



PATHFINDER  
café

# *Allergens & Intolerances*

All our food is prepared in a kitchen where nuts, gluten and other known allergens may be present. Please note we take caution to prevent cross-contamination, however, any product may contain traces as our entire menu is produced in the same kitchen.

Our dish descriptions do not include all of the ingredients used to make the dish. Therefore, if you have a food allergy please speak to a member of Management before placing an order. Full allergen information is available. Management can advise of all ingredients used.

Feel free to contact us with any questions or further information. Guests with special dietary requirements are welcome to contact us directly to discuss their needs.

We take allergy requests very seriously and will adapt menu items where possible depending on the guest's allergy. We also welcome anyone who is nervous about our menu to ring us ahead of time to chat through the menu ingredients.

We understand that people with allergies and intolerances don't want to be special or singled out, they just want to enjoy their meal as same as everyone else. Often times, they are overlooked or considered to be hassle.

We recognise that some food allergies are potentially life-threatening, while other intolerances could cause discomfort and digestive issues. We strive to provide an inclusive food menu so all guests can enjoy their meal. We always have a Food Allergens matrix available. Our staff will never guess what is in a dish.

If you have a severe allergy, please let us know before ordering so we can double-check the allergens for you, and ensure your dish is prepared in a separate area of the kitchen.

Pathfinder Café

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Celery    Gluten    Shellfish    Egg    Fish    Lupins    Dairy    Molluscs    Mustard    Nuts    Peanuts    Sesame    Soya    SO2

*Notes*

Bread (GF Seeded)				X											
Fried Bread		X											X		

**Breakfast Baps / Sandwiches**

Sausage Bap		X					!					!	!		
Vegan Sausage Bap		X					!					!	!		
Bacon Bap		X					!					!	!		
Egg Bap		X		X			!					!	!		
Sausage & Bacon Bap		X					!					!	!		
Sausage & Egg Bap		X		X			!					!!	!		
Bacon & Egg Bap		X		X			!					!	!		
Vegan Ssge & Egg Bap		X		X			!					!	!		
Plain White Bap		X					!					!	!		
Plain Genius GF Bap				X											
Plain Vegan Bap		X										!			
Fish Finger Bap		X					X		X			!	!		
Vegan Fishless Finger Bap		X					!					!			
Sausage Sandwich		!					X						!		
Vegan Sausage Swich		!					X						!		
Bacon Sandwich		!					X						!		
Egg Sandwich		!		X			X						!		
Sausage & Bacon Swch		!					X						!		
Sausage & Egg Swch		!		X			X						!		
Bacon & Egg Sandwich		!		X			X						!		

Plain white baps contain dairy but are unbuttered as standard. GF baps & Vegan baps are available.

Baps may contain sesame seeds, soya and milk.

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GF bread options available. Buttered as standard.



*Notes*

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Vegan Ssge & Egg Swch		!		x			x						!		
Fish Finger Swich		x		x	x		x		!				!		Fish finger may contain milk and mustard. Coating contains wheat. Buttered as standard.
Vegan Fishless Finger Swich		x					x						!		Gluten Free bread options available. Buttered as standard.
Beans on Toast		!					x						!		Gluten Free bread options available. Toast is buttered as standard.
Beans on Toast w Cheese		!					x						!		
Egg on Toast		!		x			x						!		Gluten Free bread options available. Toast is buttered as standard. Scrambled eggs contain dairy

**Grab & Go Sandwiches**

Just Ham		!					x						!		GF bread options available. Buttered as standard. Cheese and Onion filling may contain barley, gluten crustaceans, fish, mustard, soya, sulphites >10ppm and wheat
Just Cheese		!					x						!		
Ham & Cheese		!					x						!		
Cheese & Tomato		!					x						!		
Cheese & Onion		!	!	x	!		x						!	!	
Cheese & Pickle		!					x						!		
Ham, Cheese, & Tomato		!					x						!		
Ham Salad		!					x						!		GF bread options available.
Tuna Mayo		!		x	x								!		
Tuna Mayo Cucumber		!		x	x								!		
BLT		!					x						!		
Egg Mayo		!		x									!		GF bread options available.
Tuna Mayo Cheese		!		x	x		x						!		GF bread options available.



Celery Gluten Shellfish Egg Fish Lupins Dairy Molluscs Mustard Nuts Peanuts Sesame Soya SO2

*Notes*

Chicken Tikka Mayo		!	!	x	!		!						!	!	GF bread options available. Filling may contain barley, Crustaceans, Fish, Milk, Mustard, Sesame, Soya, Sulphites >10ppm and Wheat	
Pulled Pork		x	!	!	!		!		!				!	!	!	May contain barley, crustaceans, egg, fish, milk, mustard, sesame, soya, sulphites >10ppm and wheat
Piri Piri Chicken		!											!		GF bread options available	
Coronation Chicken		!	!	x	!		!		!				!	!	Filling May contain Barley, Crustaceans, Fish, Milk, Mustard, Sesame, Soya, Sulphites >10ppm and Wheat GF bread options available	
Chicken, Bacon & S'corn		!	!	x	!		!		!				!	!	Filling May contain Barley, Gluten Crustaceans, Fish, Milk, Mustard, Soya, Sulphites >10ppm and Wheat	

**Lunches**

Sausages & Chips																
Ham, Egg & Chips				x												
Sausages, Egg & Chips				x												
Jumbo Cod & Chips		x			x											
Scampi & Chips		x	x		!			!								May contain fish and molluscs
Vegan Fishless Fingers		x														
Chilli & Rice		!														Chilli may contain wheat flour.
Chicken Nuggets & Chips		x														
Veggie Nuggets & Chips		x														

**Jacket Potatoes**

Plain																Jackets are not buttered as
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*Notes*

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Turnover															
Brakes Victoria Sponge		X		X			X			!			!		May contain: Almonds, Hazelnut, Nuts, Pecan Nut, Pistachio, Soya and Walnut
Sidoli Victoria Sponge		X		X			X			!	!		!	!	May contain: Nuts, Soya and Sulphites
Brakes GF Carrot Cake				X			X			X			!		Contains Hazelnuts, may contain Almonds, Nuts, Pecan Nuts, Pistachio, Soya & Walnut
Brakes St Clements Cake		X		X			X			!					May contain almonds, hazelnuts, nuts, pecan nut, pistachio and walnut
Brakes Cappuccino Cake				X			X			!					May contain almonds, hazelnut, nuts, pecan nu, pistachio and walnut
Sidoli GF Carrot Cake				X			X			X	!			X	Contains Walnuts, may contain other nuts.
Brakes Millionaire Shortbread		X		X			X			!	!		X		May contain Almonds, Hazelnut, Nuts, Peanuts, Pecan Nut and Walnut
Brakes Mile High Chocolate Cake		X		X			X			!			X		May contain Almonds, Hazelnuts, Peanuts, Pecan Nuts, Pistachio & Walnut
Booker Luxury Chocolate Fudge Cake		X		X			X			!			X		May contain nuts.
Brakes Chocolate Orange Cake		X		X			X			!			X		May contain Almonds, Hazelnuts, Nuts, Pecan Nuts, Pistachio & Walnut
Sidoli Chocolate Orange Cake		X		X			X			!			X	!	Made in a factory that also handles soya, sulphites and nuts.
Brakes Rainbow Cake		X		X			X			!			X		May contain Almonds, Hazelnuts, Nuts, Pecan Nuts, Pistachio & Walnut
Brakes Coffee and		X		X			X			X	!		X		Contains Walnuts, may contain





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Walnut Cake															Almonds, Hazelnuts, Peanuts, Pecan Nuts, & Pistachio
Brakes Mango & Passion Fruit Cake		x		x			x			!					May contain almonds, hazelnut, nuts, pecan nut, pistachio and walnut
GorillaBakes Brownies		x		x			x			x	x		x		Contains peanuts, hazelnuts
GorillaBakes Vegan/GF Brownies										x	x		x		Contains Almonds, Hazelnuts
Brakes Vegan Carrot & Pistachio Tray Cake		x		!			!			x					Contains Pistachios & Walnuts, may contain almonds, egg, hazelnut, milk, nuts and pecan nut
Brakes Lemon Drizzle Traycake		x		x			x			!					May contain almonds, hazelnut, nuts, pecan nut, pistachio and walnut
Brakes Strawberry Donut		x		!			x			!		!	x		May contain almonds, barley, cashew nut, egg, hazelnut, macadamia/Queensland nut, nuts, oats, pecan nut, rye, sesame, spelt and walnut
Brakes Chocolate Orange Donut		x		!			x			!		!	x		May contain almonds, barley, cashew nut, egg, hazelnut, nuts, oats, pecan nut, pistachio, rye, sesame, spelt and walnut
Brakes Chocolate Caramel Nut Donut		x		!			x			x		!	x		May contain almonds, barley, cashew nut, egg, nuts, oats, pecan nut, rye, sesame, spelt and walnut
Chocolate Muffins		x		x			x			!	!	!	x		May contain peanuts, nuts, and sesame
Belgian Chocolate Chip Muffins		x		x			x			!	!	!	x		May contain peanuts, nuts and sesame



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Double Chocolate Cookies	!	x		x			x		!	!		!	x		May contain nuts, sesame seeds, celery & mustard
White Chocolate Cookies	!	x		x			x		!	!		!	x		May contain nuts, sesame seeds, celery & mustard
Brakes Red Velvet Cake		x		x			x			!	!		x		May contain almonds, hazelnut, nuts, peanuts, pecan nut, pistachio and walnut
Debaere Coffee & Walnut Cake		x		x	x		x			x					
Debaere Carrot Cake		x		x	x		x			x					
Debaere Victoria Sponge Cake		x		x			x								
Debaere Orange & Polenta Marmalade Cake				x			x							x	
Debaere Macchiato Banana Loaf		x		x			x								
Debaere Cinnamon Rolls		x		x			x								
Debaere Vegan Pistachio Loaf										x				x	

*Desserts*

Sticky Toffee Pudding		x		x			x			!					May contain almonds, hazelnut, nuts, pecan nut, pistachio and walnut
Chunky Apple Crumble		x					x			!				x	May contain almonds, hazelnut, nuts, pecan nut, pistachio and walnut
Bread & Butter Pudding		x		x			x								
Custard							x								
Judes Vanilla Ice Cream				x			x			!	!				May contain almonds, hazelnut, nuts, peanuts, pecan nut and



Notes

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pistachio

**Condiments**

Anchor Butter Portion							X									
Lakeland Dairies Butter Portion							X									
Flora Spread Portion																
Kerrymaid Buttery Spread							X									
Heinz Tomato Ketchup Sachet	X															
HP Sauce Sachet		X														
Heinz English Mustard (Hot)		X							X							
Heinz Malt Vinegar		X														
Heinz Mayonnaise				X					X							
Heinz Salad Cream				X					X							
Heinz Tartare Sauce				X												

**Pizzas**

Margherita Pizza		X		!			X									Pizza Base may contain Egg and Milk
Pepperoni Pizza		X		!			X									Pizza Base may contain egg and milk
Meat Feast		X		!			X									Pizza base may contain egg and milk
Vegetarian Supreme		X		!			X									Pizza base may contain egg and milk

**Burgers**

Blackbushe Burger		X					!					!	!			Bun contains Wheat/ May contain
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Captains Cheeseburger		X				!						!	!		Milk, Sesame Seeds and Soya. Burger patties are allergen free.
Flying Pig Burger		X				!						!	!		
Veggie Burger		X				!						!	X		

**Nachos**

Cheesy Nachos		!		X			X						!	X	Nachos may contain barley, milk, soya and wheat. Cheese sauce contains milk and egg. Guacamole contains milk, egg and sulphites. Sour cream contains milk.
Chilli Nachos		!		X			X						!	X	Nachos may contain barley, milk, soya and wheat. Guacamole contains milk, egg and sulphites. Sour cream contains milk. Chilli may contain wheat flour..
Veggie Bean Nachos		!		X			X						!	X	Nachos may contain barley, milk, soya and wheat. Guacamole contains milk, egg and sulphites. Sour cream contains milk

**Pancakes**

Classic Pancakes		X		X			X								Pancakes contain wheat, milk and egg. Maple Syrup is allergen free.
Bacon Pancakes		X		X			X								Pancakes contain wheat, milk and egg. Maple Syrup is allergen free.
Fruit Pancakes		X		X			X								Pancakes contain milk, wheat and egg. Maple Syrup is allergen free.