

List of Allergens - Updated 04-02-2021	Allergen
BREAKFAST	
Eggs Benedict streaky bacon	Muffin: Contains: Gluten, Soya and Wheat, May contain: Sesame Sauce: Contains Egg and Milk
Eggs Benedict Macsweens vegetarian haggis (V).	Muffin: Contains: Gluten, Soya and Wheat, May contain: Sesame Sauce: Contains: Egg and Milk. Filling: Oats
Eggs Benedict - With Smoked Salmon	Muffin: Contains: Gluten, Soya and Wheat, May contain: Sesame. Sauce: Contains: Egg and Milk. Filling: Fish
Eggs Your Way - Fried, white or brown, toast butter served on side	White Bloomer Toast: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer Toast: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame Topping: Egg
Eggs Your Way poached white or brown toast, butter served on side	White Bloomer Toast: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer Toast: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame Topping: Egg
Eggs Your Way scrambled eggs on white or brown toast	White Bloomer Toast: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer Toast: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame Topping: Egg & Milk
Morning Special - Bacon	Roll; Contains Soya & Wheat May contain traces of Egg, Milk nuts seeds
Morning Special - Sausage	Roll; Contains Soya & Wheat May contain traces of Egg, Milk nuts seeds Filling: wheat Sulphite
Morning Special - Veggie Haggis	Roll; Contains Soya & Wheat May contain traces of Egg, Milk nuts seeds Filling: Oats
Morning Special - Fried Egg	Roll; Contains Soya & Wheat May contain traces of Egg, Milk nuts seeds Filling: Egg
Morning Special - Scrambled Egg	Roll; Contains Soya & Wheat May contain traces of Egg, Milk nuts seeds, Filling Egg & Milk
Croissant With Cheese & Bacon	Criossant: Contains Egg, Milk Wheat May contain traces of nuts, soya and sesame. Filling Milk
Croissant filled with cheese and tomato (V)	Criossant: Contains Egg, Milk Wheat May contain traces of nuts, soya and sesame. Filling Milk
Croissant With Smoked Salmon	Criossant: Contains Egg, Milk Wheat May contain traces of nuts, soya and sesame. Filling: Contains: Milk, Fish
BRUNCH & LUNCH	
Eggs Benedict with bacon	Muffin: Contains: Gluten, Soya and Wheat, May contain: Sesame Sauce: Contains Egg and Milk
Eggs Benedict with Macsweens vegetarian haggis (V).	Muffin: Contains: Gluten, Soya and Wheat, May contain: Sesame Sauce: Contains: Egg and Milk. Filling: Oats
Eggs Benedict - With Smoked Salmon	Muffin: Contains: Gluten, Soya and Wheat, May contain: Sesame. Sauce: Contains: Egg and Milk. Filling: Fish

List of Allergens - Updated 04-02-2021	Allergen
Glendoick glazed honey roast ham served with organic fried eggs, chips and garden peas.	Contains: Egg,
The Famous Glendoick Soup - Lentil (GF V Ve DF), served with herb scone, crusty bread or oatcakes . (Gluten free bread Avialable)	Bread Malted Wholegrain and White Bloomer Both Contains: Barley, Gluten, Soya and Wheat. May contain: Oats and Rye. Herb Scone: Contains: Gluten, Milk, Soya, Wheat, and Egg. May contain: Barley. Oatcakes Contains: Gluten, Milk, Oats and Wheat, May contain: Nuts Soup: Soya, Celery
The Famous Glendoick Soup - Lentil & Ham (GF DF), served with crusty bread, herb scone or oatcakes. (Gluten free bread Avialable)	Bread Malted Wholegrain and White Bloomer Both Contains: Barley, Gluten, Soya and Wheat. May contain: Oats and Rye. Herb Scone: Contains: Gluten, Milk, Soya, Wheat, and Egg. May contain: Barley. Oatcakes Contains: Gluten, Milk, Oats and Wheat, May contain: Nuts Soup: Soya, Celery
The Famous Glendoick Soup - Today's Special, served with crusty bread, herb scone or oatcakes. (Gluten free bread Avialable)	Bread Malted Wholegrain and White Bloomer Both Contains: Barley, Gluten, Soya and Wheat. May contain: Oats and Rye. Herb Scone: Contains: Gluten, Milk, Soya, Wheat, and Egg. May contain: Barley. Oatcakes Contains: Gluten, Milk, Oats and Wheat, May contain: Nuts Soup: up dated weekly
Glendoick's Fish & Chips (GF DF) using a gluten free batter and served with garden peas, chips, tartare sauce and lemon.	Fish Tartare Sauce Mustard & Egg
The Glendoick Meaty Burger served on brioche bun topped with crispy streaky bacon, mature cheddar, burger relish lettuce tomatoes and gherkins, served with fries. A gluten free option is available.	Brioche bun: Eggs, Soya, Wheat & Gluten may contain Barley Oats Rye & Sesame. Relish: Mustard. Cheese: Milk
Toasties - Cheese & Gammon	White Bloomer: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame Filling: Milk
Toasties - brie & cranberry (V)	White Bloomer: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame. Filling: Milk, Gluten, Egg, Sulphite dioxide, May Contain Nuts and Cereal
Toasties - Tomato & Houmous (V, Ve)	White Bloomer: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame Filling: Contains: Sesame
Toasties - Tuna Mayo	White Bloomer: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame. Filling: Egg, Mustard, and Fish
Toasties - Coronation Chicken	White Bloomer: Contains: Gluten and Wheat May contain: Sesame and Soya, Malted Bloomer: Contains: Barley, Gluten, Soya and Wheat. May contain: Sesame Filling: Egg, Soya, Wheat, Mustard

List of Allergens - Updated 04-02-2021	Allergen
Jacket Potato with Lockerbie Mature Cheddar	Filling: Contains Milk
Jacket potato with tuna mayonnaise (GF).	Filling: contains Egg, Mustard, and Fish
Jacket Potato with baked beans (V Ve DF GF)	Contains: None of the 14 Food Allergens
Jacket potato with chilli con carne (DF GF)	Contains: None of the 14 Food Allergens
Jacket potato with Macsweens vegetarian haggis (V VE)	Filling: contains Oats
Jacket Potato with coronation chicken.	Filling: Egg, Soya, Wheat, Mustard
Ciabattas - Cheese & Gammon	Ciabatta: Contains: Barley, Gluten, Rye and Wheat May contain: Sesame Filling: Milk
Ciabattas - brie & cranberry (V)	Ciabatta: Contains: Barley, Gluten, Rye and Wheat May contain: Sesame Filling: Milk, Gluten, Egg, Sulphite dioxide, May Contain Nuts and Cereal
Ciabattas - Tomato & Houmous (V, Ve)	Ciabatta: Contains: Barley, Gluten, Rye and Wheat May contain: Sesame Filling: Contains: Sesame
Ciabattas - Tuna Mayo	Ciabatta: Contains: Barley, Gluten, Rye and Wheat May contain: Sesame Filling: Egg, Mustard, and Fish
Ciabattas - Coronation Chicken	Ciabatta: Contains: Barley, Gluten, Rye and Wheat May contain: Sesame Filling: Egg, Soya, Wheat, Mustard
Croissant With Cheese & Bacon	Criossant: Contains Egg, Milk Wheat May contain traces of nuts, soya and sesame. Filling Milk
Croissant filled with cheese and tomato (V)	Criossant: Contains Egg, Milk Wheat May contain traces of nuts, soya and sesame. Filling Milk
Croissant With Smoked Salmon	Criossant: Contains Egg, Milk Wheat May contain traces of nuts, soya and sesame. Filling: Contains: Milk, Fish
CAKES & BAKES	
Cobbs Lemon Cake	Contains Gluten, Milk, Eggs. May Contains, Nuts & peanuts
Cobbs Victoria Sponge	Contains Gluten, Milk, eggs May Contains Nuts & Peanuts
Cobbs Salted Caramel	Contains Gluten, Milk, Eggs. May Contains, Nuts & peanuts
Cobbs Cappuccino Cake	Contains Gluten, Milk, Eggs. Soya May Contains, Nuts & peanuts
Cobbs Chocolate Cake	Contains Gluten, Milk, Eggs. May Contains, Nuts & peanuts
Cobbs Cranachan Cake	Contains Gluten, Milk, Eggs. May Contains, Nuts & peanuts

List of Allergens - Updated 04-02-2021	Allergen
Cobbs Carrot Cake	Contains Gluten, Milk, Eggs, Walnuts May Contains, peanuts
Tray Bakes	
Caramel Shortcake	Contains Wheat, & Gluten, Milk, Soya.
Caramel Shortcake Gluten Free	Contains Milk, Soya. May Contain Eggs Nuts
Lemon Drizzle Slice HMCC	Contains Gluten, Milk & Eggs. May Contains, Soya, Nuts
Raspberry And Coconut Slice HMCC	Contains Gluten, Milk, Eggs, Sulphites. May Contain Nuts
Boston Brownie	Contains Gluten, Soya, Eggs. May Contains, Milk, Nuts
Yoghurt & Cranberry Slice	Contains Barley, Oats, Wheat, Gluten, Milk, Soya.
Ginger & Lemon Slice	Contains. Gluten, Egg, Milk, May Contains traces Soya, Nuts peanuts
Apple Short Cake HMCC	Contains Gluten, Milk, Eggs, Sulphites. May Contain Nuts
Rhubarb & Cherry Slice	Contains. Gluten, Egg, Milk, Nuts May Contains traces Soya peanuts
Strawberry And Rhubarb Slice	Contains. Gluten, Egg, Milk, May Contains traces Soya, Nuts peanuts
Apple & Almond Slice	Contains. Gluten, Milk, Eggs May Contains Traces, Soya, Nuts, Peanuts
Victoria Slice - Gluten Free	Contains. Egg, Milk, May Contains traces Nuts
Iced Fruit cake Slice Gluten Free	Contains: Almonds, Egg, Nuts and Sulphites >10ppm May contain: Brazil Nut, Cashew Nut, Hazelnut, Nuts, Peanuts, Pecan Nut, Pistachio and Walnut
Cream Scones	Contains Gluten, Milk, Soya, Wheat and Egg May Contains Barley
Toasted Tea Cake	Contains Gluten, Milk, Eggs
Pancake Butter & Jam	Contains Gluten, Milk, Eggs May Contains Nuts
Danish PastryApple Crown	Contains Gluten, Milk, Eggs

List of Allergens - Updated 04-02-2021	Allergen
	May Contains Nuts & Soya
Danish Pastry chocolate twist	Contains Gluten, Milk, Eggs, Soya
	May Contains Nuts
Glendoick Muffins	Contains Gluten, Milk, Eggs
	May Contains Nuts & Soya
Empire Biscuits	Contains Gluten,
	May Contain traces of nuts & seeds
Criossants	Contains Egg, Milk Wheat May contain Nuts Sesame and Soya
Glendoick Muffins	Contains Gluten, Milk, Eggs May contain Nuts and Soya
Fruit scone	Contains Gluten, Milk, Soya, Wheat and Egg May Contain Barley
Plain scone	Contains Gluten, Milk, Soya, Wheat and Egg May Contain Barley
Cheese scone	Contains Gluten, Egg, Milk Wheat and Egg May contain traces of Soya
Miscellaneous	
Mackies Sea Salt Crips	Contains: None of the 14 Food Allergens
	May contain: Barley, Gluten, Milk, Mustard, Oats and Wheat
Mackies Sea Salt & Vinegar Crips	Contains: None of the 14 Food Allergens
	May contain: Barley, Gluten, Milk, Mustard, Oats and Wheat
Mackies Cheddar & Onion Crips	Contains: Milk. May contain: Barley, Gluten, Mustard, Oats and Wheat
Kettle Chips Salted	Contains: None of the 14 Food Allergens
Kettle Chips Sea Salt & Balsamic Vinegar	Contains: None of the 14 Food Allergens
Kettle Chips Mature Cheddar & Red Onion	Contains: Milk
Wee Squirrel Box	Conatins Wheat, Gluten, Milk, Soya, Nuts, containsof boxes can change please speak with staff member regardnig any alergen concerns
Afternoon Tea	conatins Gluten, Milk, Soya, wheat, egg, Nuts, Almonds, Pistachio, May conatin Barley various other nuts
Fries	Contains: None of the 14 Food Allergens
Wedges	Contains: None of the 14 Food Allergens
Mug of Soup	see bowls soup
Condiments	
Mustard	Contains: Mustard
Vinegar	Contains: Barley and Gluten

List of Allergens - Updated 04-02-2021	Allergen
Brown Sauce	Contains: Gluten and Rye
Tomato Sauce	Contains: None of the 14 Food Allergens
Tartare Sauce in house	Contains: Mustard and Egg
Salad Cream	Contains: Egg and Mustard
Mayonnaise	Contains: Egg and Mustard
Strawberry Jam	Contains: None of the 14 Food Allergens
Raspberry & Rhubarb Jam	Contains: None of the 14 Food Allergens
Blackcurrant, Apple & Pear Jam	Contains: None of the 14 Food Allergens