

# Travelodge Bar Café - Breakfast Menu - Allergy Chart - Version 41 - June 2026

Menu Item	Contains...													Suitable For...		Further Info....	
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegetarians		Vegans
Hot - Back Bacon															No	No	
Hot - Cumberland Sausage		✓													No	No	Wheat
Hot - Scrambled Egg				✓											Yes	No	
Hot - Baked Egg				✓											Yes	No	
Hot - Hash Browns (McCain & Bidfood)															Yes	Yes	
Hot - Quorn Sausage		✓													Yes	Yes	Wheat
Hot - Mushrooms															Yes	Yes	
Hot - Tomatoes															Yes	Yes	
Hot - Baked Beans (Evfav & Branston)															Yes	Yes	
Hot - Potato Scones		✓													Yes	Yes	Wheat. May contain eggs, soya, milk, tree nuts, almonds, hazlenuts, walnuts, cashews, pecan nuts, brazil nuts, pistachio nuts, macadema nuts, queensland nuts and sesame seeds.
Cereal - Quarker Oat Granola		✓													Yes	No	Wheat and Oats. May contain milk and milk products
Cereal - Quarker Oat Granola (with raisins)		✓													Yes	No	Wheat and Oats. May contain Almonds, Barley, Hazelnuts, Milk and Milk Products, Pecan nuts, Rye Tree nuts
Cereal - Evfav Granola		✓													Yes	No	Oats, tree nuts, almonds. May contain Rye, Barley, Wheat
Cereal - Coco Pops		✓													Yes	No	Barley

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Cereal - Corn Flakes		✓													Yes	No	Type of Nuts or type of Cereals and Gluten included & May Contain <i>Barley and gluten. May contain traces of wheat, rye and oats.</i>
Cereal - Crunchy Nut Cornflakes		✓									✓				Yes	No	<i>Barley</i>
Cereal - Frosties		✓									✓				Yes		<i>Barley</i>
Cereal - Frosted Shreddies Whole Grain		✓													Yes		<i>Wheat, barley, oats. May contain traces of peanuts</i>
Cereal - Fruit and Fibre		✓				✓									Yes	No	<i>Wheat, barley, hazelnuts, tree nuts. May contain traces of peanuts and peanut products</i>
Cereal - Honey Cheerios		✓													Yes		<i>Wheat, barley, oats. May contain traces of peanuts</i>
Cereal - Multigrain Cheerios		✓													Yes		<i>Wheat, barley, oats. May contain traces of peanuts and tree nuts</i>
Cereal - Rice Krispies		✓													Yes	No	<i>Barley</i>
Cereal - Shredded Wheat Bitesize Whole Grain		✓													Yes		<i>Wheat, barley, oats. May contain traces of peanuts</i>
Cereal - Special K		✓					✓								Yes		<i>Wheat, barley, hazelnuts, tree nuts</i>
Cereal - Weetabix		✓													Yes	Yes	<i>Wheat and barley</i>
Cereal - Free GF Cornflakes															Yes	Yes	
Cereal - Schar GF Cornflakes															Yes	Yes	
Cereal - Stoats Porridge		✓					✓								Yes	No	<i>Wheat, oats. May contain tree nuts and soya bean</i>
Cold - Fresh Fruit Salad															Yes	Yes	

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Cold - Banana															Yes	Yes	
Cold - Orange															Yes	Yes	
Cold - Apple															Yes	Yes	
Cold - Yeo Valley Natural Yoghurt						✓									Yes	No	
Cold - Yeo Valley Organic Strawberry Yoghurt						✓									Yes	No	
Cold - Alpro Plant based Yoghurt (Peach, Pear, Strawberry, Banana)													✓		Yes	Yes	<i>May contain tree nuts</i>
Cold - Croissant		✓		✓											Yes	No	<i>Wheat. May contain soya and tree nuts</i>
Cold - White Bread		✓											✓		Yes	Yes	<i>Wheat. May contain sesame seeds</i>
Cold - Wholemeal Bread		✓											✓		Yes	Yes	<i>Wheat. May contain rye, barley and oats</i>
Cold - Bagel		✓													Yes	Yes	<i>Wheat, Barley. May contain sesame seeds</i>
Cold - Breakfast Burger Bun		✓													Yes	Yes	<i>Rye, wheat, cereals containing Gluten (and products thereof) . May contain barley, sesame seeds and sesame seed products</i>

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Cold - Mini Croissant		√					√										Type of Nuts or type of Cereals and Gluten included & May Contain <i>Wheat, cereals containing Gluten (and products thereof), May contain Almonds, Brazil nuts, Cashews, Egg and Egg Products, Hazelnuts, Macadamia or Queensland nuts, Pecan nuts, Pistachio nuts, Soybean and Soybean Products, Tree Nuts (and products thereof), Walnuts</i>
Cold - Forest Fruits Sauce															Yes	Yes	<i>May contain gluten, wheat, eggs, milk, tree nuts, almonds, hazelnuts, walnuts, pecan nuts and pistachio nuts</i>
Cold - Vegan Pancakes		√													Yes	Yes	<i>Wheat. May contain traces of milk and eggs due to production in the same factory</i>
Cold - Alpro Unsweetened Almond Milk											√				Yes	Yes	<i>Tree nuts, Almonds</i>
Cold - Semi Skimmed Milk							√								Yes	No	
Cold - Pureoaty Barista Oat drink											√				Yes	Yes	<i>Oats</i>
Cold - Apple Juice															Yes	Yes	
Cold - Orange & Apple Juice															Yes	Yes	
Hot - Cadbury Hot Chocolate Singles							√								Yes	No	
Latte							√								Yes	No	
Cappuccino							√								Yes	No	
Americano															Yes	Yes	

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Espresso															Yes	Yes	
Mocha						✓									Yes	No	
Typhoo Tea															Yes	Yes	
Ridways Tea															Yes	Yes	
Green Tea															Yes	Yes	
Peppermint Tea															Yes	Yes	
Red Berries Tea															Yes	Yes	
Condiments - Assorted Jam Portions															Yes	Yes	
Condiments - Marmalade															Yes	Yes	
Condiments - Jim Jams Hazlenut Spread						✓				✓					Yes	Yes	<i>Hazlenuts. May contain traces of peanuts, cereal (gluten) and soya</i>
Condiments - Honey															Yes	No	
Condiments - Nutella						✓				✓			✓		Yes	No	<i>Hazelnuts, tree nuts</i>
Condiments - Butter Portions						✓									Yes	No	
Condiments - Vegetable Spread															Yes	Yes	
Condiments - Peanut Butter															Yes	Yes	<i>May contain sesame seeds and sesame seed products, almonds, Brazil nuts, cashews, hazelnuts, Macadamia or Queensland nuts, pecan nuts, pistachio nuts, tree nuts (and products thereof), walnuts</i>
Condiments - Lyles Maple Flavoured Syrup															Yes	Yes	
Condiments - Coronet Tartare Sauce				✓											Yes	No	

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Condiments - Coronet Tomato Ketchup															Yes	Yes	
Condiments - Heinz Brown Sauce Sachets		✓													Yes	Yes	Rye and Barley
Condiments - Heinz Malt Vinegar		✓													Yes	Yes	Barley
Condiments - Heinz Mayonnaise				✓				✓							Yes	No	
Condiments - Heinz Tomato Ketchup Sachets		✓													Yes	Yes	
Condiments - Sugar Sticks															Yes	Yes	
Condiments - Sunflower Spread															Yes	Yes	
Condiments - Flora Portions															Yes	Yes	
Condiments - Sweetener Sticks															Yes	Yes	
Condiments -Pepper															Yes	Yes	
Condiments -Salt															Yes	Yes	

Substitutes	Contains...												Suitable For...		Further Info....		
	Celery	Cereals Containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide	Vegetarians	Vegans	Type of Nuts or type of Cereals and Gluten included & May Contain
Cereal - Kellogs Granola		✓								✓					Yes	Yes	Wheat, Barley, Oats, tree nuts, almonds. May contain Milk
White Bloomer Bread 14+2		✓											✓		Yes	Yes	Wheat
Malted Wheat Grain Bloomer Bread 14+2		✓											✓		Yes	Yes	Wheat & Barley