

BIMS' priority is to ensure customers with food allergies and intolerances have accurate information to enable them to make safe choices from our menu. There are 14 legally specified food allergies, and this table states which products contain or may contain them as follows:

products contain or may contain them as follows: x Contains – a planned ingredient which is definitely present.

m May contain – a supplier has reported to us a real risk of cross contamination on their production line.

BIMS kitchens have strict controls in place to reduce the risk of cross contamination such as separate storage areas, utensils and cleaning equipment for products containing allergens. In common with other catering operations, our kitchens are open environments, hence we cannot guarantee that any product is entirely free from any allergen. Customers with severe food allergies should take this information into account.

The allergen information for dip pots is printed on the lid and the allergen information for sauces on sachet is printed on the sachet. The allergen information for products in retail packaging (juices bottled and water bottled) is printed on the packaging.

	Energy pe	Energy per portion				Energy per portion			Cereals	s cont	taininę	g glute	en												
BIM'S CAFÉ Subject to availability	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	Halal Certification		
Cappuccino														Х									N/A		
ced Cappuccino														Х									N/A		
atte														Х									N/A		
ced Latte														Χ									N/A		
Nocha														Х									N/A		
ced Mocha														Х									N/A		
lot Chocolate														Х									N/A		
mericano														m									N/A		
ced Americano														m									N/A		

	Energy p	er 100ml		C	ereal	s cont	aining	gglute	en														
Shakes & Swirl Ice	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	Halal Certification
Chocolate Shake	491	117												Х					Х				N/A
Strawberry Shake	471	113												Х					m				N/A
Salted Caramel Shake														Х					Х				N/A
Swirl Ice Oreo	747	178		Х						Х	m			Х									N/A
Swirl Ice Lotus	719	172		Х						Х	m			Χ									N/A
Swirl Ice Oreo Hazelnut Chocolate				Х						Х	Х			Χ									N/A
Swirl Ice Hazelnut Chocolate				m						Х	Х			Х									N/A
Plain Swirl Ice														Х									N/A
Swirl Ice Bueno				Х						Х	Х			Х	m								N/A
Swirl Ice Wafer				Х						Х				Х									N/A

	Energy p	er portion		C	ereal	s cont	aining	glute	en														
Sandwiches Subject to availability	kJ	kcal	Vegetarian	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Milk	Egg	Fish	Crustaceans	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	Halal Certification
Algerian Chicken Supreme				Х	m	m	m	m	m	Х	m	m	m	Х	Х	m	m	Х	X	Х	m	m	WHT
Mayo Chicken Supreme				Х	m	m	m	m	m	Х	m	m	m	Х	Х	m	m	Х	Х	Х	m	m	WHT
Spicy Mayo Chicken Supreme				Х	m	m	m	m	m	Х	m	m	m	Х	Х	m	m	Х	Х	Х	m	m	WHT
The Big Hack	2120	507		Х	m	m	m	m	m	Х	Х	m	Х	Х	Х	m	m	Х	Х	Х	m	m	HMC
Junior Burger	1177	282		Х	m	m	m	m	m	Х	m	m	Х	Х	Х	m	m	Х	Х	Х	m	m	HMC
Double Junior Burger	1667	399		Х	m	m	m	m	m	Х	m	m	Х	Х	Х	m	m	Х	Х	Х	m	m	HMC
Chicken Junior Burger	1680	402		Х	m	m	m	m	m	Х	m	m	m	Х	Х	m	m	Х	Х	Х	m	m	HMC
Deep Sea (Hake)				Х	m	m	m	m	m	Х	m	m	Х	Х	Х	Х	m	Х	Х	Х	m	m	N/A
Double Deep Sea (Hake)				Х	m	m	m	m	m	Х	m	m	m	Х	Х	Х	m	Х	Х	Х	m	m	N/A
Meaty Quarter				Х	m	m	m	m	m	Х	Χ	m	Х	Х	Х	m	m	Х	Х	Х	m	m	HMC
Double Meaty Quarter				Х	m	m	m	m	m	Х	Х	m	Х	Х	Х	m	m	Х	Х	Х	m	m	HMC
Algerian Quarter Pounder				Х	m	m	m	m	m	Х	Х	m	Х	Х	Х	m	m	Х	Х	Х	m	m	HMC
Rosti Thai Sweet Chilli				Х	m	m	m	m	m	Х	m	m	m	Х	Х	m	m	Х	Х	Х	m	m	WHT
Rosti Spicy BBQ				Х	m	m	m	m	m	×	m	m	m	X	×	m	m	Х	X	Χ	m	m	WHT

	Energy p	per 100g	ᇤ	C	ereal	s cont	aining	g glute	n														
Sides			/egetarian	Wheat	ø	Barley	ıts	Spelt	Kamut	Soya	ts	Peanuts	same	*	б	Ę	ustace	Celery	Sulphur Dioxide & Sulphites	stard	Molluscs	npin	
Subject to availability	kJ	kcal	> 8	≶	Rye	Ва	Oats	Sp	κa	S	Nuts	Ъе	Sesa	Σ	Egg	Fish	Crust	ပိ	Sul Dio S	Σ	ĭ	3	Halal Certification
Nuggets				Х	m	m	m	m	m	m	m	m	m	m	m	m		Х	Х	m		m	HMC
Chicken Tenders				Х	m	m	m	m	m	m	m	m	m	m	m	m		m	m	Х		m	WHT
Fries				m	m	m	m	m	m	m	m	m		m	m			m	m	m			N/A
Spicy Fries				m	m	m	m	m	m	m	m	m		m	m			m	m	m			N/A
Spicy Loaded Fries				Х	m	m	m	m	m	Х	m	m	m	Х	Х	m		Х	Х	Х	m	m	WHT
Spicy Gravy				Х										Х			m		m	m			N/A
Petite Salad				m	m	m	m	m	m	m	m	m	m	Х	Х	m		m	m	Х	m	m	N/A
Ranch Slaw														Х	Х					Х			N/A
Mozzarella Sticks				Х	m	m	m	m	m	m	m	m	m	Х	m	m		m	m	m	m	m	N/A
Spicy Cheese Fries				m	m	m	m	m	m	m	m	m		Х	m			m	m	m			N/A

	Energy per	portion	ian	C	ereals	cont	aining	gluter	n			"	m				φ		ø	-	s		
Wraps			Vegetarian	eat		ley	S	#	ū	Ø	ø	Peanuts	Sesame		_	_	Crustace	er.	Sulphur Dioxide & Sulphites	Mustard	Molluscs	.⊑	
Subject to availability	kJ	kcal	Veg	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Pea	Ses	Ĭ	Egg	Fish	S	Celery	Sulp Dioxi & Su	Μű	Mo	Lupin	Halal Certification
Algerian Chicken Wrap	2155	515		Х	m	m	m	m	m	Х	m	m	m	Х	Х	m		Х	Х	Х		m	WHT
Mayo Chicken Wrap	2455	587		Х	m	m	m	m	m	Х	m	m	m	Х	Х	m		Х	Х	Х		m	WHT
Spicy Mayo Wrap				Х	m	m	m	m	m	Х	m	m	m	Х	Х	m		Х	х	Х		m	WHT
	Energy pe	r 100ml	_		oroal	cont	ainina	alutor	0														
Minas	Energy pe	r roomi	Vegetarian		ereas		aming	gluter				ıts	ше				эсе	_	ites	2	SS		
Wings			get	Wheat	ø	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	¥	D	-	Crustace	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
ubject to availability	kJ	kcal	Š	₹	Rye	B	ő	Ş	줐	S	ź	P	Se	Ĭ	Egg	Fish	ర్	ပ္	Sul Si Si Si	ž	ž	3	Halal Certification
ot Wings				Х	m	m	m	m	m	m	m	m	m	m	m	m		m	m	Х		m	HMC
	Energy pe	r 100ml	an	C	ereals	s cont	aining	gluter	n														
Cold Drinks			Vegetarian	eat		ley	S	#	пţ	g	Ø	Peanuts	Sesame		_	_	Crustace	ery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	.⊑	
ubject to availability	kJ	kcal	Veç	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Pe	Ses	Ĭ	Egg	Fish	S	Celery	Sulp Diox & Su	Σ̈́	₩ W	Lupin	Halal Certification
izzy Cola	175	42									Ē			_			Ĺ	Ė	X	Ē	Ē		N/A
izzy Diet Cola	0.3	1.4																	Х				N/A
izzy Blueberry	128	30																					N/A
izzy Mojito	90	21																					N/A
izzy Strawberry	207	49																					N/A
Vater 50cl	201	77																					N/A
izzy Guava																			Х				N/A
rink Lemonade																							N/A
S I .	Energy pe	r 100ml	Vegetarian		ereals		aining	gluter				ş	Φ				9		8	р	SS		
Desserts			eta	aat		ey	S	#	Kamut	ū	m	Peanuts	Sesame		_	_	Crustace	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	.⊑	
ubject to availability	kJ	kcal	/eg	Wheat	Rye	Barley	Oats	Spelt	(an	Soya	Nuts	_D ea	Ses	ĭ	Egg	Fish	Ë	Se	Sulpt Dioxi	Ν	٩o	Lupin	Halal Certification
pple Pie	1316	315		×	m	m	m	m	m	m	m	m	m	m	m	m		m	m	m		m	N/A
ueno Tiramisu	1620	386		Х	m	Х	m	m	m	m	Х	Х		Х	х								N/A
Churros	1348	321		Х	m	m	m	m	m	Х	Х	m	m	Х	m	m		m	m	m		m	N/A
Churros	1247	397		Х	m	m	m	m	m	Х	Х	m	m	Х	m	m		m	m	m		m	N/A
affaello Tiramisu	1348	321		Х	m	Х	m	m	m	Х	Х	Х		Х	Х								N/A
hocolate Fondant	1996	440		Х	m	m	m	m	m	Х	m			m	Х								N/A
Oreo Churros				Х	m	m	m	m	m	Х	Х	m	m	Х	m	m		m	m	m		m	N/A
otus Churros				Х	m	m	m	m	m	Х	Х	m	m	Х	m	m		m	m	m			N/A
	Energy pe	er 100g	ian	C	ereals	s cont	aining	gluter	n								ω.		so.	_	(n		
Bims Kids			Vegetarian	Wheat	Φ	Barley	ş	Spelt	Kamut	Soya	ts	Peanuts	Sesame	~	D	Ę	Crustace	Celery	Sulphur Dioxide & Sulphites	Mustard	Molluscs	Lupin	
ubject to availability	kJ	kcal	Š	≶	Rye	Ва	Oats	Sp	Αa	လွ	Nuts	Ъ	S	Ĭ	Egg	Fish	ວົ	ဝီ	Sul Pio S	≅	ž	Ţ	Halal Certification
ids Junior Burger	947	226		Х						Х	m	m	Х	Х	Х			m	Х	m		m	HMC
ds Nuggets	947	227		Х	m	m	m	m	m	m	m	m	m	m	m	m		Х	Х	m		m	HMC
ds Chicken Junior Burger				Х	m	m	m	m	m	Х	m	m	m	Х	Х	m		Х	Х	m		m	HMC
ids Tender				Х	m	m	m	m	m	m	m	m	m	m	m	m		m	m	Х			WHT
ids Plain Junior Burger				Х						Х	m	m	Х	Х	Х			m	Х	m		m	HMC
	Energy pe	r 100ml	Vegetarian	C	ereals	s cont	aining	gluter	n			un.	ø.				φ		ø	_	ý		
Extras			etai	at		eò	10	<u>=</u>	Ħ	CT.		Peanuts	Sesame				Crustace	چ	ur te shite	Mustard	Molluscs	_	
ubject to availability	kJ	kcal	,eg	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	eal	Ses	¥	Egg	Fish	rus	Celery	Sulphur Dioxide & Sulphi	γns	9	Lupin	Halal Certification
aramel Syrup	- 17		>	>	Ľ.	ш	J	U)	x	(J)	_	ш	()	2	ш	ш	J	U	ഗഥ∞	2	2	_	N/A
aramei Syrup anilla Syrup																							N/A N/A
• •																							N/A N/A
piced Chai Syrup																							IV/A
	_	100																					
Doy Moole	Energy pe	er 100g	Vegetarian		ereals		aining	gluter				ts	Э				Se		8	ā	S		
Box Meals			jeta	eat	a)	·ley	S	Ħ	nut	a)	Ś	ınu	sam	~	Ε.	_	ısta	ery	hur ide iphit	star	Molluscs	Ξ	
ubject to availability	kJ	kcal	Veç	Wheat	Rye	Barley	Oats	Spelt	Kamut	Soya	Nuts	Peanuts	Sesame	Ĭ	Egg	Fish	Crustace	Celery	Sulphur Dioxide & Sulphi	Mustard	₩ W	Lupin	Halal Certification
picy Supreme Box Meal	Please see the	e individual																					election of drink.)
ayo Supreme Box Meal						-					-		-						_		-		election of drink.)
he Big Hack Box Meal	Please see the																						

Toaster: All our buns are toasted in the same toaster. They all contain gluten, some contain sesame and some contain milk and egg. If you are allergic to any of these ingredients you are advised not to choose any of our sandwich or Fryers: We have separate fryer vats for different products but they share an oil filtration system which creates a risk of cross contamination when the oil passes through the filter.

Broiler: This high temperature grilling device cooks all our beef patties and also our breakfast products. Can cause cross contamination with egg.

Please see the individual items included inyour box meal for the allergens (The Big Hack, Fries, Chicken Fingers and your selection of drink.)

Bones: Although we take great care to remove bones from our meat, poultry and fish products some small bones may still be present.

The Big Hack Box Meal