

Ritchies Wharf Coffee Allergen Guide

	Ritchies Wharf Coffee Allergens Chart Dietary																	
		Diet	ary		Ť													
		Cho	ices						F	Aller	gens	8						Notes
		Suitable for Vegetarians	for Vegans		Cereals (containing gluten)	Crustaceans								S	0		r Dioxide (inc. Sulphites)	
	Item	iitab	Suitable	Celery	real	usta	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur	
Doctrice	Ite	รเ	ร	Ö	ŭ	Ö	Ē	ίĔ	Lu	Σ	Ě	Ē	ž	Pe	Se	Sc	S	
Pastries	Cheese And Onion Slice	✓																
	Chicken Tikka Slice			片	V								H	片	片			
	Sausage Roll				~									盲	T	i		
	Spicy Chicken Curry Pastries				V													
	Steak Slice			V	V							V						
	Vegan Sausage Roll	V	\checkmark		Y												$ lap{}$	
Sweet Treats																		
	Almond Croissant	V			Y		Y			Y			\checkmark					Almond, Dried Egg White, Whole Egg, Wheat Flour, Wheat Malt Flour, Wheat Enzymes
	Apple Danish	\checkmark			\checkmark		V									\checkmark		Whole Egg, Wheat Flour, Wheat Malt Flour, Wheat Enzymes, Apple E223 <100mg/kg in apple filling
	Apple Frangipane Tart	Y			Y		Y			Y			V					Almond, Whole Egg, Skimmed Milk Powder, Milk, Wheat Flour
	Apple Strudel				~		V			V								Whole dried egg, Whey Protein from Milk, Buttermilk Powder from Milk, Skimmed Milk Powder, Wheat Flour, Apple E223 <100mg/kg in apple filling
	Apple Turnover	~			~		~											Whole Egg, Wheat Flour, Apple E223 <100mg/kg in apple filling
	Apricot Danish	<u></u>			V		Y			<u></u>								Whole Egg, Whey Powder from Milk, Buttermilk Powder from Milk, Wheat Flour, Wheat Malt Flour, Wheat Enzymes
	Banana Cake Slice	V			V		V			V								Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Wheat Flour, Wheat Gluten
	Banoffee Muffin	~			V		V			<u>~</u>						<u>~</u>		Whole Egg Powder, Egg Yolk Powder, Dried Egg White, √ Skimmed Milk Powder, Whole Milk, Dried Skimmed Milk, Whey Powder from Milk, Soya Lecithin E322, Wheat Flour, Wheat Gluten, Barley Malt Extract, Glucose Syrup from Wheat
	Belgium Bun	V			✓		~			✓								Bun Spice Flavouring Supplier Declaration - may contain traces of nuts, Whole Dried Egg, Whey Powder from Milk, Wheat Flour, Cherry has Sulphur Dioxide E220 <10ppm

Blac	ck Forest Cake Slice	V		V							$\overline{\mathbf{V}}$		Whole Dried Egg, Whey Powder from Milk, Skimmed Milk Powder, Milk Protein, Soy Lecithin E322, Wheat Flour, Gluten
Blac	ck Forest Tart	V		\checkmark							\checkmark		Whole Egg, Whole Egg Powder, Milk, Whey Powder from Milk, Whey Solids from Milk, Soya Lecithin E322, Wheat Flour, Wheat Gluten
Blue	eberry Muffin	V		V									Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Wheat Flour, Wheat Gluten
Blue	eberry Filling Muffin			~									Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Wheat Flour, Wheat Gluten
Brov	wnie Tart	V						Y			V		Peca, Whole Egg, Egg White Powder, Milk, Skimmed Milk Powder, Whey Powder from Milk, Soya Lecithin E322, Wheat Flour, Gluten
Car	rrot Cake Slice	$\overline{\mathbf{V}}$											Whey Powder, Whole Egg, Egg White Powder, Cheese Powder, Milk Protein, Whey Powder, Wheat Flour, Wheat Gluten, Barley
Car	rrot Muffin	\checkmark						\checkmark					Whole Egg Powder, Egg Yolk Powder, Dried Egg White, Whey Solids from Milk, Wheat Flour, Wheat
Che	erry Danish	~		Y									Whole egg, Wheat Flour, Wheat Malt Flour, Wheat Enzymes
Che	erry Muffin	\checkmark		$\overline{\mathbf{V}}$									Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Wheat Flour, Wheat Gluten, Cherry has Sulphur Dioxide E220 <10ppm
Cho	ocolate Chip Cookie	V		V							\checkmark		Whole Egg Powder, Whey Solids from Milk, Whey Powder, Soya Lecithin, Wheat, Gluten
Cho	ocolate Chip Muffin	V		\checkmark							\checkmark		Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Soya Lecithin, Wheat Flour, Wheat Gluten
Cho	ocolate & Custard Filling Muffin	\checkmark		\checkmark							\checkmark		Whole Egg Powder, Whey Solids from Milk, Soya Lecithin, Wheat Flour
Cho	ocolate Filling Muffin	V		V							\checkmark		Whole Egg Powder, Whey Solids from Milk, Whey Powder from Milk, Whole Milk Powder, Lactose, Soya Lecithin, Wheat Flour
Cho	ocolate Muffin	\checkmark		\checkmark									Whole Egg Powder, Whey Solids from Milk, Soya Lecithin, Wheat Flour
Cho	ocolate Orange Tart	V									\checkmark		Whole Egg, Whole Egg Powder, Milk, Whey Powder, Whey Solids from Milk, Soya Lecithin, Wheat, Wheat Gluten
Cho	ocolate Twist	V						V			V		Eggs, Butter, Powdered Whey, Skimmed Milk Powder, Whey powder from milk, Soya Lecithin E322, Wheat, Wheat Gluten
Cinr	namon Twist	\checkmark		\checkmark									Dried Egg White, Wheat Flour, Wheat Malt Flour, Wheat Enzymes
Cus	stard Doughnut	~		\checkmark									Whole Dried Egg, Whey Powder from Milk, Wheat Flour
Dan	nish Vanilla Crown	~		Y				\checkmark	Y				
Dou	uble Chocolate Cake Slice	~		~							V		
Dou	uble Chocolate Chip Cookie	\checkmark		$\overline{\mathbf{V}}$							$\overline{\mathbf{V}}$		Whole Egg Powder, Whey Solids from Milk, Whey Powder, Soya Lecithin, Wheat, Gluten
Frui	it & Cream Sponge Cake Slice	V						V			\checkmark		Whole Dried Egg, Skimmed Milk Powder, Whey Protein, Soya Lecithin, Wheat Flour
Frui	it Scones	\checkmark		\checkmark									Whole Egg, Buttermilk Powder, Milk Cream Powder, Soya Flour, Wheat Flour
Glut	ten Free Carrot Cake	\checkmark										\checkmark	Whole Egg, Coconut, Sulphur Dioxide, Hazlenuts, Cream Cheese
Glut	ten Free Cheesecake	Y											Cheese (Cream, milk), Whole Egg, Whole Milk Powder, Butter
Glut	iten Free Chocolate Brownie	~											
Jam	n Coconut Cake Slice	V		~									
Jam	n Doughnut	V		~									Whole Dried Egg, Whey Powder from Milk, Wheat Flour
Lem	non Filling Muffin	~		~									Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Wheat Flour, Wheat Gluten
Мар	ple Pecan Plait	V		~				V		V			Pecan, Egg, Condensed Milk, Whey Powder, Wheat
Nute	tella Doughnut	V		V				V			$\overline{\mathbf{V}}$		Hazelnut, Whey Powder from Milk, Skimmed Milk Powder from Milk, Lecithin Soya, Wheat Flour

	Orange & Coconut Muffin	V			~		~			V								Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder,, Wheat Flour, Wheat Gluten, Coconut has Sulphites and Sulphur Dioxide <10ppm
	Pain au Chocolat	✓			V		$\overline{\mathbf{V}}$			V					V	$\overline{\mathbf{V}}$		Eggs, Butter, Whey powder from milk, Soya Lecithin E322, Wheat, Wheat
	Pain au Raisin	V			$\overline{\mathbf{V}}$		V			V			V			V		Eggs, Butter, Whey powder from milk, Soya Lecithin E322, Wheat, Wheat Gluten
	Palmiers	✓	✓		~													Wheat Flour, Wheat malt flour
	Pastel de Nata	Y			~					V								Whole Egg, Egg Yolk, Semi - Skimmed Milk, Wheat Flour
	Plain Croissant	~			Y		$\overline{\mathbf{V}}$			\checkmark								Eggs, Butter, Wheat Flour, Wheat Malt Flour, Wheat Enzymes
	Plain Scones	Y			Y					Y						V		Whole Egg, Buttermilk Powder, Milk Cream Powder, Soya Flour, Wheat Flour
	Raspberry Filling Muffin	K			~		~			K								Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Wheat Flour, Wheat Gluten, Raspberry Seeded Jam Supplier Coments: Glucose Syrup source – Maize/Wheat – exempt from allergen labelling
	Strawberry Cream Cake Slice	Y			Y		\checkmark			V						V		Whole Dried Egg, Skimmed Milk Powder, Whey Protein from Milk, Milk Protein, Soya Lecithin E322, Wheat Flour, Gluten
	Strawberry Filling Muffin	\			Y		V			V								Whole Egg Powder, Egg Yolk Powder, Skimmed Milk Powder, Wheat Flour, Wheat Gluten
	Strawberry Tart	✓			Y		Y			V								Whole Egg, Whey Powder from Milk, Milk, Wheat Flour
	Tottenham Cake Slice	\checkmark			\checkmark		Y			Y								
	Vanilla Custard Crown	Y			Y		\checkmark			\checkmark			y	Y				Egg Yolk, Almond Powder, Hazelnuts, Powder Milk, Whey Milk Powder, Skimmed milk powder, Wheat, Wheat Gluten, Wheat Starch
	Vegan Chocolate Praline Brownie (GF)	✓	✓										Y					Hazelnut
	Vegan Chocolate & Orange Traybake	Y	\		V								>					
	Vegan Devils Chocolate Cake	\checkmark	\checkmark		$\overline{\mathbf{V}}$					\checkmark								Wheat Flour, Coconut Milk
Cold Foods))))))	
	Caramel Biscuit	<u> </u>		닏		닏	片	닏	닏	ᆜ		ᆜ		ᆜ		닏		
	Cereal Bar	<u> </u>		닏	ᆜ	님	닖	님	닏	ᆜ][ᆜ		ᆜ		님		
	Cereal Pot	<u> </u>		닏		닏	닏	닏	닏	ᆜ		ᆜ		ᆜ		닏		
	Fruit Pot	<u> </u>		닏		님	屵		닏	ᆜ][ᆜ][ᆜ		님		
	Yoghurt Pots	\checkmark		Ш		Ш	Ц	Ш	Ш	Ш						Ш	Ш	
Salad Bowls																		
	Chicken Salad Bowl																	
	Hummus and Couscous Salad Bowl		<u> </u>		V										<u></u>			
	Pasta Salad Bowl	V								$\overline{\Box}$								
	Tuna Salad Bowl					$\bar{\Box}$		V		$\overline{\Box}$								
	Hummus and Falafel Salad Bowl	<u> </u>	<u> </u>		V			V							\checkmark	V	~	
Coffee																		
	Americano	\checkmark																
	Cappucino	✓																

	Espresso	V											
	Flat White	<u> </u>						V					
	Latte	<u> </u>						V					
	Macchiato	V						$\overline{\mathbf{V}}$					
	Mocha	~						V					Whey, Milk Proteins
Hot Drinks													
	Tea	Y	Y					\checkmark					
	Hot Chocolate	K						Y					Whey, Milk Proteins
Sandwiches													
	Cheese and Pickles	~		$\overline{\mathbf{A}}$				\checkmark				\checkmark	
	Chicken and Sweetcorn			$\overline{\mathbf{A}}$		V			Y			\checkmark	
	Chicken Tikka			$\overline{}$		V			Y			\checkmark	
	Egg Mayonnaise	\checkmark		$\overline{}$		V			Y			\checkmark	
	Prawn Mayonnaise			$\overline{}$	>	V			Y				
	Roast Chicken Salad			$\overline{}$		V			Y			\checkmark	
	Smashed Chickpea Salad	~	Y	\checkmark									
	Tuna Sweetcorn			\checkmark		V	V		Y				
	Turkey Ham and Cheese			\checkmark		V		\checkmark				\checkmark	
Breakfast													
	Bacon Bap			\checkmark				\checkmark					
	Sausage Bap			\checkmark						\checkmark		$\overline{\mathbf{V}}$	
	Bacon & Sausage Panini			\checkmark						\checkmark		\checkmark	
	Tomato & Cheese Croissant	<u> </u>		V		Y							
	Ham & Cheese Croissant			V		Y		V				Y	
	Porridge Pot Classic Chocolate	<u> </u>		V									Oats (Gluten)
	Porridge Pot Blueberry & Banana	<u> </u>		V									Oats (Gluten)
	Porridge Pot Strawberries & Cream	\checkmark	Y	ightharpoonup									Oats (Gluten)
Snacks													
	Nakd Berry Delight	<u> </u>	<u> </u>							Y			Nuts (Cashews)
	Nakd Blueberry Muffin	<u> </u>	V							Y			Nuts (Almonds, Cashews)
	Nakd Cocoa Delight	$\overline{\mathbf{A}}$	<u> </u>							Y			Nuts (Cashews)
	Deliciously Ella Oat Bar - Apple, Raisin & Cir		<u> </u>	V									Oats
	Indie Bay Pretzel Bites - Spelt with Rock Sal	Y	Y	~									Spelt Flour, Wheat Flour, Barley Malt Extract

	Olly's Pretzel Thins - Multiseed Sesame	/	V				П	П		П	П					Barley, Sesame, Soya, Wheat
	Candy Kittens - Wild Strawberry	~	<u> </u>			i	i	Ħ		ቨ			$\overline{\Box}$	$\overline{\Box}$	ᆸ	Bandy, decame, doya, fineat
	Love Corn - Milk Chocolate	<u> </u>			ī	\Box	ī	ī							\Box	Milk, Soya
	LoveRaw Cream Filled Wafer M:lk Choc	<u> </u>	<u> </u>	一			\Box	\Box	\Box	$\overline{\Box}$][][$\overline{\sqcap}$	Hazlenut, Wheat, Barley
	LoveRaw Cream Filled Wafer Caramelised E	_	<u> </u>	一			\Box	\Box	\Box][][$\overline{\sqcap}$	Wheat, Soya
	Metcalfe's Ricecakes - Yoghurt & Strawberry	<u> </u>			\Box		\Box	百							$\overline{\Box}$	Milk, Soya
	LoveRaw Buttercups	<u> </u>	<u> </u>					盲								Oat, Peanut
	HiP Mini Bar - Salted Caramel	<u> </u>	V								$\overline{\Box}$					
	HiP Mini Bar - Salted Pretzel	<u> </u>	V		<u></u>						$\overline{\Box}$					Wheat, Barley
	Eat Real Veggie Straws	<u> </u>	V								$\overline{\Box}$					
	Pipers Black Pepper Crisps	<u> </u>	V													
	Pipers Cheddar & Onion Crisps	<u></u>	<u> </u>							~						Milk
	Pipers Sea Salt Crisps	<u></u>	<u> </u>													
	Pipers Sweet Chili Crisps	~	V													
Soups																
	Vegetable Soup	~		Y	\checkmark											Wheat, Celery
Iced Drinks																
Coffee Frappes																
	Espresso Frappe	~														
	Mocha Frappe	~														
	Salted Caramel Frappe	K														
Cold Frappes																
	Vanilla Frappe	~		Y												
	Strawberry & Cream Frappe	~														
	Chocolate Cream Frappe	~														
	Cookies & Cream Frappe	~														
	Chai Frappe	✓														
Fruit Coolers																
	Green Go Go	✓														
	Detox	~														
	Berry	~														
	Tropical Sunshine	~														
Iced Teas																

	Lemon Iced Tea	V	~							
	Peach Iced Tea	<u> </u>	<u> </u>							
	Raspberry Iced Tea	~	~							
	Mango Iced Tea	~	~							
	Mojito Iced Tea	✓	Y							
Pumps										
	Shotts Syrup Vanilla	✓	K							
	Shotts Syrup Hazelnut	✓	<							
	Shotts Syrup Salted Caramel	Y	<							
	Shotts Syrup Chai (Vanilla Notes)	Y	\							
	Shotts Syrup Gomme (Sugar)	✓	K							
	Shotts Syrup Banana	✓	K							
	Shotts Chocolate	Y	\							
	Shotts Syrup Spiced Pumpkin	✓	K					V [
	Shotts Syrup Three Berries	✓	K							
	Shotts Syrup Bubblegum	✓	K							
	Shotts Syrup Strawberry	✓	K							
	Shotts Syrup Mango	✓	K							
	Shotts Syrup Gingerbread	~	~							
Cold Drinks										
	Coca Cola	✓	A							
	Diet Coke	✓	K							
	Coke Zero	✓	K							
	Fanta	✓	K							
	7Up	✓	K							
	Vita Coco Coconut Water	✓	K							
	Innocent Bubbles Apple & Berry	✓	K							
	Innocent Bubbles Lemon & Lime	✓	K							
	Innocent Apple Juice	✓	K							
	Innocent Orange Juice	✓	K							
	Red Bull	✓	Y							
	Something&Nothing Seltzer Cucumber	✓	Y							
	Something&Nothing Seltzer Yuzu	✓	Y							
	San Pellegrino Limonta	✓	~							
	San Pellegrino Lemon & Mint	~	~							
	San Pellegrino Pomegrante & Orange	~	~							
	San Pellegrino Sparkling Water	✓	~							

S	Still Water	✓	~															
																	(\$	
																	hites	
		SL			uten												Sulp	
		aria	SI		lg gı												inc. (
		eget	egar		ainir												ide (i	
		Suitable for Vegetarians	Suitable for Vegans		Cereals (containing gluten)	ans											Sulphur Dioxide (inc. Sulphites)	
		able	able	ry	als (Crustaceans			u		sosn	tard		nuts	ıme		hur	
		Suita	Suita	Celery	Cere	Crus	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulp	
	ry that uses Eggs, Milk, Wheat, Glute																	
	eds, Peanuts, Fish, Crustaceans, Soy																	
Dioxide/Sulphite	s and/or products containing compo	nents	of the	se.														
	Contains or may contain Allergens.																	