



Wm Morrisons Supermarket Ltd  
TS01K Cafe Allergen Information Guide

V41

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

11/05/2026

**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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**BREAKFAST**

The Belly Buster	●	Barley, Oat, Wheat	●			●						●	●		
Big Breakfast	●	Barley, Oat, Wheat	●			●						●	●		
Full Breakfast		Wheat	●			●						●	●		
Small Breakfast		Wheat	●			●						●	●		
Full Vegetarian Breakfast		Wheat	●			●						●		✓	
Full Vegan Breakfast		Wheat										●			✓
Stacked Pancakes (with nutella)		Wheat	●			●			Hazelnuts			●		✓	
Creamy Porridge		Oat				●								✓	
Toasted Teacake		Wheat				●						●		✓	
1 White Toast & Butter		Wheat				●						●		✓	
1 Brown Toast & Butter		Wheat				●						●		✓	
Baked Beans on Toast		Wheat				●						●		✓	
Add Chips															✓
<b>ADDITIONS</b>															
Strawberry Jam															✓
Marmalade															✓
Honey														✓	
Nutella						●			Hazelnuts			●		✓	
<b>EGGS ON TOAST</b>															
Fried Egg on Toast		Wheat	●			●						●		✓	
Poached Egg on Toast		Wheat	●			●						●		✓	
Scrambled Egg on Toast		Wheat	●			●						●		✓	
Add Smashed Avocado															✓
<b>BREAKFAST ROLLS AND WRAPS</b>															
Bacon		Wheat				●						●			
Sausage		Wheat				●						●	●		
Vegan Sausage		Wheat										●			✓
Fried Egg		Wheat	●			●						●		✓	
Add Chips															✓
Add Cheesy Slice						●								✓	
Big Breakfast Roll		Wheat	●			●						●	●		
Big Breakfast Wrap		Wheat	●			●						●	●		
Big Breakfast Veggie Roll		Wheat	●			●						●		✓	
Big Breakfast Veggie Wrap		Wheat	●			●						●		✓	
Big Breakfast Vegan Roll		Wheat										●			✓
Big Breakfast Vegan Wrap		Wheat										●			✓



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<b>BUILD YOUR OWN BREAKFAST</b>																
Bacon																
Sausage		Wheat												●		
Vegan Sausage		Wheat											●			☑
Fried Egg				●											☑	
Poached Egg				●											☑	
Scrambled Egg				●			●								☑	
Black Pudding	●	Barley, Oat, Wheat														
Smashed Avocado																☑
Gluten Free Roll													●			☑
Baked Beans																☑
Hash Brown																☑
Sliced Mushrooms																☑
Chopped Tomatoes																☑
Fried Bread		Wheat											●			☑
White Toast/Bread & Butter		Wheat					●						●		☑	
Brown Toast/Bread & Butter		Wheat					●						●		☑	
<b>SCOTTISH BREAKFASTS</b>																
Scottish Belly Buster	●	Barley, Oat, Wheat		●			●						●	●		
Big Scottish Breakfast	●	Barley, Oat, Wheat		●			●						●	●		
Full Scottish Breakfast		Wheat		●			●						●	●		
Small Scottish Breakfast		Wheat		●			●						●	●		
Full Scottish Veggie Breakfast		Wheat		●			●						●		☑	
Full Scottish Vegan Breakfast		Wheat											●			☑
Lorne Sausage		Wheat												●		
Haggis		Oat														
Tattie Scone		Wheat														☑
Lorne Sausage Roll		Wheat					●						●	●		
Big Breakfast Roll		Wheat		●			●						●	●		
Big Breakfast Wrap		Wheat		●			●						●	●		
Big Breakfast Veggie Roll		Wheat		●			●						●		☑	
Big Breakfast Veggie Wrap		Wheat		●			●						●		☑	
Big Breakfast Vegan Roll		Wheat											●			☑
Big Breakfast Vegan Wrap		Wheat											●			☑



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	<b>CLASSICS</b>															
Classic Hand Battered Fish & Chips		Wheat			●											
Small Hand Battered Fish & Chips		Wheat			●											
Wholetail Whitby Scampi		Wheat	●													
Fish Butty		Wheat			●								●			
Sausage, Egg, Chips & Beans		Wheat		●										●		
Veggie Sausage, Egg, Chips & Beans		Wheat		●									●		✓	
Bangers & Mash		Wheat					●							●		
Veggie Bangers & Mash		Wheat					●						●		✓	
Ham, Egg & Chips				●												
Lasagne, Garlic Bread & Side Salad		Wheat		●			●		●				●	●		
Goodfella's® Mac & Cheese, Garlic Bread & Side Salad		Wheat					●		●				●		✓	
Chicken Tikka Masala, Rice & Naan Bread		Wheat					●									
Katsu Chicken Curry & Rice		Wheat							●				●			
British Beef Steak Pie		Barley, Wheat					●									
Liver & Onions							●									
Minced Beef Stew							●									
Chicken & Ham Hock Casserole		Wheat					●		●							
Cheese & Onion Quiche, Chips & Beans		Wheat		●			●								✓	
Cheese & Onion Quiche, Salad & Coleslaw		Wheat		●			●		●				●		✓	
<b>LOADED BAKED POTATOES</b>																
Jacket Potato with Butter & Salad							●		●				●		✓	
Cheddar Cheese							●								✓	
Baked Beans															✓	
Tuna Mayo				●	●				●							
Veggie Chilli													●			✓
Coleslaw				●					●						✓	



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<b>CHICKEN</b>																
Chicken Bites Wrap & Chips	●	Wheat							●				●			
Chicken Bites & Chips	●	Wheat							●				●			
Chicken Bites & Rice	●	Wheat							●				●			
Chicken Bites Portion	●	Wheat														
Chicken Skewer Wrap & Chips		Wheat							●				●			
Chicken Skewer & Chips									●				●			
Chicken Skewer & Rice									●				●			
Extra Chicken Skewer																
BBQ Sauce	●								●						✓	
Sweet Chilli Sauce															✓	
Garlic & Herb Sauce									●						✓	
<b>BURGERS</b>																
Quarter Pounder Cheese Burger		Barley, Wheat					●		●				●			
Birds Eye® Chicken Shop® Burger		Barley, Wheat					●		●				●			
Quorn Vegan Burger		Barley, Wheat							●				●			✓
Extra Beef Burger		Wheat														
Extra Chicken Burger		Wheat														
Extra Quorn Burger		Wheat														✓
<b>LIGHT BITES</b>																
Heinz Tomato Soup with Roll & Butter		Wheat					●						●		✓	
Ham & Egg Salad				●					●				●			
Chicken & Bacon salad									●				●			
Vegan Strip Salad		Wheat							●				●			✓
<b>SIDES</b>																
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											●			✓
Coleslaw				●					●						✓	



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Giant Yorkshire Pudding		Wheat		●			●								<input checked="" type="checkbox"/>	
BBQ Sauce	●								●						<input checked="" type="checkbox"/>	
Sweet Chilli Sauce															<input checked="" type="checkbox"/>	
Garlic & Herb Sauce									●						<input checked="" type="checkbox"/>	
<b>SAUCES</b>																
Heinz Tomato Ketchup 10ml	●														<input checked="" type="checkbox"/>	
HP Sauce 10ml		Barley, Rye													<input checked="" type="checkbox"/>	
Mayonnaise 10ml				●											<input checked="" type="checkbox"/>	
Tartare Sauce 10ml				●											<input checked="" type="checkbox"/>	
Salad Cream 10ml				●					●						<input checked="" type="checkbox"/>	
<b>CAFE FOR KIDS</b>																
Goodfella's Mac n Cheese		Wheat					●		●						<input checked="" type="checkbox"/>	
<b>BUILD YOUR OWN WAFFLES</b>																
Waffles																<input checked="" type="checkbox"/>
Sausage		Wheat												●		<input checked="" type="checkbox"/>
Bacon																<input checked="" type="checkbox"/>
Veggie Sausage		Wheat											●			<input checked="" type="checkbox"/>
Scrambled Egg				●			●								<input checked="" type="checkbox"/>	
Fried Egg				●											<input checked="" type="checkbox"/>	
Baked Beans																<input checked="" type="checkbox"/>
<b>BUILD YOUR OWN MAIN</b>																
<b>MAIN</b>																
4 Birds Eye® Chicken Dippers		Wheat														<input checked="" type="checkbox"/>
3 Birds Eye® Fish Fingers		Wheat			●											<input checked="" type="checkbox"/>
Goodfella's® Mini Margherita Pizza		Wheat					●								<input checked="" type="checkbox"/>	
2 Sausages		Wheat												●		<input checked="" type="checkbox"/>
2 Meat Free Sausages		Wheat											●			<input checked="" type="checkbox"/>
<b>SIDE</b>																
Birds Eye® Mini Potato Waffles																<input checked="" type="checkbox"/>
Birds Eye® Crispy Chips																<input checked="" type="checkbox"/>
Aunt Bessie's® Mash Potato							●								<input checked="" type="checkbox"/>	
Aunt Bessie's® Yorkshire Pudding		Wheat		●			●								<input checked="" type="checkbox"/>	
<b>VEG</b>																
Birds Eye® Garden Peas																<input checked="" type="checkbox"/>
Birds Eye® Steamfresh® Veg																<input checked="" type="checkbox"/>
Heinz Baked Bean																<input checked="" type="checkbox"/>





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Kirsty's Caramelised Onion & Cheese Toastie				●			●								✓	
<b>SNACKS</b>																
Oreo Twin Pack		Wheat											●		✓	
Organix Raspberry & Apple		Oats													✓	✓
Goodies 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							●								✓	
Primula Dipper		Barley< Wheat					●								✓	
Rodda's Clotted Cream							●								✓	
<b>IMPULSE</b>																
Gingerbread Person		Wheat		●											✓	
Tunnocks - Caramel Wafer		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 Gluten Free Caramel Shortbread															✓	✓
Gluten Free Caramel Shortcake							●						●		✓	
Gluten Free Flapjack		Gluten Free Oats													✓	✓
Giant Jammie Dodger		Wheat												●	✓	✓
Tregoes Butter Caramel Waffle		Wheat		●			●						●		✓	
Chocolate Digestives 2 Pack		Wheat					●						●		✓	
Nutella Portion							●			Hazelnut			●		✓	
<b>ICE CREAM</b>																
BEN & JERRY'S																
Cookie Dough		Wheat		●			●						●		✓	
Caramel Chew Chew		Wheat		●			●						●		✓	
Chocolate Fudge Brownie		Barley, Wheat		●			●								✓	
Non Dairy Cookie Dough		Oat, Wheat											●		✓	✓





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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 600ml																☑
Pepsi Strawberries & Cream															☑	☑
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																☑
Slush Puppies (both flavours)																☑
J2O Orange & Passionfruit 250ml																☑
Pepsi Max Cherry 600ml																☑
Pepsi Regular 600ml																☑
Diet Pepsi 500ml															☑	☑
Robinsons Ready to Drink Blackberry & Blueberry 500ml															☑	☑
Tango Orange 500ml																☑
<b>GIBRALTAR SANDWICHES ONLY</b>																
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					●						●			☑