

### Goodwins Breakfast Menu Spring Summer 2018 Allergen Report

We prepare our food in kitchens with products containing gluten and nuts as well as other allergens. The allergy data detailed in the table below has been derived from supplier specifications on the allergenic ingredients that have intentionally been added to the final food product. We have taken all reasonable steps to ensure that this table is accurate. We CANNOT guarantee that any product is "100% FREE FROM" any allergen due to the risk of cross contamination risk in production, supply and preparation. If you suffer from sensitive trace reactions for stated allergens, please be aware that we are unable to guarantee suitability for you. Please make yourself known to our staff and inform them of your allergy every time you dine with us, even if you have eaten the dish before, so that every possible precaution can be taken in our kitchens to prevent cross contamination and if product substitutions are in place our staff can make you aware of these.

Please be aware that the information below is provided to us by our suppliers, however due to preparation methods within our kitchens, we are unable to guarantee Vegan suitability of our deep fried products. Please speak to the team for further information.

\*\* 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, kamut, spelt & oats

<b>YES Vegan / Vegetarian</b>	YES in the column indicates that the information that has been supplied to us indicates the product is suitable for Vegan/Vegetarian
<b>NO Vegan / Vegetarian</b>	NO in the column indicates that the information that has been supplied to us indicates the product is NOT suitable for Vegan/Vegetarian
<b>NO</b>	Is not listed as an ingredient, but please note that absence in the final product cannot be guaranteed, due to cross contamination risks in production, supply and preparation
<b>NO*</b>	Indicates that whilst gluten is not a listed ingredient, due to the fryers being used for breaded products there is an increased cross contamination risk
<b>YES</b>	Indicates that the product CONTAINS that allergen and is a listed ingredient by the supplier
Some dishes have multiple options available when ordering. The allergen outcomes for each option is listed below the dish. Please bear this in mind when ordering and add the allergen outcome for each choice to your overall meal.	

Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast	Breakfast Traditional Breakfast -Please select your Egg choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins Breakfast	Breakfast Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast	Breakfast Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast Vegetarian Breakfast (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast	Breakfast Egg Benedict	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast	Breakfast Egg Royale †	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No
Goodwins Breakfast	Breakfast Porridge (v) - Please select your topping choice listed below	Total Allergen Outcome	No	Yes	Yes (Oat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins Breakfast	Breakfast Jam - Strawberry		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast	Breakfast	Maple Syrup		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast	Clear Honey		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast	Buttermilk Pancakes (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Smoked Salmon And Scrambled Eggs † - Please select your bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Goodwins Breakfast	Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Breakfast Surf And Turf †	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Smashed Avocado & Eggs On Toast (v) - Please select your Egg and Bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No
Goodwins Breakfast	Breakfast	Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast	Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Traditional Breakfast - Kids, Please select your Egg choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins Breakfast	Breakfast	Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast	Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast	Breakfast	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast	Boiled Egg And Soldiers (v) - Kids, Please select your bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Vegetarian Breakfast (v) - Kids, Please select your Egg choice listed below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast	Breakfast	Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast	Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Cooked Breakfast	Sandwich - Back bacon, sausage and fried egg	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins Breakfast	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Cooked Breakfast	Ciabatta		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Cooked Breakfast	Brioche Bun		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No
Goodwins Breakfast	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Cooked Breakfast	Sandwich - Back bacon and fried egg	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Cooked Breakfast	No gluten Brown Seeded Loaf		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast	Cooked Breakfast	Ciabatta		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Cooked Breakfast	Brioche Bun		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No
Goodwins Breakfast	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Cooked Breakfast	Sandwich - Sausage and fried egg	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins Breakfast	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Cooked Breakfast	Ciabatta		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Cooked Breakfast	Brioche Bun		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No
Goodwins Breakfast	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast	Breakfast Extras	Back Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast Extras	Pancake Topper Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast Extras	Pork Sausage	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins Breakfast	Breakfast Extras	Hash Brown (v)	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast Extras	Fried Egg (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast Extras	Baked Beans (v)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast	Breakfast Extras	Toasted White or Malted Bloomer (v) Please select your bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins Breakfast	Breakfast Extras	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast	Breakfast Extras	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Add Crispy Smoked Streaky Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Back Bacon	Total Allergen Outcome	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Fried Egg (v)	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Hash Brown (v)	Total Allergen Outcome	No	Yes	No*	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Sausage	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Baked Beans (v)	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Toasted White or Malted Bloomer (v) Please select your bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Breakfast Extras & Trade Ups	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Buttermilk Pancakes (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Smoked Salmon And Scrambled Eggs † - Please select your bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Breakfast Surf And Turf †	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast Hotels	Cooked Breakfast	Smashed Avocado & Eggs On Toast (v) - Please select your Egg and Bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Traditional Breakfast - Please select your egg choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins Breakfast Hotels	Cooked Breakfast	Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Vegetarian Breakfast (v)	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Egg Benedict	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Egg Royale †	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	Yes	No	Yes	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Porridge (v) - Please select your topping choice listed below	Total Allergen Outcome	No	Yes	Yes (Oat)	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Jam - Strawberry		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Maple Syrup		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast Hotels	Cooked Breakfast	Clear Honey		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Back bacon, sausage and fried egg - Please select your bread and egg choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	No gluten Brown Seeded Loaf		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Ciabatta		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Brioche Bun		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Back bacon and fried egg - Please select your Egg and bread choice listed below	Total Allergen Outcome	No	No	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	No gluten Brown Seeded Loaf		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Ciabatta		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Brioche Bun		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Sausage and fried egg - please select your bread choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	Yes
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	No gluten Brown Seeded Loaf		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast Hotels	Cooked Breakfast	Ciabatta		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Cooked Breakfast	Brioche Bun		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	Yes	Yes	No
Goodwins Breakfast Hotels	Cooked Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Kids Breakfast	Traditional Breakfast - Kids, Please select your Egg choice listed below	Total Allergen Outcome	No	No	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes
Goodwins Breakfast Hotels	Kids Breakfast	Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Boiled Egg And Soldiers (v) - Kids, Please select your bread choice listed below	Total Allergen Outcome	No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Kids Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Goodwins Breakfast Hotels	Kids Breakfast	Vegetarian Breakfast (v) - Kids, Please select your Egg choice listed below	Total Allergen Outcome	No	Yes	Yes (Wheat)	No	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Goodwins Breakfast Hotels	Kids Breakfast	Breakfast Scrambled Egg		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Beans On Toast (v) - Kids, Please select your bread choice listed below	Total Allergen Outcome	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Goodwins Breakfast Hotels	Kids Breakfast	Bread - Malted Bloomer		Yes	Yes	Yes (Wheat, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No



	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Goodwins Breakfast Hotels	Kids Breakfast	Bread - White Bloomer		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	Topped Toast - Please select from the items listed below	Total Allergen Outcome																
Continental Breakfast Offering	Breakfast Bar	Poached Egg		No	Yes	Yes (Barley)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Scrambled Eggs		No	Yes	No	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Free Range Fried Egg		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Baked Beans		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Sliced Malted Bloomer - Toasted		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	No-gluten brown seeded loaf Toasted		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Sliced White Bloomer Toasted		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	Breakfast Bar - Please select from the items listed below	Total Allergen Outcome																
Continental Breakfast Offering	Breakfast Bar	Sliced Malted Bloomer		Yes	Yes	Yes (Wheat, Barley, Rye)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	No-gluten brown seeded loaf		No	Yes	No	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Sliced White Bloomer		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	Bagel Sliced		Yes	Yes	Yes (Wheat)	No	No	No	No	No	No	No	No	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	Breakfast Cereals - Please select from the items listed below	Total Allergen Outcome																
Continental Breakfast Offering	Breakfast Bar	Coco Pops Portion Pack		No	Yes	Yes (Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Continental Breakfast Offering	Breakfast Bar	Luxury Muesli		No	Yes	Yes (Wheat, Barley)	Yes (Hazelnuts)	No	No	No	No	No	No	No	No	No	No	No	Yes
Continental Breakfast Offering	Breakfast Bar	Rice Krispies Portion Pack		No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Weetabix		Yes	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Bran Flakes Portion Pack		No	Yes	Yes (Wheat, Barley, Oat)	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Continental Breakfast Offering	Breakfast Bar	Crunchy Nut Corn Flakes Portion Pack		No	Yes	Yes (Barley)	No	Yes	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Kelloggs Fruit & Fibre Portion Pack		Yes	Yes	Yes (Wheat, Barley)	Yes (Hazelnuts)	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Special K Portion Pack		No	Yes	Yes (Wheat, Barley)	No	No	No	No	No	No	Yes	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Kelloggs Cornflakes Portion Pack		Yes	Yes	Yes (Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Kelloggs Frosties Portion Pack		Yes	Yes	Yes (Barley)	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Granola		No	Yes	Yes (Oats)	Yes (Almonds)	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Breakfast Bar - Dairy, Please select from the items listed below	Total Allergen Outcome																
Continental Breakfast Offering	Breakfast Bar	Yoghurt - Strawberry (Yeo Valley)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Continental Breakfast Offering	Breakfast Bar	Yoghurt - Peach (Yeo Valley)		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	Yes
Continental Breakfast Offering	Breakfast Bar	Milk Semi Skimmed		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Wholemilk Natural Yoghurt		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Breakfast Bar - Fruit Options, Please select from the items listed below	Total Allergen Outcome																

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Continental Breakfast Offering	Breakfast Bar	Fresh Pears		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Apples - Red		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Bananas		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Breakfast bar - Jams & Spreads, Please select from the items listed below	Total Allergen Outcome																
Continental Breakfast Offering	Breakfast Bar	Marmite Portions		Yes	Yes	Yes (Barley)	No	No	Yes	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Strawberry Jam		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Nutella Portions		No	Yes	No	Yes (Hazelnuts)	No	No	No	No	No	No	Yes	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	Honey		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Marmelade Portions		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Flora Portions		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Butter Portions		No	Yes	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Breakfast Bar - Juice, Please select from the items listed below	Total Allergen Outcome																
Continental Breakfast Offering	Breakfast Bar	Apple Juice (Cracker)		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Orange Juice (Cracker)		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Cranberry Juice (Cracker)		No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Breakfast Bar - Pastries,- Please select from the items listed below	Total Allergen Outcome																

	Category	Dish Name	Total Allergen Outcome	Suitable for Vegans	Suitable for Vegetarians	Contains Gluten*	Contains Tree Nuts**	Contains Peanuts	Contains Celery	Contains Crustaceans	Contains Egg	Contains Fish	Contains Lupin	Contains Milk	Contains Molluscs	Contains Mustard	Contains Sesame Seed	Contains Soya	Contains Sulphur Dioxide / Sulphites
Continental Breakfast Offering	Breakfast Bar	Crossiant Butter		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	Yes	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Mini Blueberry Muffin		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	No	No	No	No
Continental Breakfast Offering	Breakfast Bar	Mini Chocolate Muffin		No	Yes	Yes (Wheat)	No	No	No	No	Yes	No	No	No	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	Pain au Chocolat		No	Yes	Yes (Wheat, Rye)	No	No	No	No	Yes	No	No	Yes	No	No	No	Yes	No
Continental Breakfast Offering	Breakfast Bar	Breakfast Bar - Toppers & Extras, Please select from the items listed below	Total Allergen Outcome																
Continental Breakfast Offering	Breakfast Bar	Luxury Dried Fruit		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes
Continental Breakfast Offering	Breakfast Bar	Cherry Compote		Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No