







Wm Morrisons Supermarket Ltd  
TS01K Cafe Allergen Information Guide

V30

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

05/11/2025

## MAIN MENU

Celery

Cereals Containing  
Gluten

Crustaceans

Egg

Fish

Lupin

Milk

Molluscs

Mustard

Nuts

Peanuts

Sesame  
Seeds

Soya

Sulphites

Vegetarian

Vegan  
Recipe \*

## CLASSICS

### MAIN MEALS

|                                    |  |               |   |   |   |  |   |  |   |  |  |  |  |   |   |   |   |
|------------------------------------|--|---------------|---|---|---|--|---|--|---|--|--|--|--|---|---|---|---|
| Classic Fish & Chips               |  | Wheat         |   |   | ● |  |   |  |   |  |  |  |  |   |   |   |   |
| Small Fish & Chips                 |  | Wheat         |   |   | ● |  |   |  |   |  |  |  |  |   |   |   |   |
| Scampi & Chips                     |  | Wheat         | ● |   |   |  |   |  |   |  |  |  |  |   |   |   |   |
| Sausage, Egg, Chips & Beans        |  | Wheat         |   | ● |   |  |   |  |   |  |  |  |  |   | ● |   |   |
| Veggie Sausage, Egg, Chips & Beans |  | Wheat         |   | ● |   |  |   |  |   |  |  |  |  | ● |   | ✓ |   |
| Bangers & Mash                     |  | Wheat         |   |   |   |  | ● |  |   |  |  |  |  | ● | ● |   |   |
| Veggie Bangers & Mash              |  | Wheat         |   |   |   |  | ● |  |   |  |  |  |  | ● |   | ✓ |   |
| Steak Pie & Mash                   |  | Barley, Wheat |   |   |   |  | ● |  |   |  |  |  |  | ● |   |   |   |
| Ham, Egg & Chips                   |  |               |   | ● |   |  |   |  |   |  |  |  |  | ● | ● |   |   |
| Lasagne                            |  | Wheat         |   | ● |   |  | ● |  | ● |  |  |  |  | ● | ● |   |   |
| Mac n Cheese                       |  | Wheat         |   |   |   |  | ● |  | ● |  |  |  |  | ● |   | ✓ |   |
| Chicken Tikka                      |  | Wheat         |   |   |   |  | ● |  |   |  |  |  |  | ● |   | ✓ |   |
| Veggie Chilli, Rice & Garlic Bread |  | Wheat         |   |   |   |  | ● |  |   |  |  |  |  | ● |   | ✓ |   |
| Katsu Chicken Curry & Rice         |  | Wheat         |   |   |   |  |   |  | ● |  |  |  |  | ● |   |   |   |
| Giant Yorkshire Pudding            |  | Wheat         |   | ● |   |  | ● |  |   |  |  |  |  |   |   | ✓ |   |
| WINTER WARMERS                     |  |               |   |   |   |  |   |  |   |  |  |  |  |   |   |   |   |
| Liver & Onions                     |  |               |   |   |   |  | ● |  |   |  |  |  |  |   |   |   |   |
| Minced Beef Stew                   |  |               |   |   |   |  | ● |  |   |  |  |  |  |   |   |   |   |
| Chicken Casserole                  |  | Wheat         |   |   |   |  | ● |  | ● |  |  |  |  |   |   |   |   |
| LOADED BAKED POTATOES              |  |               |   |   |   |  |   |  |   |  |  |  |  |   |   |   |   |
| Jacket Potato with Butter & Salad  |  |               |   |   |   |  | ● |  | ● |  |  |  |  | ● |   | ✓ |   |
| Cheddar Cheese topping             |  |               |   |   |   |  | ● |  |   |  |  |  |  |   |   | ✓ |   |
| Baked Beans topping                |  |               |   |   |   |  |   |  |   |  |  |  |  |   |   |   | ✓ |
| Tuna Mayo topping                  |  |               |   | ● | ● |  |   |  | ● |  |  |  |  |   |   |   |   |
| Veggie Chilli topping              |  |               |   |   |   |  |   |  |   |  |  |  |  | ● |   |   | ✓ |



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### BURGERS

Cheese Burger

Wheat

●

●

●

✓

✓

Falafel Burger

Wheat

●

●

✓

✓

Chicken Shop Burger

Wheat

●

●

●

✓

✓

Bacon

### LIGHT BITES

SOUP

Heinz Soup & Bread Roll

Wheat

●

●

✓

SALADS

Tuna Salad

●

●

●

●

✓

✓

Ham & Egg Salad

●

●

●

✓

✓

Falafel Salad

●

●

✓

✓

### SIDES

Side Salad

●

●

✓

✓

Mozzarella Sticks

Wheat

●

✓

✓

Beer Battered Onion Rings

Barley, Wheat

●

✓

✓

Mini Cheesy Hash Brown Bites

●

✓

✓

Chips

✓

✓

White Bread & Butter

Wheat

●

✓

✓

Brown Bread & Butter

Barley, Rye, Wheat

●

✓

✓

Garlic Bread

Wheat

●

✓

✓

Curry Sauce

Wheat

●

●

✓

✓

Gravy

Wheat

●

✓

✓

### HOT PUDDINGS

Panettone Bread & Butter Pudding

Wheat

●

●

✓

✓

Toffee Apple Crumble Tart

Wheat

●

✓

✓

Churros with Nutella (Gibraltar only)

Wheat

●

●

✓

✓

Custard

●

✓

✓

Cream

●

✓

✓



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## CAFE FOR KIDS

Mac n Cheese & Garlic Bread

Wheat

•

•

•

✓

### BUILD YOUR OWN WAFFLES

Waffles

✓

Sausage

Wheat

•

Veggie Sausage

Wheat

•

•

Scrambled Egg

•

•

✓

Fried Egg

•

✓

Baked Beans

✓

### BUILD YOUR OWN MAIN

### MAIN

Chicken Dippers

Wheat

Fish Fingers

Wheat

•

Mini Pizza

Wheat

•

Sausage

Wheat

•

Veggie Sausage

Wheat

•

•

### SIDE

Mini Waffles

✓

Waffle Fries

✓

Chips

✓

Mash

•

✓

Yorkshire Pudding

Wheat

•

•

✓

### VEG

Peas

✓

Steamfresh Veg

✓

Beans

✓



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## SAUCES

Heinz Tomato Ketchup

●

Barley, Rye

HP Sauce

Heinz Mayonnaise

●

●

Heinz Tartare Sauce

●

Heinz Salad Cream

●

●

## DELIVERY SERVICES ONLY

Fish Fingers, Chips & Peas

Wheat

●

Waffles with Egg & Beans

●

Chicken Dippers, Mini Waffles & Peas

Wheat

Pizza, Chips & Veg

Wheat

●

Sausage, Yorkshire Pudding & Veg

Wheat

●

●

Sausage, Mash & Peas

Wheat

●

Jacket Potato & Beans

●

Jacket Potato & Tuna Mayo

●

●

●

Jacket Potato & Cheese

●

Steak Pie, Chips & Mushy Peas

Barley, 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 |
|---------------------------------------------|--------|---------------------------|-------------|-----|------|-------|------|----------|---------|------|---------|--------------|------|-----------|------------|---------------|
| Simply Ham                                  |        | Wheat                     |             |     |      |       | ●    |          |         |      |         |              |      |           |            |               |
| Double Egg & Cress                          |        | Barley, Wheat             |             | ●   |      |       |      |          | ●       |      |         |              |      |           | ✓          |               |
| Ham & Cheese                                |        | Wheat                     |             |     |      |       | ●    |          |         |      |         |              |      |           |            |               |
| Prawn Mayo                                  |        | Barley, Wheat             | ●           | ●   |      |       |      |          | ●       |      |         |              |      |           |            |               |
| Festive Sandwich                            |        | Barley, Oat, Wheat        |             | ●   |      |       |      |          | ●       |      |         |              |      |           |            |               |
| Three Cheese Toastie                        |        | Wheat                     |             |     |      |       | ●    |          | ●       |      |         |              |      |           | ✓          |               |
| Ham & Cheese Toastie                        |        | Wheat                     |             |     |      |       | ●    |          |         |      |         |              |      |           |            |               |
| Kirsty's Caramelised Onion & Cheese Toastie |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            |               |
| Heinz Cheese & Bean Toastie                 | ●      | Wheat                     |             |     |      |       | ●    |          |         |      |         |              |      |           | ✓          |               |
| Festive Toastie                             |        | Wheat                     |             |     |      |       | ●    |          |         |      |         |              |      |           |            |               |
| Brie & Cranberry Toastie                    |        | Wheat                     |             |     |      |       | ●    |          |         |      |         |              |      |           | ✓          |               |

## SNACKS

|                               |  |               |  |  |  |  |   |  |  |  |  |  |   |  |   |   |
|-------------------------------|--|---------------|--|--|--|--|---|--|--|--|--|--|---|--|---|---|
| Oreo Twin Pack                |  | Wheat         |  |  |  |  |   |  |  |  |  |  | ● |  | ✓ |   |
| Organix Raspberry & Apple     |  | Oats          |  |  |  |  |   |  |  |  |  |  |   |  |   | ✓ |
| Organix Mandarin & Apple      |  | Oats          |  |  |  |  |   |  |  |  |  |  |   |  |   | ✓ |
| Walkers Cheese & Onion Crisps |  |               |  |  |  |  | ● |  |  |  |  |  |   |  | ✓ |   |
| Walkers Salt & Vinegar Crisps |  |               |  |  |  |  |   |  |  |  |  |  |   |  | ✓ |   |
| Walkers Ready Salted Crisps   |  |               |  |  |  |  |   |  |  |  |  |  |   |  | ✓ |   |
| Hula Hoops Original           |  |               |  |  |  |  |   |  |  |  |  |  |   |  | ✓ |   |
| Quavers                       |  | Barley, Wheat |  |  |  |  | ● |  |  |  |  |  | ● |  | ✓ |   |
| Skips Prawn Cocktail          |  |               |  |  |  |  |   |  |  |  |  |  |   |  | ✓ |   |
| Pom Bear Cheese               |  |               |  |  |  |  | ● |  |  |  |  |  |   |  | ✓ |   |
| Rodda's Clotted Cream         |  |               |  |  |  |  | ● |  |  |  |  |  |   |  | ✓ |   |

## IMPULSE

|                                        |  |               |  |   |  |  |   |  |  |          |   |  |   |   |   |   |
|----------------------------------------|--|---------------|--|---|--|--|---|--|--|----------|---|--|---|---|---|---|
| Gingerbread Person                     |  | Wheat         |  | ● |  |  | ● |  |  |          |   |  | ● |   | ✓ |   |
| Tunnocks - Caramel Wafer SCOTLAND ONLY |  | Wheat         |  |   |  |  | ● |  |  |          |   |  | ● |   | ✓ |   |
| Tunnocks Teacake - SCOTLAND ONLY       |  | Wheat         |  | ● |  |  | ● |  |  |          |   |  | ● |   | ✓ |   |
| Patersons Shortbread Fingers           |  | Wheat         |  |   |  |  | ● |  |  |          |   |  |   |   | ✓ |   |
| Reese's Peanut Butter Cups             |  |               |  |   |  |  | ● |  |  |          | ● |  | ● |   | ✓ |   |
| Loacker Napolitaner Wafer              |  | Barley, Wheat |  |   |  |  | ● |  |  | Hazelnut |   |  | ● |   | ✓ |   |
| Bear Strawberry Yo Yo                  |  |               |  |   |  |  |   |  |  |          |   |  |   |   |   | ✓ |
| We Love Cake Caramel Shortbread        |  |               |  |   |  |  |   |  |  |          |   |  |   |   |   | ✓ |
| Giant Jammie Dodger                    |  | Wheat         |  |   |  |  |   |  |  |          |   |  |   | ● |   | ✓ |
| Nutella Portion                        |  |               |  |   |  |  | ● |  |  | Hazelnut |   |  | ● |   | ✓ |   |

## ICE CREAM



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## COUNTER LINES AND DRINKS

[illegible]

## HOT DRINKS

[illegible]

## COLD DRINKS

[illegible]



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|-------------------------------------------------------|--------|---------------------------|-------------|-----|------|-------|------|----------|---------|------|---------|--------------|------|-----------|------------|---------------|
| Kids Chocolate Milk 200ml                             |        |                           |             |     |      |       | ●    |          |         |      |         |              |      |           | ✓          |               |
| Kids Strawberry Milk 200ml                            |        |                           |             |     |      |       | ●    |          |         |      |         |              |      |           | ✓          |               |
| Aqua Libre Sparkling Water 330ml                      |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Irn Bru (Scotland Only) 500ml                         |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Lipton Iced Tea Lemon 500ml                           |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Copella Cloudy Apple Juice 250ml                      |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Tropicana Smooth Orange Juice 250ml                   |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Tropicana Multivitamin Juice 300ml                    |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Tropicana Original Orange 250ml                       |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| 7up 500ml                                             |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Pepsi Max 500ml                                       |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Jimmys Original Caramel 275ml                         |        |                           |             |     |      |       | ●    |          |         |      |         |              |      |           | ✓          |               |
| Naked 100% Juice Smoothie Green Machine 300ml         |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Naked Blue Machine 300ml                              |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Naked Gold Machine 300ml                              |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Jolly Rancher Blue Raspberry                          |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Jolly Rancher Cherry                                  |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Hersheys Milk Chocolate                               |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Reese's Freeze                                        |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| J2O Orange & Passionfruit 250ml                       |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Pepsi Max Cherry 600ml                                |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Pepsi Regular 600ml                                   |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Diet Pepsi 500ml                                      |        |                           |             |     |      |       |      |          |         |      |         |              |      |           | ✓          |               |
| Robinsons Ready to Drink Blackberry & Blueberry 500ml |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |
| Tango Orange 500ml                                    |        |                           |             |     |      |       |      |          |         |      |         |              |      |           |            | ✓             |

## GIBRALTAR SANDWICHES ONLY

|                            | Celery | Cereals Containing Gluten | Crustaceans | Egg | Fish | Lupin | Milk | Molluscs | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphites | Vegetarian | *Vegan Recipe |
|----------------------------|--------|---------------------------|-------------|-----|------|-------|------|----------|---------|------|---------|--------------|------|-----------|------------|---------------|
| 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        |             |     |      |       | ●    |          |         |      |         |              |      | ●         | ✓          |               |
| Kids Ham Sandwich          |        | Wheat                     |             |     |      |       | ●    |          |         |      |         |              | ●    |           |            |               |
| Kids Cheese Sandwich       |        | Wheat                     |             |     |      |       | ●    |          |         |      |         |              | ●    |           | ✓          |               |