

# WIRED Café Bar allergen guide

**DATE:**

● contains

	celery	Cereals containing gluten	Crustaceans	Eggs	fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	sesame seeds	soya	sulpha dioxide-E221	tick if included in food donation
THICK HAM FOCACCIA				●			●		●					●	
CHICKEN PESTO FOCACCIA				●			●			●					
THE SPANISH ONE				●			●								
ROASTED PEPPER FOCACCIA				●			●		●						
THE VEGGIE ONE				●			●		●					●	
coleslaw				●											
Victoria Sponge				●			●								
Crunchy Cake							●								
Lemon Drizzle				●			●								
Carrot Cake				●			●								
Flapjack															
Date & Walnut										●			●		
Nanaimo							●								
Gluten free Brownie							●								
Raspberry Bakewell							●			●					