Watford Cycle Hub Café: allergen information

Review date: 4 November 2026. Reviewed by: Pauline Turnbull.

✓ = contains. MCT = may contain traces. Blank = not present.

If you have an allergy, please speak to a member of the team before ordering.

Cakes and bakes

Item	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Scone		Wheat T-others		✓			✓							
Croissant		Wheat		✓			✓			MCT			MCT	
Pain au chocolat		Wheat		✓			✓					MCT	✓	
Gluten free brownie				✓			✓			MCT			✓	
Chocolate fudge cake		Wheat		✓			✓			MCT			✓	
Carrot cake		Wheat, oats		✓			✓			Walnuts; MCT others			✓	
Banana and chocolate loaf		Wheat; T-oats, barley, rye		MCT			MCT			MCT	MCT	MCT	✓	MCT
Double chocolate fudge cake		Wheat; T-oats, barley, rye		MCT			MCT			MCT	MCT	MCT	✓	MCT

Savouries, paninis and bread

Item	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide
Vegan Mexican bean roll		Wheat							✓					
Sausage roll		Wheat					✓							
Cheese and onion slice		Wheat					✓		✓				✓	✓
Margherita pizza		Wheat					✓		MCT				MCT	
Mozzarella panini		Wheat					✓		MCT					
Tuna panini	✓	Wheat			✓		✓					MCT		
Ham and cheese panini		Wheat		MCT			✓		✓			MCT		
Chicken panini		Wheat		MCT			✓					MCT	✓	
Soft white rolls		Wheat		MCT			MCT						✓	MCT
Bread		Wheat											✓	