



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

Menu Allergies 2026															
X = Contains															
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	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Ice Cream Wafer		May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Mr Whippy Ice Cream		May Contain					May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Mr Whippy Ice Cream With Cone		May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
Waffles, Crepes and Pancakes	Oreo Crunch	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Waffles, Crepes and Pancakes	Lotus Biscoff	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Waffles, Crepes and Pancakes	Choc Brownie	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Waffles, Crepes and Pancakes	Strawberry Delight	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Waffles, Crepes and Pancakes	Chocoholic	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Waffles, Crepes and Pancakes	Aero Mint	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain

		Celery	Gluten	Crustaceans	Egg	Fish	lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
Waffles, Crepes and Pancakes	Banatella	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	X
Waffles, Crepes and Pancakes	Ferrero Rocher	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	X
Waffles, Crepes and Pancakes	Kinder Dream	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	X
		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Seasame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
Cookie Dough	Milk Chocolate	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Cookie Dough	White Chocolate	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Cookie Dough	Cookies + Cream	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Cookie Dough	Red Velvet	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Cookie Dough	Lotus Biscoff	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Cookie Dough	Chocolate Orange	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Cookie Dough	Triple Choc Fudge	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Cookie Dough	White Choc Kinder	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	X

		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
Ice Cream Sundae	Cookies and Cream	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Ice Cream Sundae	Strawberry Supreme	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Ice Cream Sundae	Bubblegum	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Ice Cream Sundae	Caramel Fudge	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Ice Cream Sundae	Biscoff Overload	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Ice Cream Sundae	Choccy Kinder	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	X

*Prepared in the same containers as items that contain wheat/ all allergens present in the shakes

		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
House Shakes	Vanilla		May contain*		X			X		May contain*	May contain*	May contain*	X		May Contain*
House Shakes	Strawberry		May contain*		X			X		May contain*	May contain*	May contain*	X		May Contain*
House Shakes	Chocolate		May Contain*		X			X		May contain*	May contain*	May contain*	X		May Contain*
House Shakes	Bubblegum		May Contain*		X			X		May Contain*	May contain*	May contain*	X		May Contain*
House Shakes	Banana		May Contain*		X			X		May Contain*	May contain*	May contain*	X		May Contain*
House Shakes	Salted Caramel		May Contain*		X			X		May Contain*	May contain*	May contain*	X		May Contain*

		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
House Shakes	Coffee		May Contain*		X			X		May Contain *	May contain*	May contain*	X		May Contain*
House Shakes	Biscoff		X		X			X		May Contain *	May contain*	May contain*	X		May Contain*
House Shakes	Maltesers		X		X			X		May Contain *	May contain*	May contain*	X		May Contain*
House Shakes	Milky Bar		X		X			X		May Contain *	May contain*	May contain*	X		May Contain*
House Shakes	Aero Mint		X		X			X		May Contain *	May contain*	May contain*	X		May Contain*
House Shakes	Oreo		X		X			X		May Contain *	May contain*	May contain*	X		May Contain*
House Shakes	Milk Kinder Bueno		X		X			X		May Contain *	May contain*	May contain*	X		X
House Shakes	White Kinder Bueno		X		X			X		May Contain *	May contain*	May contain*	X		X
House Shakes	Pistacio		X		X			X		May Contain *	May contain*	May contain*	X		X
House Shakes	Ferrero Rocher		X		X			X		May Contain *	May contain*	May contain*	X		X
		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Mololuscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
MYO Item	Belgian Waffle	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
MYO Item	Belgian Waffle	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
MYO Item	Belgian Waffle	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
MYO Item	Belgian Waffle	May Contain	X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain

		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
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		X								May Contain		X		May Contain
Sauce	Milk Chocolate Hazelnut		May Contain					X			May Contain		X		X
Sauce	White Chocolate Hazelnut		May Contain					X			May Contain		X		X
Sauce	Strawberry										May Contain				May Contain
Sauce	Bubblegum										May Contain				May Contain
Sauce	Caramel							X			May Contain		X		May Contain
Sauce	Salted Caramel							X			May Contain		X		May Contain
Sauce	Toffee							X			May Contain				May Contain
Sauce	Raspberry										May Contain				May Contain
Sauce	Maple Syrup				May Contain			X			May Contain				May Contain
Sauce	Pistacio							X			May Contain		X		X
		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg(10 mg/L)	Tree Nuts
Topping	Oreo Crumb		X					May Contain			May Contain		X		May Contain
Topping	Biscoff Crumbs		X					May Contain			May Contain		X		May Contain
Topping	Maltesers		X					X			May Contain		X		May Contain

		Celery	Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Seesame	Soya	Sulphur Dioxide & Sulphites in Concentrations > 10mg/kg (10 mg/L)	Tree Nuts
Topping	Wafer		X		X		May Contain	X		May Contain	May Contain	May Contain	X	May Contain	May Contain
Topping	Sprinkles		May Contain					X			May Contain		X		May Contain
Topping	Milk Chocolate Shavings		May Contain					X			May Contain		X		May Contain
Topping	White Chocolate Shavings		May Contain					X			May Contain		X		May Contain
Topping	Milky Bar		May Contain					X			May Contain		X		May Contain
Topping	Aero Mint		May Contain					X			May Contain		X		May Contain
Topping	Chocolate Orange Pieces		May Contain					X			May Contain		X		May Contain
Topping	Flake							X			May Contain		X		May Contain
Topping	Mini Smarties							X			May Contain		X		May Contain
Topping	Fudge Cubes							X			May Contain		X		May Contain
Topping	Marshmallows							X			May Contain		X		May Contain
Topping	Whipped Cream							X			May Contain		X		May Contain
Topping	Ferrero Rocher		X					X			May Contain		X		X
Topping	Milk Kinder Bueno		X					X			May Contain		X		X
Topping	White Kinder Bueno		X					X			May Contain		X		X
Topping	Kinder Bueno Hippos		X					X			May Contain		X		X



ALLERGEN & CALORIE INFORMATION

REFERENCE: F.5.3.2B

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AUTHORISED BY: K.MUMFORD

VERSION: 39

PAGE NUMBER: 1 OF 2

DATE: 12/01/26

Calories - Energy per 100g kcal	Celery/ Celeriac	Cereals with gluten, Wheat, Oats, Barley	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

Blackcurrants in Clotted Cream	222						✓								NO	YES	YES
Black Vanilla	227						✓								NO	YES	YES
Brown Bread	247	✓ Wheat					✓								NO	NO	NO
Bubblegum	210						✓								NO	YES	YES
Bueno Ripple	223						✓					✓			NO	NO	YES
Caramel Fudge in Clotted Cream	243						✓								NO	YES	YES
Caramelised Biscuit	239	✓ Wheat					✓								NO	YES	NO
Creamy Coconut	223						✓								NO	NO	YES
Chocoholic Heaven	233						✓					✓			NO	YES	YES
Chocolate Fudge Brownie	227	✓ Wheat	✓				✓					✓			NO	YES	NO
Cookie Dough	251	✓ Wheat	✓				✓					✓			NO	YES	NO
Cookies & Cream	238	✓ Wheat					✓								NO	YES	NO
Funky Banana	228						✓								NO	YES	YES
Heavenly Honeycomb	225						✓								NO	YES	YES
Honey & Stem Ginger	213						✓								NO	YES	YES
Midnight Mint Crisp	247						✓					✓			NO	NO	YES
Mint Choc Chip	233						✓					✓			NO	YES	YES
Orange Marmalade	210						✓								NO	NO	YES
Raspberry Ripple	210						✓								NO	YES	YES
Rich Clotted Cream	225						✓								NO	YES	YES
Rhubarb & Custard	207						✓								NO	YES	YES
Rum & Raisin	217						✓								NO	NO	YES
Salted Caramel	233						✓					✓			NO	YES	YES
Salted Pistachio	210						✓								NO	NO	YES
Strawberries in Clotted Cream	221						✓								NO	YES	YES
Succulent Strawberry	206						✓								NO	YES	YES
True Coffee	210						✓								NO	YES	YES
Under the Sea	239						✓					✓			NO	NO	YES
Very Cherry	206						✓								NO	NO	YES
Vanilla Clotted Cream	225						✓								NO	YES	YES
White Chocolate Honeycomb	234						✓					✓			NO	YES	YES



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PLANT BASED ICE CREAM

Plant Based Chocolate	219	✓ GF Oat											✓		YES	YES	YES
Plant Based Salted Caramel	187														YES	YES	YES
Plant Based Strawberry	186														YES	YES	YES
Plant Based Mint Choc	207												✓		YES	YES	YES
Plant Based Vanilla	183														YES	YES	YES

SORBETS

Blackcurrant Sorbet	150														YES	YES	YES
Lemon Sorbet	141														YES	NO	YES
Mango Sorbet	138														YES	YES	YES
Raspberry Sorbet	132														YES	NO	YES
Strawberry & Marc De Champagne Sorbet	151														YES	NO	YES
Buckingham Palace Gin Sorbet	141														YES	NO	YES