



**DANIELS BAGEL BAKERY LIMITED**  
 12-14 HALLSWELLE PARADE, FINCHLEY ROAD, LONDON. NW11 0DL  
 TEL: 020 8455 5826 EMAIL: - [ORDER@DANIELSBAKERY.CO.UK](mailto:ORDER@DANIELSBAKERY.CO.UK)



| BAGEL                              | ALLERGEN | PRICE | TUB                        | ALLERGEN | PRICE  |
|------------------------------------|----------|-------|----------------------------|----------|--------|
| CREAM CHEESE BAGEL                 | 2_7      | £3.70 | CREAM CHEESE TUB           | 7        | £4.50  |
| EGG MAYO BAGEL                     | 2_4      | £3.70 | EGG MAYO TUB               | 4        | £4.50  |
| SMOKED SALMON BAGEL                | 2_5      | £4.20 | HUMMUS                     | 12       | £4.50  |
| SMOKED SALMON & CREAM CHEESE BAGEL | 2_5_7    | £4.30 | TUNA MAYO TUB              | 5        | £4.50  |
| TUNA MAYO BAGEL                    | 2_5      | £3.70 | HERRING TUB                | 5        | £4.50  |
| ROLLS                              | ALLERGEN | PRICE | CAKES                      | ALLERGEN | PRICE  |
| CHEDDAR CHEESE ROLL                | 2_7      | £3.70 | CARROT CAKE                | 2_4_10   | £7.20  |
| EGG MAYO CHALLAH ROLL              | 2_4      | £3.70 | HONEY CAKE                 | 2_4      | £7.20  |
| EGG MAYO ROLL                      | 2_4      | £3.70 | MARBLE CAKE                | 2_4      | £7.20  |
| SM GRANARY SMKED SALMN & AVOCADO   | 2_5      | £4.50 | DUTCH POUND CAKE           | 2_4      | £7.20  |
| LONG EGG MAYO ROLL                 | 2_4_12   | £4.50 | FRUIT BAR CAKE             | 2_4      | £7.20  |
| LONG TUNA MAYO ROLL                | 2_5      | £4.00 | LEMON DRIZZLE CAKE         | 2_4      | £7.20  |
| TUNA MAYO CHALLAH ROLL             | 2_4_5_12 | £3.70 | CHOCOLATE BROWNIES         | 2_4      | £7.20  |
| TUNA MAYO ROLL                     | 2_5      | £3.70 |                            |          |        |
| TUNA MAYO BAGUETTES                | 2_5      | £4.00 | YEAST CAKE                 | ALLERGEN | PRICE  |
| LONG GRANARY SMKED SALMN & AVOCADO | 2_4      | £5.50 | HALVA BABKA                | 2_4_10   | £9.50  |
| SMOKED SALMON ROLLS                | 2_5      | £4.20 | CINNAMON BABKA             | 2_4_10   | £8.50  |
| SMOKED SALMON & CREAM CHEESE ROLL  | 2_5_7    | £4.30 | ROUND CHOCOLATE BABKA      | 2_4      | £9.50  |
| SANDWICH                           | ALLERGEN | PRICE | CHEESECAKE (PER KG)        | 2_4_7    | £20.00 |
| CHEDDAR CHEESE SANDWICH            | 2_7      | £4.50 | ASSORTED BISCUITS (PER KG) | 2_4_10   | £20.00 |
| EGG MAYO SANDWICH                  | 2_4      | £4.50 | SOFT CHEESECAKE SLICE      | 2_4_7    | £3.90  |
| SMOKED SALMON & CREAM CHEESE       | 2_5_7    | £4.50 | FANTASY                    | ALLERGEN | PRICE  |
| SMOKED SALMON SANDWICH             | 2_5      | £4.50 | GINGERBREAD MAN            | 2_4      | £2.40  |
| TUNA MAYO SANDWICH                 | 2_5      | £4.50 | TEDDY BEAR BISCUITS        | 2_4      | £2.40  |
| SALAD                              | ALLERGEN | PRICE | MINI TART                  | 2_4_10   | £1.30  |
| BAKED QUINOA SALAD                 | 2_5      | £7.20 | ECLAIRS                    | 2_4_7    | £3.00  |
| FALAFEL SALAD                      | 2        | £6.80 | MILLE FEUILLE              | 2_4_7    | £3.00  |
| GREEK SALAD                        | 7        | £6.80 | MINI FRESH FRUIT TART      | 2_4      | £3.30  |
| GREEN BEAN QUINOA SALAD            | 2        | £6.80 | SUGAR FREE BISCUITS        | 2_4      | £6.80  |
| MEDITERRANEAN SALAD                | 4        | £6.80 | ALMOND BISCOTTI            | 2_4_10   | £4.20  |
| MOZZARELLA AVOCADO SALAD           | 7        | £6.80 | PIZZA SLICE                | 2_7      | £3.20  |
| PESTO PASTA SALAD                  | 2_10_12  | £6.80 | SOURDOUGH CRACKERS         |          | £4.10  |
| ROASTED VEG PASTA SALAD            | 2        | £6.80 | DRINKS                     | ALLERGEN | PRICE  |
| SMOKED SALMON & AVOCADO SALAD      | 5        | £7.20 | COKE                       |          | £1.50  |
| TERIYAKI SALMON SALAD              | 5        | £7.20 | WATER                      |          | £1.00  |
| THAI VEG NOODLE                    | 2        | £6.80 | JUICE                      |          | £1.50  |
| TUNA NIÇOISE SALAD                 | 5        | £6.80 | TEA                        |          | £2.80  |
| TUNA PASTA SALAD                   | 2_5      | £6.80 | ESPRESSO                   |          | £2.80  |
| TUNA SWEETCORN SALAD               | 5        | £6.80 | COFFEE                     |          | £3.20  |
| SUSHI                              | 12       | £6.80 |                            |          |        |

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| BREAD                         |          |       | CHALLAH                       |          |        |
|-------------------------------|----------|-------|-------------------------------|----------|--------|
|                               | ALLERGEN | PRICE |                               | ALLERGEN | PRICE  |
| LARGE RYE                     | 2        | £3.30 | LARGE                         | 2_4_12   | £5.00  |
| SMALL RYE                     | 2        | £2.10 | MEDIUM                        | 2_4_12   | £3.95  |
| LARGE WHITE                   | 2        | £3.20 | BABY                          | 2_4_12   | £2.00  |
| SMALL WHITE                   | 2        | £2.00 | CHALLAH ROLL                  | 2_4_12   | £1.00  |
| LARGE WHOLEMEAL               | 2        | £3.30 | WEDDING CHALLAH               | 2_4_12   | £20.00 |
| SMALL WHOLEMEAL               | 2        | £2.10 | WHOLEMEAL CHALLAH             | 2_4_12   | £4.10  |
| LARGE GRANARY                 | 2        | £3.40 | RAISIN / CHOCOLATE CHALLAH    | 2_4      | £4.10  |
| SMALL GRANARY                 | 2        | £2.30 | DANIELS SPECIAL CHALLAH       | 2_4      | £7.50  |
| LARGE BLACK                   | 2        | £3.30 | MINI CHALLAH ROLL (PER 6 PCS) | 2_4      | £2.80  |
| BULKA                         | 2_4_12   | £4.20 | BRIDGE ROLLS (PER 6 PCS)      | 2_4      | £2.80  |
| SMALL BLACK                   | 2        | £2.80 | MORNING GOODS                 |          |        |
| SOURDOUGH BREAD               | 2        | £4.60 | PLAIN CROISSANT               | 2_4_7    | £2.50  |
| LOW GI BREAD                  | 2_12     | £4.60 | CHOCOLATE CROISSANT           | 2_4_7    | £2.80  |
| WALNUT & RAISIN BREAD         | 2_10     | £4.60 | PAIN -AU-CHOCOLATE            | 2_4_7    | £2.80  |
| LARGE PITTA BREAD (PER 6)     | 2        | £2.50 | PAIN-AU-RAISIN                | 2_4_7    | £2.80  |
| SMALL PITTA BREAD (PER 6)     | 2        | £2.30 | LARGE DANISH                  | 2_4_7    | £2.80  |
| LARGE WHOLEMEAL PITTA (PER 6) | 2        | £2.50 | ALMOND CROISSANT              | 2_4_7    | £3.00  |
| SMALL WHOLEMEAL PITTA (PER 6) | 2        | £2.30 | CINNAMON PRETZEL              | 2_4_7    | £3.50  |
| LARGE FRENCH STICK            | 2        | £2.30 | SAVOURY SALTED PRETZEL        | 2_4_7    | £3.50  |
| SMALL FRENCH STICK            | 2        | £1.90 | SMALL DANISH (EACH)           | 2_4_7    | £0.65p |
| BREADCRUMBS BAG               | 2        | £3.50 | RAISIN SCONE                  | 2_4_7    | £2.50  |
| ROLLS                         |          |       | ALLERGEN                      | PRICE    |        |
| WHOLEMEAL                     | 2        | £1.00 | LARGE DONUTS                  | 2_4      | £2.20  |
| PLAIN PLATZEL                 | 2_12     | £1.00 | SMALL DONUTS (ALL FLAVOUR)    | 2_4_13   | £1.10  |
| ONION PLATZEL                 | 2_12     | £1.00 | LARGE MUFFINS (CHOC & PLAIN)  | 2_4      | £2.80  |
| PLAIN ROLL                    | 2        | £1.00 | LARGE MUFFINS BLUEBERRY       | 2_4      | £2.80  |
| POPPY SEED ROLL               | 2        | £1.00 | SMALL MUFFINS                 | 2_4      | £2.10  |
| BLACK ROLL                    | 2        | £1.00 | SOYA ROLLS                    | 2_4      | £2.90  |
| SESAME SEED (MEZONOT)         | 2_12     | £1.00 | BUREKAS (POTATO/MUSHROOM)     | 2_4      | £2.90  |
| GRANARY                       | 2        | £1.00 | BUREKAS (CHEESE)              | 2_4_7    | £2.90  |
| CIABATTA                      | 2        | £2.00 | APPLE TURNOVER                | 2        | £2.60  |
| EXTRA LONG POPPY SEED ROLL    | 2        | £1.50 | VEGETARIAN SAUSAGE ROLL       | 2_4_12   | £2.90  |
| EXTRA LONG GRANARY ROLL       | 2        | £1.50 | CINNAMON NUGGETS              | 2_4_7    | £1.00  |
|                               |          |       | CINNAMON SOCIAL               | 2_4_7    | £3.50  |
| BAGELS                        |          |       | ALLERGEN                      | PRICE    | FLANS  |
| PLAIN                         | 2        | £1.00 | SMALL FLAN                    | 2_4_10   | £10.00 |
| SESAME                        | 2_12     | £1.00 | MEDIUM FLAN                   | 2_4_10   | £14.00 |
| POPPY                         | 2        | £1.00 | LARGE FLAN                    | 2_4_10   | £18.00 |
| MULTISEED                     | 2_12     | £1.00 | FRESH FRUIT FLAN MEDIUM       | 2_4_10   | £18.00 |
| BLACK / WHOLEMEAL             | 2        | £1.00 | FRESH FRUIT FLAN SMALL        | 2_4_10   | £13.00 |
| RYE / ONION                   | 2        | £1.00 | APPLE STRUDEL WHOLE           | 2        | £8.00  |
| CINNAMON & RAISIN             | 2        | £1.00 | APPLE FLAN SMALL              | 2        | £3.30  |
| JERUSALEM                     | 2        | £1.50 | QUICHE SLICE                  | 2_4_7    | £2.80  |
| MINI BAGELS (PER 6)           | 2        | £2.80 | FRUIT FLAN SMALL              | 2        | £3.30  |
| SEEDY MINI BAGELS (PER 6)     | 2_12     | £2.80 | FLAN SLICE                    | 2        | £2.70  |

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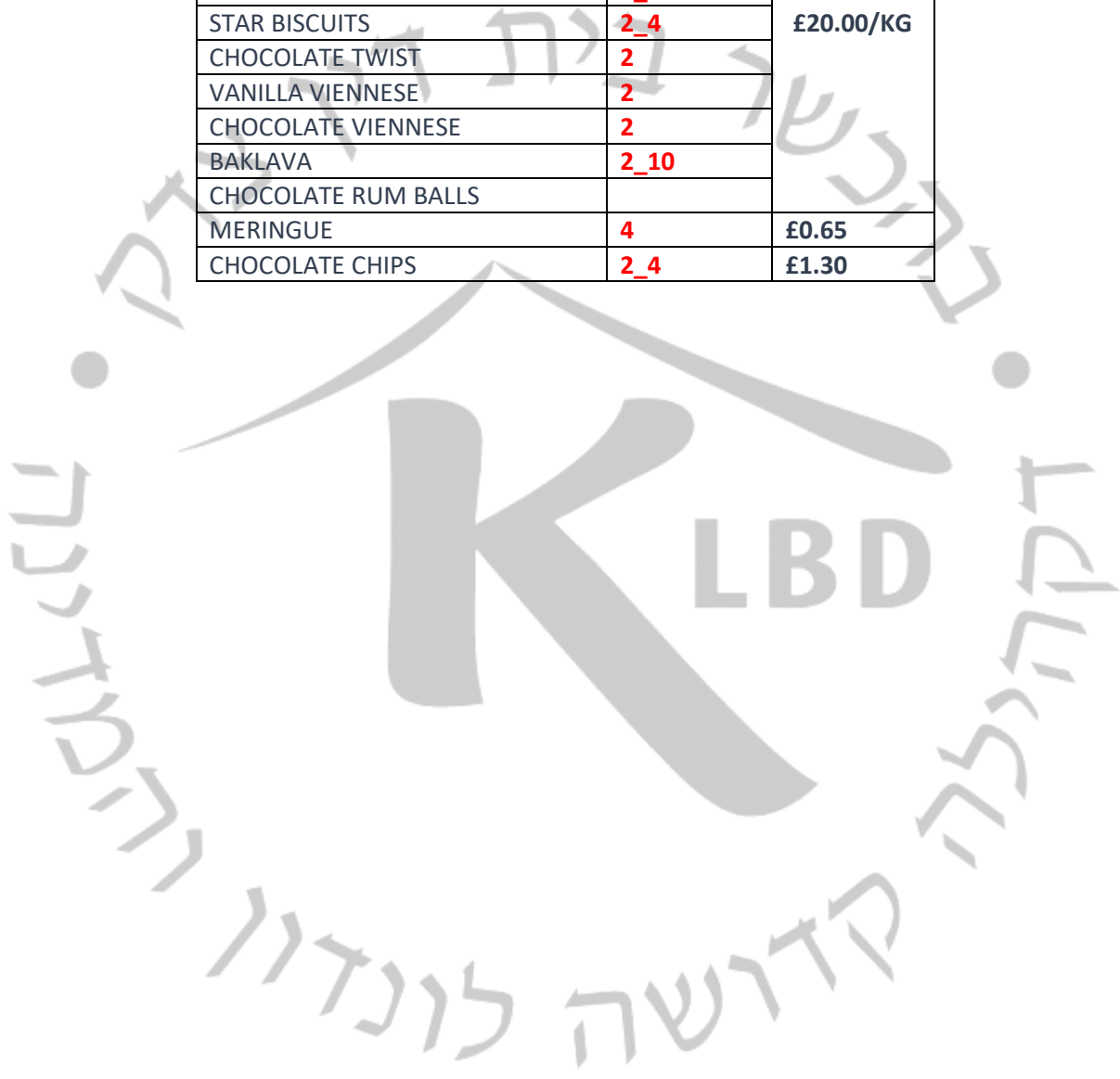




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| BISCUITS              | ALLERGEN | PRICE     |
|-----------------------|----------|-----------|
| STRUDEL BISCUITS      | 2_4      | £20.00/KG |
| HEART BISCUITS        | 2_4      |           |
| FLORENTINE            | 2_10     |           |
| DATES BISCUITS        | 2_4_12   |           |
| JAM DODGERS' BISCUITS | 2_4      |           |
| STAR BISCUITS         | 2_4      |           |
| CHOCOLATE TWIST       | 2        |           |
| VANILLA VIENNESE      | 2        |           |
| CHOCOLATE VIENNESE    | 2        |           |
| BAKLAVA               | 2_10     |           |
| CHOCOLATE RUM BALLS   |          |           |
| MERINGUE              | 4        | £0.65     |
| CHOCOLATE CHIPS       | 2_4      | £1.30     |





# 14 Allergens

Coming to a food label near you



The way allergens are labelled on prepacked foods is changing because of new regulations. The Food Information Regulation, which comes into force in December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**  
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2 Cereals containing gluten**  
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3 Crustaceans**  
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4 Eggs**  
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5 Fish**  
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 Lupin**  
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7 Milk**  
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8 Molluscs**  
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish steaks.
- 9 Mustard**  
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10 Nuts**  
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries, stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces).
- 11 Peanuts**  
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12 Sesame seeds**  
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13 Soya**  
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14 Sulphur dioxide (sometimes known as sulphites)**  
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)  
 Sign up to our allergy alerts on [food.gov.uk/email](mailto:food.gov.uk@email), or follow #AllergyAlert on Twitter and Facebook  
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