

DEANS COURT CAFÉ

Allergens & Ingredients

Allergy Advice: For allergens see ingredients in **BOLD**

SAVOURY

QUICHE

The Named Flavour – often cooked in Olive Oil, Pastry [**Flour**, Water, Butter, Store-bought Margarine {Vegetable oils in varying proportions (rapeseed, palm, sunflower) water, salt, **buttermilk powder**, preservative: potassium sorbate, emulsifier: mono- and diglycerides of fatty acids, acid: citric acid, flavourings, vitamin A & D, colour: carotenes}, salt & pepper], Onion cooked in Olive oil / Vegetable oil / Balsamic vinegar and Sugar, **Eggs, Cream, Cheese (cheddar/goats)**

SOUP

The Named Flavour – often cooked in Olive Oil, Stock [Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (**Celery**, Turmeric, Black Pepper), Sunflower Oil, Colour (Plain Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract)], Onion cooked in Olive oil / Vegetable oil, Potato, Salt, Pepper

LENTIL & SWEET POTATO WELLINGTON

Red lentils, **Breadcrumbs** (from Bought in Sourdough), Butternut squash, Sweet potato, Salt, Pepper, Olive oil, Cumin, Store-bought **Puff pastry** [**Wheat Flour**, Margarine (Vegetable Oil (Palm, Rapeseed in varying proportions), Water, Salt, Emulsifier: Mono- and Diglycerides of Fatty Acids), Water, Salt], **Almond milk** (for glaze).

HUMMUS

Chick Peas, Tahini Paste [Roasted pulped **sesame seeds**], Garlic, Cumin, Salt, Pepper, Lemon, Olive Oil.

BOUGHT IN SAVOURY PRODUCTS

Ask to see packaging for:

▶ Gluten Free Oat Cakes / Crackers /

Breadsticks / Crisps

▶ All Cheeses (inc vegan substitute) / Yoghurt

▶ Peppers / Artichokes / Aubergines /

Olives / Pickled Cucumbers

▶ Ham / Salami / Salmon

▶ Spread / Chutney / Jelly

▶ Jam / Marmalade / Marmite / Peanut

Butter

▶ Hummus (if not homemade - this is rare)

▶ Crumpets / Breakfast Muffins / Pita

▶ Balsamic Glaze

From Le Petit Prince Patisserie

Wimborne - 01202 610349

White Sourdough Bread | Sourdough starter, Salt, Water, **White flour**

All Butter Croissant | Ingredients TBC - **Gluten, Dairy, Egg**

From Le Chasse

Warminster - 01747 840996

Panini Bread | **Wheat flour**, Water, **Sesame seeds**, Rapeseed oil, Yeast, Flax seeds, Iodised salt, **Rye flour**. May contain traces of **soya** and **dairy** products.

BOUGHT IN SWEET PRODUCTS

Ask to see packaging / info sheets for:

▶ Lavender Blue Cakes / Bars

▶ Purbeck Ice Cream

BOUGHT IN DRINKS

Ask to see packaging for:

▶ Hot Chocolate Powder

▶ All Bottled / Canned Drinks

▶ Beers / Ciders / Wines / Spirits

DEANS COURT CAFÉ

Allergens & Ingredients

Allergy Advice: For allergens see ingredients in **BOLD**

SWEET

BISCUITS / BARS

The Named Flavour, **Eggs, Butter**, Sugar (caster / brown/icing), **Flour**, Corn flour, **Oats**, Raisins, Sultanas, Vanilla, Cinnamon, Nutmeg, Ginger, Maple syrup, Coconut oil, Rice syrup, Store-bought Jam (ask to see pack), Salt, Rising agent, **Milk, Condensed Milk**, Store-bought Plain chocolate [Cocoa mass, Sugar, **Lactose: milk**, Emulsifier: **soya lecithin**]

BROWNIES

Eggs, Butter, Sugar, Gluten free flour, Store-bought White chocolate [Sugar, **Whole milk** powder, Cocoa butter, **Skimmed milk powder**, Emulsifier: **soya lecithin**, natural vanilla flavouring], Store-bought Plain chocolate [Cocoa mass, Sugar, **Lactose: milk**, Emulsifier: **soya lecithin**], cocoa

SEASONAL SWEET FOOD

The Named Flavour, **Eggs, Butter**, Store-bought Margarine [Vegetable oils in varying proportions (rapeseed/palm/sunflower) water, salt, **butter milk** powder, preservative: potassium sorbate, emulsifier: mono- and diglycerides of fatty acids, acid: citric acid, flavourings, vitamin A & D, colour: carotenes], Sugar, **Flour**, Salt, Raising agent, **Sulphur dioxide**

Sometimes: Cocoa, Apple juice, Mincemeat (May contain nuts)

DEANS COURT GRANOLA

Oats, Pecan nuts, Almonds, Flax seeds, Pumpkin seeds, Sunflower seeds, Coconut oil, Raisins, Maple syrup, Cinnamon

POLENTA CAKES

The Named Flavour, **Butter**, Sugar, **Eggs**, Gluten Free Flour, Polenta, Gluten Free Baking Powder

VEGAN CAKES

The Named Flavour, **Almond milk, Almonds**, Apple cider vinegar, Apple juice, Apple sauce, Apricot [**sulphites**], Avocado, **Baking powder***, Banana, Butter beans, Cherries, Chia seeds, Cinnamon, Cocoa powder, Coconut milk, Coconut oil, Dates, Flax seeds, **Wheat Flour***, Ginger, **Hazelnuts**, Hemp seeds, Icing sugar [Sugar, Anti-caking agent, E554, Invert sugar syrup], Lemon, Maple syrup, Mixed spice, Oats, Pineapple, Pumpkin seeds, Raisins, Salt, **Sesame seeds, Soya milk**, Spelt flour, Store-bought Vegetable fat spread [Water, **Soya oil**, Palm oil, Flavouring, Salt, Vitamin E, Vitamin A & D, Colour: carotenes, Vitamin B12], Sugar, Sunflower oil, Rapeseed oil, Palm oil, Sunflower seeds, Vanilla, Vinegar, **Walnuts**, Coconut yoghurt, **Sulphur**

*If listed as 'Gluten Free' we use Gluten free baking powder and Gluten free flour.

ALL OTHER CAKES / MUFFINS

The Named Flavour, Store-bought Plain chocolate [Cocoa mass, Sugar, **Lactose: milk**, Emulsifier: **soya lecithin**, vanilla extract - may also contain cereals containing **gluten, egg, nuts** and **peanuts**], Coconut oil, **Oats, Oat milk, Eggs, Butter**, Sugar, **Wheat Flour, Wholemeal Flour, Milk**, Vanilla, Lemon, Raisins, Cinnamon, Coriander, Ginger, All spice, Nutmeg, Sultanas, Salt, Dates, Baking Powder, Vegetable Oil, Cocoa Powder, Icing (**cream cheese, butter, cream**), Desiccated coconut, the water from chickpeas (not the chickpeas themselves)

Breakfast Muffins: The Named Flavour, Potato, Onion, Chilli, **Egg, Cheese (cottage/parmesan), Flour**, Sunflower seeds, Poppy seeds

Vanilla Extract is made from alcohol – which is usually made from grain, the question of whether the extract is gluten free routinely comes up. The alcohol distillation process removes almost all traces of gluten, making it well below the 20ppm which qualifies as being labeled gluten free. The alcohol distillation process removes almost all traces of gluten, making it safe to consume. There are some people who are highly sensitive, and can still react to gluten levels well below the 20ppm.