

Good Night Inns June 2014 - Allergy Data

		Contains Sulphur Dioxide / Sulphites (great than 10mg/kg)	Contains Fish	Contains Crustaceans	Contains Molluscs	Contains Milk	Contains Tree Nuts*	Contains Peanuts	Contains Sesame Seed	Contains Celery	Contains Mustard	Contains Egg	Contains Lupin	Contains Gluten**	Contains Soya	
Classic Continental Breakfast	Breakfast Juices	Apple Juice (250ml Serving)	No	No	No	No	No	No	No	No	No	No	No	No	No	
		Orange Juice (250ml Serving)	No	No	No	No	No	No	No	No	No	No	No	No	No	
	Cereals and Milk	Kellogg's Bran Flakes (40g Serving) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
		Kellogg's Coco Pops (35g Portion) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Barley)	No
		Kellogg's Cornflakes (24g Serving) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Barley)	No
		Kellogg's Crunchy Nut Cornflakes (35g Serving) without milk	No	No	No	No	No	No	Yes	No	No	No	No	No	Yes (Barley)	No
		Kellogg's Frosted Wheats (45g Serving) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Wheat)	No
		Kellogg's Frosties (35g Serving) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Barley)	No
		Kellogg's Fruit & Fibre (45g Serving) without milk	No	No	No	No	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes (Wheat & Barley)	No
		Kellogg's Luxury Muesli (40g Serving) without milk	Yes	No	No	No	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes (Wheat, Oat & Barley)	No
		Kellogg's Rice Krispies (22g Serving) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Barley)	No
		Kellogg's Special K (30g Serving) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
		Weetabix (1 Biscuit) without milk	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
		Semi Skimmed Milk (180ml Serving)	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
		Quaker Oats Porridge with Milk (1 Serving)	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes (Oats)	Yes

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* Tree Nuts indicates the presence of the following:- almonds, brazils, cashews, hazelnuts, macadamias, pecans, pistachios, walnuts and their respective derivatives

** Gluten is a protein component of wheat, rye, barley & oats

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Classic Continental Breakfast	Bakery Breakfast	Crumpet (One)	No	No	No	No	No	No	No	No	No	No	No	Yes (Wheat)	No	
		Mini Chocolate Muffin (One)	No	No	No	No	No	No	No	No	No	No	Yes	No	Yes (Wheat)	Yes
		Croissant (One)	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Rye)	No
		White Bread (One slice)	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
		Brown Bread (One slice)	No	No	No	No	No	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
		Preserves & Spreads - Butter Portion	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
		Preserves & Spreads - Honey Portion	No	No	No	No	No	No	No	No	No	No	No	No	No	No
		Preserves & Spreads - Jam Portion	No	No	No	No	No	No	No	No	No	No	No	No	No	No
		Preserves & Spreads - Marmalade Portion	No	No	No	No	No	No	No	No	No	No	No	No	No	No
		Preserves & Spreads - Marmite Portion	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
		Preserves & Spreads - Spread Portion	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No
			Fresh Fruit Salad (85g Serving)	No	No	No	No	No	No	No	No	No	No	No	No	No
Yoghurts	Yeo Valley Organic Yogurt - Peach & Apricot	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	
	Yeo Valley Organic Yogurt - Raspberry	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	
	Yeo Valley Organic Yogurt - Strawberry	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	
	Yeo Valley Organic Yogurt - Vanilla	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	
	Natural Yogurt	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	

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Traditional Cooked Breakfast	Full English	Full English Breakfast with a Fried Egg	Yes	No	No	No	Yes	No	No	No	No	Yes	No	Yes (Wheat)	No	
		Full English Breakfast with a Poached Egg	Yes	No	No	No	Yes	No	No	No	No	Yes	No	Yes (Wheat & Barley)	No	
		Full English Breakfast with Scrambled Egg	Yes	No	No	No	Yes	No	No	No	No	Yes	No	Yes (Wheat)	No	
	Vegetarian	Vegetarian Breakfast with Fried Eggs	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat)	Yes
		Vegetarian Breakfast with Poached Eggs	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Barley)	Yes
		Vegetarian Breakfast with Scrambled Egg	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat)	Yes
	Children's Breakfast	Full English Breakfast with a Fried Egg	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat)	No
		Full English Breakfast with a Poached Egg	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Barley)	No
		Full English Breakfast with Scrambled Egg	Yes	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat)	No
		Vegetarian Breakfast with a Fried Egg	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat)	Yes
		Vegetarian Breakfast with a Poached Egg	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Barley)	Yes
		Vegetarian Breakfast with Scrambled Egg	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat)	Yes

Lighter Options	Beans on Toast	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
	Sausage Sandwich	Yes	No	No	No	Yes	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
	Fried Eggs on Toast	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Barley)	No
	Poached Eggs on Toast	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Barley)	No
	Scrambled Eggs on Toast	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Barley)	No
	Vegetarian Sausage Sandwich	No	No	No	No	Yes	No	No	No	No	No	Yes	No	Yes (Wheat & Barley)	Yes
	Bacon Sandwich	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes (Wheat & Barley)	No
	Quaker Oats Porridge with Milk (1 Serving)	No	No	No	No	Yes	No	No	No	No	No	No	No	Yes (Oats)	Yes

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