mix, Sage, Mace, Nutmeg, Thyme, White Pepper, Black Pepper, Pastry.			x		x		x						
Sausage roll - WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), British Pork (27%), Water, Sustainable Palm Oil, Pork Fat, Rapeseed Oil, EGG, Salt, Rusk (WHEAT Flour (with Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Spices, WHEAT Starch, Yeast Extract, Sugar, Onion Powder, Thyme, Dextrose, Maltodextrin, Dried Glucose Syrup, Raising Agent (ammonium carbonate), Spice Extract, Lemon Juice (from concentrate)			X		X								

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Sharing Platter - The Mezze One													
Ingredients													
Kalamata Olive													
Green Olive													
Sun blush tomatoes													
Beetroot houmous - Beetroot, (cooked chickpeas, water, rapeseed oil, tahini, Sesame seed paste)										X			
Rosemary Focaccia - **WHEAT** flour, water, durum **WHEAT** semolina, non-hydrogenated sunflower oil, yeast, salt, **BARLEY** malt extract, extra virgin olive oil, potato flakes (potato, turmeric), dextrose, sugar, rosemary 0.6%, flour treatment agent (E300)					X		MC		MC	MC	MC		
Olive oil & balsamic glaze												X	
Carrot													
Cucumber													
Chickpea & Spinach Bake - Onions (39%), Chickpeas (32%), WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Spinach (9%), Rapeseed Oil, Cumin, Salt, Garlic Purée (Garlic, Acidity Regulator: Citric Acid), Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Stabiliser: Methylcellulose; Black Pepper, Turmeric					X								

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Sharing Platter - The Grazing One													
Ingredients													
Yorkshire Blue Cheese							X						
Comte Cheese							X						
East Barn Brie							X						
Milton Original Multigrain Crackers - Wheat Flour (**WHEAT** Flour, Niacin, Iron, Thiamin, Riboflavin, Folic Acid), Sunflower Oil, Grains (10%) (Corn, Oats, Wheat Bran), Whole Wheat Flour, Sugar, Raising Agents (Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, Monocalcium Phosphate), Sugar Cane Syrup, Sesame Seeds (3%), Salt, Poppy Seeds					X		MC			X			
Peter's Yard Rosemary & Sea Salt Sourdough Crackers - Wheat Flour (**WHEAT** Flour, Calcium, Iron, Thiamin, Niacin), Rye Flour, Sourdough 21% (Rye Flour, Water), Rapeseed Oil, Sea Salt (Cornish) 1%, Muscovado Sugar, Dried Rosemary Leaves 0.5%, Dried Thyme Leaves, Black Pepper					X		MC			MC			MC
Jacob's Salt & Cracked Black pepper Crackers - Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Salt, Black Pepper, Poppy Seeds, Raising Agent (Sodium Bicarbonate)					X		MC			MC			
Carrs Melts Cheese Crackers - Wheat Flour, Vegetable Oils (Coconut, Palm), Dried Cheese Powder (9%) (**MILK**), Sugar, Dried Onion, Natural Flavouring (Contains Dried Whey (Milk), Lactose (Milk)), Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Poppy Seeds, Salt, Colour (Carotenes)					X		X			MC	MC		
Apple					X		MC		MC		MC		
Grapes					X		MC		MC		MC		
Pork Pie- Pork Leg, Smoked Bacon, Stuffing Mix, Sage, Mace, Nutmeg, Thyme, White Pepper, Black Pepper, Pastry.			x		x		x						
Red Onion Marmalade- Red Onion (50%), Sugar and Cane Molasses (30%), Balsamic Vinegar of Modena (10%) (Red Wine Vinegar, Grape Must), Red Wine Vinegar, Black Treacle, Sea Salt, Preservative: Sorbic Acid, Spice.													
Focaccia, Prosciutto, Buffalo Mozzarella & basil sandwich - Rosemary Focaccia Bread - **WHEAT** flour, water, durum **WHEAT** semolina, non-hydrogenated sunflower oil, yeast, salt, **BARLEY** malt extract, extra virgin olive oil, potato flakes (potato, turmeric), dextrose, sugar, rosemary 0.6%, flour treatment agent (E300)					X		X		MC	MC	MC		
Beetroot houmous - Beetroot, (cooked chickpeas, water, rapeseed oil, tahini, **SESAME** seed paste)										X			
Olive oil & balsamic glaze												X	
Kalamata Olive													
Green Olive													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Sharing Platter - The Grazing One - Continued													
Sun blush tomatoes													
Rosemary Focaccia - **WHEAT** flour, water, durum **WHEAT** semolina, non-hydrogenated sunflower oil, yeast, salt, **BARLEY** malt extract, extra virgin olive oil, potato flakes (potato, turmeric), dextrose, sugar, rosemary 0.6%, flour treatment agent (E300)					X		MC		MC	MC	MC		

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Coffee													
Espresso													
Cortado					MC		MC						
Flat White					MC		MC						
Americano													
Latte					MC		MC						
cappuccino					MC		MC						
Mocha					MC		MC						
Syrups & powders													
Hazelnut													MC
Vanilla													
Salted Caramel													
Caramel													
Cane Sugar													
Gingerbread													
Cloudy Lemonade													
Strawberry													
Chai Powder							x						
Premium Organic Matcha - Camellia Sinensis Leaf Powder													
Milk													
Oatly Whole Oat Milk - Water, **OATS** 10%, Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)					X								
Glebe Farm Pure Oaty Milk - Water, gluten-free oats (11%), Sunflower Oil, Salt.													
Semi Skimmed							X						
Whole Milk							X						
Alpro Barista Oat - **OAT** base (95.6%) (Water, **OAT** (10%)), Sunflower oil, Chicory root fibre, Pea protein, Acidity regulator (Potassium phosphates), Sea salt, Vitamins (B2, D2).					X								

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Tea													
Canton Breakfast Tea													
Canton Decaf Breakfast Tea													
Canton Earl Grey Tea													
Canton Green Tea													
Canton Mint Tea													
Yorkshire Tea													
Canton Berry & Hibiscus Tea													
Canton Chamomile Tea													
Hot Chocolate													
Darkwoods Dark Chocolate Flakes; cocoa mass, sugar, cocoa butter, emulsifier: soya lecithin, natural vanilla flavouring											X		
Whipped Cream							X						
Marshmallows - Glucose-Fructose Syrup, Sugar, Water, Pork Gelatine, Maize Starch, Dextrose, Flavouring.							MC				MC		
Smoothies - Mean & Green													
Green Apple													
Banana													
Pineapple													
Spinach													
Smoothies - Berry Blast													
Strawberry													
Banana													
Raspberry													
Blueberry													
Smoothies - Peachy Keen													
Plum													
Peach													
Banana													
Raspberry													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
Smoothies - Green Machine													
Kiwi													
Green Apple													
Pineapple													
Spinach													
Smoothies - Very Berry													
Pineapple													
Apple													
Raspberry													
Blueberry													
Smoothies - Just Peachy													
Peach													
Strawberry													
Banana													
Smoothies - additions													
OAT milk					X								
Skimmed or Semi Skimmed **MILK**							X						
Greek Style Natural yogurt (**MILK**)							X						
Orange Juice													
Apple Juice													
Chia Seeds										MC			MC
Protein Powder - Whey Protein Concentrate (**MILK**) (89%) (contains Emulsifiers (**SOYA** Lecithin, Sunflower Lecithin)), Fat Reduced Cocoa Powder, Flavourings, Salt, Sweetener (Sucralose)							X				X		
San Pellegrino Orange													
Water, Reconsituted Orange Juice, Sugar, Natural Carbon Dioxide, Citric Acid, Natural Flavours													
San Pellegrino Lemon													
Water, Lemon Juice from Concentrate (16%), Sugar, Carbon Dioxide, Natural Lemon Flavouring, Natural Flavourings, Stabiliser: Pectins, Sweetener: Steviol Glycosides from Stevia, Sweetener from natural origin													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Celery	Crustacean	Egg	Fish	Cereals containing Gluten (and products thereof) Wheat, Rye, Barley	Lupin	Milk	Molluscs	Mustard	Sesame	Soyabean and Soyabean Products	Sulphites	Tree Nuts (and products thereof)
San Pellegrino Orange Pomegranate													
Water, Orange juice from Concentrate (10%), Sugar, Pomegranate juice from concentrate (6%), Carbon Dioxide, Natural Flavourings, Acid, Citric Acid													
Redbull													
Water, Sucrose, Glucose, Acid (Citric Acid), Carbon Dioxide, Taurine (0.4%), Acidity Regulators (Sodium Cardonates, Magnesium Carbnates), Caffeine (0.03%) Vitamins (Niacin,Panthothenic Acid, B6 B12) Flavourings, Colours (Plain Caramel, Ribolavins).													
Jude's Chocolate Milkshake Can													
Whole **MILK**(67%), Skimmed **MILK**, Water, Sugar, Fat Reduced Cocoa Powder (1.6%), Belgian Chocolate Powder (Sugar, Cocoa Mass, Fat Reduced Cocoa Powder, Natural Vanilla Flavouring), Stabilisers (Carboxymethylcellulose, Cellulose), Salt					MC		X						
Radnor Orange Juice													
orange juice from concentrate (10%)													
Radnor Apple Juice													
Apple Juice from concentrate (10%)													
Frobisher Orange Juice													
Squeezed orange juice 100%													
Frobisher Apple Juice													
squeezed apple juice 100%													
Coke Zero													
Carbonated Water, Colour (Caramel E150d), Acid (Phosphoric Acid), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings, Caffeine Flavouring, Acidity Regulator (Sodium Citrates)													
Diet Coke													
Carbonated Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Phosphoric Acid, Citric Acid.													
Coca Cola													
Carbonated Water, Sugar, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings Including Caffeine.													
Bottled Water													
Still Water													
Sparkling Water													

HIGHFIELD COFFEE SOCIAL - ALLERGEN MATRIX

Item name	Gluten (Wheat)	Gluten (Rye)	Gluten (barley)	Gluten (Triticale)	Gluten (Oat)	Crustaceans and Products Thereof	Egg and Products Thereof	Fish and Products Thereof	Peanuts and Products Thereof	Soybeans and Products Thereof	Milk and Products Thereof	Celery and Products Thereof	Mustard and Products Thereof	Sesame Seed and Products Thereof	Sulphur Dioxide and Sulphites	Lupin and Products Thereof	Molluscs and Products Thereof
Alcohol																	
FROTHINGHAM BEST	X		X														
PRICKY BACK OTCHAN	X		X														
SLECK DUST	X		X														
Asahi			X														
Asahi 0%			X														
Famiglia Botter Prosecco 20cl															X		
Via Alta Merlot 18.7cl															X		
Via Alta Sauvignon Blanc 18.7cl															X		
Roberts & Reeves White Zinfandel 18.7cl															X		
Whispering Angel Rose 75cl															X		
Moreau Fil Chablis 75cl															X		
Franschhoek Cellars Chenin Blanc															X		
Cndp Juliette Avril 75cl															X		
Equino Malbec 75cl															X		
Peroni			X												X		