FOOD

Allergy Advice
Updated: Dec-22

All items come from a kitchen which uses Nuts, Gluten and Dairy

Menu Item	Category	Ingredients	Gluten	Dairy	Peanut	Tree Nut	Sesame	Egg	Lupin	Soya	Fish	Shellfish	Molluscs	Sulphites	Celery	Mustard	Compound item potential cross contamination items
CLASSIC LAMINGTON	LAMINGTONS	**VANILLA SPONGE (**sugar, **WHEAT FLOUR**, **WHEAT** starch, **WHEY POWDER (milk)**, disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate**)**, desiccated coconut, salt, **CHOCOLATE SAUCE** (Cocoa Powder, **BUTTER**, water, sugar), raspberry jam (frozen raspberries, sugar, pectin, lemon juice)															
RED VELVET LAMINGTONS	LAMINGTONS	**PLAIN FLOUR**, cocoa powder, caster sugar, **BUTTERMILK**, **EGG**, **WHITE WINE VINEGAR**, vegetable oil, bicarbonate of soda, red colour 4R (E124) **CREAM CHEESE FILLING (CREAM CHEESE, BUTTER,** icing sugar) raspberry jelly (sugar, dextrose, vegetarian gelatine, beetroot juice concentrate, citric acid, trisodium cirate, flavouring) hibiscus														
SALTED CARAMEL LAMINGTON	LAMINGTONS	**FLOUR**, sugar, **EGGS**,baking powder, Cocoa Powder, **BUTTER,** water, desiccated coconut, salt **SALTED CARAMEL FILLING (CONDENSED MILK, CREAM CHEESE, BUTTER,** icing sugar, sea salt) **WHITE CHOCOLATE** (sugar, cocoa butter, **WHOLE MILK POWDER**, **SOYA LECITHIN**, vanilla flavouring, desiccated coconut														
TIRAMISU LAMINGTON	LAMINGTONS	**VANILLA SPONGE (**sugar**, WHEAT FLOUR, WHEAT** starch**, WHEY POWDER (milk),** disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate**), TIRAMISU FILLING (MASCARPONE,** Kahlua {high fructose corn syrup/sugar, cane spirit, coffee extract (cane spirit, sugar, water, caramel), neutral grain spirit, water},**DOUBLE CREAM, WHITE CHOCOLATE (**sugar, cocoa butter, **WHOLE MILK POWDER**, **SOYA LECITHIN**, vanilla flavouring) **BROWNIE CRUMB (WHEAT FLOUR, EGGS, BUTTER, DARK CHOCOLATE,** caster sugar, cocoa powder, milk, salt **OREO COOKIES** (sugar, **PLAIN FLOUR,** canola oil, cocoa, corn syrup, corn starch, baking soda, salt, **SOY LECITHIN,** vanillin) **COFFEE CHOCOLATE SAUCE (**espresso, cocoa powder, **BUTTER)**														
LEMON MERINGUE LAMINGTON	LAMINGTONS	**LEMON SPONGE (FLOUR**, sugar, **EGGS**, baking powder, **BUTTER,** water salt, lemon zest, lemon juice**), FILLING (BUTTER, EGG WHITES,** sugar**, LEMON CURD (EGG YOLKS,** sugar**, BUTTER,** lemon juice, lemon zest, yuzu paste) desiccated coconut, coconut chips**, LEMON WHITE CHOCOLATE SAUCE (WHITE CHOCOLATE [**sugar, cocoa butter, **WHOLE MILK POWDER, SOYA LECITHIN,** vanilla flavouring**]**														
COURGETTE LAMINGTON	LAMINGTONS	**COURGETTE SPONGE** (vegetable oil, caster sugar, **EGGS**, vanilla extract, **UNSALTED PISTACHIOS, GROUND ALMONDS**, mixed spice, bicarbonate of soda, **SELF-RAISING FLOUR, PLAIN FLOUR,** courgette) **CREAM CHEESE YOGURT FILLING (CREAM CHEESE, BUTTER**, icing sugar, yogurt powder (sugar, malic acid, citric acid, yogurt flavour) yogurt lemon sauce (yogurt powder, lemon juice, icing sugar, water), desiccated coconut														

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RAINBOW LAMINGTON	LAMINGTONS	**VANILLA SPONGE (**sugar**, WHEAT FLOUR, WHEAT** starch**, WHEY POWDER (milk)**, disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate**),** E124 panceau, E102 tartrazine, E131 patent blue V, E122 carmoisine, E151 brillant black, E110, W133 brilliant blue**) CREAM CHEESE FILLING (CREAM CHEESE, BUTTER,** icing sugar) desiccated coconut, **RAINBOW SPRINKLES (** sugar, **WHEAT STARCH**, glucose syrup, E100, E120,E131, E132, E133, E141, E171, shellac, coconut oil**)**															
GOLDEN GAYTIME LAMINGTON	LAMINGTONS	**VANILLA SPONGE (**sugar**, WHEAT FLOUR, WHEAT** starch**, WHEY POWDER (milk)**, disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate**) CHOCOLATE SAUCE (**Cocoa Powder, **BUTTER**, sugar, water) **TOFFEE FILLING (CONDENSED MILK, CREAM CHEESE, BUTTER), MALT BISCUIT CRUMB (WHEAT FLOUR, SOYA FLOUR**, rapeseed oil, palm oil, candy sugar oil, sodium hydrogen carbonate, salt, cinnamon)															
PECAN PIE LAMINGTON	LAMINGTONS	**VANILLA SPONGE (**sugar**, WHEAT FLOUR, WHEAT** starch**, WHEY POWDER (milk)**, disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate**),** brown sugar, golden syrup, eggs, **PECANS, CREAM CHEESE, MILK CHOCOLATE,** Bourbon, corn flour, salt															
STICKY TOFFEE LAMINGTON	LAMINGTONS	**SELF-RAISING FLOUR, BUTTER, EGGS,** baking powder**, MILK, CONDENSED MILK, EGG WHITES,** sugar, black treacle, icing sugar, vanilla flavouring, brown sugar, rum,															
YUZU LAMINGTON	LAMINGTONS	**LEMON POLENTA BASE (BUTTER,** caster sugar, **EGGS,** lemon juice, coarse polenta, **GROUND ALMONDS**, gluten free baking powder, table salt**), YUZU BUTTERCREAM FILLING (SWISS MERINGUE BUTTERCREAM [PASTEURISED EGG WHITES,** caster sugar, **BUTTER**, table salt**],** yuzu paste**), WHITE CHOCOLATE & YUZU DIPPING SAUCE (WHITE CHOCOLATE GANACHE [WHITE CHOCOLATE {**sugar, cocoa butter**, SOY LECTHIN, WHOLE MILK POWDER},** water**],** yuzu paste**),** desiccated coconut															

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MATCHA & STRAWBERRY	LAMINGTONS	**MATCHA SPONGE (VANILLA SPONGE [**sugar**, WHEAT FLOUR, WHEAT** starch**, WHEY POWDER (milk),** disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate**)** matcha**],** water, strawberry jam **(**strawberry jam, caster sugar, lemon, pectin**),** strawberry dip (strawberry jelly crystals [sugar, gelling agents, carrageenan, potassium chloride, acidity regulator, tripotassium citrate, citric acid, beetroot red colour, flavouring]), strawberry tuile, (strawberry, lemon, sugar, pectin, caster sugar)															
MILO LAMINGTON	LAMINGTONS	**PLAIN FLOUR, BUTTER**, baking powder**,** water, **EGGS,** sugar, salt, **MILO CRUMBLE** (**MILO** {Protomalt Malt Extract (**MALTED BARLEY**, Tapioca Starch), **SKIMMED MILK POWDER** , Sugar, Fat Reduced Cocoa Powder, Palm Oil, Minerals (Dicalcium Phosphate, Disodium Phosphate, Ferric Pyrophosphate), Vitamins (C, B3, B6, Riboflavin), Flavouring }, **PLAIN FLOUR, BUTTER, MILK CHOCOLATE [**coco mass, sugar, cocoa butter, emulisfier, **SOY LECITHIN**, natural vanilla flavouring, **MILK]** , sugar, salt) **CHOCOLATE PAINT (MILK CHOCOLATE [**coco mass, sugar, cocoa butter, emulisfier, **SOY LECITHIN**, natural vanilla flavouring, **MILK], DARK CHOCOLATE,** rapeseed oil**) MALT SYRUP (MALT SYRUP,** water, cinnamon), **MILO FILLING (CREAM CHEESE, MALT EXTRACT, MILK CHOCOLATE [**coco mass, sugar, cocoa butter, emulisfier, **SOY LECITHIN**, natural vanilla flavouring, **MILK]), CHOCOLATE DIP (MILK CHOCOLATE,** water)															
RHUBARB & GINGER	LAMINGTONS	**VANILLA SPONGE (**sugar**, WHEAT FLOUR, WHEAT** starch**, WHEY POWDER (milk),** disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate**),** rhubarb & ginger jam (rhubarb, ginger, caster sugar, lemon juice, pectin)**, WHITE CHOCOLATE DIP (WHITE CHOCOLATE [** sugar, cocoa butter, **SOY LECTHIN, WHOLE MILK POWDER],** water, red colour 4R (E124), rhubarb puree (rhubarb, sugar, lemon juice) rhubarb tuile (rhubarb, pectin, caster sugar**)**															
CHOCOLATE MUD CAKE (VEGAN)	LAMINGTONS	**VEGAN SPONGE (PLAIN FLOUR**, sugar, salt, bi carbonate of soda, rapeseed oil, cocoa powder**),** coconut milk, vegan coconut cream filling (icing sugar, vegan margarine, vanilla, coconut milk) vegan chocolate sauce (vegan margarine, cocoa powder, sugar, water), dessicated coconut															

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CHRISTMAS LAMINGTON	LAMINGTONS	**CHRISTMAS SPONGE (PLAIN FLOUR,** cocoa powder, bicarbonate of soda, baking powder, coffee gold blend, table salt, ground cinnamon, ground nutmeg, star anise, ground cloves, caster sugar, **BUTTER**, **EGGS**, **BUTTERMILK**, **FULL FAT MILK**, vanilla pods, vanilla flavouring, mape syrup), **MAPLE CREAM CHEESE & CRANBERRY FILLING (BUTTER,** brown sugar, **CREAM CHEESE**, maple syrup, **DRIED CRANBERRIES**), **WHITE CHOCOLATE GANACHE (WHITE CHOCOLATE [**sugar, cocoa butter, **SOY LECTHIN**, **WHOLE MILK POWDER**], water), desicated coconut, red food colouring															
DULCE DE LECHE LAMINGTON	LAMINGTONS	**VANILLA SPONGE (**sugar, **WHEAT FLOUR, WHEAT** starch, **WHEY POWDER (milk)**, disodium diphosphate, sodium hydrogen carbonate, glucose syrup, mono-and diglycerides of fatty acids, lactic acid esters of mono- and diglycerides of fatty acids, propylene glycol estersof fatty acids, sodium lactylates, tetrasodium diphosphate, vanillin, tricalcium phosphate), **CARAMEL CREAM CHEESE FILLING (**icing sugar, **UNSALTED BUTTER**, **CREAM CHEESE**, **CONDENSED MILK**, CARAMEL SHARDS [caster sugar, sea salt]), **WHITE CHOCOLATE GINACHE (WHITE CHOCOLATE {**sugar, cocoa butter, **SOY LECTHIN**, **WHOLE MILK POWDER}**, water), desiccated coconut, SALTED CARAMEL (caster sugar, sea salt)															
LEMON POLENTA LAMINGTON	LAMINGTONS	**LEMON POLENTA BASE (BUTTER,** caster sugar, **EGGS**, lemon juice, coarse polenta, **GROUND ALMONDS**, gluten free baking powder, table salt), **LEMON POLENTA FILLING (BUTTER**, icing sugar, **CREAM CHEESE**, lemons), **[PASTEURISED EGG WHITES**, caster sugar, **BUTTER**, table salt], yuzu paste), **LEMON DIP (**icing sugar, **YOGURT POWDER,** lemon juice), desiccated coconut															