



Ingredient Information for People with Food Allergies and Sensitivities

Benedicts approved food manufactures Allergy Advice.

Every effort is made to keep this information updated however it is possible that ingredients changes may occur before this list can be updated.

Individual food items may come in contact with one another during food preparation and is not reflected on the information below.

Sandwiches White/Brown Bread

1	Ham Salad	Allergies: Wheat Gluten, Soya, Barley
2	Ham & Cheese	Allergies: Wheat Gluten, Soya, Milk, Barley
3	Ham, Beetroot & Coleslaw	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
4	Ham & Mustard Mayo	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
5	Chicken Salad	Allergies: Wheat Gluten, Soya, Barley
6	Chicken & Stuffing	Allergies: Wheat Gluten, Wheat Flour, Soya, Barley,
7	Cheese & Coleslaw	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
8	Cheese Savory	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
9	Cheese & Beetroot	Allergies: Wheat Gluten, Soya, Milk, Barley
10	Cheese Salad	Allergies: Wheat Gluten, Soya, Milk, Barley
11	Cheese & Branston	Allergies: Wheat Gluten, Soya, Milk, Barley, Sulphites
12	Cheese & Onion	Allergies: Wheat Gluten, Soya, Milk, Barley
13	Egg Mayo & Cress	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard
14	Chicken Tikka Hot One	Allergies: Wheat Gluten, Soya, Egg, Mustard, May contain Peanuts, Nuts.
15	Chicken Tikka, Yogurt Mint & Mango	Allergies: Wheat Gluten, Soya, Mustard, May contain Nuts.
16	Bacon, Lettuce & Tomato	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard
17	Tuna Mayo & Sweetcorn	Allergies: Wheat Gluten, Fish, Soya, Egg, Milk, Mustard,
18	Turkey, Cranberry & Stuffing	Allergies: Wheat Gluten, Wheat Flour, Soya, Barley
19	Corination Chicken, Red Onion & Lettuce	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Sulphites
20	Chicken Spring, Onion & Mayo	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard
21	Sausage & Egg Mayo	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard,
22	Bacon & Egg Mayo	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard,

23	Beef & Onion	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
24	Beef Salad	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
25	Cheese & Roasted Peppers	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
26	Chicken & Roasted Peppers	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
27	Mexican Chicken, Cucumber & Lettuce	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
Baguettes White/Brown		
28	Ham Salad	Allergies: Wheat Gluten, Soya, Barley
29	Ham & Cheese	Allergies: Wheat Gluten, Soya, Milk, Barley
30	Ham, Beetroot & Coleslaw	Allergies: Wheat Gluten, Soya, Barley, Mustard
31	Plain Chicken	Allergies: Wheat Gluten, Soya, Barley
32	Chicken Salad	Allergies: Wheat Gluten, Soya, Barley
33	Chicken & Stuffing	Allergies: Wheat Gluten, Wheat Flour, Soya, Barley,
34	Cheese Salad	Allergies: Wheat Gluten, Soya, Milk, Barley
35	Cheese Savory	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
36	Cheese & Onion	Allergies: Wheat Gluten, Soya, Egg, Milk, Barley
37	Cheese & Branston	Allergies: Wheat Gluten, Soya, Egg, Milk, Barley, Sulphites
38	Sausage & Egg Mayo	Allergies: Wheat Gluten, Soya, Egg, Milk, Barley, Mustard
39	Egg Mayo & Cress	Allergies: Wheat Gluten, Soya, Egg, Milk, Barley, Mustard
40	Big Breakfast	Allergies: Wheat Gluten, Soya, Egg, Milk, Barley, Mustard
41	Chicken Tikka Hot One	Allergies: Wheat Gluten, Soya, Egg, Mustard, May contain Peanuts, Nuts.
42	Chicken Tikka, Yogurt Mint & Mango	Allergies: Wheat Gluten, Soya, Egg, Milk, Barley, Mustard
43	Bacon, Lettuce & Tomato	Allergies: Wheat Gluten, Soya, Egg, Milk, Barley, Mustard
44	Tuna Mayo & Sweetcorn	Allergies: Wheat Gluten, Fish, Soya, Egg, Milk, Barley, Mustard
45	Turkey, Cranberry & Stuffing	Allergies: Wheat Gluten, Wheat Flour, Soya, Barley
46	Corination Chicken, Red Onion & Lettuce	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Sulphites, Barley
47	Chicken Spring, Onion & Mayo	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
48	Bacon & Egg Mayo	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
49	Beef & Onion	Allergies: Wheat Gluten, Soya, Barley
50	Beef Salad	Allergies: Wheat Gluten, Soya, Barley

51	Mexican Chicken, Cucumber & Lettuce	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
52	Italian Chicken, Cucumber & Lettuce	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley
	Pulled Pork with Stuffing & Apple	Allergies: Wheat Gluten, Soya, Barley, Egg, Mustard, Sulphites, may contain Fish, Crustaceans, Milk, Celery, Sesame
53	Chicken, lettuce, Coleslaw, Peppers & Cress	Allergies: Wheat Gluten, Soya, Egg, Milk, Mustard, Barley

Pockets

54	Ham & Mustard Mayo	Allergies: , Wheat Gluten, Soya, Barley, Egg, Milk, Mustard,
55	Chicken, Bacon & Caesar Dressing	Allergies: , Wheat Gluten, Soya, Barley, Egg, Milk, Mustard, Sulphites
56	Corination Chicken, Red Onion & Lettuce	Allergies: Wheat Gluten, Soya,Egg, Milk, Mustard,Sulphites, Barley
57	Chicken & Spring Onion	Allergies: Wheat Gluten, Soya,Egg, Milk, Mustard, Barley

Topped Salads

58	Tuna Mayo Salad Box	Allergies: , Fish, Egg, Milk, Mustard,
59	Chicken Salad Box	Allergies: Egg, Milk, Mustard,
60	Chicken Tikka, Yogurt Mint & Mango	Allergies: Egg, Milk, Mustard, Barley, Wheat Gluten
61	Mexican Chicken, Salad Box	Allergies: Egg, Milk, Mustard, Barley, Soya
62	Italian Chicken, Salad Box	Allergies: Egg, Milk, Mustard, Barley, Soya
63	Egg Mayo Salad Box	Allergies: Egg, Milk, Mustard,
64	Corination Chicken, Salad Box	Allergies: Egg, Milk, Mustard,Sulphites, Barley
65	Chicken & Spring Onion Salad Box	Allergies: Egg, Milk, Mustard,
66	Sliced Egg Salad Box	Allergies: Egg, Milk, Mustard,
67	Cheese & Branston, Salad Box	Allergies: Egg, Milk, Mustard,Sulphites, Barley
68	Savory Cheese, Salad Box	Allergies: Egg, Milk, Mustard,
69	Sliced Ham, Salad Box	Allergies: Egg, Milk, Mustard,
70	Tangy Tuna Salsa, Salad Box	Allergies: , Fish, Egg, Milk, Mustard,
71	Onion Bhaji with yogurt mint dressing	Allergies: Wheat Gluten, Soya, Sulphites, Egg, Milk, Mustard, May Contain Nuts

Pasta Salads

72	Tuna Mayo & Sweetcorn Pasta	Allergies: Wheat Gluten, Fish, Soya,Egg, Milk, Mustard
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73	Spicy Chicken Pasta	Allergies: Wheat Gluten, Soya,Egg, Milk, Mustard, Nuts,
74	Mexican Chicken Pasta	Allergies: Wheat Gluten, Soya,Egg, Milk
75	Italian Chicken Pasta	Allergies: Wheat Gluten, Soya,Egg, Milk
76	Chicken, Bacon & Tomato Pasta	Allergies: Wheat Gluten, Soya,Egg, Milk
Buffet Items		
77	Sandwiches	Allergies: see above sandwiches with appropriate filling
78	Plain Wraps No Filling	Allergies: Wheat, Wheat Flour, For Filling Allergy Advice see appropriate sandwich filling or contact us for more details.
79	Sausage Rolls	Allergies: Wheat Gluten, Soya,Egg, Milk, Mustard,Sulphites, Barley, Celery
80	Pork Pie	Allergies: Wheat Gluten, Flour,Egg, Milk
81	Onion Bhaji	Allergies: Wheat, May contain traces of Sesame Seeds
82	Vegetable Samosas	Allergies: Wheat Gluten,Egg, Milk, Pottasium Metabisulphite, May contain nuts, This product is made in a factory where sesame seeds are handled.
83	Satay Sticks	Allergies: Celery, Milk, Mustard, Wheat, Wheat Gluten, Peanuts, This product is made in a factory that also handles Sesame seeds, Nuts, Rye
	Chicken Goujons	Allergies: Wheat, Gluten. May Contain: Nuts, Egg, Milk, Soybean, Celery, Sesame, Mustard.
84	Cocktail Sausages	Allergies: Gluten, Sulphities, Wheat
85	Pigs In Blankets	Allergies: Gluten, Sulphities, Wheat
86	Cheese & Onion Quiche	Allergies: Wheat Gluten,Egg, Milk, Flour,
87	Quiche Lorraine	Allergies: Wheat Gluten,Egg, Milk, Flour,
88	Individual Fairy Cakes	Allergies: Wheat Gluten, Soya,Egg, Milk, Flour, May contain nuts
89	Potato Crisps	Allergies: Made in a factory that also handles, Milk, Barley, Soya, Wheat Gluten, Celery, Mustard

Pies, Pasties & Sausage Rolls

Items below with the red star (*)are made in factory that handles nuts. Cannot Guarantee Nut Free

93	Wright Steak		Allergies: Wheat Gluten, Milk, Soya,
94	Wrights Meat & Potato		Allergies: Wheat Gluten, Milk, Soya,
95	Wrights Chicken & Mushroom		Allergies: Wheat Gluten, Milk, Soya, Celery
96	Wrights Sausage Roll		Allergies: Wheat Gluten, Milk, Soya,
97	Cornish Pasty	*	Allergies: Wheat, Gluten, Egg, Soya
98	Bacon & Cheese Turnover	*	Allergies: Wheat Gluten, Egg, Soya, Sulphities, Milk Products, Mustard
99	Sausage & Cheese Turnover	*	Allergies: Wheat Gluten, Egg, Soya, Sulphities, Milk Products, Mustard
100	Spicy Chicken Pasty	*	Allergies: Wheat Gluten, Egg, Soya, Sulphities, Milk Products, Mustard
101	Lamb & Mint Pasty	*	Allergies: Wheat Gluten, Egg, Soya, Sulphities, Milk Products, Mustard
102	Chilli Beef Slice	*	Allergies: Wheat Gluten, Soyabean Glaze, Milk, Milk Protein.
103	Breakfast Pasty	*	Allergies: Wheat Gluten, Milk, Egg, Soya
104	Chicken Tikka Slice	*	Allergies: Wheat Gluten, Milk, Egg, Soya
105	Chicken Jalfrazi	*	Allergies: Wheat Gluten, Egg, Soya, Sulphities, Milk Products, Mustard
106	Beef Steak Slice	*	Allergies: Wheat Gluten, Soya, Milk Sulphite Glaze,
107	Rancher	*	Allergies: Wheat Gluten, Soya, Celery, Sulphite
108	Jumbo Sausage Rolls	*	Allergies: Wheat Gluten, Egg
109	Jumbo Cheese Rolls	*	Allergies: Wheat Gluten, Egg, Milk
Hot Baps & Oatcakes			
110	Bacon Bap		Allergies: Wheat Gluten, Soya,
111	Sausage Bap		Allergies: Wheat Gluten, Soya,
112	Bacon & Cheese Bap		Allergies: Wheat Gluten, Soya, Milk
113	Sausage & Cheese Bap		Allergies: Wheat Gluten, Soya, Milk
114	Bacon & Egg Bap		Allergies: Wheat Gluten, Soya, Egg
115	Sausage & Egg Bap		Allergies: Wheat Gluten, Soya, Egg
116	Cheese Oatcake		Allergies: Wheat Flour, Oatmeal, Oatbran, Milk,
117	Cheese & Tomato Oatcake		Allergies: Wheat Flour, Oatmeal, Oatbran, Milk,
118	Bacon & Cheese Oatcake		Allergies: Wheat Flour, Oatmeal, Oatbran, Milk,

119	Sausage & Cheese Oatcake	Allergies: Wheat Flour, Oatmeal, Oatbran, Milk,
120	Bacon & Tomato Oatcake	Allergies: Wheat Flour, Oatmeal, Oatbran, Milk,
Soups & Beans		
	Group A Soups	
121	Lobby	Allergies: Barley, Wheat Flour, Wheat Gluten
122	Asparagus	Allergies: Barley, Milk, Oats, Rye, Wheat
123	Tomato	Allergies: Barley, Milk, Oats, Rye, Wheat, Kamut, spelt
124	Tomato & Basil	Allergies: Barley, Milk, Oats, Rye, Wheat, Cereals Contain Gluten,
125	Minestrone	Allergies: Barley, Oats, Rye, Wheat, Eggs
126	Cream of Chicken	Allergies: Barley, Milk, Oats, Rye, Wheat, Eggs
127	Cream of Vegetable	Allergies: Barley, Milk, Oats, Rye, Wheat, Eggs, Celeriac, Celery
128	Cream of Watercress	Allergies: Barley, Milk, Oats, Rye, Wheat
129	Carrot & Coriander	Allergies: Barley, Milk, Oats, Wheat
130	Cauliflower & Broccocli	Allergies: Cereals Containing Gluten, Milk,
131	Broccoli & Stilton	Allergies: Barley, Milk, Oats, Rye, Wheat,
132	Cream of Mushroom	Allergies: Barley, Milk, Oats, Rye, Wheat.
	Group B Soups	
	Leek & Potato Soup	Allergies: Milk, Celery, Soya, Made in a factory handling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Pea & Ham	Allergies: Contains No Identified Allergens. Made in a factory handling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Creamy Tomato & Basil Soup	Allergies: Milk, Celery, Made in a factory handling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Country Vegetable	Allergies: Milk, Celery, Soya, Made in a factory handling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs

	Chicken Soup	Allergies: Milk, Celery, Cereals Containg Gluten. Made in a factory handeling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Spicy Veg + Potato	Allergies: Maize, Made in a factory handeling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Carrot & Coriander	Allergies: Milk, Celery, Made in a factory handeling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Butternut Squash & Sweet Potato	Allergies: Milk, Celery, Soya, Made in a factory handeling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Minestrone	Allergies: Celery, Cereals Containg Gluten. Made in a factory handeling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Thai Chicken	Allergies: Soya, Fish Made in a factory handeling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs
	Italian Tomato & Pancetta	Allergies: Milk, Celery, Soya, Cereals Containg Gluten. Made in a factory handeling Crustaceans, fish, mustard, eggs, cereals containing gluten, sesame, molluscs

Dips & Sauces

134	Yogurt Mint Dip	Allergies: non stated
135	Sweet Chilli Dip	Allergies: non stated
136	Chutney	Allergies: Barley, Sulphites,
137	Tomato Sauce	Allergies: non stated
138	Salad Cream	Allergies: Egg, Mustard
139	Mayo	Allergies: Egg, Mustard
140	Brown Sauce	Allergies: Gluten, Rye,Wheat
141	Mango Chutney	Allergies: non stated
142	Cranberry Sauce	Allergies: non stated

