



Whitbread Inns

Allergy Information Guide Information:

Hello, welcome to our allergy information guide which is designed to help you make decisions on the food and drink that you order. As our menus do not include all ingredients, please use the allergy information guide to choose suitable dishes for you to eat and enjoy. Our allergen information guide declares allergens intentionally added only; **we cannot say that any dish on our menus is "free-from" any allergen**, but only that it does not contain that allergen as an ingredient. Our allergen information sheet **does not** include any “**may contains**” information where provided by our suppliers. Our kitchens also handle numerous ingredients and allergens and whilst we have strict controls in place to reduce the risk of contamination, unfortunately, it is not possible for us to guarantee that our dishes will be 100% allergen free. There is also significant risk of cross contamination from our fryers.

Please let a member of our team know if you have an allergy or sensitivity to any ingredient even if you have dined with us before.

Our allergen information covers the following major allergens: **Celery, Cereals containing Gluten (Wheat including varieties such as Spelt and Khorasan (Kamut); Rye, Barley, Oats), Crustaceans, Egg, Fish, Lupin, Milk, Molluscs, Mustard, Peanuts, Sesame, Soya, Sulphites (over 10ppm) and Nuts (specifically Almond, Brazil, Cashew, Hazelnut, Macadamia (Queensland nut) , Pecan, Pistachio, Walnut) and products thereof.**

We take care in producing this allergy information guide for you and work closely with the suppliers of our products to ensure data is accurate. This information may change at any time so please check with us for up to date information.

KEY FOR WHITBREAD INNS ALLERGY INFORMATION GUIDE

Yes The allergen is present

Yes Suitable for ovo-lacto vegetarians/ vegans

No Not suitable for ovo-lacto vegetarians/ vegans



The guidelines for daily energy and other nutrient intake, the Reference Intake (RI), for adults are given below.								
Reference Intake (RI)	Energy	Energy	Total Fat	Saturates	Carbohydrate	Sugars	Protein	Salt
	kJ	kcal	g	g	g	g	g	g
	8400	2000	70.0	20.0	260.0	90.0	50.0	6.0
The figures below give the nutrition values for each complete dish as listed on the menu. Where the dishes are for sharing the figure given is for the total dish and you must divide this by the number of people sharing the dish to get the nutrition per person. Figures are typical and may vary due to seasonal factors and chef practices								
Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
CHOCOLATE BISCUIT CAKE per piece	1437	343	22.9	10.8	31.0	15.4	2.3	0.3
MINI LEMON DRIZZLE CAKE per piece	574	137	5.5	0.6	20.0	12.4	1.8	0.3
STRAWBERRIES per half	15	4	0.0	0.0	0.7	0.7	0.1	0.0
SCONES per scone	1112	266	11.8	7.3	34.0	6.3	5.1	0.8
STRAWBERRY JAM PORTIONS per tub	141	34	0.0	0.0	8.3	7.0	0.0	0.0
CLOTTED CREAM per half tub	492	117	12.7	7.9	0.5	0.5	0.3	0.0
CHEESE & TOMATO SANDWICH per quarter	458	109	6.1	3.6	9.1	1.1	4.2	0.4
CUCUMBER SANDWICH per quarter	274	65	2.6	1.4	8.7	0.7	1.6	0.2
HAM SANDWICH per quarter	352	84	3.0	1.6	8.4	0.5	5.3	0.5
CORONATION CHICKEN SANDWICH per quarter	530	126	6.0	1.7	11.4	2.7	6.0	0.6

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Product/ Dish Description	Nutrition Information Per Portion							
	kJ	kcal	Fat (g)	Saturates (g)	Carbohydrate (g)	Sugars (g)	Protein (g)	Salt (g)
QUEEN'S JUBILEE CHOCOLATE TIFFIN DESSERT	2014	481	27.5	13.1	52.6	29.2	4.5	0.4

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
AFTERNOON TEA																										
CHOCOLATE BISCUIT CAKE	Yes				Yes		Yes																		No	Yes
Chocolate Biscuit Cake	Yes				Yes		Yes																		No	Yes
MINI LEMON DRIZZLE CAKE	Yes					Yes	Yes																		No	Yes
Mini Lemon Drizzle Cake (10001746)	Yes					Yes	Yes																		No	Yes
Icing Sugar (43917)																									Yes	Yes
STRAWBERRIES																									Yes	Yes
Strawberries (54259)																									Yes	Yes
SCONES	Yes				Yes	Yes	Yes																		No	Yes
Scones	Yes				Yes	Yes	Yes																		No	Yes
STRAWBERRY JAM PORTIONS																									Yes	Yes
Assorted Jam Portions (10001621)																									Yes	Yes
CLOTTED CREAM							Yes																		No	Yes
Clotted Cream (10003268)							Yes																		No	Yes
CHEESE & TOMATO SANDWICH	Yes						Yes																		No	Yes
Tomato M (54216)																									Yes	Yes
White Sandwich Tin Bread (51367)	Yes																								Yes	Yes
Cheese Slices (51545)							Yes																		No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
CUCUMBER SANDWICH	Yes						Yes																		No	Yes
Cucumber Cat II (54220)																									Yes	Yes
White Sandwich Tin Bread (51367)	Yes																								Yes	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
HAM SANDWICH	Yes		Yes				Yes																		No	No
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Ham Sliced																									No	No
Salted Block Butter (10001077)							Yes																		No	Yes
CORONATION CHICKEN SANDWICH	Yes		Yes			Yes	Yes						Yes			Yes									No	No
Chicken Breast Fillets (52693)																									No	No
Malted Brown Sandwich Tin Bread (51368)	Yes		Yes																						Yes	Yes
Mayonnaise Light (54568)						Yes						Yes													No	Yes
Salted Block Butter (10001077)							Yes																		No	Yes
CORONATION MAYO																Yes									Yes	Yes

Pub Brands Queen's Jubilee Dessert Menu May 2022 Website Allergy

Ingredient/Dish Name	Ingredient Contains Cereals containing gluten - wheat	Ingredient Contains Cereals containing gluten - rye	Ingredient Contains Cereals containing gluten - barley	Ingredient Contains Cereals containing gluten - oats	Ingredient Contains Soya Or Products thereof	Ingredient Contains Egg Or Products thereof	Ingredient Contains Milk Or Products thereof	Ingredient Contains Fish Or Products thereof	Ingredient Contains Crustaceans Or Products thereof	Ingredient Contains Molluscs Or Products thereof	Ingredient Contains Sesame Or Products thereof	Ingredient Contains Celery Or Products thereof	Ingredient Contains Mustard Or Products thereof	Ingredient Contains Peanut Or Products thereof	Ingredient Contains Lupin Or Products thereof	Ingredient Contains Sulphites	Ingredient Contains Tree Nuts - Almond?	Ingredient Contains Tree Nuts - Hazelnut?	Ingredient Contains Tree Nuts - Walnut?	Ingredient Contains Tree Nuts - Cashew?	Ingredient Contains Tree Nuts - Pecan?	Ingredient Contains Tree Nuts - Brazil?	Ingredient Contains Tree Nuts - Pistachio?	Ingredient Contains Tree Nuts - Macadamia?	Is the product suitable for Vegans?	Is the Product suitable for Vegetarians?
Pub Brands Queen's Favourite Dessert																										
CHOCOLATE TIFFIN	Yes			Yes	Yes		Yes																		No	Yes
Crumble Topping (10003089)				Yes																					Yes	Yes
Chocolate Sauce (10002185)																									Yes	Yes
Vanilla Dairy Ice Cream (54575)							Yes																		No	Yes
Chocolate Biscuit Cake	Yes				Yes		Yes																		No	Yes

Product Description	Dietary Choices		Cereals Containing Gluten				Allergens Present														
	Suitable for Vegetarians	Suitable for Vegans	Wheat Products	Rye Products	Barley Products	Oat Products	Soya products	Egg products	Milk products	Fish Products	Crustacean Products	Mollusc Products	Sulphite Products	Sesame Products	Celery Products	Mustard Products	Peanut Products	Lupin Products	Tree Nuts Products	Tree Nut Source (if present)	
JUBILEE DRINK																					
ROYAL G & TEA																					
WHITLEYNEILL LDN DRY GIN 6X70CL	YES	YES																			
Schweppes Slimline Tonic	YES	YES																			
LEMONS	YES	NO																			
PG EARL GREY TEA	YES	YES																			
MINT LEAVES	YES	YES																			
ROYAL G & TEA	YES	NO																			