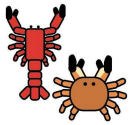
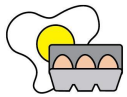
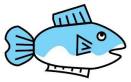
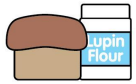
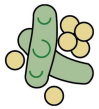
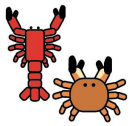
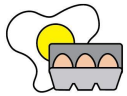
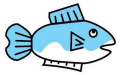
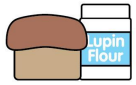
DISHES AND THEIR ALLERGEN CONTENT - @Sage Coffee House and Kitchen - reviewed 23/5/24

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Overnight Oats, Porridge and Granola														
Apple Crumble Overnight Oats VEGAN		✓											✓	✓
Very Berry Overnight Oats VEGAN		✓											✓	✓
Apple and cinnamon porridge		✓					✓						✓	✓
Apricot and Cranberry		✓					✓						✓	✓
Granola bowl		✓					✓			✓				
Ciabatta rolls VEGAN		✓												
Bagel VEGAN		✓												
White bread		✓											✓	

DISHES														
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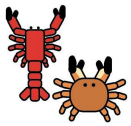
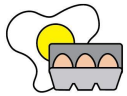
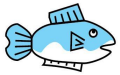
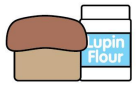
Malted bread		✓												
Lashford's farmhouse sausages		✓												✓
Breakfast Sandwiches														
Bacon														
Vegan sausage, VEGAN		✓											✓	
Extra egg				✓										
Extra mushroom														
Extra tomato														
Extra cheese							✓							
Hawkshead Black garlic VEGAN														

DISHES														
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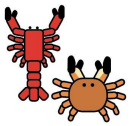
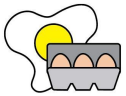
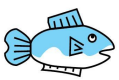
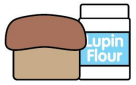
Hawkshead Bloody mary VEGAN	✓													
Hawkshead Scotch Bonnet VEGAN														
Hawkshead tomato ketchup VEGAN									✓					

Hawkshead fruity brown VEGAN														
Toast														
White Toast @Sage		✓											✓	
Brown Toast @Sage		✓												
Toasted Bagel		✓												
Jam														
Nutella							✓			✓ **Hazelnut**			✓	
Marmite	✓	✓												

DISHES														
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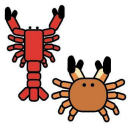
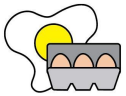
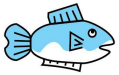
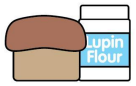
Honey														
Netherend farm butter							✓							
Flora portion														
Cheese on white toast		✓					✓						✓	
Cheese on malted toast		✓					✓							
Beans on white toast VEGAN		✓											✓	
Hummus on white toast		✓										✓	✓	
Hummus on malted toast		✓										✓		
Peanut butter on toast		✓												
Peanut butter on toast		✓								✓ **(peanut)**				
Eggs on white toast							✓ **if scrambled**						✓	
Eggs on malted toast		✓					✓ **if scrambled**							

DISHES														
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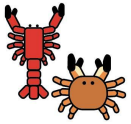
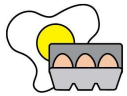
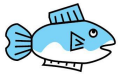
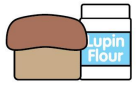
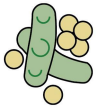
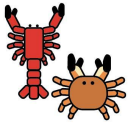
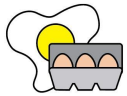
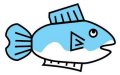
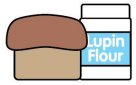
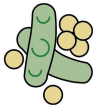
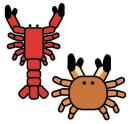
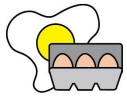
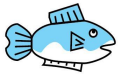
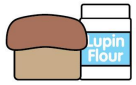
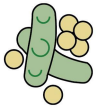
Beans on malted VEGAN		✓								✓ **(peanut)**				
Toasted Sourdough														
Avocado smash on sourdough VEGAN		✓ **gluten** Gluten free sourdough available					✓							
Forestière on sourdough VEGAN		✓ **gluten** Gluten free sourdough available												
The BBP on sourdough		✓ **gluten**					✓		✓					
Chorizo and brie		✓					✓							
Mushroom and goats cheese		✓					✓			✓ **walnuts**				
Flatbread														
Taste the Rainbow flatbread VEGAN		✓ **gluten**										✓		

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Margherita flatbread		✓ **gluten**					✓							
Orchard Sau@Sage flatbread		✓ **gluten**					✓		✓					✓
Sausage and pesto		✓ **gluten**					✓			✓ **cashew**				
Bacon and cheese		✓ **gluten**					✓							
Panini														
Tuna melt		✓ **gluten**			✓		✓		✓					✓
Ham and cheese panini		✓ **gluten**					✓		✓					✓
Bacon Brie Cranberry		✓ **gluten**					✓							✓
Bacon caprese		✓ **gluten**		✓			✓		✓		✓			✓
Spicy Mushroom melt		✓ **gluten**					✓							
Pizza Panuzzo panini		✓ **gluten**					✓							✓
Halloumi and Avocado		✓ **gluten**		✓			✓		✓					✓

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Ham, brie and red onion chutney		✓ **gluten**					✓							
Hawkshead Apple, date and damson chutney														
Hawkshead Red onion chutney														
Hawkshead Chilli jam														
Hawkshead Posh pickle														
Hawkshead Beetroot and horseradish chutney							✓							
Sandwiches														
Lemon pepper tuna sandwich		✓ **gluten**		✓	✓				✓				✓ **if white bread**	
Ploughmans sandwich		✓ **gluten**					✓						✓ **if white bread**	
Hummus and salad sandwich VEGAN		✓ **gluten**										✓	✓ **if white bread**	

DISHES														
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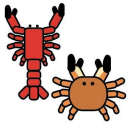
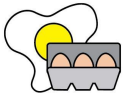
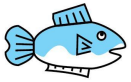
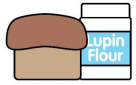
Vegan Ploughmans VEGAN		✓ gluten											✓	
Lite Bites														
Flatbread, hummus and crudité		✓ gluten										✓		
Bruschetta VEGAN		✓ gluten												✓
Greek Salad							✓							
Scone with cream and jam		✓		✓			✓							
Scone with cream cheese and chutney		✓					✓							
Pancakes and Teacakes														
Pancakes Stack		✓		✓			✓							
Pancakes and Bacon		✓		✓			✓							
Kids Pancakes														

Toasted Teacake, butter and jam		✓					✓							

DISHES AND THEIR ALLERGEN CONTENT - @Sage Coffee House and Kitchen

DISHES														
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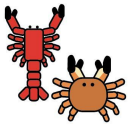
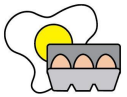
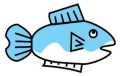
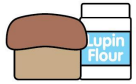
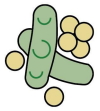
Kids Sandwiches														
Sausage sandwich		✓											✓ **if white bread**	
Bacon Sandwich		✓											✓ **if white bread**	
Tuna mayo sandwich		✓		✓	✓				✓				✓ **if white bread**	
Ham and cucumber		✓											✓ **if white bread**	
Cheese and tomato		✓					✓						✓ **if white bread**	
Pizza bagel		✓					✓							
Kids Toast														

Kids cheese on toast		✓					✓						✓ **if white bread**	
Kids beans on toast		✓											✓ **if white bread**	
Peanut butter on toast		✓									✓		✓ **if white bread**	
Hummus on toast		✓										✓	✓ **if white bread**	
Avocado on toast		✓											✓ **if white bread**	
Cheese and beans on toast		✓					✓						✓ **if white bread**	
Topped Bagels														
Avocado and feta		✓					✓							
Halloumi and avocado		✓					✓							
Cream cheese and chorizo		✓					✓							
Cream cheese and bacon		✓					✓							
Salads														
Honey mustard chicken		✓		✓					✓					
Lemon Pepper tuna		✓		✓	✓				✓					✓
Halloumi and avocado		✓		✓			✓							
Bacon, goats cheese and walnut		✓					✓			✓ **walnuts**				
Feta, avocado and zhoug		✓					✓							
Soup														
Tomato soup		✓												

Mushroom soup		✓												
Spinach soup							✓							
Lentil Dahl soup														
Carrot and coriander							✓							
DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**