



# DANIELS BAGEL BAKERY LIMITED

Gluten-14 HALLSWELLE PARADE, FINCHLEY ROAD, LONDON. NW11 0DL

Gluten0 84FishFish Fish8Gluten6 EMAIL: - ORDER@DANIELSBAKERY.CO.UK



BAGEL	ALLERGEN	PRICE	TUB	ALLERGEN	PRICE
CREAM CHEESE BAGEL	Gluten_Milk	£3.70	CREAM CHEESE TUB	Fish	£4.50
EGG MAYO BAGEL	Gluten_Eggs	£3.70	EGG MAYO TUB	Eggs	£4.50
SMOKED SALMON BAGEL	Gluten_Fish	£4.20	HUMMUS	Sesame Seeds	£4.50
SMOKED SALMON & CREAM CHEESE	Gluten_Fish_Milk	£4.30	TUNA MAYO TUB	Fish	£4.50
TUNA MAYO BAGEL	Gluten_Fish	£3.70	HERRING TUB	Fish	£4.50
ROLLS	ALLERGEN	PRICE	CAKES	ALLERGEN	PRICE
CHEDDAR CHEESE ROLL	Gluten_Milk	£3.70	CARROT CAKE	Gluten_Eggs_Nuts	£7.20
EGG MAYO CHALLAH ROLL	Gluten_Eggs	£3.70	HONEY CAKE	Gluten_Eggs	£7.20
EGG MAYO ROLL	Gluten_Eggs	£3.70	MARBLE CAKE	Gluten,Eggs	£7.20
SMALL GRANARY SMKED SALMN & AVO	Gluten_Fish	£4.50	DUTCH POUND CAKE	Gluten,Eggs	£7.20
LONG EGG MAYO ROLL	Gluten_Fish_Sesame	£4.50	FRUIT BAR CAKE	Gluten,Eggs	£7.20
LONG GRANARY SMKED SALMN & AVOC	Gluten_Fish	£5.50	LEMON DRIZZLE CAKE	Gluten,Eggs	£7.20
LONG TUNA MAYO ROLL	Gluten_Fish	£4.00	CHOCOLATE BROWNIES	Gluten,Eggs	£7.20
TUNA MAYO CHALLAH ROLL	Gluten,Eggs,Fish,Sesame	£3.70			
TUNA MAYO ROLL	Gluten_Fish	£3.70			
TUNA MAYO BAGUETTES	Gluten_Fish	£4.00	YEAST CAKE	ALLERGEN	PRICE
EGG MAYO BAGUETTES	Gluten_Eggs	£4.50	HALVA BABKA	Gluten,Eggs_Nuts	£7.95
SMOKED SALMON ROLLS	Gluten_Fish	£4.20	CINNAMON BABKA	Gluten,Eggs_Nuts	£7.95
SMOKED SALMON & CREAM CHEESE	Gluten_Fish_Milk	£4.30	CHOCOLATE BABKA	Gluten,Eggs	£7.95
SANDWICH	ALLERGEN	PRICE	CHEESECAKE (PER KG)	Gluten,Eggs_Milk	£20.00
CHEDDAR CHEESE SANDWICH	Gluten_Fish	£4.50	ASSORTED BISCUITS (PER KG)	Gluten,Eggs_Nuts	£20.00
EGG MAYO SANDWICH	Gluten_Eggs	£4.50	SOFT CHEESECAKE SLICE	Gluten,Eggs_Milk	£3.90
SMOKED SALMON & CREAM CHEESE	Gluten_Fish_Milk	£4.50	FANTASY	ALLERGEN	PRICE
SMOKED SALMON SANDWICH	Gluten_Fish	£4.50	GINGERBREAD MAN	Gluten,Eggs	£2.40
TUNA MAYO SANDWICH	Gluten_Fish	£4.50	TEDDY BEAR BISCUITS	Gluten,Eggs	£2.40
SALAD	ALLERGEN	PRICE	MINI TART	Gluten,Eggs_Nuts	£1.30
BAKED QUINOA SALAD	Gluten_Fish	£7.20	ECLAIRS	Gluten,Eggs_Milk	£3.00
FALAFEL SALAD	Gluten	£6.80	MILLE FEUILLE	Gluten,Eggs,Milk	£3.00
GREEK SALAD	Fish	£6.80	MINI FRESH FRUIT TART	Gluten,Eggs	£3.30
GREEN BEAN QUINOA SALAD	Gluten	£6.80	SUGAR FREE BISCUITS	Gluten,Eggs	£6.80
MEDITERRANEAN SALAD	Eggs	£6.80	ALMOND BISCOTTI	Gluten,Eggs_Nuts	£4.20
MOZZARELLA AVOCADO SALAD	Fish	£6.80	PIZZA SLICE	Gluten_Milk	£3.20
PESTO PASTA SALAD	Gluten_Nuts_Sesame	£6.80	SOURDOUGH CRACKERS	Gluten	£4.10
ROASTED VEG PASTA SALAD	Gluten	£6.80	DRINKS	ALLERGEN	PRICE
SMOKED SALMON & AVOCADO SAL	Fish	£7.20	COKE		£1.50
TERIYAKI SALMON SALAD	Fish	£7.20	WATER		£1.00
THAI VEG NOODLE	Gluten	£6.80	JUICE		£1.50
TUNA NIÇOISE SALAD	Fish	£6.80	TEA		£2.80
TUNA PASTA SALAD	Gluten_Fish	£6.80	ESPRESSO		£2.80
TUNA SWEETCORN SALAD	Fish	£6.80	COFFEE		£3.20
SUSHI	Sesame Seeds	£6.80			

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BREAD	ALLERGEN	PRICE	CHALLAH	ALLERGEN	PRICE
LARGE RYE	Gluten	£3.30	LARGE	Gluten,Eggs_Sesame	£5.00
SMALL RYE	Gluten	£2.10	MEDIUM	Gluten,Eggs_Sesame	£3.95
LARGE WHITE	Gluten	£3.20	BABY	Gluten,Eggs_Sesame	£2.00
SMALL WHITE	Gluten	£2.00	CHALLAH ROLL	Gluten,Eggs_Sesame	£1.00
LARGE WHOLEMEAL	Gluten	£3.30	WEDDING CHALLAH	Gluten,Eggs_Sesame	£25.00
SMALL WHOLEMEAL	Gluten	£3.30	WHOLEMEAL CHALLAH	Gluten,Eggs_Sesame	£4.10
LARGE GRANARY	Gluten	£3.40	RAISIN / CHOCOLATE CHALLAH	Gluten,Eggs	£4.10
SMALL GRANARY	Gluten	£2.30	DANIELS SPECIAL CHALLAH	Gluten,Eggs	£7.50
LARGE BLACK	Gluten	£3.30	MINI CHALLAH ROLL (PER 6 PCS)	Gluten,Eggs	£2.80
BULKA	Gluten,Eggs,Sesame	£4.20	BRIDGE ROLLS (PER 6 PCS)	Gluten,Eggs	£2.80
SMALL BLACK	Gluten	£2.80	<b>MORNING GOODS</b>		<b>PRICE</b>
SOURDOUGH BREAD	Gluten	£4.60	PLAIN CROISSANT	Gluten,Eggs_Milk	£2.50
LOW GI BREAD	Gluten_Sesame	£4.60	CHOCOLATE CROISSANT	Gluten_Eggs_Milk	£2.80
WALNUT & RAISIN BREAD	Gluten_Nuts	£4.60	PAIN -AU-CHOCOLATE	Gluten_Eggs_Milk	£2.80
LARGE PITTA BREAD (PER 6)	Gluten	£2.50	PAIN-AU-RAISIN	Gluten_Eggs_Milk	£2.80
SMALL PITTA BREAD (PER 6)	Gluten	£2.30	LARGE DANISH	Gluten_Eggs_Milk	£2.80
LARGE WHOLEMEAL PITTA (6)	Gluten	£2.50	ALMOND CROISSANT	Gluten_Eggs_Milk	£3.00
SMALL WHOLEMEAL PITTA(6)	Gluten	£2.30	CINNAMON PRETZEL	Gluten_Eggs_Milk	£3.50
LARGE FRENCH STICK	Gluten	£2.30	SAVOURY SALTED PRETZEL	Gluten_Eggs_Milk	£3.50
SMALL FRENCH STICK	Gluten	£1.90	SMALL DANISH (EACH)	Gluten_Eggs_Milk	£0.75P
BREADCRUMBS BAG	Gluten	£3.50	SMALL RUGULACH (EACH)	Gluten_Eggs	£0.75P
<b>ROLLS</b>			<b>PRICE</b>		
WHOLEMEAL	Gluten_Sesame	£1.00	RAISIN SCONE	Gluten_Eggs_Milk	£2.50
PLAIN PLATZEL	Gluten	£1.00	LARGE DONUTS	Gluten_Eggs	£2.20
ONION PLATZEL	Gluten	£1.00	SMALL DONUTS (ALL FLAVOUR)	Gluten_Eggs_Soya	£1.10
PLAIN ROLL	Gluten	£1.00	LARGE MUFFINS (CHOC & PLAIN)	Gluten_Eggs	£2.80
POPPY SEED ROLL	Gluten	£1.00	LARGE MUFFINS BLUEBERRY	Gluten_Eggs	£2.80
BLACK ROLL	Gluten	£1.00	SMALL MUFFINS	Gluten_Eggs	£2.10
SESAME SEED (MEZONOT)	Gluten_Sesame	£1.00	SOYA ROLLS	Gluten_Eggs_Soya	£2.90
GRANARY	Gluten	£1.00	BUREKAS (POTATO/MUSHROOM)	Gluten_Eggs,Sesame	£2.90
CIABATTA	Gluten	£2.00	BUREKAS (CHEESE)	Gluten,Eggs,Milk,Sesame	£2.90
EXTRA LONG POPPY SEED	Gluten	£1.50	VEGETARIAN SAUSAGE ROLL	Gluten_Eggs_Sesame	£2.90
EXTRA LONG GRANARY ROLL	Gluten	£1.50	CINNAMON NUGGETS	Gluten_Eggs_Milk	£1.00
<b>BAGELS</b>			<b>PRICE</b>		
PLAIN	Gluten	£1.00	<b>FLANS</b>		<b>PRICE</b>
SESAME	Gluten_Sesame	£1.00	SMALL FLAN	Gluten_Eggs_Nuts	£10.00
POPPY	Gluten	£1.00	MEDIUM FLAN	Gluten_Eggs,Nuts	£14.00
MULTISEED	Gluten_Sesame	£1.00	LARGE FLAN	Gluten_Eggs_Nuts	£18.00
BLACK / WHOLEMEAL	Gluten	£1.00	FRESH FRUIT FLAN MEDIUM	Gluten_Eggs_Nuts	£18.00
RYE / ONION	Gluten	£1.00	FRESH FRUIT FLAN SMALL	Gluten_Eggs_Nuts	£13.00
CINNAMON & RAISIN	Gluten	£1.00	APPLE STRUDEL WHOLE	Gluten	£8.00
JERUSALEM	Gluten	£1.50	APPLE FLAN SMALL	Gluten	£3.30
MINI BAGELS (PER 6 PCS)	Gluten	£2.80	QUICHE SLICE	Gluten_Eggs_Milk	£2.80
SEEDY MINI BAGELS (PER 6)	Gluten_Sesame	£2.80	FRUIT FLAN SMALL	Gluten	£3.30
			FLAN SLICE	Gluten	£2.70

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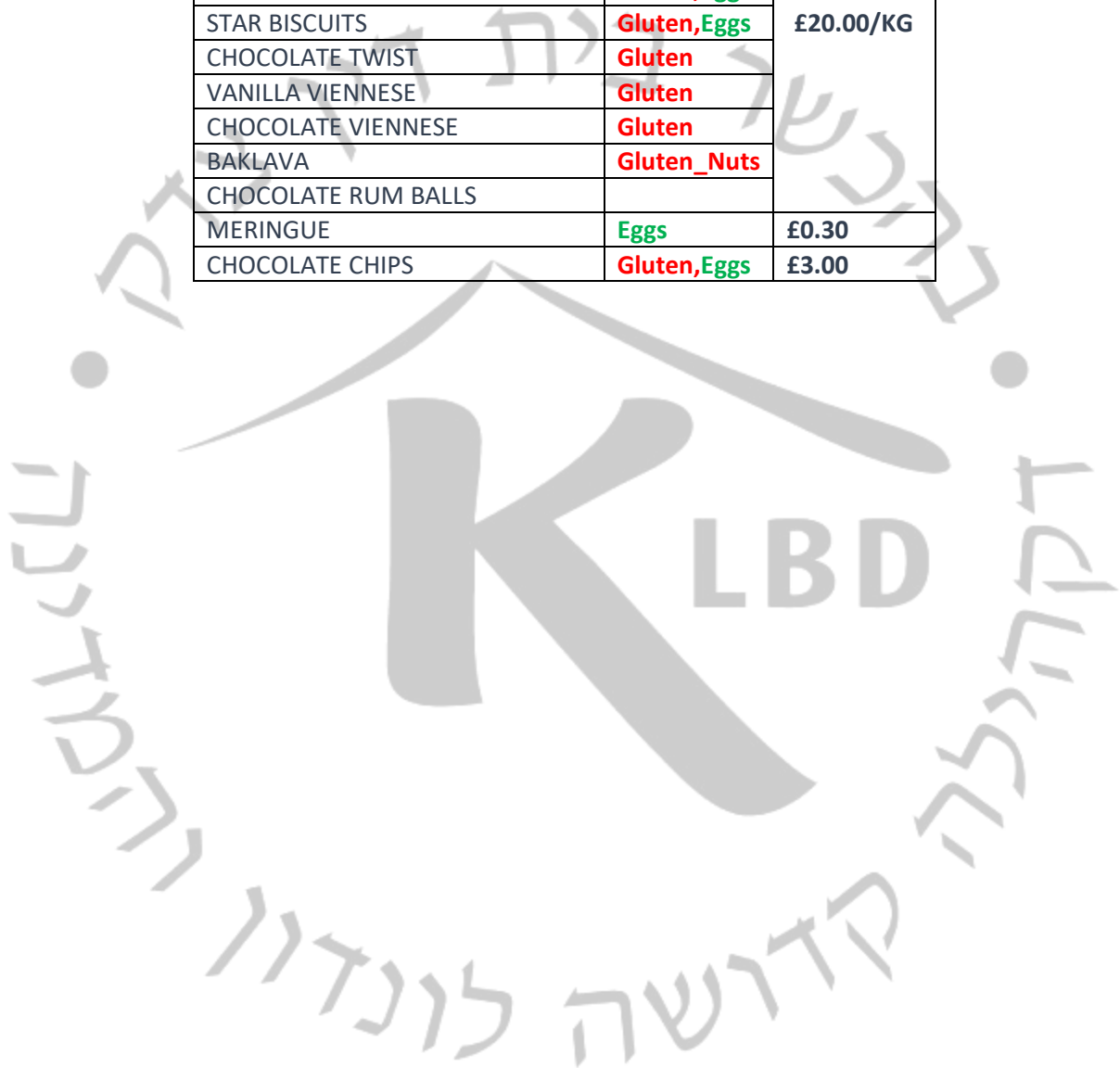
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BISCUITS	ALLERGEN	PRICE
STRUDEL BISCUITS	Gluten,Eggs	£20.00/KG
HEART BISCUITS	Gluten,Eggs	
FLORENTINE	Gluten_Nuts	
DATES BISCUITS	Gluten,Eggs	
JAM DODGERS' BISCUITS	Gluten,Eggs	
STAR BISCUITS	Gluten,Eggs	
CHOCOLATE TWIST	Gluten	
VANILLA VIENNESE	Gluten	
CHOCOLATE VIENNESE	Gluten	
BAKLAVA	Gluten_Nuts	
CHOCOLATE RUM BALLS		
MERINGUE	Eggs	£0.30
CHOCOLATE CHIPS	Gluten,Eggs	£3.00





## 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, humous, 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](http://food.gov.uk/email), or follow #AllergyAlert on Twitter and Facebook  
 Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)  
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