



Due to the nature of our business we cannot guarantee any of our food is suitable for those with allergies due to a high risk of cross contamination.

It is important to inform our team of any allergies, intolerances or dietary requirements before placing your order in store or via an app. Not all ingredients are listed on the menu. While we have processes in place to prevent cross contamination, we cannot guarantee the total absence of allergens in our dishes due to the open nature of our store, in particular allergens such as tree nuts, peanuts, soya and milk due to their frequent use. Detailed information on the fourteen legal allergens is provided below, including “may contain” information from our suppliers, however we are unable to provide information on other allergens. Although our team members are aware of our allergens, we occasionally change our recipes, therefore the most up-to-date allergen declaration is available below. Please locate the dish you want to order in the column on the left ‘Category’ and then match with the allergens in the columns to the right to find what allergens your dish contains and/or may contain

ALLERGEN & CALORIE INFORMATION

REFERENCE: F.5.3.2B

UPDATED BY: N COUZINS-SHORT

AUTHORISED BY: K.MUMFORD

VERSION: 30

PAGE NUMBER: 1 OF 2

DATE: 05/12/23



Calories - Energy per 100g kcal	Celery/ Celericac	Cereals with Gluten >20ppm *	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites (SO2)	Suitable for Vegans	Certified Halal	Suitable for Coeliacs
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DAIRY ICE CREAM																	
Birthday Cake	242	✓		✓			✓								NO	NO	NO
Blackcurrants in Clotted Cream	223						✓								NO	YES	YES
Black Vanilla	235						✓								NO	YES	YES
Brown Bread	247	✓					✓								NO	NO	NO
Bubblegum	215						✓								NO	YES	YES
Caramel Fudge in Clotted Cream	234						✓								NO	YES	YES
Caramelised Biscuit	250	✓					✓						✓		NO	YES	NO
Caribbean Coconut	204						✓								NO	NO	YES
Chocoholic Heaven	217						✓						✓		NO	YES	YES
Chocolate Fudge Brownie	223	✓		✓			✓						✓		NO	YES	NO
Cookie Dough	235	✓		✓			✓						✓		NO	YES	NO
Cookies & Cream	262	✓					✓								NO	YES	NO
Funky Banana	228						✓								NO	YES	YES
Heavenly Honeycomb	194						✓								NO	YES	YES
Honey & Stem Ginger	217						✓								NO	NO	YES
Jelly & Ice Cream	218						✓								NO	NO	YES
Midnight Mint Crisp	242						✓						✓		NO	NO	YES
Mint Choc Chip	236						✓						✓		NO	NO	YES
Raspberry Ripple	215						✓								NO	YES	YES
Raspberry Ripple Pavlova	222	✓		✓			✓								NO	YES	NO
Rich Clotted Cream	272						✓								NO	YES	YES
Rhubarb & Custard	210						✓								NO	YES	YES
Rum & Raisin	217						✓								NO	NO	YES
Salted Caramel	261						✓						✓		NO	YES	YES
Strawberries in Clotted Cream	241						✓								NO	YES	YES
Succulent Strawberry	205						✓								NO	YES	YES
True Coffee	214						✓								NO	NO	YES
Under the Sea	224						✓						✓		NO	NO	YES
Very Cherry	207						✓								NO	NO	YES
Vanilla Clotted Cream	219						✓								NO	YES	YES
White Chocolate Honeycomb Crunch	216						✓						✓		NO	YES	YES



ALLERGEN & CALORIE INFORMATION

REFERENCE: F.5.3.2B UPDATED BY: N COUZINS-SHORT AUTHORISED BY: K.MUMFORD VERSION: 30 PAGE NUMBER: 2 OF 2 DATE: 05/12/23

Calories - Energy per 100g kcal	Celery/ Celeriac	Cereals with Gluten >20ppm *	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites (SO2)	Suitable for Vegans	Certified Halal	Suitable for Coeliacs
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PLANT BASED ICE CREAM

Plant Based Chocolate	229												✓		YES	NO	YES
Plant Based Salted Caramel	195														YES	YES	YES
Plant Based Strawberry	188														YES	YES	YES
Plant Based Mint Choc	208												✓		YES	NO	YES
Plant Based Vanilla	169														YES	YES	YES

Calories - Energy per 100g kcal	Celery/ Celeriac	Cereals with Gluten >20ppm *	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites (SO2)	Suitable for Vegans	Certified Halal	Suitable for Coeliacs
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SORBETS

Blackcurrant Sorbet	157														YES	YES	YES
Lemon Sorbet	176														YES	NO	YES
Mango Sorbet	148														YES	NO	YES
Raspberry Sorbet	139														YES	NO	YES
Strawberry & Marc De Champagne Sorbet	150														YES	NO	YES
Buckingham Palace Gin Sorbet	141														YES	NO	YES

Calories - Energy per 100g kcal	Celery/ Celeriac	Cereals with Gluten >20ppm *	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphites (SO2)	Suitable for Vegans	Certified Halal	Suitable for Coeliacs
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PUSH-UP POPS

Blackcurrant Fruit Pop	92														YES	YES	YES
Orange Fruit Pop	66														YES	YES	YES
Vanilla Milk Pop	153						✓								NO	YES	YES

- ✓ Contains
- * Wheat

FOR CONE, WAFER AND EDIBLE TUB ALLERGEN INFORMATION, PLEASE ASK THE VENDOR DIRECTLY OR CHECK THE BOX

ALL ICE CREAM IS SUITABLE FOR VEGETARIANS



Menu Category	Menu Name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
Ice Cream Cone	Ice Cream Waffle Cone		x		x		May Contain	x		May Contain	May Contain	May Contain	x		May Contain
Ice Cream Wafer	Ice Cream Wafer		x		x		May Contain	x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Mr Whippy Ice Cream					x			x					x		
Mr Whippy Ice Cream with Cone	Mr Whippy		x		x			x			May Contain		x		May Contain
Waffles, Crepes & Pancakes	Oreo Crunch	May Contain	x		x			x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Waffles, Crepes & Pancakes	Lotus Biscoff	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Waffles, Crepes & Pancakes	Choc Brownie	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	x
Waffles, Crepes & Pancakes	Strawberry Delight	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Waffles, Crepes & Pancakes	Kinder Dream	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	x
Waffles, Crepes & Pancakes	Chocoholic	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Waffles, Crepes & Pancakes	Aero Mint	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Waffles, Crepes & Pancakes	Banatella	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	x
Waffles, Crepes & Pancakes	Ferrero Rocher	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	x
Waffles, Crepes & Pancakes	Mini Egg Madness	May Contain	Contains Wheat		x			x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Waffles, Crepes & Pancakes	Bunny Patch	May Contain	Contains Wheat, Barley		x			x		May Contain	May Contain	May Contain	x	May Contain	May Contain
Cookie Dough	Milk Chocolate	May Contain	Contains Wheat		x			x			May Contain		x		May Contain
Cookie Dough	White Chocolate	May Contain	Contains Wheat		x			x			May Contain		x		May Contain
Cookie Dough	Cookies & Cream	May Contain	Contains Wheat		x			x			May Contain		x		x
Cookie Dough	Red Velvet	May Contain	Contains Wheat		x			x			May Contain		x		May Contain
Cookie Dough	Lotus Biscoff	May Contain	Contains Wheat		x			x			May Contain		x		x
Cookie Dough	Chocolate Orange	May Contain	Contains Wheat		x			x			May Contain		x		May Contain
Cookie Dough	Mini Egg Madness	May Contain	Contains Wheat		x			x			May Contain		x		May Contain
House Shakes	Vanilla Shake		Contains Wheat		May Contain			x			x		x		x
House Shakes	Strawberry Shake		May Contain*		May Contain			x			x		x		x
House Shakes	Chocolate Shake		May Contain*		May Contain			x			x		x		x
House Shakes	Oreo Shake		Contains Wheat		May Contain			x			x		x		x
House Shakes	Biscoff Shake		Contains Wheat		May Contain			x			x		x		x
House Shakes	Milk Kinder Bueno		Contains Wheat		May Contain			x			x		x		x
House Shakes	White Kinder Bueno		Contains Wheat		May Contain			x			x		x		x

Category	Ingredient Name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
MYO Item	Belgian Waffle	may contain	Contains Wheat		x			x		may contain		may contain	x	may contain	may contain
MYO Item	Bubble Waffle	may contain	Contains Wheat		x			x		may contain		may contain	x	may contain	may contain
MYO Item	Crepe	may contain	Contains Wheat		x			x		may contain		may contain	may contain	may contain	may contain
MYO Item	Pancakes	may contain	Contains Wheat		x			x		may contain		may contain	x	may contain	may contain
Sauce	Milk Chocolate		May contain					x			may contain		x		may contain
Sauce	White Chocolate		May contain					x			may contain		x		may contain
Sauce	Biscoff Sauce		Contains Wheat										x		
Sauce	Milk Chocolate with Hazelnut		May contain					x			may contain		x		x
Sauce	White Chocolate with Hazelnut		May Contain					x			may contain		x		x
Sauce	Strawberry										may contain				may contain
Sauce	Bubblegum										may contain				may contain
Sauce	Caramel										may contain				may contain
Topping	Oreo Crumb		Contains Wheat					May Contain					x		
Topping	Biscoff Crumb		Contains Wheat										May Contain		
Topping	Milk Chocolate Shaving (Blossoms)							x					x		
Topping	White Chocolate Shaving (Blossoms)							x					x		
Topping	Ferrero Rocher		Contains Wheat					x					x		x
Topping	Kinder Bueno Milk		Contains Wheat					x					x		x
Topping	Kinder Bueno White		Contains Wheat					x					x		x
Topping	Kinder Bueno Hippo		Contains Wheat					x					x		x
Topping	Aero Mint							x			May Contain		May Contain		May Contain
Topping	Malteasers		Wheat, Barley					x					x		
Topping	Milky Bar		May Contain					x							
Topping	Chocolate Orange Pieces		May Contain Wheat					x			May Contain		x		May Contain
Topping	Whipped Cream							x							
Topping	Wafer		Contains Wheat					x		May Contain	May Contain		x	May Contain	May Contain
Ice Cream	Vanilla Clotted Cream							x			May contain traces				May contain traces
Ice Cream	Cookie Dough		x		x			x			May contain traces		x		May contain traces
Ice Cream	Cookies & Cream		x					x			May contain traces				May contain traces
Ice Cream	Strawberry							x			May contain traces				May contain traces
Ice Cream	Mint Choc Chip							x			May contain traces		x		May contain traces
Ice Cream	Salted Caramel							x			May contain traces		x		May contain traces
Ice Cream	Chocoholic Heaven							x			May contain traces		x		May contain traces

Category	Ingredient Name	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
Ice Cream	Caramalised Biscuit		x					x			May contain traces		x		May contain traces
Ice Cream	Bubblegum							x			May contain traces				May contain traces
Ice Cream	Mango Sorbet										May contain traces				May contain traces
Ice Cream	Raspberry Sorbet										May contain traces				May contain traces
Ice Cream	Whippy							x							