

roost

COFFEE HOUSE

Supplier information, Ingredients and allergens

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Ingredients & Allergen Information Guide

Staff Briefing & Usage Guidance

This guide has been produced to ensure Roost Coffee House meets its legal obligations under UK food safety and food information legislation and to protect customers with food allergies or intolerances. Allergens can cause serious, and sometimes life-threatening, reactions. Accurate communication of allergen information is therefore essential.

Purpose of This Guide

This document contains supplier information, ingredient lists, allergen identification (including the 14 legally recognised allergens), and “may contain” or cross-contamination details for food and drink served at Roost. It must be used by all staff involved in food preparation and customer service.

Legal Duty

Roost is legally required to provide clear, accurate, and consistent allergen information to customers. Staff must:

- Never guess allergen or ingredient information
- Always refer to this guide when responding to customer queries
- Ensure information given to customers matches this document

If information cannot be confirmed, a manager must be consulted before responding.

Using This Guide

- Check this guide whenever a customer asks about ingredients or allergens
- Do not rely on memory or assumptions
- Escalate any uncertainty immediately
- Report any product, recipe, or supplier changes so the guide can be updated

Communication with Customers

All allergen queries must be taken seriously. Staff should:

- Clarify allergies vs intolerances where appropriate
- Clearly explain any “may contain” or cross-contamination risks
- Never make guarantees unless confirmed in this guide

Cross-Contamination

Roost handles allergens within the premises. While procedures are in place to reduce risk, cross-contamination may occur. Any relevant risk information listed in this guide must be communicated to customers.

Staff Responsibility

All staff are responsible for understanding how to access and use this guide, completing allergen training, and escalating concerns when unsure. Customer safety is a shared responsibility.

Supplier contact details

The Dessert Company – Cakes and sweet treats

01223 235522

info@thedessertcompany.co.uk

www.thedessertcompany.co.uk

Fareacres Farm, Dry Drayton Road, Oakington, Cambs, CB24 3BD

Main point of contact – Mark Lawson

Stir Bakery – Pastries and bread

01223 869944

orders@stirbakery.co.uk

www.stirbakery.co.uk

Main point of contact – Clare

Country Kitchen – Sausage Rolls and Scotch Eggs

antoniailott@gmail.com

Main point of contact – Antonia ilott

Herbies American Diner – Cookies

01954 780001

Huntingdon Road, Swavesey, Cambridge, CB24 4RE

Paul.herbert11@btinternet.com

info@herbiesdiner.co.uk

Main point of contact – Paul and Claire

ALLERGENS	DESSERT CATEGORY	WHEAT	BARLEY	OATS	EGGS	MILK	ALMONDS	BRAZIL NUTS	CHESTNUT	HAZELNUTS	PECANS	PISTACHIOS	WALNUTS	PEANUTS	SOYA	SULPHUR DIOXIDE	
		YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	Very berry	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	White chocolate & strawberry	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	White chocolate blizzard v	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	Zesty lemon curd v	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
MOUSSE																	
	Blackberry & apple	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Chocolate & amaretto torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate & brandy torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate & cherry torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate & Cointreau torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate & Irish cream	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate & marshmallow torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate & orange torte (Low Gluten)	NO	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	Chocolate & raspberry bombe	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate & raspberry mousse tart	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	Chocolate chaos	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate mirror torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Chocolate sweet treat	YES	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	YES	
	Elderflower & raspberry mousse	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Espresso praline caramel mousse	YES	NO	NO	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	
	Jaimmy Dodger	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Lemon & lime bavarois	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Lemon lush	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	Mango & passion fruit mousse	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Mint crunch	YES	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	Mississippi mud	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	
	Nougat, caramel & peanut lumpy bumpy	YES	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	YES	YES	
	Orange mousse	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Pistachio & cardamom torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	
	Raspberry delice	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Redcurrant, raspberry & vanilla torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
	Salted caramel torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	Tiramisu torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	
	Triple chocolate torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES	

ALLERGENS		WHEAT	BARLEY	OATS	EGGS	MILK	ALMONDS	BRAZIL NUTS	CHESTNUT	HAZELNUTS	PECANS	PISTACHIOS	WALNUTS	PEANUTS	SOYA	SULPHUR DIOXIDE
Cherry crumble v	IND	YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
	W	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chocolate hazelnut fudge tart v	IND	YES	NO	NO	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO
	W	YES	NO	NO	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO
Coconut & lemon tart v	IND	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cornflake tart v		YES	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Custard tart v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO
Date & walnut frangipane v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO
Duke of Cambridge tart v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Dutch apple lattice v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	NO	YES	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO
Fig, plum & hazelnut frangipane v	IND	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	YES	NO	NO	YES	NO	NO	NO	NO	NO	NO
Fresh fruit tart v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Gooseberry crumble v	IND	YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lemon tart v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lime & lemon tart v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Manchester tart v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Plum frangipane v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Raspberry & rhubarb frangipane v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Raspberry brulee tart v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Rhubarb & custard tart v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Rhubarb & strawberry crumble tart v	IND	YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Rhubarb & strawberry crumble tart v	IND	YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
		YES	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

ALLERGENS	THE DESSERT COMPANY	WHEAT	BARLEY	OATS	EGGS	MILK	ALMONDS	BRAZIL NUTS	CHESTNUT	HAZELNUTS	PECANS	PISTACHIOS	WALNUTS	PEANUTS	SOYA	SULPHUR DIOXIDE
		W	NO	YES	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sticky toffee pudding v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Treadle tart v	IND	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
	W	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Vegan chocolate sponge pudding v		YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES
Vegan mixed berry crumble tart v		YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Vegan sticky toffee pudding v		YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
White chocolate & raspberry brioche pudding v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
GATEAU																
Apple & blueberry cake v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Bakewell cake v		YES	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Banoffee roulade v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Blackcurrant & raspberry roulade v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Blackcurrant sponge cake (Low Gluten) v		NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Carrot cake v		YES	NO	NO	YES	YES	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Chocolate & cherry cake (Low Gluten) v		NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chocolate & hazelnut praline roulade v		YES	NO	NO	YES	YES	NO	NO	NO	YES	NO	NO	NO	NO	YES	NO
Chocolate buttercream cake v		YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES
Chocolate cake (Low Gluten) v		NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chocolate fika cake (Low Gluten) v		NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Chocolate fudge cake v		YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES
Chocolate orange cake v		YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES
Coconut & raspberry cake v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Coffee & walnut cake v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO
Elderflower & raspberry cake (Low Gluten) v		NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Ginger & orange cake v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lemon drizzle cake v		YES	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lemon roulade v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Lime & lemon cake v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Mocha Buttercream v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Opera cake v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO
Orange polenta cake (Low Gluten) v		NO	NO	NO	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO
Rich fruit cake loaf v		YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Rolo cake		YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES

ALLERGENS	DESSERT Company													SULPHUR DIOXIDE			
	WHEAT	BARLEY	OATS	EGGS	MILK	ALMONDS	BRAZIL NUTS	CHESTNUT	HAZELNUTS	PECANS	PISTACHIOS	WALNUTS	PEANUTS		SOYA		
Tottenham tray cake (Low Gluten) v	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO		
Vegan apple crumble slice	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES		
Vegan chocolate cake tray v	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES		
Vegan chocolate flapjack	YES	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO		
Vegan cinnamon streusel tray v	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES		
Vegan lemon & orange drizzle v	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	YES		
Vegan sticky peanut butter Bar	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO		
AND MORE...																	
Banoffee pie v	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Chocolate & orange brulee (Low Gluten) v	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	
Cinnamon & honey pannacotta (Low Gluten)	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Irish cream brulee in ramekin (Low Gluten)	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Pannacotta with rhubarb compote (Low Gluten)	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Vanilla brulee in ramekin (Low Gluten) v	NO	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	
Vegan vanilla pannacotta (Low Gluten)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	
CHRISTMAS SPECIALS 2025																	
Lemon, stem ginger & gingerbread torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
Mint choc chip and Irish cream	YES	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES
Chocolate truffle torte	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	YES
Mince meat cheesecake	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Cranberry apple cake	YES	NO	NO	YES	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO

THE FOLLOWING ALLERGENS DO NOT APPEAR IN ANY OF OUR PRODUCTS:

CELERY, RYE, CRUSTACEANS, FISH, LUPIN, MOLLUSCS, MUSTARD, CASHEW, SESAME SEEDS.

Stir Bakery

Pastries and Sweet Bakes

All Butter Croissant

Storage information – Store ambient on delivery day. Do not refrigerate.

Shelf life – Day of delivery only.

Ingredients – Wheat flour, butter (milk), water, yeast, sugar, salt.

Allergens – Wheat (gluten), milk.

May contain egg, soya, nuts, sesame.

Pain au Chocolat

Storage information – Store ambient on delivery day.

Shelf life – Day of delivery only.

Ingredients – Wheat flour, butter (milk), dark chocolate (cocoa mass, sugar, cocoa butter, soya lecithin), water, yeast, sugar, salt.

Allergens – Wheat (gluten), milk, soya.

May contain egg, nuts, sesame.

Pain Suisse

Storage information – Store ambient on delivery day.

Shelf life – Day of delivery only.

Ingredients – Wheat flour, butter (milk), custard (milk, egg, sugar, cornflour), chocolate, yeast, sugar, salt.

Allergens – Wheat (gluten), milk, egg, soya.

May contain nuts, sesame.

Spelt Banana Loaf Cake

Storage information – Store ambient in airtight container.

Shelf life – Up to 3 days from delivery.

Ingredients – Spelt flour (gluten), banana, egg, butter (milk), sugar, raising agents, spices.

Allergens – Spelt (gluten), egg, milk.

May contain nuts, soya.

Cinnamon Knots

Storage information – Store ambient on delivery day.

Shelf life – Day of delivery only.

Ingredients – Wheat flour, butter (milk), sugar, cinnamon, yeast, salt.

Allergens – Wheat (gluten), milk.

May contain egg, nuts, sesame, soya.

Fruit Scone

Storage information – Store ambient in airtight container.

Shelf life – Up to 2 days from delivery.

Ingredients – Wheat flour, butter (milk), milk, dried fruit (sultanas), sugar, raising agents.

Allergens – Wheat (gluten), milk. May contain egg, nuts.

Cheese Scone

Storage information – Store ambient in airtight container.

Shelf life – Up to 2 days from delivery.

Ingredients – Wheat flour, cheddar cheese (milk), butter (milk), milk, raising agents.

Allergens – Wheat (gluten), milk.

May contain egg, mustard.

BREAD**Spelt Sourdough**

Storage information – Store ambient. Do not refrigerate.

Shelf life – Up to 3 days from delivery.

Ingredients – Spelt flour (gluten), water, salt, sourdough starter.

Allergens – Spelt (gluten).

May contain sesame.

Focaccia Round

Storage information – Store ambient.

Shelf life – Day of delivery + 1 day.

Ingredients – Wheat flour, water, olive oil, yeast, salt, rosemary.

Allergens – Wheat (gluten).

May contain sesame.

Ciabatta Loaf

Storage information – Store ambient.

Shelf life – Day of delivery + 1 day.

Ingredients – Wheat flour, water, yeast, salt, olive oil.

Allergens – Wheat (gluten).

May contain sesame.

Gluten Free Sourdough – Seeded

Storage information – Store ambient, slice and toast recommended after day one.

Shelf life – Up to 3 days from delivery.

Ingredients – Gluten-free flour blend (rice, maize), water, seeds (sunflower, pumpkin, linseed), sourdough starter, salt.

Allergens – Seeds.

Produced in a bakery handling gluten.

White & Wholemeal Sourdough

Storage information – Store ambient.

Shelf life – Up to 3 days from delivery.

Ingredients – Wheat flour (white & wholemeal), water, salt, sourdough starter.

Allergens – Wheat (gluten).

May contain sesame.

Seed & Grain Sourdough

Storage information – Store ambient.

Shelf life – Up to 3 days from delivery.

Ingredients – Wheat flour, water, mixed seeds & grains (sesame, sunflower, linseed), salt, sourdough starter.

Allergens – Wheat (gluten), sesame.

May contain nuts.

Country Kitchen

Sausage Roll

Storage information -

Shelf life – 5 days

Ingredients –

Allergens -

Country Kitchen

Sausage Rolls

Ingredients: Pork Meat, Eggs, Wheat, Flour (with Calcium, Iron, Niacin, Thiamin), Margarine (Palm & Rapeseed Oil), emulsifier (E471), Water, Salt

Allergens: Wheat, Egg, Gluten, Soya. Dairy
May contain traces of nuts

Eat on day of purchase

Scotch Egg

Storage information -

Shelf life – 5 days

Ingredients –

Allergens -

Country Kitchen

Scotch Eggs

Ingredients: Pork Meat, Eggs, **Bread**(Wheat Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Salt, Preservatives(mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-glycerides of Fatty Acids), Spirit Vinegar, Rapeseed oil, Flour Treatment Agents (Ascorbic Acid), Vegetable Oil

Allergens: Wheat, Egg, Gluten, Soya. May contain traces of nuts

Eat on day of purchase

Ingredients

Yeast extract (contains BARLEY, WHEAT, OAT, RYE), salt, vegetable juice concentrate, vitamins (thiamin, riboflavin, niacin, vitamin B12 and folic acid), natural flavouring (contains CELERY)

Allergen information

Contains: Barley, Celery, Cereals
 Containing Gluten, Oats, Rye,
 Wheat

Herbies Bakes

Please note: **We use gluten, eggs, dairy, soya, sesame, tree nuts & peanuts in our kitchen.** Our products may not be suitable for allergy sufferers.

Oreo stuffed NYC Cookie (UPDATED)

Baking butter: vegetable oils (rapeseed, palm), water, BUTTERMILK (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain MILK) citric acid, vitamins (A,D), colour (carotenes). Light brown sugar (100% cane). Granulated white sugar (100% cane). EGGS. Vanilla essence: water, monopropylene glycol, colour (Caramel E150a), flavourings. Plain flour: (WHEAT flour, calcium, iron, niacin, nicotinamide, thiamin). Bicarbonate of soda: sodium hydrogen carbonate. Baking Powder: raising agents: diphosphates, sodium carbonates; rice flour. Milk Chocolate chunks: Sugar, whole (MILK) powder, cocoa butter, Cocoa mass, Whey powder (MILK) skimmed (MILK) powder, emulsifiers: (SOYA) lecithin, natural vanilla flavouring. Cookies & Cream spread: sugar, vegetable fat (palm), whole MILK powder, skimmed MILK powder, whey MILK powder, cocoa crumble (WHEAT flour, sugar vegetable oil (high oleic sunflower oil), cocoa powder, glucose-fructose syrup, raising agent (ammonium hydrogen carbonate, sodium hydrogen carbonate), salt, emulsifier (E-322), vanilla flavour), emulsifier (E-322 SOYA lecithin), cocoa butter, natural flavouring (MILK). White Chocolate spread: sugar, highly stable non-hydrogenated palm oleic fat, skimmed MILK powder, dry WHEY (MILK) powder, fully hydrogenated fractionated palm kernel oil (lauric oil) based cocoa butter substitute (CBS), emulsifier E322 (sunflower lecithin), additives E492 sorbitan tristearate from vegetable fat, flavour (MILK). OREO Crumb: WHEAT flour, sugar, palm oil, rapeseed oil, fat reduced cocoa powder 4.5%, WHEAT starch, glucose fructose syrup, raising agents (ammonium carbonates, potassium carbonates, sodium carbonates), salt, emulsifier: (SOYA lecithins, sunflower lecithins), acidity regulator (sodium hydroxide), flavouring. May contain TREE NUTS & PEANUTS

Nutella stuffed Chocolate Chip NYC Cookie

Baking butter: vegetable oils (rapeseed, palm), water, BUTTERMILK (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain MILK) citric acid, vitamins (A,D), colour (carotenes). Light brown sugar (100% cane). Granulated white sugar (100% cane). EGGS. Vanilla essence: water, monopropylene glycol, colour (Caramel E150a), flavourings. Plain flour: (WHEAT flour, calcium, iron, niacin, nicotinamide, thiamin). Bicarbonate of soda: sodium hydrogen carbonate. Baking Powder: raising agents: diphosphates, sodium carbonates; rice flour. Milk Chocolate chunks: Sugar, whole (MILK) powder, cocoa butter, Cocoa mass, Whey powder (MILK) skimmed (MILK) powder, emulsifiers: (SOYA) lecithin, natural vanilla flavouring. Nutella spread: sugar, palm oil, HAZELNUTS (13%), Skimmed MILK powder (8.7%), fat reduced cocoa (7.4%), emulsifier: lecithins (SOYA), vanillin. Milk Chocolate: sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier (E322 (SOYA)), vanilla extract. Chopped Nuts: PEANUTS (70%), ALMONDS & WALNUTS. May contain other TREE NUTS.

Traditional Rocky Road

Milk Chocolate: sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier (E322 (SOYA)), vanilla extract. Golden syrup: partially inverted refiners syrup. Baking butter: vegetable oils (rapeseed, palm), water, BUTTERMILK (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain MILK) citric acid, vitamins (A,D), colour (carotenes). Digestive biscuits: Wheat flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine) wholemeal WHEAT flour, sugar, palm oil, rapeseed oil, OATS, partially inverted refiners syrup, raising agents (sodium bicarbonate, ammonium) salt. Marshmallows: Corn glucose fructose syrup, sugar water, pork gelatine, anti-caking agent (corn starch), colour (beetroot red), flavouring. WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine) Rapeseed oil, sugar, butter (MILK), salt, natural flavouring, raising agent (sodium carbonates). Raisins (99.9%), sunflower oil). Glace cherries: cherry (56%), glucose-fructose syrup, sugar (18%), acidity regulator (citric acid), preservatives (potassium sorbate, SULPHUR DIOXIDE), colour (Erythrosine). Milk Chocolate Spread: sugar, highly stable non-hydrogenated palm oleic fat, dry WHEY powder, fat-reduced cocoa powder (6%), skimmed MILK powder, emulsifier; E322 (SOYA lecithin), flavour (MILK). Milk Chocolate: sugar, cocoa butter, whole MILK powder, cocoa mass, emulsifier (E322 (SOYA)), vanilla extract. May contain TREE NUTS & PEANUTS

Chunky Smarties Cookies (UPDATED)

Baking butter: vegetable oils (rapeseed, palm), water, BUTTERMILK (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain MILK) citric acid, vitamins (A,D), colour (carotenes). Light brown sugar (100% cane). Granulated white sugar (100% cane). EGGS. Vanilla essence: water, monopropylene glycol, colour (Caramel E150a), flavourings. Plain flour: (WHEAT flour, calcium, iron, niacin, nicotinamide, thiamin). Bicarbonate of soda: sodium hydrogen carbonate. Baking Powder: raising agents: diphosphates, sodium carbonates; rice flour. Milk Chocolate chunks: Sugar, whole (MILK) powder, cocoa butter, Cocoa mass, Whey powder (MILK) skimmed (MILK) powder, emulsifiers: (SOYA) lecithin, natural vanilla flavouring. Mini Smarties: sugar, skimmed MILK powder, cocoa mass, cocoa butter, WHEAT flour, BUTTER oil, WHEY powder product, rice starch, emulsifier lecithins, colour (beetroot red, carotene, curcumin), spirulina concentrate, glazing agents (Caruba wax, beeswax white), vegetable concentrates (safflower, radish), BARLEY malt extract. Smarties: sugar, cocoa butter, skimmed MILK powder, cocoa mass, butterfat (from MILK), WHEAT flour, LACTOSE & proteins from whey (from MILK), rice starch, emulsifier: (lecithins), colours (beetroot red, carotene, curcumin), natural flavouring, spirulina concentrate, glazing agents (carnauba wax, beeswax white, fruit & vegetable concentrate (safflower, radish), BARLEY malt extract. May contain TREE NUTS & PEANUTS

Chunky Smarties Cookies (UPDATED)

Baking butter: vegetable oils (rapeseed, palm), water, **BUTTERMILK** (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain **MILK**) citric acid, vitamins (A,D), colour (carotenes). Light brown sugar (100% cane). Granulated white sugar (100% cane). **EGGS**. Vanilla essence: water, monopropylene glycol, colour (Caramel E150a), flavourings. Plain flour: (**WHEAT** flour, calcium, iron, niacin, nicotinamide, thiamin). Bicarbonate of soda: sodium hydrogen carbonate. Baking Powder: raising agents: diphosphates, sodium carbonates; rice flour. Milk Chocolate chunks: Sugar, whole (**MILK**) powder, cocoa butter, Cocoa mass, Whey powder (**MILK**) skimmed (**MILK**) powder, emulsifiers: (**SOYA**) lecithin, natural vanilla flavouring. Mini Smarties: sugar, skimmed **MILK** powder, cocoa mass, cocoa butter, **WHEAT** flour, **BUTTER** oil, **WHEY** powder product, rice starch, emulsifier lecithins, colour (beetroot red, carotene, curcumin), spirulina concentrate, glazing agents (Caruba wax, beeswax white), vegetable concentrates (safflower, radish), **BARLEY** malt extract. Smarties: sugar, cocoa butter, skimmed **MILK** powder, cocoa mass, butterfat (from **MILK**), **WHEAT** flour, **LACTOSE** & proteins from whey (from **MILK**), rice starch, emulsifier: (lecithins), colours (beetroot red, carotene, curcumin), natural flavouring, spirulina concentrate, glazing agents (carnauba wax, beeswax white, fruit & vegetable concentrate (safflower, radish), **BARLEY** malt extract. May contain **TREE NUTS & PEANUTS**

Pistachio & white chocolate chunk stuffed NYC Cookie

Baking butter: vegetable oils (rapeseed, palm), water, **BUTTERMILK** (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain **MILK**) citric acid, vitamins (A,D), colour (carotenes). Light brown sugar (100% cane). Granulated white sugar (100% cane). **EGGS**. Vanilla essence: water, monopropylene glycol, colour (Caramel E150a), flavourings. Plain flour: (**WHEAT** flour, calcium, iron, niacin, nicotinamide, thiamin). Bicarbonate of soda: sodium hydrogen carbonate. Baking Powder: raising agents: diphosphates, sodium carbonates; rice flour. White Chocolate Chunks: sugar, cocoa butter, whole **MILK** powder, **LACTOSE**, Whey powder (**MILK**), emulsifier (**SOYA**) lecithin. White Chocolate spread: sugar, highly stable non-hydrogenated palm oleic fat, skimmed **MILK** powder, dry **WHEY** (**MILK**) powder, fully hydrogenated fractionated palm kernel oil (lauric oil) based cocoa butter substitute (CBS), emulsifier E322 (sunflower lecithin), additives E492 sorbitan tristearate from vegetable fat, flavour (**MILK**). White Chocolate: sugar, cocoa butter, whole **MILK** powder, emulsifier (E322 (**SOYA**)), vanilla extract. **PISTACHIO NUTS** (100%). Pistachio spread: **PISTACHIOS** (45%), sugar, oil (sunflower) & fats (palm & palm kernel), skimmed **MILK** powder, **MILK WHEY** powder, emulsifier: sunflower lecithin (E322), natural colourings (E100 – E141ii). May contain other **TREE NUTS & PEANUTS**

Triple Chocolate Brownies – Low Gluten

Baking butter: vegetable oils (rapeseed, palm), water, **BUTTERMILK** (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain **MILK**) citric acid, vitamins (A,D), colour (carotenes). Dark chocolate: sugar, cocoa butter, cocoa mass, reduced fat cocoa powder, emulsifier (E322 (**SOYA**)), vanilla extract. **EGGS**. Caster sugar (100% cane). Gluten Free Flour: Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat). Cocoa powder: Cocoa powder, acidity regulator (potassium carbonates). Milk Chocolate chunks: Sugar, whole (**MILK**) powder, cocoa butter, Cocoa mass, Whey powder (**MILK**) skimmed (**MILK**) powder, emulsifiers: (**SOYA**) lecithin, natural vanilla flavouring. White Chocolate Chunks: sugar, cocoa butter, whole **MILK** powder, **LACTOSE**, Whey powder (**MILK**), emulsifier (**SOYA**) lecithin. Milk Chocolate: sugar, cocoa butter, whole **MILK** powder, cocoa mass, emulsifier (E322 (**SOYA**)), vanilla extract. White Chocolate: sugar, cocoa butter, whole **MILK** powder, emulsifier (E322 (**SOYA**)), vanilla extract. May contain **TREE NUTS & PEANUTS**

Millionaires Shortbread

Shortbread: Baking butter: vegetable oils (rapeseed, palm), water, **BUTTERMILK** (7.5%), emulsifiers (sunflower lecithin, mono- & diglycerides of fatty acids) salt, natural flavouring (contain **MILK**) citric acid, vitamins (A,D), colour (carotenes). Caster sugar (100% cane). Plain flour: (**WHEAT** flour, calcium, iron, nicotinamide, niacin, thiamin). Caramel: Butter: unsalted, min. 80% milk fat (**MILK**). Caster sugar (100% cane). Golden syrup: partially inverted refiners syrup. Sweetened condensed milk: contains a minimum of 8% milk fat & 20% milk solids not fat – whole cow **MILK**, sugar, skimmed **MILK**. Caramel: Butter: unsalted, min. 80% milk fat (**MILK**). Caster sugar (100% cane). Golden syrup: partially inverted refiners syrup. Sweetened condensed milk: contains a minimum of 8% milk fat & 20% milk solids not fat – whole cow **MILK**, sugar, skimmed **MILK**. Milk Chocolate: sugar, cocoa butter, whole **MILK** powder, cocoa mass, emulsifier (E322 (**SOYA**)), vanilla extract. Milk Chocolate Spread: sugar, highly stable non-hydrogenated palm oleic fat, dry **WHEY** powder, fat-reduced cocoa powder (6%), skimmed **MILK** powder, emulsifier; E322 (**SOYA** lecithin), flavour (**MILK**). White Chocolate: sugar, cocoa butter, whole **MILK** powder, emulsifier (E322 (**SOYA**)), vanilla extract. May contain **TREE NUTS & PEANUTS**

Silver Oak



This is now the ninth year with our primary espresso from our friends, Diego Robelo and family, at the Aquiare Estate.

Roasted longer specifically for espresso but also suitable for non-pressurised brew methods.

Our espresso recipe: 18.5g, 27-33s, 52ml water (92°C) yielding 50g.

Cambridge Juice Company

Glebe Farm Pureoaty Barista Oat Milk

Nutritional Information

Per 100ml

- Energy 247 kJ 59 kcal
- Fat 1.8g Of which saturated 0.2g
- Carbohydrate 9.9g Of which Sugars 3.9g
- Fibre <0g
- Protein 1.1g
- Salt 0.1g

Ingredients

Water GLUTEN Free OATS (11%) Sunflower Oil Salt

Glebe Farm Barista Almond Milk

Nutritional Information

- Energy 259 kJ 62 kcal
- Fat 1.8g Of which saturated 0.4g
- Carbohydrate 10.5g Of which Sugars 5.1g
- Fibre 0.5g
- Protein 0.8g
- Salt 0.1g

Ingredients:

Water, Almonds (4%), Maltodextrin (rice), Stabiliser (gellan gum), Natural Flavouring, Salt.

Nutritional Information Per 100ml

Energy 259 kJ

62 kcal

Fat 1.8g

of which saturates 0.4g

Carbohydrate 10.5g

of which sugars* 5.1g

Fibre 0.5g

Protein 0.8g

Salt 0.1g

Glebe Farm Barista Soya

Nutritional Information

- Energy 177 kJ 44 kcal
- Fat 1.5g Of which saturated 0.2g
- Carbohydrate 4.4g Of which Sugar 3.6g
- Fibre 0.6g
- Protein 3.0g
- Salt 0.1g

Ingredients:

Water, Dehulled Soya beans (7%), Sugar, Natural Flavouring, Stabiliser (Gellan Gum).

Nutritional Information Per 100ml

Energy 177 kJ

44 kcal

Fat 1.5g

of which saturates 0.2g

Carbohydrate 4.4g

of which sugars* 3.6g

Fibre 0.6g

Protein 3.0g

Salt 0.1g

Staff Allergen Awareness Declaration & Sign-Off

I confirm that I have read, understood, and agree to follow the Roost Coffee House Ingredients & Allergen Information Guide.

I understand that:

- I must not guess allergen or ingredient information
- I must always refer to the guide or a manager when responding to allergen queries
- Failure to follow allergen procedures may put customers at serious risk

I agree to follow allergen procedures at all times and to raise any concerns immediately.

Staff Name: _____

Job Role: _____

Signature: _____

Date: _____

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