

Bagels & More Allergen Information

Contents Key:

V = Suitable for vegetarians

Note: We prepare our food in one kitchen but we use a wide range of ingredients and equipment. Whilst we have strict standards and controls to minimise risk, please be aware that we cannot guarantee that any product is 100% free from any allergen.

Correct as of 25th February 2024

| Product | Contains | May Contain |
|---|---|--|
| Bagel Buns | | |
| Everything Bagel (v) | Wheat, Sesame, Eggs | Peanuts, nuts |
| Plain Bagel (v) | Wheat, Eggs | |
| Spreads | | |
| Butter (v) | Milk | |
| Dill cream cheese (v) | Milk | |
| Cream cheese (v) | Milk | |
| Onion chutney (v) | Milk, Barley | |
| Chilli cream cheese | Milk, Sulphites | Peanuts, Soya, Celery, Mustard, Sesame |
| Tomato & red pepper chutney (v) | Mustard | |
| Wrapz | | |
| Loaded Jalapeño Wrap | Wheat, Egg, Milk, Celery, Mustard | |
| Loaded Chicken Wrap | Wheat, Egg, Milk, Celery, Mustard | |
| Loaded Peri-Peri Wrap | Wheat, Milk | Peanuts, Soya, Celery, Mustard, Sesame |
| Loaded Chilli Beef Wrap | Wheat, Eggs | Peanuts, Soya, Sesame, Sulphites |
| Loaded Honey Sweet Chilli Chicken Wrap | Wheat, Egg, Milk, Celery, Mustard | |
| Loaded Veggie Wrap (v) | Wheat, Eggs, Milk, Celery, Mustard | |
| Fries | | |
| Loaded Beef Steak Fries | Milk, Wheat, Eggs, Mustard, Sulphites, Celery | Peanuts, Soya, Sesame, Sulphites |
| Loaded Beef Jalapeño Fries | Milk, Wheat Celery, Eggs | Peanuts, Soya, Sesame, Sulphites |
| Jalapeño Fries (v) | Milk | |
| Chilli Loaded Fries (v) | Milk, Sulphites | Peanuts, Soya, Celery, Mustard, Sesame |
| Fries (v) | | |
| Cheesy Fries (v) | Milk | |
| Loaded Hash Browns (not including meat) (v) | Milk | |
| Bagels & More Special Fries (v) | Sulphites | Peanuts, Soya, Celery, Sesame |
| Loaded Honey Sweet Chilli Chicken Fries | Milk | |
| Loaded Honey BBQ Beef Fries | Milk, Wheat | |
| Loaded Jerk Chicken Fries | Milk, Wheat | Peanuts |
| Loaded Honey BBQ Chicken Fries | Milk, Wheat | |
| Loaded Chilli Chicken Fries | Milk, Sulphites, Celery, Eggs | Peanuts, Soya, Mustard, Sesame |
| Bagels (incl plain bagel bun) | | |
| Chicken Stack Bagel | Wheat, Egg, Milk, Sulphites, Celery | Peanuts, Soya, Mustard, Sesame |
| Honey Sweet Chilli Chicken Bagel | Wheat, Egg, Milk | |
| Sticky Honey Chicken Bagel | Wheat, Egg, Milk | |
| Chilli Beef Steak Bagel | Wheat, Egg, Milk, Sulphites, Celery | Peanuts, Soya, Mustard, Sesame |
| Spicy Tuna Bagel | Wheat, Egg, Fish, Milk, Sulphites, Celery | Peanuts, Soya, Mustard, Sesame |

| Product | Contains | May Contain |
|--|--|---|
| Honey BBQ Chicken Bagel | Wheat, Egg, Milk | |
| Chilli Chicken Bagel | Wheat, Egg, Milk, Sulphites, Celery | Peanuts, Soya, Mustard, Sesame |
| Bagel Burger | Wheat, Egg, Milk, Sulphites, Celery | Peanuts, Soya, Celery, Mustard, Sesame |
| Beef Jalapeño Bagel | Wheat, Egg, Milk, Sulphites, Celery | |
| Beef Steak Bagel | Wheat, Egg, Milk, Sulphites, Celery | |
| Jerk Chicken Bagel | Wheat, Egg, Milk | Peanuts |
| Tuna Melt Bagel | Wheat, Egg, Milk, Fish | |
| Peri-Peri Chicken Bagel | Wheat, Egg, Milk | Peanuts, Soya, Celery, Mustard, Sesame |
| Beef Gherkin Bagel | Wheat, Egg, Milk, Mustard | |
| Salmon & Cucumber Bagel | Wheat, Egg, Fish | |
| Sweet Chilli Chicken Bagel | Wheat, Egg | |
| Chicken Club Bagel | Wheat, Egg, Milk | |
| Honey BBQ Beef Bagel | Wheat, Egg, Milk | |
| Beef Stack Bagel | Wheat, Egg, Milk, Sulphites, Celery | Peanuts, Soya, Mustard, Sesame |
| Veggie Bagels (incl plain bagel bun) | | |
| Veggie Onion Chutney Bagel (v) | Wheat, Egg, Barley, Milk | |
| Veggie Dill Bagel (v) | Wheat, Egg, Milk | |
| Breakfast Bagels (incl plain bagel bun) | | |
| The Brekkie | Wheat, Egg, Celery, Mustard | Peanuts, Soya, Mustard, Sesame |
| Salmon & Egg | Wheat, Egg, Fish, | |
| The Egg (v) | Wheat, Egg, Celery, Mustard | Peanuts, Soya, Mustard, Sesame |
| Dessert Bagels (incl plain bagel bun) | | |
| Nutella, Cream Cheese & Banana Bagel (v) | Wheat, Egg, Nuts (hazelnuts), Soya, Milk | |
| Banana & Nutella Bagel (v) | Wheat, Egg, Nuts (hazelnuts), Soya, Milk | |
| PB, Jam & Banana (v) | Wheat, Egg, Nuts | Sesame |
| Jam & Banana (v) | Wheat, Egg | |
| Milkshakes | | |
| Oreo Shake | Milk, Wheat, Soya | Peanuts, nuts |
| Banana & Nutella Shake (v) | Milk, Nuts (hazelnuts), Soya | |
| White Kinder Bueno Shake | Milk, Nuts (hazelnuts), Soya | |
| Kinder Bueno Shake | Milk, Nuts (hazelnuts), Soya | |
| Peach Shake (v) | Milk | |
| Strawberry Shake (v) | Milk | |
| Peanut Butter Shake (v) | Milk, Nuts | Sesame |
| Peanut Butter, Nutella & Banana Shake (v) | Milk, Nuts (hazelnuts), Soya | Sesame |
| Sauces | | |
| Spicy Bagels & More Sauce (v) | Eggs, celery | Peanuts, nuts, soya, mustard, sulphites |
| Bagels & More Sauce (v) | Eggs, celery | Peanuts, nuts, soya, mustard, sulphites |
| HP Brown Sauce (v) | Barley, Rye | |
| Ketchup (v) | Celery | |
| Sweet Chilli (v) | | |
| BBQ (v) | | |
| Mayonnaise (v) | Egg | |
| Mustard | Mustard | |
| Peri-Peri | | |
| Garlic Mayo (v) | Eggs | |
| Extras | | |
| Red Leicester Cheese | Milk | |

| Product | Contains | May Contain |
|-------------------|-------------------------------------|--|
| Cheddar Cheese | Milk | |
| Gherkin | Mustard | |
| Cheese Slice | Milk | |
| Smoked Salmon | Fish | |
| Beef Patty | Wheat, Egg, Milk, Sulphites, Celery | Peanuts, Soya, Mustard, Sesame |
| Chicken Patty | Wheat, Egg, Milk, Sulphites, Celery | Peanuts, Soya, Celery, Mustard, Sesame |
| Spicy Tuna | Fish, Egg, sulphites, Celery | Peanuts, Soya, Mustard, Sesame |
| Tuna mayo | Fish, Egg | |
| Chilli Beef | Wheat, Sulphites, Celery | Peanuts, Soya, Mustard, Sesame |
| Peri-Peri Chicken | | |
| Jerk Chicken | Wheat, Soya | Peanuts |
| Honey BBQ Beef | Wheat | |
| Honey BBQ Chicken | Wheat | |
| BBQ Beef | Wheat | |
| BBQ Chicken | Wheat | |