

Rustic Food - Allergen Information

We cannot guarantee that our foods are allergen free. Due to the use of shared equipment in the display, preparation and service of our products there is a risk of cross contamination.

This guide is designed to provide customers who suffer from an allergy or intolerance with accurate information about our food, so that they can make an informed choice about the suitability of our products for them.

x - this indicates that the allergen is present in the food item.

Traces - although this allergen is not a core ingredient of the product, **traces** may be present in the manufacturing site / factory / supply-chain and therefore there is a risk of cross-contamination

Signature Filled Rolls - Made on Granary / White

Name	Celery	Cereals - Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
Rustic Club - Chicken, Bacon, Cheddar, Tomato, Mayo & Leaves		x		x			x		x				x		
Rustic Special (N) - Chicken, Cheddar, Pesto Mayo, Pine Nuts, Tomato, Cucumber & Leaves		x		x			x		x	x (pine nuts & cashew)		x	x		
Little Red Rooster - Chicken, Sweet Chilli, Mayo & Leaves		x		x					x	traces	traces		x		
Ham it Up - Ham, Wholegrain Mustard Mayo & Leaves		x		x					x				x		
Mambo Italiano - Salami, Cream Cheese, Black Olives & Sunblush Tomatoes		x					x		traces	traces			x		
BBC - Bacon, Brie & Cranberry		x					x						x		
BLT - Bacon, Leaves, Tomato & Mayo		x		x					x				x		
Mediterranean Tuna - Tuna Mayo, Black Olives & Sunblush Tomatoes		x		x	x		traces		x	traces		traces	x		

Chicken Samosa		x														
Lamb Samosa		x														
Spinach and Ricotta Roll		x					x						x			
Spiced Cauliflower & Onion Bhaji Vegan Roll		x							x					x		Vegan
Vegan Sausage Roll		x												x		Vegan
Broccoli and Pepper Quiche	traces	x			x		x		traces				traces	traces		
Cheddar and Onion Quiche	traces	x			x		x		traces				traces	x		

Sweet Treats

Name	Celery	Cereals - Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
Triple Chocolate Brownie	traces	x		x			x		traces				x	traces	
Rocky Road	traces	x		traces			x		traces				x	traces	
Millionaire Shortbread	traces	x		x			x		traces				x	traces	
White Chocolate & Berry Flapjack		x		traces			x		traces				x	traces	
Toffee Flapjack	traces	x		traces			traces		traces				x	traces	Vegan
Mixed Berry Crumblejack		x		traces			traces			traces					Vegan
Honeycomb Tiffin	traces	x		traces			x		traces				x	traces	
Classic Tiffin	traces	x		traces			x		traces				x	traces	
Ginger Loaf		x		x			x			traces					
Berry & White Chocolate Cookie		x		x			x			traces	traces		x		
Triple Chocolate Cookie		x		x			x			traces	traces		x		
Pistachio Creme filled Cookie		x		x			x			x	traces		x		
Name	Celery	Cereals - Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
Gluten Free Brownie		traces		x						traces			x		Vegan & GF
Gluten Free Lemon Sponge		traces		x			x			traces					

Breakfast Baps & Extras

Name	Celery	Cereals - Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
Bacon Bap		x											x		
Sausage Bap (sausage contains gluten)		x											x	x	
Egg Bap		x		x									x		
Vegan Sausage Bap (sausage contains gluten)		x											x	x	Vegan
Bacon & Sausage Bap		x											x	x	
Bacon & Egg Bap		x		x									x		
Sausage & Egg Bap (sausage contains gluten)		x		x									x	x	
Bacon, Sausage & Egg Bap (sausage contains)		x		x									x	x	
Hash Brown		traces													
Mushroom															
Grilled tomato															

Health Bowls

Name	Celery	Cereals - Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegan / GF
Tuna					x										
Ham															
Chicken															
Falafel														traces	Vegan / GF
Hummus												x			Vegan / GF
Avocado															Vegan / GF
Pomegranate															Vegan / GF
Pine Nuts										x					Vegan / GF
Sunblush Tomato							traces			traces					Vegan / GF

Chickpeas																Vegan / GF
Quinoa		traces														Vegan / GF
Brie							x									
Goats Cheese							x									
Feta							x									
Crunch																Vegan / GF
Red Onion																Vegan / GF
Beetroot																Vegan / GF
Sweetcorn																Vegan / GF
Pumpkin Seeds		traces					traces			traces	traces	traces	traces	traces	traces	Vegan / GF
Olives																Vegan / GF
Tzatziki							x									
Crispy Onions		x														
Jalepenos																Vegan / GF
Sweet Chilli Sauce										traces	traces	traces				Vegan / GF
Sriracha									traces				traces			Vegan / GF
Balsamic Dressing														x		Vegan / GF
Vinaigrette									x			traces				Vegan / GF
Honey and Mustard Dressing					x				x							GF
Mayonnaise					x				x							GF
Salad Cream					x				x							GF
Pesto Oil							x			x						GF