




















Please be aware that we do use all 14 allergens in our kitchens.
Although we take every precaution to avoid cross contamination, traces may be present.

Allergen Information: **Breakfast** | **Blue Anchor** | Updated 01/02/24

	 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				✓	
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				✓														✓	✓

Please note all deep fried food items may contain traces of any of the 14 allergens as we use multi use fryers in our kitchens. Except for Fries which has a dedicated fryer.

A tick means the allergen is present in the item. M/C means that the item (as specified by the manufacturer) may contain traces of the allergen.

W Wheat O Oats BA Barley R Rye




















Allergen Information: **Sammy Squad** | **Blue Anchor** | Updated 01/02/24

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Allergen Information: Mains | Blue Anchor | Updated 01/02/24

																			
Mains																			
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				
Rolls																			
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			✓	
Sandwiches																			
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			✓	

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Allergen Information: **Mains** | **Blue Anchor** | Updated 01/02/24[illegible]

Allergen Information: **Cakes & Bakes** | **Blue Anchor** | Updated 01/02/24

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W Wheat O Oats BA Barley R Rye

Allergen Information: **Cakes & Bakes** | **Blue Anchor** | Updated 01/02/24

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Allergen Information: **Cakes & Bakes** | **Blue Anchor** | Updated 01/02/24

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Allergen Information: Hot Drinks | Blue Anchor | Updated 01/02/24

	 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
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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