

Allergy Information

We know that allergic reactions can make some people very ill and indeed fatal in extreme cases. The information provided in this document is to help our customers who are intolerant or allergic to certain foods make appropriate informed choices.

We are here via email or telephone to help our customers use the EverSo Allergens List, however the final decision will always be that of you, the customer.

****Please note, because our food is handmade in our own kitchen by real people, using shared equipment in an environment where all allergens are present in different products, we cannot guarantee there will be no traces of any allergens in our food and therefore those with severe allergies we do not recommend eating our food.****

If you are ordering on behalf of someone else who has requested restricted allergens, please can you make them aware of the above, so they can personal make an informed choice to whether to eat the food provided. For further allergen and dietary enquiries, please ask before placing your order, thank you.

EverSo... Allergens List SUMMER 2019

****CANNOT GUARANTEE ANY BREADS- BAGUETTES, WRAPS, ROLLS, PANNINI ARE FREE FROM SESAME SEEDS,EGG,MILK OR NUTS****

| <u>Item</u> | Gluten | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Nuts | Celery | Mustard | Sesame | sulphur Dioxide | Lupin | Molluscs | Gluten Free | Dairy Free | Vegetarian | Vegan |
|--|--------|-------------|------|------|---------|----------|------|------|--------|---------|--------|-----------------|-------|----------|-------------|------------|------------|-------|
| Meat Sandwiches | | | | | | | | | | | | | | | | | | |
| Ham Salad | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | X | X |
| Pulled Pork & Coleslaw | Y | N | Y | Y | Y | Y | Y | Y | N | Y | Y | Y | N | N | X | X | X | X |
| Chicken Caprese | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | X | X | X | X |
| Tuna, Lime & Coriander | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | X | X |
| Pastrami New Yorker | Y | N | N | N | N | Y | Y | N | N | Y | N | N | N | N | X | X | X | X |
| BLT | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | X | X |
| Chicken Caesar | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | X | X |
| Smoked Salmon, Cream Cheese & Cucumber | Y | N | N | Y | N | Y | Y | N | N | N | N | N | N | N | X | X | X | X |
| Ham, Cheese & Pickle | Y | N | N | N | N | Y | Y | N | N | N | N | Y | N | N | X | X | X | X |

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|--|---------------|--------------------|-------------|-------------|----------------|-----------------|-------------|-------------|---------------|----------------|---------------|------------------------|--------------|-----------------|--------------------|-------------------|-------------------|--------------|
| Chicken & Chorizo | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | X | X |
| All Day Breakfast | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | X | X |
| Tuna, Sweet Chilli & Cheese | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | X | X |
| Vegetarian Sandwiches | | | | | | | | | | | | | | | | | | |
| Cheese & Coleslaw | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | V | X |
| Pea & Mint Falafel | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Egg & Cress | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | V | X |
| Caprese | Y | N | N | N | N | Y | Y | N | N | N | N | Y | N | N | X | X | V | X |
| Cheese & Tom | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | V | X |
| Onion Bhaji Delight | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Roast Red Pepper | Y | N | N | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Egg Florentine | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | V | X |
| Item | Gluten | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Nuts | Celery | Mustard | Sesame | sulphur Dioxide | Lupin | Molluscs | Gluten Free | Dairy Free | Vegetarian | Vegan |
| Cheese Ploughmans (Coloured) | Y | N | N | N | N | Y | Y | N | N | N | N | Y | N | N | X | X | V | X |
| Mixed Cheese | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | V | X |
| Sweet Potato Falafel | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | V | X |
| Sliced Egg & Tomato | Y | N | Y | Y | N | Y | Y | N | N | Y | Y | Y | N | N | X | X | V | X |
| Meat Savoury Items | | | | | | | | | | | | | | | | | | |
| Hot Dog Sausage Roll | Y | N | Y | N | N | N | N | N | N | Y | N | Y | N | N | X | V | X | X |
| Cajun Chicken Skewer | Y | N | N | N | N | N | N | N | N | Y | N | N | N | N | X | V | X | X |
| Smoked Salmon, Cream Cheese & Chive Frittata | N | N | Y | Y | N | N | Y | N | N | N | N | N | N | N | V | X | X | X |
| Pork, Apple & Black Pudding Bonbon | Y | N | Y | N | N | N | N | N | N | N | N | Y | N | N | X | V | X | X |
| Ploughman's Pork Pie | Y | N | N | N | N | N | Y | N | Y | N | N | Y | N | N | X | X | X | X |
| Chorizo Marinara Meatball Cup | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | X | X | X | X |
| Chicken Balti Samosa with Mint Yoghurt dip | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | X | X | X | X |
| Spicy Chicken Strips with Bang Bang Sauce | Y | N | Y | Y | Y | Y | N | Y | N | Y | Y | Y | N | N | X | V | X | X |
| Homemade Café Sausage Rolls | Y | N | Y | N | Y | N | Y | Y | N | N | N | Y | N | N | X | X | X | X |
| Vegetarian Savoury Items | | | | | | | | | | | | | | | | | | |

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|---|---------------|--------------------|-------------|-------------|----------------|-----------------|-------------|-------------|---------------|----------------|---------------|------------------------|--------------|-----------------|--------------------|-------------------|-------------------|--------------|
| Roast Pepper, Mint & Feta Savoury Muffin | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | X | X | V | X |
| Sweet Pea & Tarragon Arancini | Y | N | Y | N | N | N | N | N | Y | N | N | N | N | N | X | V | V | X |
| Caprese Pasta Salad | Y | N | N | N | N | N | Y | Y | N | N | N | N | N | N | X | X | V | X |
| Breaded Mozzarella Sticks with Tomato & Basil Sauce | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | X | X | V | X |
| Indian with Mint Yoghurt dip (v) | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | X | X | V | X |
| Sweet Potato, Goat's Cheese & Spinach Pie (v) | Y | N | Y | N | N | N | Y | Y | N | Y | N | Y | N | N | X | X | X | X |
| Vork Pie | Y | N | N | N | N | N | N | N | N | N | N | N | N | N | X | V | V | V |
| Hoisin & Sesame Vegan Sausage (v) | Y | N | N | N | N | Y | N | N | N | N | Y | Y | N | N | X | V | V | V |
| Sharer Boards | | | | | | | | | | | | | | | | | | |
| Very Local Cheese Sharer Board (v) | N | N | N | N | N | N | Y | N | Y | N | N | Y | N | N | V | X | V | X |
| Crackers | Y | N | Y | N | N | Y | Y | Y | N | N | Y | N | N | N | X | X | V | X |
| Continental Meat Sharer Board | Y | N | N | N | N | N | Y | N | N | Y | N | Y | N | N | X | X | X | X |
| Crostini | Y | N | N | N | N | N | Y | N | N | N | Y | N | N | N | X | X | V | X |
| Ploughman's Sharer Board | Y | X | Y | X | X | Y | Y | X | Y | Y | X | Y | X | X | X | X | X | X |
| Baguettes | Y | N | N | N | N | N | Y | N | N | N | Y | N | N | N | X | X | V | X |
| Item | Gluten | Crustaceans | Eggs | Fish | Peanuts | Soybeans | Milk | Nuts | Celery | Mustard | Sesame | sulphur Dioxide | Lupin | Molluscs | Gluten Free | Dairy Free | Vegetarian | Vegan |
| Salads | | | | | | | | | | | | | | | | | | |
| Morroccan Cous Cous & Falafel Salad | Y | N | N | N | N | N | N | N | N | N | Y | N | N | N | X | V | V | X |
| Roast Ham & Grain Mustard Potato Salad | N | N | N | N | N | N | N | N | N | Y | N | N | N | N | V | V | X | X |
| Chicken Satay Salad | N | N | Y | Y | Y | Y | Y | Y | N | Y | Y | Y | N | N | V | X | X | X |
| Simply Chicken Salad | N | N | N | N | N | N | N | N | N | Y | N | N | N | N | V | V | X | X |
| Simply Tuna Salad | N | N | N | Y | N | N | N | N | N | Y | N | N | N | N | V | V | X | X |
| Simply Cheese Salad | N | N | N | N | N | N | Y | N | N | Y | N | N | N | N | V | X | V | X |
| Simply Ham Salad | N | N | N | N | N | N | N | N | N | Y | N | N | N | N | V | V | X | X |
| Dessert Items | | | | | | | | | | | | | | | | | | |
| A Selection Of Homemade Cakes (v) | Y | N | Y | N | Y | Y | Y | Y | N | N | Y | Y | N | N | X | X | V | X |
| Mini Danish Selection (v) | Y | N | Y | N | N | N | Y | Y | N | N | N | Y | N | N | X | X | V | X |
| Large Scones with Raspberry Jam & Clotted Cream (v) | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |

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|--|---------------|--------------------|-------------|-------------|----------------|-----------------|-------------|-------------|---------------|----------------|---------------|------------------------|--------------|-----------------|--------------------|-------------------|-------------------|--------------|
| Brownies - White Chocolate & Raspberry | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Brownies - Malteser | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Caramel Churros with a Chocolate Dipping Sauce | Y | N | N | N | N | N | Y | N | N | N | N | N | N | N | X | X | V | X |
| Sicilian Lemon Posset w/ Crushed Raspberries | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | V | X | V | X |
| Strawberry Rhubarb & Custard Crumble Trifle | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | X | X | V | X |
| Pastel de Nata | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Cherry & Coconut Cookie | Y | N | Y | N | Y | Y | Y | Y | N | N | Y | Y | N | N | X | X | V | X |
| Triple Chocolate | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Berry Skewer | N | N | N | N | N | N | N | N | N | N | N | N | N | N | V | V | V | V |
| Grilled Pineapple with Caramel Dipping Sauce | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | V | X | V | X |
| Yorkshire Crisps | | | | | | | | | | | | | | | | | | |
| Lamb & Mint 100g Drum | N | N | N | N | N | N | N | N | N | N | N | N | N | N | V | V | X | X |
| Natural Sea Salt 100g Drum | N | N | N | N | N | N | N | N | N | N | N | N | N | N | V | V | V | V |
| Cheddar & Caramelised Onion Chutney 100g Drum | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | V | X | V | X |
| Chardonnay Wine Vinegar 100g Drum | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | V | X | V | X |
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| Henderson's Yorkshire Sauce 100g Drum | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | V | X | V | X |
| Sweet Chilli & Lime 100g Drum | N | N | N | N | N | Y | N | N | N | N | N | N | N | N | V | V | V | V |
| Tomato Basil & Mozzarella 100g Drum | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | V | X | V | X |
| Black Pepper 100g Drum | N | N | N | N | N | N | Y | N | N | N | N | N | N | N | V | X | V | X |
| Ham & Pickle | N | N | N | N | N | N | N | N | N | N | N | N | N | N | V | V | X | X |
| Oyster, Lime & Chilli | N | N | N | N | N | N | N | N | N | N | N | N | N | Y | V | V | V | X |
| Breakfast Items | | | | | | | | | | | | | | | | | | |
| Fresh Croissants & Strawberry conserve (v) | Y | N | Y | N | N | N | Y | N | N | N | N | N | N | N | X | X | V | X |
| Pain Au Chocolat (v) | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Mini Danish Pastries (v) | Y | N | Y | N | N | N | Y | Y | N | N | N | Y | N | N | X | X | V | X |
| Breakfast Muffin Selection (v) | Y | N | Y | N | N | Y | Y | N | N | N | N | N | N | N | X | X | V | X |
| Seasonal Fruit Pot (v) | N | N | N | N | N | N | N | N | N | N | N | N | N | N | V | V | V | V |

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|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hot Bacon Cobs | Y | N | N | N | N | Y | N | N | N | N | N | N | N | N | N | X | X | X | X |
| Hot Sausage Cobs | Y | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | X | X | X | X |
| Hot Vegetarian Sausage, Tomato & Mushroom Cobs (v) | Y | N | N | N | N | Y | N | N | N | N | N | Y | N | N | N | X | X | V | X |

| key | |
|-----|--|
| Y | Allergen is present in product |
| N | Allergen is not present- but please see statement at top of page ** |
| V | Suitable for dietary requirements but please see statement at top of page ** |
| X | Not suitable for dietary requirements |