




















Please be aware that we do use all 14 allergens in our kitchens.  
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Allergen Information: **Breakfast | Blue Anchor** | Updated 01/07/24

	 Celery	 Crustaceans	 Dairy	 Eggs	 Fish	 Sulphites	 Soya	 Molluscs	 Sesame	 Peanuts	 Nuts	 Mustard	 Lupin	 Cereals Containing Gluten	 Type of Gluten	 Type of Nut	 Suitable for Vegans	 Suitable for Vegetarians	 Gluten Free Ingredients
American Pancakes	M/C		✓	✓									✓	W				BANANA	
Hoburne Classic Breakfast	M/C		✓	✓	✓	✓							✓	W BA					
Vegetarian Breakfast	M/C		✓	✓	POACHED	✓							✓	W BA				✓	
Bacon Roll			✓	M/C			M/C						✓	W BA					
Sausage Roll			✓	M/C	✓		M/C						✓	W BA					
Quorn Sausage Roll			M/C	M/C			M/C						✓	W BA			✓	✓	
Egg Roll			✓	✓			M/C						✓	W BA				✓	
Eggs on Toast			✓	✓			✓						✓	W BA				✓	
Baked Beans on Toast			✓				✓						✓	W BA				✓	
Toast & Butter			✓				✓						✓	W BA				✓	
Toast, Butter & Tiptree Jam			✓				✓						✓	W BA				✓	
Toast, Butter & Tiptree Marmalade			✓				✓						✓	W BA				✓	
Toast, Butter & Marmite	✓		✓				✓						✓	W BA				✓	
Toast, Butter & Nutella			✓				✓			✓			✓	W BA		Hazelnut		✓	
Farmhouse White							✓						✓	W			✓	✓	
Farmhouse Brown							✓						✓	W BA			✓	✓	
Farmhouse White & Brown May Contain Traces Of Wheat, Oats, Rye & Barley																			
English Muffin						✓		M/C					✓	W			✓	✓	
Pain Rustic/deli Roll			M/C	M/C		M/C							✓	W BA			✓	✓	
Gluten Free Roll				✓														✓	✓

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Allergen Information: **Sammy Squad** | **Blue Anchor** | Updated 01/07/24

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Beef Lasagne	✓		✓	M/C		M/C	M/C				✓		✓	W					
Vegetable Lasagne	✓		✓	M/C			M/C				✓		✓	W				✓	
Jacket Potato With Beans/cheese	M/C		✓								✓							✓	✓
Breaded Fish Fingers				✓									✓	W					
Breaded Chicken Goujons	M/C		M/C				M/C				M/C		✓	W					
Grilled Butcher's Sausages					✓								✓	W					
Vegan Quorn Sausages													✓	W			✓	✓	
Add Baked Beans																	✓	✓	✓
Add Garden Peas																	✓	✓	✓

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Allergen Information: **Mains** | **Blue Anchor** | Updated 01/07/24

	Celery	Crustaceans	Dairy	Eggs	Fish	Sulphites	Soya	Molluscs	Sesame	Peanuts	Nuts	Mustard	Lupin	Cereals Containing Gluten	Type of Gluten	Type of Nut	Suitable for Vegans	Suitable for Vegetarians	Gluten Free Ingredients
<b>Mains</b>																			
Fish N Chips	M/C			✓	✓						✓		✓	W					
Scampi & Chips	M/C	✓		✓	M/C		M/C				✓		✓	W					
Sausage Egg & Chips				✓	✓								✓	W					
Vegan Quorn Sausage & Chips				✓	✓								✓	W			✓	✓	
Gammon Ham Egg & Chips				✓	✓														✓
Chicken Goujons & Chips	M/C		M/C		✓		M/C				✓		✓	W					
Fish Finger Sandwich & Chips	M/C		✓	✓	✓		✓				✓		✓	W BA					
<b>Jacket Potatoes</b>																			
With Butter	M/C		✓								✓							✓	✓
With Cheese & Beans	M/C		✓								✓							✓	✓
With Chilli Con Carne	M/C		✓								✓		M/C	W				✓	✓
With Tuna & Cheese	M/C		✓	✓	✓						✓								✓
With Prawn Marie Rose	M/C	✓	✓	✓							✓								✓
With Coronation Chicken	M/C		✓	✓	✓						✓		M/C	W					✓
<b>Blackboard Specials</b>																			
Beef Lasagne	✓		✓	M/C			M/C				✓		✓	W					
Vegetable Lasagne	✓		✓	M/C			M/C				✓		✓	W				✓	
Penang Vegetable Curry					✓								✓	W			✓	✓	
Beef Madras Curry	✓				✓								✓	W					
Chilli Con Carne			✓								M/C		M/C	W					✓
The Bay Fish Pie		✓	✓		✓														✓
Classic Nachos			✓															✓	✓




















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Wheat Oats Barley Rye

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	 Celery	 Crustaceans	 Dairy	 Eggs	 Fish	 Sulphites	 Soya	 Molluscs	 Sesame	 Peanuts	 Nuts	 Mustard	 Lupin	 Cereals Containing Gluten	 Type of Gluten	 Type of Nut	 Suitable for Vegans	 Suitable for Vegetarians	 Gluten Free Ingredients
<b>Rolls</b>																			
Flaked Tuna Mayo Melt	M/C		✓	✓	✓		M/C				✓		✓	W BA					
Coronation Chicken & Baby Gem	M/C		✓	✓	✓		M/C				✓		✓	W BA					
Prawn Marie Rose W/ Salad	M/C	✓	✓	✓			M/C				✓		✓	W BA					
Egg Mayonaise & Salad	M/C		✓	✓			M/C				✓		✓	W BA				✓	
Gammon Ham & Tomato	M/C		✓	M/C			M/C				✓		✓	W BA					
Cheese & Chutney	M/C		✓	M/C	✓		M/C				✓		✓	W BA				✓	
Brie, Bacon & Cranberry	M/C		✓				M/C				✓		✓	W BA				✓	
<b>Sandwiches</b>																			
Flaked Tuna Mayo Melt	M/C		✓	✓	✓		✓				✓		✓	All					
Coronation Chicken & Baby Gem	M/C		✓	✓	✓		✓				✓		✓	All					
Prawn Marie Rose W/ Salad	M/C	✓	✓	✓			✓				✓		✓	All					
Egg Mayonaise & Salad	M/C		✓	✓			✓				✓		✓	All				✓	
Gammon Ham & Tomato	M/C		✓				✓				✓		✓	All					
Cheese & Chutney	M/C		✓		✓		✓				✓		✓	All				✓	
Brie, Bacon & Cranberry	M/C		✓				✓				✓		✓	All					

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Allergen Information: **Cakes & Bakes** | **Blue Anchor** | Updated 01/07/24

																			
<b>Traybakes</b>																			
GF Chocolate Brownie			✓	✓		✓				M/C						All		✓	✓
GF Lemon Drizzle Frangipane			✓	✓						✓						Almonds		✓	✓
GF Raspberry And Almond Flapjack									M/C	M/C						All	✓	✓	✓
GF Billionaire Brownie			✓	✓		✓			M/C	M/C						All		✓	✓
Gf Pecan & Walnut Slice			✓	✓						✓						All		✓	✓
Honeycomb Toffee Tiffin			✓			✓			M/C	M/C			✓	W		All		✓	
Toffee Crisp			✓			✓			M/C	M/C			✓	W		All		✓	
Rocky Road			✓			✓			M/C	M/C			✓	W		All		✓	
Brookie Traybake			✓	✓		✓			M/C	M/C			✓	W		All		✓	
Biscoff Flapjack			✓			✓			M/C	M/C			✓	W		All		✓	
Caramel Nut Slice			✓	M/C		✓				✓			✓	All		All		✓	
Cherry & Almond Slice			✓	✓						✓			✓	W		All		✓	
Fruit & Nut Slice			✓			✓				✓			✓	W		All		✓	
Millionaire Shortbread			✓			✓			M/C	M/C			✓	W		All		✓	




















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 Wheat  Oats  Barley  Rye

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Allergen Information: **Cakes & Bakes** | **Blue Anchor** | Updated 01/07/24

	 Celery	 Crustaceans	 Dairy	 Eggs	 Fish	 Sulphites	 Soya	 Molluscs	 Sesame	 Peanuts	 Nuts	 Mustard	 Lupin	 Cereals Containing Gluten	 Type of Gluten	 Type of Nut	 Suitable for Vegans	 Suitable for Vegetarians	 Gluten Free Ingredients
<b>Cakes</b>																			
Lemon Drizzle Cake			✓	✓		✓				M/C			✓	W	ALL			✓	
Chocolate Fudge Cake			✓	✓		✓			M/C	M/C			✓	W	ALL			✓	
Victoria Sponge Cake			✓	✓						M/C			✓	W	ALL			✓	
GF Carrot Cake			✓	✓							✓				ALL			✓	✓
Carrot Cake			✓	✓							✓		✓	W				✓	
Passion Cake			✓	✓							✓		✓	W				✓	
Red Velvet Cake			✓	✓		✓			M/C	M/C			✓	W	ALL			✓	
Vegan Chocolate Cake			M/C	M/C		✓			M/C	M/C			✓	W			✓	✓	
GF Victoria Sponge Cake			✓	✓						M/C					ALL			✓	✓
GF Ginger Cake			✓	✓						M/C					ALL			✓	✓
Courgette & Lime Cake			✓	✓							✓		✓	W	ALL			✓	
GF Cappuccino Cake			✓	✓		✓				M/C								✓	✓
Scioche Scone			✓	✓		M/C							✓	W				✓	
<i>With Jam</i>																		✓	
<i>With Clotted Cream</i>			✓																




















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W Wheat O Oats BA Barley R Rye

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<b>Muffins</b>																			
Muffin Tulip Triple Chocolate			✓	✓		✓		M/C					✓	W				✓	
Muffin Tulip Rasp / White Choc			✓	✓		✓		M/C					✓	W				✓	
Muffin Tulip Toffee Apple			✓	✓			M/C						✓	W				✓	
Muffin Tulip Carrot Cake			✓	✓	✓		M/C						✓	W				✓	
Muffin Tulip Blueberry			✓	✓			M/C	M/C					✓	W				✓	
Muffin Vegan Lemon Poppyseed			M/C	M/C			M/C						✓	W			✓	✓	
Muffin Vegan Mixed Berry			M/C	M/C			M/C						✓	W			✓	✓	
Luxury Cranberry Teacake			M/C	✓			M/C						✓	W				✓	
Cookie Vegan Chocolate			M/C	M/C			✓						✓	W			✓	✓	
Cookie Double Chocolate			✓	✓			✓						✓	W				✓	

















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 Wheat 
  Oats 
  Barley 
  Rye

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Allergen Information: **Hot Drinks** | **Blue Anchor** | Updated 01/07/24

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Americano																	✓	✓	✓	
White Americano			✓															✓	✓	✓
Cappuccino			✓															✓	✓	✓
Latte			✓															✓	✓	✓
Mocha			✓															✓	✓	✓
Espresso																	✓	✓	✓	
Flat White			✓															✓	✓	✓
Hot Chocolate			✓															✓	✓	✓
Luxury Hot Chocolate			✓															✓	✓	✓
Tea With Milk			✓															✓	✓	✓
Flavour Tea																	✓	✓	✓	
Babyccino			✓															✓	✓	✓
Oat Milk													✓	○				✓	✓	✓
Soy Milk						✓												✓	✓	✓
Almond Milk										✓						Almonds		✓	✓	✓
Coconut Milk																		✓	✓	✓
Syrup Amaretto																		✓	✓	✓
Syrup Caramel																		✓	✓	✓
Syrup Hazelnut										✓						Hazelnut		✓	✓	✓
Syrup Salted Caramel																		✓	✓	✓
Syrup Vanilla																		✓	✓	✓

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