



Wm Morrisons Supermarket Ltd
TS01K Cafe Allergen Information Guide

V16

May contain other allergens. Prepared in an open kitchen so we cannot guarantee suitability for people with allergies.
Vegan Recipe* - Although the recipe is suitable for vegans, it is prepared in an area where non vegan food is handled

31/03/2025

MAIN MENU

Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites	Vegetarian	Vegan Recipe *
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THE BREAKFASTS

BREAKFAST PLATES

Ultimate Breakfast	●	Barley, Oat, Wheat	●									●	●		
Full Breakfast		Barley, Rye, Wheat	●			●						●	●		
Small Breakfast		Barley, Rye, Wheat	●			●						●	●		
Full Vegetarian Breakfast		Barley, Rye, Wheat	●			●						●		✓	
Full Vegan Breakfast		Barley, Rye, Wheat										●			✓
Add Chips															✓

BREAKFAST PLATES (SCOTLAND ONLY)

Ultimate Scottish Breakfast	●	Barley, Oat, Wheat	●									●	●		
Full Scottish Breakfast		Barley, Rye, Wheat	●			●						●	●		
Small Scottish Breakfast		Barley, Rye, Wheat	●			●						●	●		
Full Scottish Veggie Breakfast		Barley, Rye, Wheat	●			●						●		✓	
Full Scottish Vegan Breakfast		Barley, Rye, Wheat										●			✓
Add Chips															✓

BUILD YOUR OWN BREAKFAST

Bacon															
Sausage		Wheat											●		
Vegan Sausage		Wheat											●		✓
Fried Egg			●											✓	✓
Poached Egg			●											✓	✓
Scrambled Egg			●			●								✓	✓
Omelette			●			●								✓	✓
Black Pudding	●	Barley, Oat, Wheat													
Smashed Avocado															✓
Baked Beans															✓
Hash Brown															✓
Sliced Mushrooms															✓
Chopped Tomatoes															✓
Fried Bread		Wheat										●			✓
White Toast/Bread & Butter		Wheat				●						●		✓	✓
Brown Toast/Bread & Butter		Barley, Rye, Wheat				●						●		✓	✓



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															Vegetarian	Vegan Recipe *	
BUILD YOUR OWN BREAKFAST (SCOTLAND ONLY)																	
Lorne Sausage		Wheat													●		
Haggis		Oat															
Tattie Scone		Wheat															✓
LIGHTER BREAKFAST																	
Stacked Pancakes (with chocolate sauce)		Wheat		●			●						●			✓	
Stacked Pancakes (with maple flavour syrup)		Wheat		●			●									✓	
Creamy Porridge		Oat					●									✓	
Toasted Teacake		Wheat					●						●			✓	
1 White Toast & Butter		Wheat					●						●			✓	
1 Brown Toast & Butter		Barley, Rye, Wheat					●						●			✓	
ADDITIONS																	
Strawberry Jam																	✓
Marmalade																	✓
Honey																✓	
Banana																	✓
Chocolate Spread							●						●			✓	
Maple Flavour Syrup																	✓
Butter							●									✓	
Sunflower Spread																	✓
ON TOAST																	
Fried Egg on Toast		Barley, Rye, Wheat		●			●						●			✓	
Poached Egg on Toast		Barley, Rye, Wheat		●			●						●			✓	
Scrambled Egg on Toast		Barley, Rye, Wheat		●			●						●			✓	
Baked Beans on Toast		Barley, Rye, Wheat					●						●			✓	
BREAKFAST SANDWICHES																	
Bacon		Wheat					●						●				
Sausage		Wheat					●						●	●			



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	Vegan Sausage		Wheat											●		<input checked="" type="checkbox"/>
Fried Egg		Wheat		●			●						●		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Omelette		Wheat		●			●						●		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Add Chips																<input checked="" type="checkbox"/>
Add Cheesy Slice							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
BREAKFAST SANDWICHES (SCOTLAND ONLY)																
Lorne Sausage		Wheat					●						●	●	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
THE CLASSICS																
Ultimate Mixed Grill	●	Barley, Oat, Wheat		●										●	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Gammon, Egg, Chips & Peas				●											<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lasagne		Wheat		●			●		●					●	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chunky Steak Pie		Barley, Wheat					●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chicken Tikka		Wheat					●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mac n Cheese		Wheat					●		●					●	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sausage, Egg, Chips & Beans		Wheat		●										●	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Veggie Sausage, Egg, Chips & Beans		Wheat		●									●		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bangers & Mash		Wheat					●							●	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Veggie Bangers & Mash		Wheat					●						●		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Yorkshire Pudding		Wheat		●			●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Omelette, Chips & Beans				●			●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Steamfresh Pasta & Garlic Bread		Wheat					●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Falafel Burger		Wheat							●				●		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chicken Shop Burger		Wheat							●				●		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
EXTRAS																
Cheesy Slice							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bacon															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
THE CLASSICS (SCOTLAND ONLY)																
Scotch Pie, Chips & Beans		Wheat					●						●		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
THE CLASSICS (GIBRALTAR ONLY)																
Spanish Tortilla				●					●					●	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



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THE CHIPPY

Fish & Chips		Wheat		●											
Mini Fish & Chips		Wheat		●											
Battered Sausage with Chips & Mushy Peas		Wheat											●		
Scampi & Chips		Wheat	●												
Steak Pie & Chips		Barley, Wheat													
Mushy Peas															✓
Baked Beans															✓
Garden Peas															✓
White Bread & Butter		Wheat				●						●		✓	
Brown Bread & Butter		Barley, Rye, Wheat				●						●		✓	
Curry Sauce		Wheat						●				●			✓
Gravy		Wheat										●			✓

THE CHIPPY (SCOTLAND ONLY)

Chicken Pakora & Chips (contains colours not suitable for children. With sweeteners - contains a source of phenylalanine)		Wheat													
Yeungs Curry Sauce		Wheat						●							✓

THE LIGHT BITES

COLD SANDWICHES & WRAPS															
Ham & Cheese		Barley, Wheat				●									
Double Egg & Cress		Barley, Wheat		●				●						✓	



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Chicken & Bacon Roll		Wheat		●					●							
Tuna Crunch Roll		Wheat		●	●				●							
Southern Fried Chicken Wrap		Barley, Wheat					●		●				●			
TOASTIES, MELTS & PANINIS																
Ham & Cheese Toastie		Wheat					●									
Three Cheese Toastie		Wheat					●		●						✓	
Meatball Melt Sub		Wheat					●		●							
Roasted Veg & Pesto Panini		Wheat							●							✓
Brie & Cranberry Toastie		Wheat					●								✓	
Kirsty's Caramelised Onion & Cheese Toastie				●			●								✓	
JACKET POTATOES																
Jacket Potato with Butter & Salad							●		●					●	✓	
Cheddar Cheese							●								✓	
Baked Beans															✓	
Tuna & Sweetcorn				●	●				●							
SOUP																
Tomato & Basil Soup with roll & butter		Wheat					●		●				●		✓	
THE LIGHT BITES (SCOTLAND ONLY)																
Lentil Soup	●	Wheat					●						●			
THE LIGHT BITES (GIBRALTAR ONLY)																
Ham & Cheese Toastie		Wheat					●									
Cheese Toastie		Wheat					●									
Ham Sandwich		Wheat					●									
Ham & Cheese Sandwich		Wheat					●									
Tuna & Cucumber Sandwich		Barley, Rye, Wheat			●		●		●							
Cheese Ploughmans Sandwich		Barley, Rye, Wheat					●							●		



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Fried Egg				●											<input checked="" type="checkbox"/>	
Baked Beans																<input checked="" type="checkbox"/>
BUILD YOUR OWN MAIN																
MAIN																
Chicken Dippers		Wheat														
Fish Fingers		Wheat			●											
Veggie Fingers		Wheat														<input checked="" type="checkbox"/>
Mini Pizza		Wheat					●								<input checked="" type="checkbox"/>	
Sausage		Wheat												●		
SIDE																
Mini Waffles																<input checked="" type="checkbox"/>
Waffle Fries																<input checked="" type="checkbox"/>
Mash							●								<input checked="" type="checkbox"/>	
Yorkshire Pudding		Wheat		●			●								<input checked="" type="checkbox"/>	
VEG																
Peas																<input checked="" type="checkbox"/>
Steamfresh Veg																<input checked="" type="checkbox"/>
Beans																<input checked="" type="checkbox"/>
DELIVERY SERVICES ONLY																
Ultimate Breakfast Sandwich		Wheat		●			●						●	●		
Ultimate Veggie Breakfast Sandwich		Wheat		●			●						●	●	<input checked="" type="checkbox"/>	
Ultimate Vegan Breakfast Sandwich		Wheat											●			<input checked="" type="checkbox"/>
Fish Fingers, Waffle Fries & Peas		Wheat			●											
Waffles with Egg & Beans				●											<input checked="" type="checkbox"/>	
Chicken Dippers, Mini Waffles & Peas		Wheat														
Pizza, Waffle Fries & Veg		Wheat					●								<input checked="" type="checkbox"/>	
Sausage, Yorkshire Pudding & Veg		Wheat		●			●							●		
Sausage, Mash & Peas		Wheat					●							●		



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COUNTER LINES AND DRINKS	Celery	Cereals Containing Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites	Vegetarian	*Vegan Recipe
CREAM TEAS																
Ham Cream Tea		Wheat		●			●						●			
Cheese Cream Tea		Wheat		●			●						●		✓	✓
SNACKS																
Walkers Cheese & Onion Crisps							●								✓	✓
Walkers Salt & Vinegar Crisps															✓	✓
Walkers Ready Salted Crisps															✓	✓
Hula Hoops Original															✓	✓
Quavers		Barley, Wheat					●						●		✓	✓
Skips Prawn Cocktail															✓	✓
Pom Bear Cheese							●								✓	✓
Banana																✓
Apple																✓
Orange																✓
Rodda's Clotted Cream							●								✓	✓
Swizzels Drumsticks Jelly																✓
Morrisons Strawberry Fromage Frais Pouch							●								✓	✓
Del Monte Apple Bag																✓
Mini Babybel Duo							●								✓	✓
FRIDGE CAKES																
Biscoff Cheesecake		Wheat					●						●		✓	✓
Chocolate Lumpy Bumpy		Wheat		●			●						●		✓	✓
Caramel Apple Crumble Pie		Wheat					●								✓	✓
Lemon Meringue Pie		Wheat		●											✓	✓
Cherry Meringue Pie		Wheat		●											✓	✓
CAKES & SWEET TREATS																
Chocolate & Orange Muffin		Wheat		●			●						●		✓	✓
Sticky Toffee Muffin		Wheat		●			●								✓	✓
Blueberry Muffin		Wheat		●			●								✓	✓
Lemon Muffin		Wheat		●			●							●	✓	✓
Fruit Scone		Wheat		●			●						●		✓	✓
Carrot & Walnut Cake		Wheat		●			●			Walnut			●	●	✓	✓



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Victoria Sponge		Wheat		●			●								✓	
Chocolate Fudge Cake		Wheat		●			●						●		✓	
Kids Cupcakes		Wheat		●			●						●		✓	
Salted Caramel Chocolate Brownie		Wheat		●			●						●		✓	
Raspberry & Almond Slice		Wheat		●			●			Almond					✓	
Jam Doughnut		Wheat													✓	
Croissant		Wheat		●			●								✓	
Cookie		Wheat		●			●						●		✓	
Pineapple Tart (Scotland Only)		Wheat					●						●		✓	
Empire Biscuit (Scotland Only)		Wheat													✓	
IMPULSE																
Gingerbread Person		Wheat		●											✓	
Walkers Shortbread - SCOTLAND ONLY		Wheat					●								✓	
Tunnocks - Caramel Wafer SCOTLAND ONLY		Wheat					●						●		✓	
Tunnocks Teacake - SCOTLAND ONLY		Wheat		●			●						●		✓	
Kit Kat 4 Finger		Wheat					●								✓	
Patersons Shortbread Fingers		Wheat					●								✓	
Reese's Peanut Butter Cups							●				●		●		✓	
Loaker Napolitaner Wafer		Barley, Wheat					●			Hazelnut			●		✓	
Bear Strawberry Yo Yo															✓	
We Love Cake Caramel Shortbread															✓	✓
Mrs Crumbles Macaroon				●									●		✓	
Giant Jammie Dodger		Wheat												●	✓	✓
We Love Cake Mince Pie										Almonds				●	✓	✓
We Love Cake Iced Fruit Slice				●						Almonds					✓	
Mars		Barley		●			●						●		✓	
Twix		Wheat					●						●		✓	
Strawberry Jam															✓	✓
Marmalade															✓	✓
Honey															✓	
BEN & JERRY'S ICE CREAM																
Cookie Dough		Wheat		●			●						●		✓	
Caramel Chew Chew		Wheat		●			●						●		✓	
Chocolate Fudge Brownie		Barley, Wheat		●			●								✓	
Non Dairy Cookie Dough		Oat, Wheat											●		✓	✓



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	Tropicana Multivitamin Juice 300ml															
Tropicana Original Orange 250ml																✓
Copella Cloudy Apple Juice 300ml																✓
Naked 100% Juice Smoothie Green Machine 300ml																✓
Naked Blue Machine 300ml																✓
Naked Gold Machine 300ml																✓
Cawston Press Apple & Pear Water 200ml																✓
Cawston Press Apple & Summer Berry Water 200ml																✓
Kids Chocolate Milk 200ml							●								✓	
Kids Strawberry Milk 200ml							●								✓	
Robinsons Ready to Drink Apple & Raspberry																✓
Tropicana Kids Tropical Smoothie 150ml																✓
Fruit Shoot Summer Fruit 275ml																✓
Jimmys Original 275ml							●								✓	
Jimmys Original Caramel 275ml							●								✓	
Jolly Rancher Blue Raspberry																✓
Jolly Rancher Cherry																✓
Hersheys Milk Chocolate							●						●		✓	
Reese's Freeze							●						●		✓	