

Millie's Menu - Allergen Information 2023

Sesame, Celery, Mustard, Sulphur Dioxide, Gluten-Wheat, Barley etc, Egg, Cereals containing Gluten, Fish, Soy, Peanuts, Mollusc & Crustaceans, Milk, Nuts, Lupin

Allergens updated march 2023 - Fiona McWilliam

STANDARD & BIG BREAKFAST	Allergen/s
Sausage	Metabisulphite
Bacon	None
Egg	Egg
Plum Tomatoes	None
Beans	None
Mushrooms	Milk
Hash Brown	None
Toast/Fried Slice	Wheat & Soya
VEGETARIAN BREAKFAST	Allergen/s
Vegetarian Sausage	Wheat & Celery
Egg	Egg
Plum Tomatoes	None
Beans	None
Mushrooms	Milk
Hash Brown	None
Toast/Fried Slice	Wheat & Soya
BEAKFAST EXTRA'S	Allergen/s
Mushrooms	Milk
Fried Onions	Milk
Black Pudding	Wheat, Barley, Oatmeal
Bread & Butter	Milk, Wheat & soya
Hot Sandwiches, Baps, Baguettes - all buttered	Allergen/s
Sausage	Milk, Wheat, Metabisulphite, soya
Bacon	Milk, Wheat soya
Egg	Milk, Wheat, Egg, soya
Fish Fingers	Milk, Wheat, Fish, soya
BLT & Mayo	Milk, Wheat, Egg, soya
Chips	Milk, Wheat, soya
BREAKFAST WRAP	Allergen/s
Scrambled Eggs, Sausage & Bacon	Milk, Wheat, Egg, Metabisulphite
TOAST +	Allergen/s
Toast & Butter	Milk, Wheat, soya
Toast, Butter, Jam, Marmalade or Honey	Milk, Wheat, soya
Toast, Butter & Fried Eggs	Milk, Wheat, Egg, soya
Toast, Butter & Baked Beans	Milk, Wheat, soya
Toast, Butter & Poached Eggs	Milk, Wheat, Egg, soya
Toast, Butter & Scrambled Eggs	Milk, Wheat, Egg, soya
Toast, Butter, Scrambled Eggs & Smoked Salmon	Milk, Wheat, Egg, Fish, soya
BAKERY	Allergen/s
Toasted Teacake & Butter	Milk, Wheat, Egg
Croissant	Wheat, Egg, Milk
Choc-au-pain	Wheat, Egg, Soy, Milk, Nuts
Victoria Sandwich	Milk, Wheat, Egg
Chocolate Cake	Milk, Wheat, Egg, Hazelnut

Marble Cake	Milk, Wheat, Egg, Hazelnut
Coffee Cake & Walnut	Milk, Wheat, Egg, Walnut
Blackforest Cake	Milk, Wheat, Egg
Lemon Cake/Lemon Drizzle	Milk, Wheat, Egg
Carrot Cake	Milk, Wheat, Egg
Banoffee Cheesecake	Milk, Wheat
Lemon Cheesecake	Milk, Wheat, Egg
Dark Cherry Cheesecake	Milk, Wheat
Strawberry Cheesecake	Milk, Wheat
Toffee & Chocolate Cheesecake	Milk, Wheat
Snickers Cheesecake	Milk, Wheat, Egg, Soya, Peanuts
Mars Cheesecake	Milk, Wheat, Soya
HOMEMADE SOUPS	Allergen/s
Broccoli & Stilton	Milk, Celery
Tomato	Celery
Tomato & Basil	Celery
Vegetable	Celery
Leek & Potato	Celery
French Onion	Milk, Wheat, Celery
Pea & Ham	Celery
Served with Bread, Giant Bap or Baguette	Wheat, soya
Served with Bread, Bap or Baguette + Butter	Milk, Wheat, soya
PANINI	Allergen/s
Chicken Pesto & Mozzarella	Milk, Wheat, Cashew Nuts
Tuna Melt, (Tuna Mayo & Cheese)	Milk, Wheat, Fish, Egg, Mustard
Cheese & Tomato	Milk, Wheat
Cheese & Onion	Milk, Wheat
Ham & Mozzarella	Milk, Wheat
Ham & Cheese	Milk, Wheat
Bacon & Cheese	Milk, Wheat
Chicken, Bacon & Cheese	Milk, Wheat
Ham, Mozzarella & Pineapple	Milk, Wheat
BBQ Chicken & Cheese	Milk, Wheat, Mustard
PIZZA	
Vegetarian	Milk, Wheat
Meat	Milk, Wheat
Cheesy Gralic Bread	Milk, Wheat
CHIPS/WEDGES & SNACKS	Allergen/s
Homemade Potato Wedges	None
Cheesy Home Potato Wedges	Milk
Homemade Potato Wedges, Chill Con Carne & Cheese	Milk
Chips	None
Cheesy Chips	Milk
Chips & Chilli Con Carne	None
Chips, Chilli Con Carne & Cheese	Milk
Chicken, Bacon & Cheese Baguette	Milk, Wheat,
Ham, Eggs & Chips	Egg
Sweet Potato Fries	None
3 EGG OMELETTE (Fillings)	Allergen/s
Tomato	Egg

Onions	Egg, Milk
Mushrooms	Egg, Milk
Peppers	Egg
Cheese	Egg, Milk
Bacon	Egg
Sausage	Egg, Metabisulphite
Chicken	Egg
Prawns	Egg, Crustaceans
Served with Salad Garnish	None
Served with Bread & Butter	Milk, Wheat, soya
Served with Baked Beans	None
JACKET POTATOES WITH NO BUTTER	Allergen/s
JP & Butter	Milk
JP & Homemade Coleslaw	Egg, Mustard
JP & Cheese	Milk
JP, Cheese & Homemade Coleslaw	Milk, Egg, Mustard
JP & Baked Beans	None
JP, Cheese & Baked Beans	Milk
JP & Chilli Con Carne	None
JP, Chilli Con Carne & Cheese	Milk
JP & Tuna Mayonnaise	Egg, Fish, Mustard
JP, Tuna Mayo & Cheese	Milk, Egg, Fish, Mustard
Coronation Chicken	Egg, Wheat, Mustard
Prawns in Seafood Sauce	Egg, Crustaceans
Served with Butter in the Jacket Potato	Milk
BURGERS Served in a Bun	Allergen/s
Plain Burger	Wheat, Metabisulphites, soya
Cheese Burger	Milk, Wheat, Metabisulphites, soya
Cheese & Bacon Burger	Milk, Wheat, Metabisulphites, soya
Burger with Brie or Stilton	Milk, Wheat, Metabisulphites, soya
Chicken Burger	Wheat, Egg, soya
HOT PASTRY ITEMS	Allergen/s
Sausage Roll	Milk, Wheat, Egg, Metabisulphite, Soya
Cornish Pasty	Milk, Wheat, Barley, Soya
Cheese & Onion Slice	Milk, Wheat, Soya, Mustard
Breakfast Pasty (Cheese, Sausage & Beans)	Milk, Wheat, Celery, Soya, Sulphites
Peppered Steak Slice	Milk, Wheat, Barley, Soya
Cheese & Bacon Puff	Milk, Wheat, Soya
CAFÉ DRINKS	Allergen/s
Tea	None
Instant Coffee or Americano	None
Speciality Teas	None
Espresso	None
Cappuccino	Milk
Café Latte & Flavoured Latte	Milk
Marimba Melt (Hot Chocolate)	Milk
Chocolate Milkshake	Milk
Strawberry Milkshake	Milk
Banana Milkshake	Milk
If any drinks require the addition of Milk, eg. Tea	Milk

Sandwiches, Baguettes & Baps - Buttered	Allergen/s
Cheese & Pickle	Milk,Wheat, soya
Cheese & Onion	Milk, Wheat, soya
Cheese & Tomato	Milk, Wheat, soya
Cheese Salad	Milk, Wheat, soya
Brie & Grape	Milk, Wheat, soya
Egg Mayonnaise	Milk, Wheat, Egg, Mustard, soya
Egg Mayo & Cress	Milk, Wheat, Egg, Mustard, soya
Boiled Egg	Milk, Wheat, Egg, soya
Ploughmans & Mayo	Milk, Wheat, Egg, Mustard, soya
BLT & Mayo	Milk, Egg, Wheat, Mustard, soya
Ham & Cheese	Milk, Wheat, soya
Ham & Boiled Egg	Milk, Egg, Wheat, soya
Ham Salad	Milk, Wheat, soya
Turkey & Cranberry	Milk, Wheat, soya
Corned Beef & Pickle	Milk, Wheat, soya
Corned Beef, Pickle & Onion	Milk, Wheat, soya
Corned Beef Salad	Milk, Wheat, soya
Roast Beef & Horseradish	Milk, Wheat, Egg, Mustard, soya
Roast Beef & Mustard	Milk, Wheat, Mustard, soya
Roast Beef Salad	Milk, Wheat, soya
Chicken Mayo Salad	Milk, Wheat, Egg, Mustard, soya
Chicken, Bacon & Mayo	Milk, Wheat, Egg, Mustard, soya
Chicken Caesar & Bacon	Barley, Milk, Egg, soya
Chicken & Sweet Chilli Sauce	Milk, Wheat, soya
Chicken Tikka	Milk, Wheat, Egg, Celery, Mustard, soya
Hot Piri Chicken	Milk, Wheat, Sulphur Dioxide, soya
Mexican Chicken & Mayo	Milk, Wheat, Egg, Mustard, soya
Coronation Chicken	Milk, Wheat, Egg, Mustard, soya
BBQ Chicken & Cheese	Milk, Wheat, Mustard, soya
Ham, Cheese & Pickle	Milk,Wheat, soya
Tuna Mayonnaise	Milk, Wheat, Egg, Fish, Mustard, soya
Tuna Mayo & Sweetcorn	Milk, Wheat, Egg, Fish, Mustard, soya
Tuna Mayo & Cucumber	Milk, Wheat, Egg, Fish, Mustard, soya
Tuna Mayo, Cheese & Onion	Milk, Wheat, Egg, Fish, Mustard, soya
Tuna Mayo Salad	Milk, Wheat, Egg, Fish, Mustard, soya
Prawn Salad & Mayo	Milk, Wheat, Egg, Crustaceans, Mustard, soya
Prawn Salad & Seafood Sauce	Milk, Wheat, Egg, Crustaceans, soya
Smoked Salmon & Cream Cheese	Milk, Fish, Wheat, soya
BOXED SALAD	Allergen/s
Chicken, Bacon & Coleslaw	Egg, Mustard
Mexican Chicken & Mayo	Egg, Mustard
Cheese Ploughmans	Milk, Mustard, Egg
Ham Ploughmans	Mustard, Egg
Chicken Caesar Salad & Bacon	Egg, Milk, Barley
Ham & Coleslaw	Egg, Mustard
Prawn Salad & Seafood Sauce	Egg, Crustaceans
Smoked Salmon & Prawns	Crustaceans, Fish,
PASTA	Allergen/s
Red Pesto, Bacon & Mozzarella	Milk, Wheat, Sulphites, Cashew Nuts, Egg

Chicken, Pesto Pasta	Milk, Wheat , Cashew Nuts
Tuna Mayo & Sweetcorn	Wheat, Egg, Fish, Mustard
Tuna Mayo Crunch	Wheat, Egg, Fish, Mustard
Chicken, Tomato & Basil	Wheat
Chicken, Tomato, Basil & Mozzarella	Milk, Wheat
Chicken, Bacon & Mayo/Chicken Mayo & Sweetcorn	Wheat, Egg, Mustard
BBQ Chicken & Cheese	Milk, Wheat, Mustard
WRAPS	Allergen/s
Mexican Chicken, Mayo & Salad	Wheat, Egg, Mustard
Chicken, Bacon & Mayo	Wheat, Egg, Mustard
Chicken, Mayo Salad	Wheat, Egg, Mustard
Hot Piri Chicken & Salad	Wheat, Sulphur Dioxide
Sweet Chilli Chicken	Wheat
Cheese & Coleslaw	Milk, Wheat, Egg, Mustard
BBQ Chicken & Cheese	Milk, Wheat, Mustard
BUFFET SAVOURIES	Allergen/s
Pizza V	Wheat, Milk
Quiche V	Milk,Wheat, Egg, Mustard
Mini Quiche V	Milk,Wheat, Egg, Mustard
Onion Bhaji DF V	Wheat
Mini Vegetable Spring Roll DF V	Wheat, Soy, Sulphites,Celery
Mediterranean Skewers V	Milk
Vegetable Samosa DF V	Wheat
Mozzarella Sticks V	Wheat, Milk, Soya
Falafel	None
Sausage Rolls	Milk, Wheat, Metabisulphite, soya
Chicken Goujon	Wheat, Soya
Chicken Drumstick	None
Pork Pie	Wheat,Egg
Med. Skewers (meat)	Milk
Savoury Eggs	Cereals, Wheat, Egg
Pizza Meat	Wheat, Milk
GLUTEN FREE BUFFET SAVOURIES	Allergens
Cheese & Pineapple/Grape Skewers	Milk
Mediterranean Skewers with Mozzarella Balls	Milk
Mediterranean Skewers without Mozzarella Balls	None
Salad & Veg Stick & Sweet Chilli Dip	None
Pigs in Blanket	Metabisulphite
GF Tuna Mayo Crunch Pasta	Fish, Eggs, Mustard
GF Tomato & Basil Pasta	None
Savoury Rice	None
Falafel	None

Sauce & Marinade Allergens Information 2023

Mayo	Egg, Mustard
Vegan Mayo	None
Tikka Mayo	Egg, Mustard, Celery
Coronation Mayo	Egg, Mustard
Tuna Mayo	Egg, Fish, Mustard
Egg Mayo Filler	Egg, Mustard
Caesar Dressing	Milk, Egg, Barley
Mexican Spice Mix	None
Sweet Chilli Sauce	None
Horseradish	Egg, Milk, Mustard
Mustard	Mustard, Wheat
Hot Piri Sauce	Sulphar Dioxide
BBQ	Mustard
Salad Cream	Egg, Milk
Hot Chilli Sauce	None
Seafood Sauce	Egg
Sandwich Pickle	None
Stuffing	Barley, Wheat
Coleslaw	Egg, Mustard
Cranberry	None
Apple Sauce	None
Garlic Mayo	Egg, Mustard
Red Pesto	Cashew Nuts, Milk, Egg, Sulphites
Green Pesto	Cashew Nuts, Milk
Caramelised Onion	None
Tomato Chutney	Mustard
Kitchen Only	
BBQ (Aldi)	None
Tomato Sauce	None
Brown Sauce	Rye
Burger Sauce	Egg, Barley, Mustard

Sandwiches, Baguettes & Baps - Buttered	Allergen/s
Cheese & Pickle	Milk,Wheat
Cheese & Tomato	Milk, Wheat
Cheese Salad	Milk, Wheat
Brie & Grape	Milk, Wheat
Egg Mayonnaise	Milk, Wheat, Egg, Mustard
Egg Mayo & Cress	Milk, Wheat, Egg, Mustard
Boiled Egg	Milk, Wheat, Egg
Ploughmans & Mayo	Milk, Wheat, Egg, Mustard
BLT & Mayo	Milk, Egg, Wheat, Mustard
Ham & Cheese	Milk, Wheat
Ham & Boiled Egg	Milk, Egg, Wheat
Ham Salad	Milk, Wheat
Turkey & Cranberry	Milk, Wheat
Corned Beef & Pickle	Milk, Wheat
Corned Beef Salad	Milk, Wheat
Roast Beef & Horseradish	Milk, Wheat, Egg, Mustard
Roast Beef & Mustard	Milk, Wheat, Mustard
Roast Beef Salad	Milk, Wheat
Chicken Mayo Salad	Milk, Wheat, Egg, Mustard
Chicken, Bacon & Mayo	Milk, Wheat, Egg, Mustard
Chicken Caesar & Bacon	Barley, Milk, Egg
Chicken & Sweet Chilli Sauce	Milk, Wheat
Chicken Tikka	Milk, Wheat, Egg, Celery, Mustard
Hot Piri Chicken	Milk, Wheat, Sulphur Dioxide
Mexican Chicken Mayo & Salad	Milk, Wheat, Egg, Mustard
Coronation Chicken	Milk, Wheat, Egg, Mustard
BBQ Chicken & Cheese	Milk, Wheat, Mustard
Ham, Cheese & Pickle	Milk,Wheat
Tuna Mayonnaise	Milk, Wheat, Egg, Fish, Mustard
Tuna Mayo & Sweetcorn	Milk, Wheat, Egg, Fish, Mustard
Tuna Mayo & Cucumber	Milk, Wheat, Egg, Fish, Mustard
Tuna Mayo, Cheese & Onion	Milk, Wheat, Egg, Fish, Mustard
Tuna Mayo Salad	Milk, Wheat, Egg, Fish, Mustard
Prawn Salad & Mayo	Milk, Wheat, Egg, Crustaceans, Mustard
Prawn Salad & Seafood Sauce	Milk, Wheat, Egg, Crustaceans
Smoked Salmon & Cream Cheese	Milk, Fish, Wheat
BUFFET SAVOURIES	Allergen/s
Pizza V	Wheat, Milk
Mini Quiche V	Milk,Wheat, Egg, Mustard
Onion Bhaji DF V	Wheat
Mini Vegetable Spring Roll DF V	Wheat, Soy, Sulphites,Celery
Mediterranean Skewers V	Milk
Vegetable Samosa DF V	Wheat
Mozzarella Sticks V	Wheat, Milk, Soya
Falafel	None
Sausage Rolls	Milk, Wheat, Metabisulphite
Chicken Goujon	Wheat, Soya
Pork Pie	Wheat,Egg
Savoury Eggs	Cereals, Wheat, Egg