

ELEPHANT	this dish contains														suitable for	
Bagels	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soya	sulphur dioxide and sulphates	vegetarian	vegan
The Reuben	●						●		●						NO	NO
Chipotle Chicken	●			●										●	NO	NO
Scandi Smoked Salmon	●			●	●				●						NO	NO
Avocado + Halloumi	●						●								YES	NO
The Vegan One	●												●		YES	YES

Sourdough Rolls	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soya	sulphur dioxide and sulphates	vegetarian	vegan
Sausage Sourdough Roll	■						■								NO	NO
Bacon Sourdough Roll	■						■								NO	NO
Breakfast Sourdough Roll	■						■								NO	NO

Not Bagels	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soya	sulphur dioxide and sulphates	vegetarian	vegan
Just Cheddar Toastie	■						●								YES	NO
Ham + Cheese Toastie	■						●								NO	NO
Cheese + Branston Toastie	■						●		●				●	●	YES	NO
Tuna Melt Panini	●			●	●		●								NO	NO
Caprese Panini	●			●			●			●	●		●		YES	NO
Cheese Ploughmans	●			●			●			●	●		●	●	YES	NO

Breakfast	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soya	sulphur dioxide and sulphates	vegetarian	vegan
Toasted Teacake	●														YES	OPTION AVAILABLE
Crumpets	●														YES	OPTION AVAILABLE
Ham & Cheddar Croissant	●			●			●								YES	NO
Crunchy Granola	●						■			●	●				YES	OPTION AVAILABLE

Please note:

whilst we try our best to ensure your food is suitable for you, our dishes are prepared in areas in which allergenic ingredients are present.

These charts show which dishes do not contain certain allergenic ingredients as intentional ingredients, however we cannot guarantee that dishes are 100% free from these ingredients due to the preparation process.



Red Dot - this means that the allergen is present in the dish.



Blue Box - this means that the dish can be modified to remove the specified allergen from the dish.

ELEPHANT	this dish contains														suitable for	
Cakes + Pastries	gluten	celery	crustaceans	eggs	fish	lupin	milk	molluscs	mustard	tree nuts	peanuts	sesame seeds	soya	sulphur dioxide and sulphates	vegetarian	vegan
All Butter Croissant	●			●			●								NO	NO
Almond Croissant	●			●			●			●	●				NO	NO
Raspberry Croissant	●														YES	YES
Orange & Hazelnut Crown	●									●	●				YES	YES
Pastel De Nata	●			●			●			●	●				YES	NO
Chocolate Twist	●			●			●						●		YES	NO
Cheese + Bacon Turnover	●			●			●								NO	NO
Cornish Pasty	●						●								NO	NO
All Butter Flapjack	●						●								YES	NO
Mini Banana Loaf	●												●		YES	YES
Flapjack	●						●								YES	NO
Chocolate Brownie													●		YES	YES
Tiffin	●						●						●	●	YES	NO
Blueberry Crumble Muffin	●			●			●								YES	NO
Fruit Raisin Scone	●			●			●							●	YES	NO
Oreo Brownie	●			●			●						●		YES	NO
Scone	●			●			●							●	YES	NO
Pecan + Caramel Slice										●	●		●		YES	YES
White Choc + Raspberry Flapjack	●			●			●						●		YES	NO
Gingerbread Man	●			●			●						●		YES	NO
Shortbread	●						●								YES	NO
Biscoff Cookie	●			●			●						●		YES	NO
Lemon Drizzle				●											YES	NO

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