

Breakfast and Tea Club

We will always provide you with information about the food we serve at Breakfast and Tea Club.

We are required by law to inform you when a food we serve contains any of the following allergens:

- eggs
- milk
- fish
- crustaceans (for example crab, lobster, crayfish, shrimp, prawn)
- molluscs (for example mussels, oysters, squid)
- peanuts
- tree nuts (almonds, hazelnuts, walnuts, cashews, pecans, brazils, pistachios, macadamia nuts or Queensland nuts)
- sesame seeds
- cereals containing gluten (wheat (such as spelt, Khorasan wheat/Kamut), rye, barley, oats, or their hybridised strains).
- soya
- celery and celeriac
- mustard
- lupin
- sulphur dioxide and sulphites (at concentration of more than ten parts per million)

Breakfast club menu: Chameleon Club at Lydalls Nursery

Cereals

Brand of cereal	Allergens
Nestle Shreddies	Wheat, Barley, Nuts
Sainsbury's whole wheat biscuit	Wheat, Barley
Kellogg's Rice Krispies	Barley

Bread products

Brand and type of product	Allergens
Warburton's wholemeal	Wheat
Hovis wholemeal	Wheat

Jams and spreads

Brand and type of product	Allergens
Hartley's Strawberry Jam	None
Marmite	Barley, Celery
Honey	None

Dairy products

Brand and type of product	Allergens
Flora	Buttermilk
Laughing cow cheese	Milk
Tesco fromage fraise	Milk
Sainsbury's fromage fraise	Milk

Drinks other than milk or water

Brand and type of product	Allergens
Sainsbury's Apple Juice	None
Tesco Apple Juice	None

Tea club menu: Chameleon Club at Lydalls Nursery

Bread products

Brand and type of product	Allergens
Warburton's wholemeal	Wheat
Hovis wholemeal	Wheat
Jacobs crackers	Wheat
Kall rice cakes	None
Warburton's Crumpets	Wheat
Tesco finger rolls	Wheat, soya flour

Jams and spreads

Brand and type of product	Allergens
Hartley's strawberry jam	None
Marmite	Barley, Celery
Honey	None

Dairy products

Brand and type of product	Allergens
Flora	Buttermilk
Laughing cow cheese	Milk
Tesco Fromage fraise	Milk
Sainsbury's Fromage fraise	Milk
Sainsburys/ tesco grated cheddar cheese	Milk

Meat based products

Brand and type of product	Allergens
Sainsburys wafer thin ham	None
Ye old oak American Hot dogs	Soya/Soy beans, may contain celery, wheat, eggs, milk and mustard.
Sainsburys wafer thin chicken	None

Tinned foods

Brand and type of product	Allergens
Sainsbury's cream of tomato soup	Milk,
Heinz baked beans	None
Heinz spaghetti hoops	Wheat

Drinks other than milk or water

Brand and type of product	Allergens
Tesco Apple Juice	None
Sainsbury's Apple juice	None