



THE ORIGINAL PASTY HOUSE

Allergen Information Booklet

Edinas - 25

Revised 2016 - March 2021

Contains - Spgs, Cream, Eggs/Onion/Mushrooms & Larded Fries



WEST COUNTRY PASTIES & SAVOURIES

Allergy Information for Customers

Menu Item	Supplier	Allergens													
		Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin	Sulphur Dioxide
PASTIES															
Traditional Steak Pasties	Proper Cornish	✓						✓ wheat							
Giant Steak Pasties	Proper Cornish	✓						✓ wheat							
Cheese & Bacon Pasties	Proper Cornish	✓						✓ wheat							
Chicken & Vegetable Pasties	Proper Cornish	✓						✓ wheat			✓				
Steak & Ale Pasties	Proper Cornish	✓						✓ wheat/barley							✓ sulphites
Cheese & Onion Pasties	Proper Cornish	✓						✓ wheat							
Tomato, Basil & Cheese Pasties	Proper Cornish	✓						✓ wheat							
Vegetable Pasties	Proper Cornish	✓					✓	✓ wheat/barley							
Spicy Chicken & Chorizo	Proper Cornish	✓						✓ wheat	✓		✓				
Chicken, Bacon & Leek Pasties	Proper Cornish	✓						✓ wheat			✓				
Cocktail Pasties	Proper Cornish	✓						✓ wheat							
Thai Red Chicken Curry	Premier Pasties	✓						✓ wheat			✓	✓			
Spicy Vegetable Pasties (VEGAN)	Premier Pasties							✓ wheat			✓*				
Mexican Bean Pasty (VEGAN)	Proper Cornish							✓ wheat							
Turkey Pasty	Proper Cornish	✓						✓ wheat/barley							
SAVOURIES															
Sausage Rolls	Proper Cornish	✓						✓ wheat							
Bacon & Cheese Bites	Proper Cornish	✓						✓ wheat							
Chicken & Mushroom Slices	Proper Cornish	✓						✓ wheat			✓				
Chorizo Sausage Roll	Proper cornish	✓						✓ wheat							
Vegan Sausage Roll	Premier Pasties							✓ wheat/barley			✓				✓
Pigs in Blanket Turnover	Proper cornish														

* Defatted Soy Bean

ALL OUR PASTIES ARE COATED WITH A MILK GLAZE / EXCEPT SPICY VEG & MEXICAN BEAN PASTIES (VEGAN FRIENDLY SOYA GLAZE)



HOMEMADE CAKES (Page 1)

Allergy Information for Customers

Menu Item	Supplier	Allergens												
		Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin
Carrot Cake		Milk	Eggs					Wheat			Soya			
Carrot Cake Mix	Bako	✓ trace	✓					✓ wheat			✓			
Grated Fresh Carrot	Tamar View													
Cream Cheese Icing	Bako	✓	✓ trace					✓ wheat (trace)			✓ trace			
Triple Chocolate Fudge Brownie		Milk	Eggs			Nuts (trace)		Wheat			Soya			Sulphur Dioxide
Brownie Mix	Bako	✓	✓			✓ trace		✓ wheat			✓ trace			
Vegetable Oil	Booker					✓ trace								
Double Fudge Icing	Bako	✓	✓ trace								✓			✓ 15ppm
Caramel Shortbread		Milk				Nuts (trace)		Wheat			Soya			Sulphur Dioxide
Shortbread Mix	Bako	✓ trace	✓ trace					✓ wheat			✓ trace			
Butter	Tamar View	✓												
Renshaws Lux Caramel Icing	Bako	✓				✓ trace								✓ 25-45ppm
Chocolate Buttons	Bako	✓						✓ wheat (trace)			✓			
Lemon Drizzle Cake (Gluten Free)		Milk	Eggs			Almonds				Sesame				
Utterly butterly	Booker	✓												
Caster Sugar	Bako													
Eggs	Tamar View		✓											
Ground Almonds	Booker					✓ almonds				✓				
Self Raising Gluten Free Flour	Kilworthy Kapers													
Lemon Curd	Booker		✓											
Gingerbread Man		Milk	Eggs (trace)					Wheat			Soya			Sulphur Dioxide
Gingerbread Man Biscuit	Bako	✓ trace	✓ trace					✓ wheat			✓ trace			✓ trace
White Chocolate Jazzies	Booker	✓						✓ wheat			✓			
Skittles	Booker													
Jelly Babies	Booker													
Dolly Mixtures	Booker													
Fizzy Belts	Booker							✓ wheat						
Milk Chocolate Stars	Booker	✓						✓ wheat			✓			
Chocolate Buttons	Bako	✓						✓ wheat (trace)			✓			
Chocolate Krispy Cake		Milk				Nuts (trace)		Wheat			Soya			Sulphur Dioxide
Rice Krispies	Booker							✓ wheat (barley)						
Mini Marshmallows	Booker													
Renshaws Lux Caramel Icing	Bako	✓				✓ trace								✓ 25-45ppm
Chocolate Buttons	Bako	✓						✓ wheat (trace)			✓			
Chocolate Mini Eggs	Booker	✓				✓ trace					✓			Sulphite



Sandwiches & Baguettes

Allergy Information for Customers

Allergy Information for Customers		Allergens												
		Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin
Menu Item	Supplier													
BREADS & SPREAD														
White baguettes	Caterfood	√trace						√Wheat		√trace	√trace			
Granary Baguettes	Caterfood	√trace						√Wheat/Oats/Rye/Barley/Spelt		√	√trace			
White Bread (Tavistock)	Coop (Hovis/Warburtons)							√wheat						
Granary Bread (Tavistock)	Coop (Hovis/Warburtons)	√						√wheat/barley						
White Bread (Plymouth)	Tesco (Warburtons)							√wheat						
Granary Bread (Plymouth)	Tesco (Hovis)	√						√wheat/barley						
White Roll	Tesco/Coop							√wheat						
Granary Roll	Tesco/Coop							√wheat						
Gluten Free Bread- Genius	Tesco/Coop		√											
Butter Spread (Utterly Butterly)	Booker	√												
FILLINGS														
Cheddar Cheese		√												
Egg Mayonnaise			√						√					
Bacon														
Sausage								√wheat						
Bacon & Sausage								√wheat						
B.L.T														
Ham														
Tuna Mayonnaise, Sweetcorn & Peppers			√	√					√					
Tuna Mayonnaise			√	√					√					
Roast Chicken														
Chicken Tikka Masala		√						√wheat			√			
Chicken & Cashew Nuts			√		√cashews				√					√traces
Coronation Chicken			√		√almonds			√wheat	√					√
Prawns in Marie Rose Sauce			√						√			√		
Brie Bacon & Cranberry Sauce		√												
Chicken & Bacon														
Vegan Sausage (Linda McCartney Vegetarian Sausages)	Morrisons/Tesco							√wheat			√			√



TOASTED SANDWICHES

Allergy Information for Customers

Menu Item	Allergens													
	Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin	Sulpher Dioxide
Cheddar Cheese & Red Onion	✓						✓							
Cheddar Cheese & Tomato	✓						✓							
British Ham & Cheddar Cheese	✓						✓							
Tuna Mayonnaise & Cheddar Cheese	✓	✓	✓				✓	✓						



FRESHLY MADE SALADS

Allergy Information for Customers

Menu Item	Allergens													
	Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustatians	Molluscs	Lupin	Sulpher Dioxide
Set Salads														
Chicken Caesar Salad	✓	✓					✓ wheat/barley							
Cubed Chicken Breast Chunks, Chopped Bacon Pieces, Iceburg Lettuce, Cucumber, Croutons & Caesar Dressing														
Tuna Nicoise Salad		✓	✓					✓						
Flaked Tuna, Chopped Boiled Egg, New Potatoes, Red Onion, Iceburg Lettuce & Dijon Dressing														
Beetroot & Feta Salad	✓							✓						
Cubed Feta Cheese, Beetroot, Iceberg Lettuce, Mixed Peppers, Cucumber & Balsamic Vinegar Dressing														
Sundried Tomato Pesto Pasta Salad	✓				✓ cashews		✓ wheat							
Sundried Tomato Pesto Pasta, Peppers, Mixed Leaves, Red Onion & Sweetcorn														
Create Your Own Salad														
Chicken Tikka Masala	✓						✓ wheat			✓				
Prawns in Marie Rose Sauce														
Peri Peri Chicken		✓						✓			✓			
Roast Chicken														
Coronation Chicken		✓			✓		✓ wheat	✓						✓
Tuna Mayonnaise														
British Ham														
Egg Mayonnaise														
Cheddar Cheese														
Mixed Bean														
Mushroom & Spring Onion Mix														
Coleslaw														
Pasta Mix														



GOURMET BURGER MENU (Page 1)

Allergy Information for Customers

Menu Item	Supplier	Ingredients	Allergens															
			Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin	Sulphur Dioxide		
The Original																		
	Howells	8oz Beef Burger								✓	✓ wheat							
	Caterfood	Pretzel Bun									✓ wheat							
	Coop	House Red Onion Relish									✓ wheat/barley							
	Tamar View	Lettuce																
	Booker	Pickle										✓						
	Booker	Ketchup (Heinz)								✓								
	Booker	Mustard (Heinz)									✓ wheat/barley	✓						
The West Country Cheeseburger			Milk															
	Howells	8oz Beef Burger								✓	✓ wheat							
	Caterfood	Pretzel Bun									✓ wheat							
	Booker	Moterey Jack Cheese	✓															
	Coop	House Red Onion Relish									✓ wheat/barley							
	Tamar View	Lettuce																
	Booker	Pickle										✓						
	Booker	Ketchup (Heinz)								✓								
	Booker	Mustard (Heinz)									✓ wheat/barley	✓						
The BBQ Bacon Cheeseburger			Milk															
	Howells	8oz Beef Burger								✓	✓ wheat							
	Caterfood	Pretzel Bun									✓ wheat							
	Howells	Smokey Bacon																
	Booker	Moterey Jack Cheese	✓															
	Caterfood	BBQ Sauce								✓	✓				✓			
	Coop	House Red Onion Relish									✓							
	Tamar View	Lettuce																
	Booker	Mustard (Heinz)									✓ wheat/barley	✓						
The House Double			Milk															
	Howells	8oz Beef Burger								✓	✓ wheat							
	Caterfood	Pretzel Bun									✓ wheat							
	Howells	Smokey Bacon																
	Booker	Moterey Jack Cheese	✓															
	Coop	House Red Onion Relish									✓ wheat/barley							
	Tamar View	Lettuce																
	Booker	Pickle										✓						
	Booker	Ketchup (Heinz)								✓								
	Booker	Mustard (Heinz)									✓ wheat/barley	✓						



Ice Cream

Allergy Information for Customers

Allergy Information for Customers		Allergens													
Menu Item	Supplier	Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin	Sulpher Dioxide
Ben & Jerry's Cookie Dough Ice Cream	Booker	✓	✓					✓wheat			✓				
Ben & Jerry's Phish Food Ice Cream	Booker	✓	✓			✓					✓				
Ben & Jerry's Chocolate Fudge Brownie Ice Cream	Bookers	✓	✓					✓wheat/barley							



DRINKS (Page 2)

Allergy Information for Customers			Allergens													
Menu Item	Supplier	Ingredients	Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin	Sulphur Dioxide
Real Fruit Smoothies																
Mango & Pineapple			Milk													
	Caterfood	Frozen Mango Chunks														
	Caterfood	Frozen Pineapple chunks														
	Booker	Orange Juice														
	Caterfood	Yard Farm Vanilla Ice Cream	✓													
Strawberry & Banana			Milk													
	Caterfood	Frozen Strawberries														
	Tamar view	Fresh Banana														
	Caterfood	Yard Farm Vanilla Ice Cream	✓													
	Booker	Orange Juice														
Mixed Berry			Milk													
	Caterfood	Frozen Raspberries, Blackcurrants & redcurrants														
	Booker	Apple Juice														
	Caterfood	Yard Farm Vanilla Ice Cream	✓													
Strawberry, Raspberry & Banana Smoothie (Vegan)																
	Caterfood	Frozen Raspberries & Strawberries														
	Tamar view	Fresh Banana														
	Booker	Orange Juice														
	Caterfood	Yard Farm Raspberry Sorbet														
Iced Frappes																
Caffe Frappe	Miko	Monin Café Frappe powder, Milk & Ice	✓	✓traces			✓traces		✓Wheat traces			✓				
Vanilla Frappe	Garraways	Sweetbird Non Dairy Frappe Powder, Milk & Ice	✓													
Sticky Toffee Frappe	Garraways	Sweetbird Sticky Toffee Frappe Powder, Milk & Ice	✓													
Mango Frappe	Miko	Sweetbird Mango & PassionFruit Syrup, Frozen Mango Chunks & ice														
Strawberry & Banana Frappe	Miko	MIKO Strawberry Syrup, MIKO Banana Syrup, Milk & Ice	✓													
Vanilla Soya Frappe (Vegan)	Garraways/Booker	Sweetbird Non Dairy Frappe Powder, Alpro Soya Milk & Ice										✓				



Vegan Menu Items

Allergy Information for Customers

Allergy Information for Customers		Allergens													
		Milk	Eggs	Fish	Peanuts	Nuts	Celery	Cereals containing gluten	Mustard	Sesame	Soya	Crustations	Molluscs	Lupin	Sulphur Dioxide
Vegan Items	Supplier														
Spicy Vegetable Pasty	Premier Pasties							✓wheat			✓*				
Mexican Bean Pasty	Proper Cornish							✓wheat							
Vegan Sausage Roll	Premier Pasties							✓wheat/barley			✓				✓
Vegan Breakfast Wrap								✓wheat			✓				✓
Linda McCartney Vegetarian Sausage, Mushrooms, Tomato, Baked Beans, Mixed Peppers & Wrap															
Vegan Sausage Baguette								✓wheat			✓				✓
Linda McCartney Vegetarian Sausage & White or Granary Baguette															
Vegan Baked Beans Jacket Potato (No Butter)															
Baked Potato & Heinz Baked Beans															
Soya Raspberry Milkshake											✓				
Yarde Farm Raspberry Sorbet, Alpro Soya Milk															
Strawberry, Raspberry & Banana Smoothie															
Yarde Farm Raspberry Sorbet, Fresh Banana, Frozen Raspberries & Strawberries and Orange Juice															
Vanilla Soya Frappe											✓				
Sweetbird Non Dairy Frappe Powder, Alpro Soya Milk & Ice															

*Defatted Soya Bean