

La Baguetterie Menu Allergens list

Menu Product	Allergen / Notes	None	Celery	Cereals	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame	Soy beans	Sulphur Dioxide
All Baguettes, Wraps, Sandwiches and Breads	All plus fillings			X												
Baguettes White	See following pages			X												
Baguettes white small				X										X		
Baguettes Brown Malted				X					X							
Baguettes Brown Seeded				X					X			X				
Croissant Plain				X												
Panini				X												
Baked Potato NB Plus Filling		X														

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Chicken dishes																
Cajun Chicken						X			X		X				X	X
Chicken Mayonnaise						X			X		X					
Chicken Mayonnaise Bacon & Celery			X			X			X		X					
Chicken Mayonnaise Bacon & Spinach						X			X		X					
Chicken, Bacon & Celery			X			X			X		X					
Chicken, Bacon & Spinach						X			X		X					
Coronation Chicken						X			X		X	X	X			
Mexican Bean Chicken						X			X		X					
Mexican Chicken		X														
Minted Chicken			X	X		X			X		X				X	X
Piri Piri Chicken			X	X		X			X		X				X	X
Plain Roasted Chicken		X														
Sweet Chilli & Lime Chicken			X	X		X					X				X	X
Sweet Chilli Chinese Chicken						X			X		X					
Sweet Chinese Chilli Chicken						X			X		X				X	X
Tikka Chicken			X	X		X					X				X	X

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Fish dishes																
Prawns in Marie Rose Sauce					X	X			X		X					X
Smoked Salmon							X									
Tuna Catalan							X									
Tuna Mayonnaise						X	X		X		X					
Tuna Provençal							X									X

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Meat dishes																
Bacon Crispy Streaky cold		X														
Bacon Grilled Back breakfast		X														
Chorizo Sliced		X														
Gammon Ham		X														
Parma Ham		?														
Pastrami		?														
Paté Brussels		?														
Prosciutto Crudo Affettato		X														
Pulled Pork		?														
Roast Lamb		X														
Roast Turkey		X														
Salami Milano		X														
Salami Pepper		X														
Salt Beef		X														
Salt Beef Sliced		X														
Sausage Grilled cold				X											X	X

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Dairy dishes																
Blue Stilton									X							
Brie - Reverend									X							
Camembert Cheese - Le Rustique									X							
Cream Cheese Full Fat									X							
Egg Mayonnaise						X			X		X					
Emmental Cheese - Sliced									X							
Feta cheese									X							
Full Fat Soft Cheese									X							
Goats Cheese (Chèvre) Melusin									X							
Hard Boiled Eggs						X										
Mild Cheddar cheese - grated									X							
Mixed Cheese - grated with mayonnaise						X			X		X					
Red Leicester cheese - grated									X							
Sliced Cheddar Cheese									X							

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Breads & Cakes																
10" Red Velvet Cake	Cake			X		X			X							
All Butter Shortbread	Cake			X					X							
Almond Slice	Cake			X		X						X				
Apple & Raspberry Flapjack	Cake			X												
Apricot & Pecan Shortbread	Cake			X								X				
Baguette Malted Brown	Bread			X												
Baguette Seeded	Bread			X												
Baguette White	Bread			X												
Blackcurrant Shortbread	Cake			X												
Blueberry & Lemon Drizzle Cake	Cake			X		X										
Bread Half and Half	Bread			X											X	
Bread White	Bread			X											X	
Bread Wholemeal	Bread			X											X	
Buttercream & Jam Sponge	Cake			X		X			X							
Cappuccino Millionaires	Cake			X					X							
Carrot Cake	Cake			X		X			X			X				
Cherry Shortbread	Cake			X												
Chocolate Crunch - Midland	Cake			X					X				X			

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Chocolate Éclair	Cake			X												
Coconut Paradise	Cake			X					X							
Coffee & Walnut Cake	Cake			X		X			X			X			X	
Continental Chocolate Cake	Cake			X		X			X			X			X	
Croissant Almond	Cake			X								X				
Croissant Chocolate	Cake	??		X					X			X				
Croissant Plain	Cake			X												
Dark Millionaires	Cake			X					X							
Duchess Slice	Cake			X					X			X			X	
Eccles Shortbread	Cake			X												
Flapjack	Cake			X												
Florentine Millionaires	Cake			X					X			X				
Granola Slice	Cake			X								X		X		
Harvest Apple Cake	Cake			X		X			X			X				X
Jaffa Slice	Cake			X		X			X						X	
Lemon Shortbread	Cake			X		X										
Marbled Crunch	Cake			X					X						X	
Milk Millionaires	Cake			X					X							
Milles Feuilles	Cake	?		X												

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Mince meat Short	Cake			X												
Muffin Blueberry	Cake			X												
Muffin Chocolate	Cake			X												
Pain au Chocolate	Bread	?		X					X							
Pain au Raisin	Bread			X												
Pumpkin Seed & Apricot Flapjack	Cake			X												
Rich Fruit Cake	Cake			X		X			X							X
Seeded Date Flapjack	Cake													X		
Strawberry Shortbread	Cake			X												
Tiffin	Cake			X					X						X	
Toffee Cake	Cake			X		X			X							
White Millionaires	Cake			X					X							
Wrap Plain	Wrap			X												
Wrap Spinach	Wrap			X												
Wrap Sun-dried Tomato	Wrap			X												
Wrap Wholemeal	Wrap			X												
Zucchini & Lime Cake	Cake			X		X			X			X				

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Salads																
Avocado		X														
Beetroot		X														
Caribbean		X														
Maroccan Cous Cous			X	X		X			X							
Cucumber		X														
Greek									X							
Lettuce		X														
Pepper Salsa		X														
Rice		?														
Tomato		X														

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Condiments																
Black Pepper		X														
Black Pepper		X														
Branston Small Chunk Pickle - Midland																X
Chipotle Chillies - Smoked Jalapenos in Adobo Sauce		X														
Cranberry Sauce		X														
Dressing Honey & Mustard				X							X					
Extra Thick Real Mayonnaise						X			X		X					
French Dressing				X							X					
Gherkins Pickled											X					
Green Nacho Sliced Jalapeno Chillies		X														
Horseradish Sauce						X					X					
HP Ketchup			X	X												
HP Sauce				X												
Jalapeños Green		X														
Jalapeños Red		X														
Lemon Juice																X

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Mustard Dijon											X					X
Mustard English				X							X					
Olive green pitted		X														
Olives black pitted		X														
Oven Roasted Semi Dried Tomatoes in Oil and Herbs - Sun Blushed		X														
Peppers Red Roasted		X														
Peppers Roasted Red Sweet		X														
Pesto, Green or Red				X		X			X			X				
Red Nacho Sliced Jalapeno Chilies		X														
Salad Cream				X		X					X					X
Salsa Hot Sauce		X														
Salt		X														
Sauce Dunns River Hot		X														
Sauce Hot Pepper				X							X					
Sauce Reggae Reggae		?														
Sauce Tobasco		X														
Spicy Mayonnaise						X			X		X					
Sugar White or Brown		X														
Sweet Mango Chutney		X														
Sweetcorn		X														

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Miscellaneous																
Quiche Cheese and Onion				X		X			X							
Quiche Lorraine				X		X			X							
Quiche Mediterranean Style Vegetable				X		X			X							
Quiche Tomato and Herb				X		X			X							
Soup																
Soup Beef Goulash			X	X		X			X		X					
Soup Red Pepper & Tomato				X					X							

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Breakfasts																
NB - Toast and muffins in speciality eggs																
Bacon Grilled		X														
Butter									X							
Eggs Benedict				X		X			X		X					
Eggs Benedict Royale				X		X	X		X		X					
Eggs Florentine				X		X			X		X					
Eggs Poached or Fried						X										
Eggs Scrambled						X			X							
Heinz Baked Beans		X														
Muffins				X											X	
Mushrooms Grilled		X														
Nutella									X			X			X	
Omelette Filled (NB Fillings)						X										
Omelette Plain						X										
Pancakes NB Filling				X		X			X							
Sausage Pork Breakfast				X												
Smoked Salmon							X									
Toast Granary				X											X	
Toast Half and Half				X											X	
Toast White				X											X	
Tomato Grilled		X														

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Crisps																
Beef and Horseradish	Crisp								X							
Brie & Bacon	Crisp								X							
Furrows Cheese & Pickled Onion	Crisp								X							
Furrows Salt & Vinegar	Crisp			X												
Honey Roast Ham & Cranberry	Crisp								X							
Lightly Sea Salted/Co-op	Crisp	?														
Lobster, Chilli & Garlic	Crisp				X				X							
Ludlow Sausage & Mustard	Crisp										X					
Mature Cheddar Cheese & Chive	Crisp								X							
Naked	Crisp	?														
Paprika	Crisp			X	X										X	
Roast Garlic & Sour Cream	Crisp			X	X										X	
Salt & Black Pepper	Crisp	?														
Sea Salt & Cider Vinegar	Crisp	?														
Sea Salted Furrows	Crisp	?														
Summer BBQ	Crisp	?														
Sunday Best Roast Chicken	Crisp								X							
Sweet Chilli & Red Pepper	Crisp	?														
Turkey & Chestnut Stuffing	Crisp			X	X										X	
Worcester Sauce & Sun Dried Tomato	Crisp			X	X										X	

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Drinks																
7 Up	Drink	X														
Belvoir Lemonade	Drink	X														
Coffee - All	Drink	X							X							
Coffee Mocha	Drink	?							X							
Coffee Syrup Gingerbird	Drink	?														
Coke Cola	Drink	X														
Coke Cola Lite	Drink	X														
Drinking Chocolate Topping	Drink								X							
Elderflower Bottle Green	Drink	X														
Fanta Orange	Drink	X														
Froot Shoot Apple & Blackcurrant	Drink	X														
Hot Chocolate	Drink	?							X							
Hot Chocolate powder	Drink	?														
Juicy Water Lemon & Lime	Drink	X														
Juicy Water Orange & Lemon	Drink	X														
Juicy Water Pomegranate & Blackcurrant	Drink	X														

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Lipton's Lemon Ice Tea	Drink	X														
Lipton's Peach Ice Tea	Drink	X														
Lucozade Energy	Drink	X														
Natura Apple	Drink	X														
Natura Cranberry	Drink	X														
Natura Mango	Drink	X														
Oasis Citrus	Drink	X														
Oasis Summer Fruits	Drink	X														
Orange fruit juice	Drink	X														
Orange Juice - Freshly Squeezed	Drink															
Ribena	Drink	X														
Snapple Kiwi & Strawberry	Drink	X														
Snapple Raspberry & Cranberry	Drink	X														
Tea - All	Drink	X							X							
Water Sparkling	Drink	X														
Water Still	Drink	X														
Zuma Coffee Frappé	Drink															
Zuma Cookies & Cream Frappé	Drink															
Zuma Crispy Topping	Drink															
Zuma Vanilla Frappé	Drink															

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Buffet Items																
Blinis (NB Topping)	Buffet			X		X			X							
Bread Granary for sandwiches	Bread			X											X	
Bread Half & Half for sandwiches	Bread			X											X	
Bread White for sandwiches	Bread			X											X	
Brie & Grape Skewer	Buffet								X							
Canapé	Buffet	?														
Chicken Drumsticks	Buffet	?														
Chicken Satay with Peanut Dip	Buffet	?											X			
Chicken Skewers with Chilli Dip	Buffet	X														
Crostinis	Buffet	?														
Crudités with dips	Buffet	?														
Fresh Fruit Kebabs	Buffet	X														
Fresh Fruit Platter	Buffet	X														
Freshly Baked Brochette	Buffet	?														
Mini Muffins	Buffet	?														
Mini Pasties	Buffet	?														
Mini Scotch Egg	Buffet	?														

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Onion Bharjis (Asian Savoury Platter)	Buffet	?														
Samosas Veg mini (Asian Savoury Platter)	Buffet			X												
Sausage rolls mini	Buffet			X											X	
Sausages Pork Mini	Buffet			X											X	X
Savoury Cheese Twists	Buffet	?														
Savoury Tartlets	Buffet	?														
Spicy Chicken Wings	Buffet	?														
Spring Rolls Veg mini (Asian Savoury Platter)	Buffet		X	X											X	
Tiger Prawns with Dips	Buffet				X											
Vegetable Crunch	Buffet	?														
Vol au Vents (NB Filling)	Buffet			X												