

# AVOCA

## ALLERGEN INFORMATION

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### *From Our Bakery*

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Honey & Spelt Loaf (Contains: Wheat (Spelt), Barley, Egg, Soya, Milk, Sesame Seeds, Lupin)  
Avoca Cheese Bread (Contains: Wheat, Soya, Milk)  
Ancient Grain Soda Bread (Contains: Wheat, Spelt (Wheat), Barley, Milk)  
White Soda Bread (Contains: Wheat, Milk)  
Multi-seed Bread with Fruit (Contains: Wheat, Egg, Milk, Sesame Seeds, Sulphites)  
Avoca Multi-seed (Contains: Wheat, Egg, Milk, Sesame Seeds)  
Avoca Brown Bread (Contains: Wheat, Egg, Milk)  
Avoca Baguette (Contains: Wheat, Soya)  
Rye Sourdough (Contains: Wheat, Rye)  
Pain au Levain (Country Sourdough) (Contains: Wheat, Rye)  
Avoca Vienna Loaf (Contains: Wheat, Soya)  
Fruit Soda (Contains: Wheat, Milk, Sulphites)  
Focaccia (Contains: Wheat, Soya, Milk)  
Avoca Baps (Contains: Wheat, Soya)  
Honey & Spelt Roll (Contains: Wheat (Spelt), Barley, Egg, Soya, Milk, Sesame Seeds, Lupin)  
Rosemary Sourdough (Contains: Wheat, Rye)  
Tomato Bread (Contains: Wheat)  
Malted Sourdough (Contains: Wheat, Rye)  
Fruit Scone (Contains: Wheat, Egg, Milk, Sulphites)  
Plain Scone (Contains: Wheat, Egg, Milk)  
Pear & Almond Scone (Contains: Wheat, Egg, Milk, Almonds)  
Mixed Berry & Cinnamon Scone (Contains: Wheat, Egg, Milk)  
Apple, Date, Bran Scone (Contains: Wheat, Oats, Milk)  
Brown Scone (Contains: Wheat, Egg, Milk, Sesame Seeds)  
Semi Sundried Tomato, Cheese & Seed Scone (Contains: Wheat, Egg, Milk, Sesame Seeds)  
Blueberry, Almond, Coconut Mini Scone (Contains: Almonds, Sulphites)  
Croissant (Contains: Wheat, Egg, Milk)  
Almond Croissant (Contains: Wheat, Egg, Soya, Milk, Almonds)  
Pain au Chocolat (Contains: Wheat, Egg, Soya, Milk)  
Rhubarb Danish (Contains: Wheat, Egg, Soya, Milk)  
Pain au Raisin (Contains: Wheat, Egg, Milk)  
Mixed Berry Custard Danish (Contains: Wheat, Egg, Soya, Milk)  
Apricot Danish (Contains: Wheat, Egg, Milk)  
Croque Croissant (Contains: Wheat, Milk, Mustard)

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## Salads

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Asian Brown Rice Detox – Nam Jim Dressing (Contains: Wheat, Fish, Soya, Almonds, Celery)

Aubergine, Pomegranate & Feta (Contains: Milk, Sesame Seeds)

Avoca Mixed Bean Salad (Contains: Soya, Mustard)

Beansprout, Noodle Salad with Roasted Peanuts (Contains: Wheat, Egg, Fish, Peanuts, Soya, Sesame Seeds)

Beetroot & Cauliflower Bulgar Salad (Contains: Wheat, Pistachio Nuts, Sulphites)

Beetroot, Greek Yoghurt & Toasted Flaked Almonds (Contains: Barley, Milk, Almonds)

Beluga Lentil, Rocket Walnut, Feta & Semi sundried tomato salad (Contains: Milk, Walnuts, Sulphites)

Black Quinoa & Sweet Potato (Contains: Sesame Seeds)

Broccoli, Cherry Tomato, Feta & Hazelnuts (Contains: Milk, Hazelnuts, Mustard, Sulphites)

Bulgur, Cranberry & Rocket Salad (Contains: Wheat)

Butterbeans & Tomato Pesto Salad (Contains: Egg, Milk, Sulphites)

Carrot & Courgette Salad (Contains: Mustard, Sesame Seeds, Sulphites)

Carrot & Sesame Salad (Contains: Mustard, Sesame Seeds, Sulphites)

Cauliflower, Broccoli, Roasted Peanut, Yoghurt, Mayo & Grainy Mustard Dressing (Contains: Egg, Peanuts, Milk, Mustard, Sulphites)

Cauliflower & Broccoli Tabbouleh with Preserved Lemon, Pomegranate, Smoked Almonds (Contains: Almonds, Mustard, Sulphites)

Chargrilled Lemon & Thyme, Chicken Caesar (Contains: Wheat, Barley, Egg, Fish, Milk, Mustard, Sulphites)

Chickpea, Bulgur & Wild Rice Salad (Contains: Wheat)

Chickpea, Squash, Roasted Pepper, Edamame, Kale (Contains: Soya)

Chickpea, Wild Rice, Barley, Edamame, Carrot, Mangetout (Contains: Barley, Soya, Sesame Seeds)

Coleslaw with Mayo, Greek Yoghurt, Toasted Seeds (Contains: Egg, Milk, Mustard, Sesame Seeds)

Curried Pasta Salad, Toasted Poppy Seeds, Diced red Peppers (Contains: Wheat, Egg, Milk, Celery, Mustard)

Fennel, Pomegranate, Orange & Radish

Freekeh & Grape Salad (Contains: Wheat, Milk, Almonds, Sulphites)

Giant Couscous, Chickpea & Roasted Pepper Salad (Contains: Wheat, Sulphites)

Green Herb Couscous Salad (Contains: Wheat, Soya, Pistachio Nuts)

Haricot & Shaved Fennel Salad (Contains: Mustard, Nuts, Sulphites)

Harissa Potato Salad (Contains: Egg, Milk, Mustard, Sulphites)

Heritage & Cherry Tomato Salad with Bocconcini (Contains: Milk, Sulphites)

Jewelled Farro (Contains: Wheat, Pistachio Nuts, Sulphites)

Kale Salad, York Cabbage, Crushed Peanuts & Nam Jim Dressing (Contains: Wheat, Fish, Peanuts, Soya, Sesame Seeds)

Lebanese Green Lentil Salad (Contains: Sulphites)

Mediterranean Vegetable Couscous Salad, Red Pesto (Contains: Wheat, Egg, Milk, Sulphites)

Melon Salad

Moroccan Couscous Salad (Contains: Wheat, Celery, Sulphites)

Pasta, Semi sundried Tomato pesto, Pine nuts, Parmesan (Contains: Wheat, Egg, Milk, Sulphites)

Pasta, Smoked Bacon, Flaked Almonds, Blue Cheese Dressing (Contains: Wheat, Egg, Milk, Almonds, Mustard)

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## *Salads*

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Petit Pois, Feta, Sprouted Pulse, Edamame & Mint (Contains: Soya, Milk, Sulphites)  
Ploughman's, Celery, Apple, Cheese, Onion, French dressing, Parsley (Contains: Milk, Celery, Mustard, Sulphites)  
Potato & Mint Salad (Contains: Egg, Milk, Mustard, Sulphites)  
Power Kale Salad, Pomegranate Seeds, Celery, Olive Oil, Lemon Juice, Toasted Flaked Almonds (Contains: Almonds, Celery)  
Quinoa, Grated Beetroot, Red Onion Jam (Contains: Sulphites)  
Red Quinoa & Chickpea Tabbouleh (Contains: Milk, Sulphites)  
Roasted Red Pepper Pasta Salad, Garlic, Chili, Pepper Roasted & Blitzed with Mayo & Yoghurt (Contains: Wheat, Egg, Milk, Mustard)  
Rainbow Slaw (Contains: Soya, Sesame Seeds, Sulphites)  
Roasted Balsamic Potato Salad (Contains: Sulphites)  
Roasted Squash Salad (Contains: Milk, Sesame Seeds, Sulphites)  
Snap Peas & Tarragon  
Spiced Cauliflower & Pomegranate  
Sweet Potato, Tahini, Harissa & Feta (Contains: Milk, Sesame Seeds)  
Tabbouleh: Bulgur, Tomato, Cucumber, Herbs, Olive Oil, Lemon Juice (Contains: Wheat)  
Tender Stem Broccoli with Nam Jim Dressing (Contains: Wheat, Fish, Soya, Sesame Seeds)  
Tomato, Cucumber & Pepper Salad (Contains: Sulphites)  
Turmeric Pearl Couscous (Contains: Wheat, Sulphites)  
Waldorf Salad (Contains: Egg, Milk, Walnuts, Celery, Mustard)

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## *Cold Deli*

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Sweet Chilli Salmon (Contains: Barley (gluten free), Fish, Sesame Seeds,)  
Cajun Chicken  
Cajun Salmon (Contains: Fish)  
Smoked Salmon (Contains: Fish)  
Chargrilled Chicken, Basil, Pesto (Contains: Egg, Milk)  
Soy & Ginger Chargrilled Chicken (Contains: Wheat, Soya, Sesame Seeds)  
MISO Salmon (Contains: Fish, Soya, Sesame Seeds)  
Salmon en Croute (Contains: Wheat, Fish, Milk, Sesame Seeds)  
Ham Stuffed Potatoes (Contains: Egg, Milk, Mustard)  
Sliced Roast Beef (Contains: Celery)  
Sliced Turkey Breast (Contains: Celery)  
Sliced Baked Ham (Contains: Mustard)  
Chicken, Mushroom & Bacon Pie (Contains: Wheat, Egg, Milk)  
Sesame Falafel (Contains: Sesame Seeds)  
Ham, Leek & Cheddar Quiche (Contains: Wheat, Egg, Milk)  
Spinach, Pine Nut & Herb Quiche (Contains: Wheat, Egg, Milk)

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## *Cold Deli*

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Apple & Sage Sausage Roll (Contains: Wheat, Egg, Soya, Milk, Mustard, Sesame Seeds, Sulphites)  
Sausage Roll (Contains: Wheat, Egg, Soya, Milk, Sesame Seeds, Sulphites)  
Chickpea Roll (Contains: Wheat, Egg, Milk, Sesame Seeds, Sulphites)  
Spinach Strudel (Contains: Wheat, Barley, Egg, Milk)  
Ham, Gruyere & Leek (Contains: Wheat, Egg, Milk, Mustard, Sulphites)  
Salmon, Asparagus & Dill Quiche (Contains: Wheat, Egg, Fish, Milk)  
Bacon, Leek & Brie Quiche (Contains: Wheat, Egg, Milk, Sulphites)  
Feta, Spinach & Tomato Quiche (Contains: Wheat, Egg, Milk)  
Goat cheese, Rosemary & Sage Quiche (Contains: Wheat, Egg, Milk)  
Broccoli, Cavalo & Scarmoza Quiche (Contains: Wheat, Egg, Milk)  
Ham, Asparagus & Brie Quiche (Contains: Wheat, Egg, Milk, Mustard, Sulphites)  
Vegetable, Ricotta & Basil Quiche (Contains: Wheat, Egg, Milk)  
Squash, goat curd & red onion Quiche (Contains: Wheat, Egg, Milk, Sulphites)  
Prosciutto, Spinach & Brie Quiche (Contains: Wheat, Egg, Milk, Sulphites)  
Smoked Salmon, Potato & Dill Quiche (Contains: Wheat, Egg, Fish, Milk)  
Bacon & Sundried Tomato Tartlet (Contains: Wheat, Egg, Milk)  
Lentil & Nut Loaf (Contains: Wheat, Egg, Peanuts, Milk, Pistachio Nuts, Hazelnuts, Celery, Sesame Seeds)  
Fishcakes (Contains: Wheat, Egg, Fish, Mustard, Sulphites)  
Pork, Chicken & Apricot Terrine (Contains: Milk, Pistachio Nuts, Sulphites)  
Harissa Chicken  
Sunflower Burgers (Contains: Oats, Celery, Mustard)  
Sweetcorn Fritters (Contains: Wheat, Egg, Milk)  
Lemongrass Salmon (Contains: Fish, Soya, Sesame Seeds, Sulphites)  
Miso Sesame Salmon (Contains: Fish, Soya, Sesame Seeds, Sulphites)  
Lemon & Herb Salmon (Contains: Fish, Sulphites)  
Firecracker Chicken (Contains: Soya, Sesame Seeds, Sulphites)  
Moroccan Chicken (Contains: Milk)  
Gochujang Chicken (Contains: Soya, Sesame Seeds, Sulphites)  
Turmeric Chicken (Contains: Milk)  
Coconut Mango Chicken (Contains: Sulphites)  
Turkey & Feta Cakes (Contains: Wheat, Egg, Milk, Sulphites)  
Sweetcorn Feta Cakes (Contains: Wheat, Egg, Milk)  
Sesame Falafel Babaganoush (Contains: Sesame Seeds, Sulphites)  
Moroccan Fish Cakes (Contains: Wheat, Egg, Fish, Milk, Sulphites)  
Smoked Fish & Potato Cakes (Contains: Wheat, Egg, Fish, Milk, Mustard, Sulphites)  
Chimichurri Cauliflower (Contains: Sulphites)

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