

 Products	Cereals With Gluten	Crustaceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Sesame Seeds	Mustard	Sulphur Dioxide & Sulphites	Lupin	Molluscs
Breads - Please ADD the bread allergen to the fillings listed below.														
White Baguette	Wheat													
Brown Baguette	Wheat / Barley					Soya								
White Sliced O'Briens Bread	Wheat					Soya								
Granary Sliced O'Briens Bread	Wheat / Barley					Y								
Plain Wrap	Wheat													
Tomato Wrap	Wheat													
Crisps Garnish						Y								
Sandwich Fillings:														
Herb Mayo, Sliced Chicken, Rocket & Tomato			Y			Y	Y				Y			
Pulled Ham, Red cheddar & Ballymaloe Relish							Y							
Egg Mayo, Rocket & Spring Onion			Y								Y			
Tuna Mayo, Sweetcorn & Cucumber			Y	Y							Y	Y		
Turkey, Stuffing & Cranberry	Wheat / Barley					Y	Y							
Chicken Caesar, Crispy Bacon, Romaine Lettuce, Parmesan Cheese & Caesar Dressing	Barley		Y	Y		Y	Y				Y			
Rachel Allen Platter														
Gently Spiced Chicken: Cashew Nuts, Celery, Grapes, Red Onion, Mixed Leaves, Spicy Yoghurt dressing			Y			Y	Y	Cashew	Y		Y			
Turkey, Brie, Cranberry, Stuffing							Y							
Ham, Egg Mayo & Rocket			Y								Y			
Pesto Mozzarella: Mozzarella, Cherry Tomatoes, Chargrilled Peppers & Basil Pesto							Y	Cashew / Pine Nut						
Mediterranean Tuna Wrap: Tuna Mix, Red Onion, Tomato, Cucumber, Tapenade, boiled Egg, Spinach & Herb Mayo	Wheat		Y	Y							Y	Y		
Powerhouse Wrap with Chicken: Chicken, Feta, Beetroot, Chargrilled Peppers, Baby Spinach, Mixed Seeds & O'Briens House Dressing	Wheat					Y	Y			Y	Y			
Salads														
Tuna Nicoise with free-range egg, tapenade, red onion, tomato, cucumber & baby spinach			Y	Y			Y				Y	Y		
Club Salad with turkey, swiss cheese, crispy bacon, avocado spread, honey dijon, cherry tomato, red onion, & mixed leaves			Y			Y	Y				Y			
Chicken Caesar with shaved parmesan, crispy bacon, romaine lettuce & croutons with caesar dressing	Barley		Y	Y		Y	Y				Y			
Gently Spiced Chicken Salad with cashew nuts, celery, grapes, red onion, mixed leaves, cucumber & spiced yoghurt dressing			Y			Y	Y	Cashew	Y		Y			
Powerhouse Salad, with houmous, feta, beetroot, chargrilled peppers, baby spinach, mixed seeds & O'Briens House Dressing							Y			Y	Y			
Desserts														
Pear & Almond Tartlet														
Home Baked Scones														
Banana & Walnut Scone	Wheat		Y				Y	Walnut						
Apple	Wheat		Y				Y							
Lime	Wheat		Y				Y							
White Chocolate & Raspberry	Wheat		Y			Y	Y							
Fruit Sultana	Wheat		Y				Y							
Home Baked Muffins														
Walnut Muffins	Wheat		Y				Y	Walnut						
Chocolate Chip Muffin	Wheat		Y			Y	Y							
Raspberry & white Chocolate	Wheat		Y			Y	Y							
Apple Muffin	Wheat		Y				Y							
Danish Pastries														
Fruit Sultana Danish	Wheat		Y			Y	Y							
Apple & Raspberry	Wheat		Y			Y	Y							
Apple	Wheat		Y				Y							
Chocolate Chip Muffin	Wheat		Y			Y	Y							
Gourmet Doughnuts														
Chocolate Glaze	Wheat					Y	Y	Hazelnut						
Mint Aero	Wheat						Y							
Popping Candy	Wheat		Y				Y							
Caramel Fudge	Wheat													
Maltesers	Wheat / Barley					Y	Y							
Oreo	Wheat					Y								
Twirl	Wheat						Y							
Smarties	Wheat						Y							
Cheesecakes														
Banoffe Pie	Wheat						Y							
Mint Aero	Wheat						Y							
Nutty Chocolate	Wheat		Y			Y	Y	Hazelnut / Walnut / Pecans / Walnuts						
Maltesers	Wheat / Barley					Y	Y							
Baileys	Wheat						Y					Y		
Tablerone	Wheat		Y			Y	Y	Almonds						
Oreo	Wheat					Y	Y							
Kinder Bueno	Wheat					Y	Y	Hazelnut						

<i>Other Desserts</i>	Cereals With Gluten	Crusta- ceans	Eggs	Fish	Peanuts	Soya	Milk	Nuts	Celery	Sesame Seeds	Mustard	Sulphur Dioxide & Sulphites	Lupin	Molluscs
Profiteroles	Wheat		Y				Y							
Pear & Almond Tart	Wheat		Y				Y	Almonds						
<i>Traybakes</i>														
Bakewell Square Traybake	Wheat		Y				Y	Almonds						
Rocky Road Traybake	Wheat / Barley					Y	Y							
Mint Choc Traybake	Wheat					Y	Y							
Choc Hazelnut Traybake	Wheat		Y			Y	Y	Hazelnut						
Pecan Slice Traybake	Wheat		Y				Y	Pecans						
Caramel Millionaires Slice Traybake	Wheat					Y	Y							
Chocolate Biscuit Cake Traybake	Wheat					Y	Y	Pistachio						
Avalanche Brownie Traybake	Wheat		Y			Y	Y	Pecans						
Carrot Cake Traybake	Wheat		Y				Y	Walnuts						
Banana Spelt Muffin	Spelt / Oat		Y				Y							
SuperBerry Granola	Oat													
Fruit & Nut Granola	Oat							Almonds						
Natural Yogurt							Y							