



Wm Morrisons Supermarket Ltd
TS01K Cafe Allergen Information Guide

V10

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

04/11/2024

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										●			✓



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	White Toast/Bread & Butter		Wheat					●						●		<input checked="" type="checkbox"/>
Brown Toast/Bread & Butter		Barley, Rye, Wheat					●						●		<input checked="" type="checkbox"/>	
BUILD YOUR OWN BREAKFAST (SCOTLAND ONLY)																
Lorne Sausage		Wheat												●		
Haggis		Oat														
Tattie Scone		Wheat														<input checked="" type="checkbox"/>
LIGHTER BREAKFAST																
Stacked Pancakes (with chocolate sauce)		Wheat		●			●						●		<input checked="" type="checkbox"/>	
Stacked Pancakes (with maple flavour syrup)		Wheat		●			●								<input checked="" type="checkbox"/>	
Creamy Porridge		Oat					●								<input checked="" type="checkbox"/>	
Toasted Teacake		Wheat					●						●		<input checked="" type="checkbox"/>	
1 White Toast & Butter		Wheat					●						●		<input checked="" type="checkbox"/>	
1 Brown Toast & Butter		Barley, Rye, Wheat					●						●		<input checked="" type="checkbox"/>	
ADDITIONS																
Strawberry Jam																<input checked="" type="checkbox"/>
Marmalade																<input checked="" type="checkbox"/>
Honey															<input checked="" type="checkbox"/>	
Banana																<input checked="" type="checkbox"/>
Chocolate Spread							●						●		<input checked="" type="checkbox"/>	
Maple Flavour Syrup																<input checked="" type="checkbox"/>
Butter							●								<input checked="" type="checkbox"/>	
Sunflower Spread																<input checked="" type="checkbox"/>
ON TOAST																
Fried Egg on Toast		Barley, Rye, Wheat		●			●						●		<input checked="" type="checkbox"/>	
Poached Egg on Toast		Barley, Rye, Wheat		●			●						●		<input checked="" type="checkbox"/>	
Scrambled Egg on Toast		Barley, Rye, Wheat		●			●						●		<input checked="" type="checkbox"/>	
Baked Beans on Toast		Barley, Rye, Wheat					●						●		<input checked="" type="checkbox"/>	



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	Bacon																
THE CLASSICS (SCOTLAND ONLY)																	
Scotch Pie, Chips & Beans		Wheat					●						●				
THE CLASSICS (GIBRALTAR ONLY)																	
Spanish Tortilla				●					●					●	<input checked="" type="checkbox"/>		
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																<input checked="" type="checkbox"/>	
Baked Beans																<input checked="" type="checkbox"/>	
Garden Peas																<input checked="" type="checkbox"/>	
White Bread & Butter		Wheat					●						●		<input checked="" type="checkbox"/>		
Brown Bread & Butter		Barley, Rye, Wheat					●						●		<input checked="" type="checkbox"/>		
Curry Sauce		Wheat							●				●			<input checked="" type="checkbox"/>	
Gravy		Wheat											●			<input checked="" type="checkbox"/>	
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							●							<input checked="" type="checkbox"/>	



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THE LIGHT BITES

COLD SANDWICHES & WRAPS

Ham & Cheese		Barley, Wheat				●									
Double Egg & Cress		Barley, Wheat	●					●						✓	
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				●		●					●	✓	
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THE LIGHT BITES (SCOTLAND ONLY)

Lentil Soup	●	Wheat				●							●		
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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				●							●		
Kids Ham Sandwich		Wheat				●						●			
Kids Cheese Sandwich		Wheat				●						●			
Brie & Cranberry Toastie		Wheat				●								✓	
Tuna Mayo Jacket Topper				●				●							

THE SIDES

Chips															✓
Curry Sauce		Wheat						●				●			✓
Gravy		Wheat										●			✓
White Bread & Butter		Wheat				●						●		✓	
Brown Bread & Butter		Barley, Rye, Wheat				●						●		✓	
Garlic Bread		Wheat				●								✓	
Side Salad								●					●		✓

THE SIDES (SCOTLAND ONLY)

Yeungs Curry Sauce		Wheat						●							✓
Scotch Roll & Butter		Wheat				●						●		✓	



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CAFE FOR KIDS

Steamfresh Pasta & Garlic Bread		Wheat				●								<input checked="" type="checkbox"/>	
BUILD YOUR OWN WAFFLES															
Waffles															<input checked="" type="checkbox"/>
Sausage		Wheat											●		<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"/>
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														<input checked="" type="checkbox"/>	
Peas															<input checked="" type="checkbox"/>
Steamfresh Veg															<input checked="" type="checkbox"/>
Beans															<input checked="" type="checkbox"/>



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DELIVERY SERVICES ONLY

Sausage & Egg Muffin		Wheat	●			●						●	●		
Bacon & Egg Muffin		Wheat	●			●						●			
Egg & Cheese Muffin		Wheat	●			●						●		✓	
Fish Fingers, Waffle Fries & Peas		Wheat		●											
Waffles with Egg & Beans			●											✓	
Chicken Dippers, Mini Waffles & Peas		Wheat													
Pizza, Waffle Fries & Veg		Wheat				●								✓	
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		●			●						●		✓	
AFTERNOON TEA (ON REQUEST ONLY)																
Ham Sandwich		Wheat					●									
Egg Sandwich		Barley, Wheat		●					●						✓	
Cheese Sandwich (Veg afternoon tea)		Wheat					●								✓	
Salted Caramel Brownie		Wheat		●			●						●		✓	
Butterfly Cakes		Wheat		●			●						●		✓	
Scone		Wheat		●			●						●		✓	
Clotted Cream							●								✓	
Strawberry Jam															✓	
Cheese & Onion Quiche		Wheat		●			●		●						✓	
Tea																✓
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		●			●						●			✓



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	Caramel Apple Crumble Pie		Wheat					●								✓
Cherry Meringue Pie		Wheat		●											✓	
CAKES & SWEET TREATS																
Chocolate & Orange Muffin		Wheat		●			●						●		✓	
Blueberry Muffin		Wheat		●											✓	
Lemon Muffin		Wheat		●			●							●	✓	
Fruit Scone		Wheat		●			●						●		✓	
Carrot & Walnut Cake		Wheat		●			●			Walnut				●	✓	
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					●						●		✓	



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Strawberry Jam																<input checked="" type="checkbox"/>
Marmalade																<input checked="" type="checkbox"/>
Honey															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
HOT DRINKS																
Latte							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Americano															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Flat White							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cappuccino							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chai Latte							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Hot Chocolate							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Mocha							●								<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tea															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Speciality Tea															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Decaf Tea															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Camomile Tea															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Peppermint Tea															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lemon & Ginger Tea															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Green Tea															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Syrup Shot										Hazelnut in hazelnut syrup					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Milk							●								<input checked="" type="checkbox"/>	<input type="checkbox"/>
Soya Milk Alternative													●		<input checked="" type="checkbox"/>	<input type="checkbox"/>
Oatly Milk Alternative		Oats													<input checked="" type="checkbox"/>	<input type="checkbox"/>
COLD DRINKS																
Machine Dispensed Fizzy															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Coke 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Diet Coke 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Coke Zero 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Pepsi Max 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
7up 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tango Apple Sugar Free 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fanta Orange 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fanta Fruit Twist 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Dr Pepper 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Aqua Libre Sparkling Water 330ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Aqua Libre Sparkling Water 330ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lipton Iced Tea Lemon 500ml															<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



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	Oasis Summer Fruits 500ml															
Irn Bru (Scotland Only) 500ml																✓
Tropicana Smooth Orange Juice 300ml																✓
Tropicana Multivitamin Juice 300ml																✓
Tropicana Original Orange 300ml																✓
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							●						●		✓	✓