

PEABODYS COFFEE ALLERGEN MATRIX

Updated August 2020

We use lots of ingredients in our Peabodys kitchens, so potential cross contamination means that we cannot guarantee any of our food to be allergen free. Where possible, we have provided additional information on potential cross contaminants from our suppliers where products are not made in house. Of course you can always drop us a call at HQ to find out more: **01525 403703**

Pastries, Muffins & Cakes	Description / Notes	PEABODYS COFFEE • LOVE • FOOD												
		Cereals containing Gluten Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Cannot guarantee any of the following products to be free from Gluten, Sesame Seeds, Sulphites Nuts, Soya, Milk and Eggs.														
All butter croissant		N	Y	N	N	N	N	Y	N	N	N	N	N	N
Pain au chocolat		N	Y	N	N	N	N	Y	N	N	N	N	N	N
Almond croissant		N	Y	N	Y	N	N	Y	N	N	Y	N	N	N
Pain aux raisins		N	Y	N	N	N	N	Y	N	N	N	N	N	N
Apple danish		N	Y	N	N	N	N	Y	N	N	N	N	N	N
Apricot danish		N	Y	N	N	N	N	Y	N	N	N	N	N	N
Custard doughnut		N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Jam doughnut		N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Lemon drizzle loaf cake		N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Carrot loaf cake		N	Y	N	Y	N	N	Y	N	N	Y	N	N	N
Chocolate marble loaf cake		N	Y	N	Y	N	N	Y	N	N	Y	N	N	N
Battenburg loaf cake		N	Y	N	Y	N	N	Y	N	N	Y	N	N	N
Banana loaf cake		N	Y	N	Y	N	N	N	N	N	Y	N	N	N
Blueberry tulip muffin		N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Chocolate tulip muffin		N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Orange & coconut tulip muffin		N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Chocolate chip tulip muffin		N	Y	N	Y	N	N	Y	N	N	N	N	Y	N
Strawberry tulip muffin		N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Sausage roll		N	Y	N	Y	N	N	Y	N	N	N	N	N	N

CIABATTA, WRAPS, FILLED CROISSANTS, PANINI, MUFFINS & TOASTIES	Description / Notes	PEABODYS COFFEE • LOVE • FOOD												
		Cereals containing Gluten Celery	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Ciabattas														
Green Pesto & Mozzarella	Ciabatta, chicken, green pesto, mozzarella	N	Y	N	N	N	N	Y	N	N	N	N	N	N
BBQ Chicken & Mozzarella	Ciabatta, chicken, bbq sauce, mozzarella	N	Y	N	N	N	N	Y	N	N	Y	N	N	N
Salami & Mozzarella	Ciabatta, salami milano, mozzarella, rocket, tomato	N	Y	N	N	N	N	Y	N	Y	Y	Y	N	Y
Chorizo & Cheddar	Ciabatta, chorizo, cheddar, spinach, tomato	N	Y	N	N	N	N	Y	N	Y	Y	Y	N	Y
Seeded Houmous , Chargrilled Peppers (VE)	Seeded ciabatta, houmous, chargrilled peppers, smoked paprika, rocket	N	Y	N	N	N	N	N	N	N	N	Y	N	N
Seeded Prosciutto & Mozzarella	Seeded ciabatta, prosciutto crudo, mozzarella, rocket, tomato	N	Y	N	N	N	N	Y	N	N	N	N	N	Y
Wraps														
Chicken Caesar	Wrap with chicken breast, caesar dressing and salad	N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Houmous, Carrot & Spinach (VE)	Wrap with houmous, grated carrot & spinach	N	Y	N	N	N	N	N	N	N	N	N	Y	N
Smoked Salmon, Cream Cheese & Rocket	Wrap with smoked salmon, cream cheese & rocket	N	Y	N	N	Y	N	N	N	N	N	N	N	N
Filled Croissants														
Ham And Cheese Croissant	Croissant filled with ham & cheese	N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Cheese Croissants	Croissant filled with cheese	N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Panini														
Ham & Cheese	Panini, ham, cheddar	N	Y	N	N	N	N	Y	N	N	N	N	N	N
Bacon & Brie	Panini, bacon, brie	N	Y	N	N	N	N	Y	N	N	N	N	N	N
Tuna Melt	Panini, tuna, cheddar	N	Y	N	Y	Y	N	Y	N	N	N	N	N	N
Toasties														
Cheddar & Tomato	White bread, cheddar, tomato	N	Y	N	N	N	N	Y	N	N	N	N	N	N
Cheddar, Ham & Mustard	White bread, cheddar, ham, mustard	N	Y	N	N	N	N	Y	N	Y	N	N	N	Y
Breakfast Muffins														
Egg & Bacon	Egg mayo, bacon, english muffin	N	Y	N	Y	N	N	Y	N	N	N	N	N	N
Egg Florentine	Egg mayo, cheddar, spinach, english muffin	N	Y	N	Y	N	N	Y	N	N	N	N	N	N

SANDWICHES, BAGUETTES & BAGELS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Sandwiches															
Egg Mayonnaise & Cress		N	Y	N	Y	N	N	N	N	Y	N	N	N	N	N
Pastrami		N	Y	N	N	N	N	N	Y	N	N	N	N	N	N
Cheese & Tomato		N	Y	N	N	N	N	Y	N	N	N	N	N	N	N
Ham & Cheese		N	Y	N	N	N	N	Y	N	N	N	N	N	N	N
Ham & Coleslaw		N	Y	N	Y	N	N	N	Y	N	N	N	N	N	N
Tuna & Sweetcorn		N	Y	N	Y	Y	N	Y	N	Y	N	N	N	N	N
British Ham & Barbers Mature Cheddar with Mustard Mayo		N	Y	N	Y	N	N	Y	N	Y	N	N	N	N	N
Roast Beef, Beetroot & Horseradish Relish		Y	Y	N	Y	N	N	Y	N	N	N	N	N	N	N
British Pulled Chicken & Avocado Salad		Y	Y	N	Y	N	N	Y	N	N	N	N	N	N	N
Severn & Wye Smoked Salmon, Cucumber & Caper Cream		N	Y	N	N	Y	N	Y	N	N	N	N	N	N	N
Barbers Mature Cheddar Ploughmans		N	Y	N	N	N	N	Y	N	N	N	N	N	N	N
Pastrami, Gherkin and English Mustard Challah Roll		N	Y	N	N	N	N	Y	N	Y	N	N	N	Y	N
Free Range Chunky Egg Mayonnaise, Slow Roasted tomato		N	Y	N	Y	N	N	Y	N	Y	N	N	N	N	N
All Day Breakfast		N	Y	N	Y	N	N	Y	N	Y	N	N	N	Y	N
Classic BLT		N	Y	N	Y	N	N	Y	N	N	N	N	N	Y	N
Classic Roast Chicken Salad		Y	Y	N	Y	N	N	Y	N	N	N	N	N	Y	N
Coronation Chicken		N	Y	N	Y	N	N	Y	N	Y	N	N	N	Y	Y
Classic Prawn Mayonnaise		N	Y	Y	Y	N	N	Y	Y	N	N	N	N	Y	N
Severn & Wye Smoked Salmon & Lemon Dill		N	Y	N	N	Y	N	Y	N	N	N	N	N	Y	N
Baguettes															
Tuna and Cucumber Baguette		Y	Y	N	Y	Y	N	N	N	N	N	N	N	N	N
Chicken Caesar Salad Baguette		Y	Y	N	Y	N	N	Y	N	N	N	N	N	N	N
Bagels															
Soho New York Deli Pastrami Bagel		N	Y	N	Y	N	N	Y	N	Y	N	N	N	N	N
Severn & Wye Smoked Salmon & Lemon Dill Cream Cheese Bagel		N	Y	N	N	Y	N	Y	N	N	N	N	N	N	N

SALADS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Salads															
Tuna Nicoise	Tuna, Cucumber, Free Range Egg, Kalamata Olives, Cherry Tomatoes, Potato, Green Beans. Dressing - Lemon Juice & Olive Oil	N	N	N	Y	Y	N	N	N	N	N	N	N	N	N
Greek Feta	Feta, Cucumber, Cherry Tomatoes, Kalamata Olives, Mixed Leaves. Dressing - Lemon Juice & Olive Oil	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Protein Power	Spinach, Chicken Breast, Free Range Egg, Cherry Tomatoes, Mixed Seeds, Broccoli, Supergrains (Quinoa and Lentils) Dressing - Yogurt & Mint	N	N	N	Y	N	N	Y	N	N	N	N	N	N	N
Italian Caprese (V)	Mixed Leaves, Mozzarella, Avocado, Sunblush Tomatoes, Supergrains, Black Olives, Pesto Dressing - Balsamic Vinaigrette	N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Kale Chicken Caesar	Cos Lettuce and Kale, Chicken Breast, Cucumber, Free Range Egg, Grana Padano, Croutons, and Pumpkin Seeds Dressing - Caesar	N	Y	N	Y	N	N	Y	N	N	N	N	N	N	N
Vegan Mezze (VG)	Mixed Leaves, Falafel Bites, Beetroot, Houmous, Pomegranate seeds, Cucumber, Spiced chickpeas, Cherry Tomatoes, and Sumac Dressing - Extra Virgin Olive Oil, Lemon Juice and Zataar	N	N	N	N	N	N	N	N	N	N	N	N	N	N

FRUIT & VEG POTS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Piece of Fruit															
Piece of Fruit	Banana or Apple	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Fruit Salad Pot (small and large)	Diced seasonal fruit selection	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Houmous Pot with celery & carrot sticks	Portion of houmous with sticks of celery and carrot	N	N	N	N	N	N	N	N	N	N	N	Y	N	N

YOGHURT POTS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Yoghurt Pot Protein Chia															
Yoghurt Pot Protein Chia		N	Y	N	N	N	N	Y	N	N	Y	Y	Y	N	N
Yoghurt Pot Bircher Muesli		N	Y	N	N	N	N	Y	N	N	Y	Y	Y	N	N
Yoghurt Pot Honey, Oat, Banana		N	Y	N	N	N	N	Y	N	N	Y	Y	Y	N	N

BARISTA PREPARED DRINKS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
English Breakfast Tea	See milks for additional allergen info	N	N	N	N	N	N	N	N	N	N	N	N	N	N
English Decaf Tea	See milks for additional allergen info	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Peppermint Tea		N	N	N	N	N	N	N	N	N	N	N	N	N	N
Ginger & Lemongrass Tea		N	N	N	N	N	N	N	N	N	N	N	N	N	N
Green Tea		N	N	N	N	N	N	N	N	N	N	N	N	N	N
Iced Teas (All Flavours)		N	N	N	N	N	N	N	N	N	N	N	N	N	N
Americano	YES to milk, if served with milk	N	N	N	N	N	N	Y/N	N	N	N	N	N	N	N
Cappuccino		N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Latte		N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Espresso		N	N	N	N	N	N	N	N	N	N	N	N	N	N
Double Espresso		N	N	N	N	N	N	N	N	N	N	N	N	N	N
Cortado		N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Flat White		N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Macchiato		N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Chai Latte		N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Hot Chocolate		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
Mocha		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
Tumeric Latte		N	N	N	N	N	N	Y	N	N	N	N	N	N	N
Frappé Chocolate (Standard Non-Vegan)		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
Frappé Coffee (Standard Non-Vegan)		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
Frappé Vanilla (Standard Non-Vegan)		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
Frappé Mocha (Standard Non-Vegan)		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
VEGAN Frappé powder produced in a factory that handles soya, wheat and gluten		N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Frappé Vegan Strawberry Ripple (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Frappé Vegan Mocha (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Frappé Vegan Banoffee (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	N	N
Frappé Vegan Strawberry Ripple (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Frappé Vegan Mocha (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Frappé Vegan Banoffee (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Frappé Vegan Strawberry Ripple (Coconut Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Frappé Vegan Mocha (Coconut Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Frappé Vegan Banoffee (Coconut Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Frappé Vegan Strawberry Ripple (Oat Milk)	May Be Traces Of Gluten In Oats	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Frappé Vegan Mocha (Oat Milk)	May Be Traces Of Gluten In Oats	N	N	N	N	N	N	N	N	N	N	N	N	N	N
Frappé Vegan Banoffee (Oat Milk)	May Be Traces Of Gluten In Oats	N	N	N	N	N	N	N	N	N	N	N	N	N	N

SOYA MILK VERSIONS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Cappuccino (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Latte (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Cortado (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Flat White (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Macchiato (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Chai Latte (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Hot Chocolate (Soya Milk)		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
Mocha (Soya Milk)		N	N	N	N	N	N	Y	N	N	N	N	N	Y	N
Tumeric Latte (Soya Milk)		N	N	N	N	N	N	N	N	N	N	N	N	Y	N

ALMOND MILK VERSIONS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Cappuccino (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Latte (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Cortado (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Flat White (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Macchiato (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Chai Latte (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N
Hot Chocolate (Almond Milk)		N	N	N	N	N	N	Y	N	N	Y	N	N	Y	N
Mocha (Almond Milk)		N	N	N	N	N	N	Y	N	N	Y	N	N	Y	N
Tumeric Latte (Almond Milk)		N	N	N	N	N	N	N	N	Y	N	N	N	Y	N

OAT MILK VERSIONS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Cappuccino (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Latte (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Cortado (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Flat White (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Macchiato (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Chai Latte (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Chai Latte (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Hot Chocolate (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	Y	N	N	N	N	N	Y	N
Mocha (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	Y	N	N	N	N	N	Y	N
Tumeric Latte (Oat Milk)	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N

COCONUT MILK VERSIONS	Description	PEABODYS COFFEE · LOVE · FOOD													
		Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Cappuccino (Coconut Milk)		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Latte (Coconut Milk)		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Cortado (Coconut Milk)		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Flat White (Coconut Milk)		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Macchiato (Coconut Milk)		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Chai Latte (Coconut Milk)		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Hot Chocolate (Coconut Milk)		N	N	N	N	N	N	Y	N	N	Y	N	N	Y	N
Mocha (Coconut Milk)		N	N	N	N	N	N	Y	N	N	Y	N	N	Y	N
Tumeric Latte (Coconut Milk)		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Milks															
Soya Milk		N	N	N	N	N	N	N	N	N	N	N	N	Y	N
Amond Milk		N	N	N	N	N	N	N	N	N	Y	N	N	N	N
Oat Milk	May Be Traces Of Gluten In Oats	N	Y	N	N	N	N	N	N	N	N	N	N	N	N
Coconut Milk		N	N	N	N	N	N	N	N	N	Y	N	N	Y	N
Milk (Dairy)		N	N	N	N	N	N	Y	N	N	N	N	N	N	N

• MADE IN A FACTORY THAT USES NUTS

V = vegetarain

VG = vegan