Impresso

Allergen Details: Last Updated: 22-11-2026

Panini, Wraps & Bagels

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Chicken, Bacon, Cheese & Country Relish	Yes Wheat	-	-	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chicken, Pesto, Sundried Tomato & Mozzarella	Yes Wheat	-	-	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Bacon, Brie, Cranberry & Red Onion	Yes Wheat	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Chicken & Bacon Caesar Wrap	Yes Wheat	-	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-
Cajun Chicken, Peppers, Mozzarella & Cajun Mayo	Yes Wheat	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Chicken, Peppers, Mozzarella & Garlic Mayo / Sweet Dill / Mayo / BBQ	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chicken, Peppers, Mozzarella & Korean BBQ	Yes Wheat	-	-	-	-	Yes	Yes	-	-	-	Yes	-	-	-
Chicken, Garlic Mayo, Stuffing, Red Onion & Cheese	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Ham, Dijon Mustard, Pineapple, Red Onion & Cheese	Yes Wheat	-	-	-	-	Yes	Yes	-	-	Yes	-	Yes	-	-
Pesto, Sundried Tomato, Leaves & Mozzerella	Yes Wheat	-	-	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Tuna Melt	Yes Wheat	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Brie, Roast Pepers, Leaves & Cranberry	Yes Wheat	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Falafel, Mixed Leaves, Roast Peppers, Red Onion & Coelsaw	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-

Festive Turkey Panini / Wrap / Bagel	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Cajun Chicken, Bacon, Red Onion, Cheddar & Cajun Mayo	Yes Wheat	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Turkey & Cream Cheese Bagel	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	-	Yes	-	-	-
Spicy Sriracha & BBQ Chicken Wrap	Yes Wheat	-	Yes	-	-	-	Yes	-	-	Yes	-	-	-	-
Tuna & Sweet Dill Mayo Panini	Yes Wheat	-	Yes	Yes	-	-	-	-	-	Yes	-	-	-	-

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Allergens

1.Gluten 2.Crustaceans 3.Eggs 4.Fish 5.Peanuts 6.Soybeans 7.Milk 8.Nuts 9.Celery 10.Mustard 11.Sesame 12.Sulphites 13.Lupin 14.Molluscs

Sandwiches

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Toasted Special	Yes Wheat	-	-	-	-	Yes	Yes	-	-	-	-	Yes	-	-
BLT	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Tuna Melt	Yes Wheat	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Triple Decker Club	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Egg Salad	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Ham Salad	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	Yes	-	-
Chicken Stuffing, Onion, Sweetcorn & Mayo	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Streaky Bacon, Turkey & Smashed Avocado on Toasted Sourdough	Yes Wheat	-	Yes	-	-	-	Yes	-	-	Yes	-	-	-	-
Toasted Sourdough Sandwich with Chicken, Chipotle Mayo, Red Onion & Mozzarella	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	Yes	-	-
Chipotle Chicken Sourdough Sandwich	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	Yes	-	-
Reuben Sandwich	-Wheat	-	Yes	-	-	-	-	-	-	Yes	-	Yes	-	-

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Breakfast

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Breakfast Blaa	Yes Wheat	-	Yes	-	-	Yes	-	-	-	-	-	Yes	-	-
Breakfast Wrap / Panini (No Sauce)	Yes Wheat	-	Yes	-	-	Yes	-	-	-	-	-	-	-	-
Lg & Sml Breakfast	Yes Wheat	-	Yes	-	-	Yes	-	-	-	-	-	Yes	-	-
Cream Cheese Bagel w/ or w/out Bacon	Yes Wheat	-	-	-	-	-	Yes	-	-	-	-	-	-	-
Ham & Cheese Croissant	Yes Wheat	-	Yes	-	-	-	Yes	Yes	-	-	Yes	-	-	-
Acai Bowl	Yes Oats	-	-	-	Yes	-	-	Yes	-	-	Yes	-	-	-
Granola Pot	Yes Oats	-	-	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Eggs Benedict (Classic)	Yes Wheat	-	Yes	-	-	Yes	Yes	-	Yes	Yes	-	-	-	-
Smashed Avocado	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-
Pancake Stack (Adult - Both)	Yes Wheat	-	Yes	-	-	-	Yes	-	-	-	-	-	-	-
Pancake Stack (Child - Nutella)	Yes Wheat	-	Yes	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Eggs Rayu	Yes Wheat	-	Yes	-	Yes	-	Yes	Yes	-	Yes	-	-	-	-
Smoked Salmon, Eggs & Creame Cheese	Yes Wheat	-	Yes	Yes	-	Yes	Yes	-	-	Yes	-	-	-	-
Sausage Rolls (All)	Yes	-	Yes	-	-	-	Yes	-	-	-	Yes	Yes	-	-

	Wheat Oats													

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Soup

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Vegetable Soup	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-
Speciality Soup	-	-	-	-	-	-	-	-	Yes	-	-	-	-	-

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Pastries & Sweets

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Caramel Shortbread	Yes Wheat	-	-	-	-	Yes	Yes	-	-	-	-	-	-	-
Eclair	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	Yes	-	-	-
Coconut Delight / Cashew Crunch / Coffee Kick	-	-	-	-	Yes	Yes	-	Yes	-	-	Yes	-	-	-
Croissant (Plain)	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	Yes	-	-	-
Croissant (Almond)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Croissant (Chocolate)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Flapjacks (All)	Yes Wheat	-	-	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Scones (All)	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Ring Doughnuts (All)	Yes	-	Yes	-	-	Yes	Yes	-	-	-	-	-	-	-
Peanut & Caramel Cake (Snickers Cake)	-	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Cinnamon Bun	Yes	-	Yes	-	-	-	Yes	-	-	-	-	-	-	-
Muffins (All)	Yes	-	Yes	-	-	-	Yes	Yes	-	-	-	-	-	-
Danish (All)	Yes	-	Yes	-	-	-	Yes	Yes	-	-	Yes	-	-	-
Granola	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Cookies (All)	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-
Carrot Cake	-	-	Yes	-	Yes	-	Yes	Yes	-	-	-	-	-	-
Kinder Tiffin	Yes	-	Yes	-	Yes	Yes	-	Yes	-	-	-	-	-	-
Pastel De Nata	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	Yes	-	-	-
Brookie	-	-	Yes	-	Yes	Yes	Yes	Yes	-	-	-	-	-	-

Lemon Drizzle	Yes	-	Yes	-	Yes	-	Yes	Yes	-	-	-	-	-	-
Peanut Butter Dark Chocolate Sea Salt Energy Balls	Yes	-	-	-	Yes	Yes	-	-	-	-	-	-	-	-
Ferrero Energy Nut Ball	Yes Oats	-	-	-	Yes	Yes	-	Yes	-	-	-	-	-	-
Cruffins (All)	Yes Wheat	-	Yes	-	Yes	Yes	Yes	Yes	-	-	Yes	-	-	-
Biscoff Energy Ball	Yes Wheat	-	-	-	-	Yes	Yes	Yes	-	-	-	-	-	-
Ferrero Energy Ball	-	-	-	-	-	Yes	-	Yes	-	-	-	-	-	-
Pistachio & Orange Energy Ball	-	-	-	-	-	-	-	Yes	-	-	-	-	-	-

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Salads

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Classic Caesar Salad	Yes	-	Yes	Yes	-	Yes	Yes	-	-	-	-	-	-	-
Lemon Pepper Chicken & Bacon Salad	-	-	-	-	-	-	-	-	-	Yes	-	Yes	-	-
Cajun Chicken & Chorizo Salad (No Dessing)	-	-	-	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Chicken Satay & Seasme Seed Salad	Yes	-	-	-	Yes	-	-	Yes	-	Yes	Yes	-	-	-
Falafel Salad	Yes	-	Yes	-	-	Yes	-	-	-	Yes	-	-	-	-

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Grab N' Go

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Granola Pot	Yes	-	-	-	Yes	-	Yes	Yes	-	-	-	-	-	-
Overnight Oats	Yes Oats	-	-	-	Yes	-	-	Yes	-	-	-	-	-	-
Feta & Chickpea Pasta Salad	Yes	-	-	-	Yes	-	Yes	Yes	-	-	-	-	-	-

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Specials

	1.GLU	2.CRU	3.EGG	4.FISH	5.PNUT	6.SOY	7.MILK	8.NUT	9.CEL	10.MUS	11.SES	12.SUL	13.LUP	14.MOL
Cajun Caesar Salad	Yes Wheat	-	Yes	Yes	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Sourdough Cajun Chicken, Cheddar Cheese, Mozzarella, Rocket & Sriracha Mayo	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	Yes	-	-	-
Coronation Chicken	Yes	-	Yes	-	-	Yes	Yes	-	Yes	Yes	-	-	-	-
Turkey Melt Triple Decker	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Crispy Chicken Salad	Yes	-	-	-	-	-	-	-	Yes	Yes	Yes	-	-	-
Falafel & Hummus Wrap	Yes	-	-	-	-	Yes	-	-	-	-	-	-	-	-
Coronation Chicken Wrap	Yes	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Korean BBQ Chicken Panini	Yes	-	-	-	-	Yes	Yes	-	-	-	Yes	-	-	-
Quiche Lorraine	Yes	-	Yes	-	-	-	Yes	-	-	Yes	-	Yes	-	-
Sweet Chili Chicken Wrap	Yes	-	-	-	-	-	Yes	-	-	-	-	-	-	-
Korean BBQ Chicken Sourdough Sandwich	Yes	-	-	-	-	Yes	-	-	-	-	Yes	-	-	-
Ham, Red Onion, Stuffing, Brie Cheese & Cranberry Panini	Yes	-	Yes	-	-	-	Yes	-	-	-	-	-	-	-
Chicken, Stuffing, Sweet Dill Mayo, Red Onion & Mozzarella Wrap	Yes	-	Yes	-	-	-	-	-	-	Yes	-	-	-	-
Toasted Double Cheese & Ham Sourdough	Yes Wheat	-	-	-	-	-	Yes	-	-	Yes	Yes	Yes	-	-
Bang Bang Crispy Chicken Wrap	Yes Wheat Barley Oats	-	Yes	-	-	-	-	-	Yes	Yes	-	-	-	-

Spicy Tuna Panini	Yes Wheat	-	Yes	-	-	-	Yes	-	-	Yes	Yes	-	-	-
Mediterranean Veggie Sourdough	Yes Wheat	-	Yes	-	-	-	Yes	Yes	-	Yes	-	-	-	-
Sticky Cajun Chicken Salad	Yes Wheat	-	-	-	-	Yes	Yes	-	-	Yes	Yes	-	-	-
Hawaiian Toasted Sandwich	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Chorizo & Chipotle Sourdough	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	-	-	-	-	-
Turkey, Stuffing & Brie Wrap	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	-	-	-	-	-
B.L.A.T Bagel	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Turkey Club Melt Bagel	Yes Wheat	-	Yes	-	-	-	Yes	-	-	-	Yes	-	-	-
BBQ Chicken Sourdough with Chicken, BBQ Sauce, Onion, Mozzarella and Cheddar Cheese	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	Yes	-	-	-
Crispy Chicken Fajita Wrap	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	Yes	-	-	-
Festive Sourdough Sandwich	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	Yes	-	-
Hawaiian Panini	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	-	-	-
Festive Sourdough Sandwich	Yes Wheat Oats	-	Yes	-	-	Yes	Yes	-	Yes	Yes	-	-	-	-
Crispy Chicken & Garlic Mayo Wrap	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	Yes	-	-	-

	Oats													
Crispy Chicken & Sweet Chilli Wrap	Yes Wheat Oats	-	Yes	-	-	Yes	Yes	-	-	Yes	Yes	-	-	-
Crispy Chicken & Korean BBQ Wrap	Yes Wheat Oats	-	Yes	-	-	Yes	Yes	-	-	Yes	Yes	-	-	-
Vegetarian Sourdough Special	Yes	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	Yes	-	-	-
Ham, Cheddar & Gherkin Sourdough Special	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	-	Yes	-	-
Cajun Chicken and Bacon Sourdough Special	Yes Wheat	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Salt & Chilli Crispy Chicken Wrap	Yes Wheat	-	Yes	-	-	Yes	Yes	-	-	Yes	Yes	-	-	-
Crispy Chicken Stack	Yes Wheat Oats	-	Yes	-	Yes	-	Yes	-	Yes	Yes	Yes	-	-	-
Greek Feta & Basil Sourdough	Yes Wheat Oats	-	-	-	-	Yes	Yes	Yes	-	-	Yes	-	-	-
Cold Meat Salad Plate	-	-	Yes	-	-	-	Yes	-	-	Yes	-	Yes	-	-
Grilled Halloumi, Hummus & Pesto Sourdough	Yes Wheat Barley	-	Yes	-	Yes	Yes	-	-	-	-	Yes	-	-	-
Grilled Halloumi with Balsamic Glaze Summer Salad	-	-	Yes	-	-	-	Yes	Yes	-	Yes	-	Yes	-	-
Chicken Satay Sourdough	-	-	-	-	Yes	Yes	Yes	-	-	-	Yes	-	-	-
Hot Honey Crispy Chicken Salad	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	Yes	-	-	-
Reuben Ciabatta	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	Yes	Yes	-	-

	Barley Oats													
Pastrami Pesto Sourdough	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Pastrami Pesto Sourdough	Yes Wheat Barley	-	Yes	-	-	-	Yes	Yes	-	-	-	Yes	-	-
Hot Honey Halloumi Sourdough	Yes Wheat	-	-	-	-	-	Yes	-	-	-	Yes	-	-	-
Chicken Tikka Panini	Yes Wheat Oats	-	Yes	-	-	Yes	Yes	-	Yes	Yes	Yes	-	-	-
Toasted Sourdough Sandwich with Turkey, Pesto, Sun-dried Tomatoes & Mozzarella	Yes Wheat	-	Yes	-	-	Yes	-	-	-	Yes	-	Yes	-	-
Sweet & Smoky Pineapple Chicken Wrap	Yes Wheat	-	-	-	-	Yes	Yes	-	-	-	Yes	-	-	-
Hawaiian BBQ Sourdough Melt	Yes Wheat	-	Yes	-	Yes	Yes	Yes	Yes	-	Yes	-	-	-	-
Hot Honey Crispy Chicken Wrap	Yes Wheat Oats	-	Yes	-	-	Yes	Yes	-	-	Yes	Yes	-	-	-
Turkey & Mediterranean Sourdough Melt	Yes Wheat	-	-	-	-	-	Yes	-	-	-	Yes	-	-	-
Korean BBQ Chicken Bagel	Yes	-	-	-	-	Yes	Yes	-	-	-	Yes	-	-	-
Spicy Ham & Cheese Bagel	Yes Wheat	-	Yes	-	-	-	Yes	-	-	-	Yes	-	-	-
Loaded Tuna Melt Sourdough	Yes	-	-	-	-	Yes	-	-	-	-	Yes	-	-	-

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