

Watford Cycle Hub Café Allergen Menu at 17th January 2025

	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
Sweet														
Tray Bakes														
All Butter Flapjack		OATS					Y			T	T			
Fruit Granola		OATS					Y			Almonds, Hazelnuts	T			
Gluten Free Chocolate Brownie				Y			Y						Y	
Millionaire Shortbread		WHEAT					Y			T	T		Y	Y
Rocky Road		WHEAT					Y			T	T		Y	
Triple Chocolate Brownie		WHEAT		Y			Y			T	T		Y	
Ultimate Almond Brownie				Y			Y			Almonds, T other	T	T	T	T
Pastries														
Delifrance Croissant (75g)		WHEAT		Y						T	T		T	
Pain au Chocolat (75g)		WHEAT		Y			Y			T	T	T	Y	
Cakes														
Fruit Loaf		WHEAT		Y			Y			Almonds			T	Y
Lemon Drizzle Cake		WHEAT (Traces other)		Y			Y			T	T	T	T	
Queen Vic Cake		WHEAT (Traces other)		Y			Y			T	T	T	T	T
Ultimate Carrot Cake		WHEAT (Traces other)		T			T			Walnuts, Hazelnuts, T other	T	T	Y	T

Please note that allergen information is subject to change based on supplier ingredients and may not be accurate. Please check with staff on arrival to confirm allergen information.

Savoury

Cheese and Onion Slice		WHEAT					Y		Y	T			Y	
Jumbo Sausage Roll		WHEAT					Y			T	T		Y	Y
Margherita Pizza		WHEAT		T			Y						T	
Panini: Chicken, Chorizo and Peppers		WHEAT					Y						Y	
Panini: Ham and Cheese		WHEAT					Y		Y					
Panini: Mozzarella, Pesto and Sun Dried Tomato		WHEAT					Y		T					
Panini: Tuna Melt		WHEAT					Y		Y			T		Y
Sweet Potato, Stilton and Cheddar Roll		WHEAT					Y		Y					
Turkey, Cranberry and Stuffing Roll		WHEAT												

T= May contain traces

Y= Contains

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