

Travelodge Bar Café - Breakfast Menu - Allergy Chart - Version 12 - April 2019

Menu Item	Contains														Suitable For...				Further Info.... Type of Nuts or type of Cereals and Gluten included
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegetarians	Vegans	Kosher	Halal	
Prep Premium Griddle Spray															Yes	Yes	Yes	No	
Cumberland Sausage		√													No	No	No	No	Wheat
Back Bacon															No	No	No	No	
Scrambled Egg		√		√			√								Yes	No	No	No	Wheat
Tomatoes															Yes	Yes	No	No	
Mushrooms															Yes	Yes	Yes	Yes	
McCain Hash Browns															Yes	Yes	Yes	No	
Vegetarian Sausage		√											√	√	Yes	Yes	No	No	Wheat
Heinz Baked Beans															Yes	Yes	No	No	
Lorne Sausage (Scotland Only)		√					√		√				√	√	No	No	No	No	Wheat
Potato Scones (Scotland Only)		√		√			√		√	√	√	√	√		Yes	No	No	No	Wheat
Semi Skimmed Milk							√								Yes	No	No	No	
Alpro Unsweetened Soya Milk													√		Yes	Yes	Yes	No	
Cornflakes		√													Yes	No	Yes	Yes	Barley
Crunchy Nut Cornflakes		√									√				Yes	No	Yes	Yes	Barley
Coco Pops		√													Yes	No	Yes	Yes	Barley
Fruit and Fibre		√								√					Yes	Yes	Yes	No	Wheat, Barley, Hazlenuts
Special K		√													Yes	No	Yes	No	Wheat, Barley
Frosties		√													Yes	No	Yes	Yes	Barley
Quaker Oat Granola with Raisins		√								√	√				Yes	No	No	No	Wheat, Oats
Weetabix		√													Yes	Yes	Yes	No	Wheat, Barley
Yeo Valley Organic Strawberry Yoghurt							√								Yes	No	No	No	
Natural Yoghurt							√								Yes	No	No	No	
Fresh Fruit Salad															Yes	Yes	No	No	
Wholemeal Bread		√										√	√		Yes	Yes	No	No	Wheat
White Bread		√										√	√		Yes	Yes	No	No	Wheat
Butter Portions							√								Yes	No	No	No	
Sunflower Spread Yes Yes No No															Yes	Yes	No	No	

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Nutella							√			√			√		Yes	No	No	No	Hazlenuts
Assorted Jam Portions															Yes	Yes	No	No	
Clear Honey															Yes	No	No	No	
Marmalade															Yes	Yes	No	No	
Babybel Cheese (Kings Cross Central Only)							√								Yes	No	No	No	
Mini Assorted Danish (Kings Cross Central Only)		√		√			√			√		√	√	√	Yes	No	No	No	Wheat, May contain traces of nuts
Croissant		√		√			√								Yes	No	No	No	Wheat
CONDIMENTS																			
Salt Yes Yes No No															Yes	Yes	No	No	
Pepper Yes Yes No No															Yes	Yes	No	No	
Heinz Tomato Ketchup Sachets	√														Yes	Yes	No	No	
Heinz Brown Sauce Sachets		√													Yes	Yes	No	No	Rye and Barley
Heinz Mayonnaise				√				√							Yes	No	No	No	
Heinz Malt Vinegar		√													Yes	Yes	No	No	Barley
Sugar Sticks															Yes	Yes	No	Yes	
Sweetner Sticks															Yes	Yes	Yes	Yes	