

At Upper Crust we attempt to provide as complete as possible allergen information about the food and drink served at our sites. Whilst we have strict controls and standards, we prepare some food and drinks on site using a wide range of ingredients and cannot ensure that there is no cross contamination and therefore we can't guarantee that these products are completely allergen free.

- Contains – a planned ingredient which is definitely present.
- May contain – a supplier has reported to us a real risk of cross contamination on their production line.
- May contain via shared equipment – potential cross contamination through shared cooking equipment in our kitchen.

	Allergen Information													
	Contains Gluten	Contains Milk	Contains Egg	Contains Nuts	Contains Sesame	Contains Soya	Contains Mustard	Contains Celery	Contains Fish	Contains Crustaceans	Contains Lupin	Contains Molluscs	Contains Peanuts	Contains Sulphur Dioxide
Baguettes														
BLT (White)	Wheat	Y	Y	?	?	?	Y	?	?					?
Cheese (White)	Wheat	Y	?	?	?	?	?	?						?
Cheese and onion (White)	Wheat	Y	?	?	?	?	?	?						?
Cheese and Tomato (White)	Wheat	Y	?	?	?	?	?	?						?
Chicken caesar (Sourdough)	Wheat, Rye, Barley	Y	Y	?	?	?	?	?	Y					?
Chicken Chorizo (White)	Wheat	Y	Y	?	?	Y	Y	?	?					?
Chicken Club (White)	Wheat	Y	Y	?	?	?	Y	?	?					?
Chicken BBQ (White)	Wheat Barley	Y	?	?	?	?	?	?						?
Chicken Salad (White)	Wheat	?	?	?	?	?	?	?						?
Ham and Cheese (White)	Wheat	Y	?	?	?	?	?	?						?
Ham and Egg (White)	Wheat	?	Y	?	?	?	Y	?	?					?
Ham Ploughmans (White)	Wheat Barley	Y	Y	?	?	?	Y	?	?					Y
Italian (Sourdough)	Wheat, Rye, Barley	Y	Y	Y	?	?	?	?	?					Y
Summer Ploughmans (Sourdough)	Wheat, Rye, Barley	Y	Y	?	?	?	Y	?	?					Y
Tuna Mayo	Wheat	Y	Y	?	?	?	Y	?	Y					?
Hot Drinks														
Tea with milk		Y												
Americano black														
Americano with milk		Y												
Cappucino		Y												
Latte		Y												
Speciality tea no milk														
Hot chocolate/mocha		Y												
Soya milk						Y								
Cakes and Pastries														
Chocolate and Cherry Muffin	Wheat Y Oats ? Barley ?	Y	Y	?	?	Y	?	?					?	?
Blueberry muffin	Wheat Y Oats ? Barley ?	Y	Y	?	?	?	?	?					?	?
Chocolate chunk cookie	Wheat	?	Y	?	?	Y	?	?					?	?
Double choc cookie	Wheat	Y	Y	?	?	Y	?	?					?	?
White choc cookie	Wheat	Y	Y	?	?	Y	?	?					?	?
White choc and macadamia cookie	Wheat	Y	Y	Y	?	Y	?	?					?	?
Chocolate brownie	Wheat Y Oats ? Barley ?	Y	Y	?	?	Y	?	?					?	?
Caramel Shortbread	Wheat Y	Y	?	?	?	Y	?	?					?	?
Rocky Road	Wheat Y	Y	?	?	?	Y	?	?					?	?
Granola	Wheat Y Oats Y	Y	?	?	?	?	?	?					?	Y
Carrot and orange cake	Wheat Y Oats ? Barley ?	Y	Y	Y	?	?	?	?					?	?
Croissant	Wheat	Y	Y	?	?	?	?	?					?	?



Please scan the code for more allergen information.
If you have any questions or special dietary requirements, our management team are happy to help.