



Allergens List

This document is to help you identify which known key allergens or potential allergens are present in our recipes, by course title.

Please contact us if you require further assistance or more detailed information regarding specific allergies you may have or the allergens which are commonly present in produce used in our kitchen.

We apologise but due to the nature of our courses and the kinds of products we use, we cannot eliminate traces of nuts, gluten, dairy or other allergens even if that specific allergen is not listed below for the course(s) you are interested in.

Please note that we require advance notification of any allergies or intolerances. This enables us to offer appropriate advice about the suitability of a specific class and to safeguard our client's health.

Perfect Teatime Treats for Beginners: wheat; gluten; soya; baking powder; milk / buttermilk; dairy; eggs.

Bread Making for Beginners: wheat; gluten; soya; barley; yeast; nuts (sesame seeds & poppy seeds); milk; butter; dairy.

Bagels & Pretzels Making: wheat; gluten; yeast; malt extract; nuts (sesame seeds & poppy seeds); eggs; butter; milk.

French Bread Making: wheat; gluten; soya; yeast; butter; eggs; milk; chocolate.

Italian Bread Making: wheat; gluten; yeast; milk; dairy.

French Breakfast Pastries (Viennoiserie): wheat; gluten; soya; yeast; butter; eggs; milk; chocolate.

Doughnuts & Churros Making: wheat; gluten; yeast; butter; eggs; milk; dairy.

Hello Cupcake!: gluten; baking powder; eggs; butter; milk. Class includes use of sugar paste / edible decorations – please contact us for specific information.

Introduction to Macaron Making: nuts (ground almonds); eggs; butter; chocolate; milk; dairy.

Retro Biscuit Baking: wheat; gluten; soya; baking powder; eggs; butter; milk; pectin derived from fruit.

Victoria Sponge & Jam-Making: wheat; gluten; eggs; butter; milk; dairy; strawberries; pectin derived from fruit.

Pork Pie Making: wheat; gluten; soya; animal fat; butter; eggs. This class includes use of pork meat.

Complete Introduction to Baking: wheat; gluten; soya; butter; milk; baking powder; eggs; chocolate; nuts (sesame seeds & poppy seeds)

Introduction to Pastry: eggs; butter; milk; wheat; gluten. This class includes use of beef and pork meat.

Chocolate Truffle Making & Tempering for Beginners: dairy; chocolate products possibly containing dairy and gluten or products produced in environments where such allergens are present. Contact us if you require more information.

Kids & Adults classes (all titles): dairy, including eggs, milk and butter; wheat; gluten; soya; baking powder. Some classes use edible decorating products such as Candy Melts and sugar paste. Please contact us with specific queries regarding the ingredients of these products.

Christmas Bread Making: wheat; gluten; dairy including eggs, milk and butter; nuts; soya; fruit including citrus.

Traditional Christmas Baking Day: wheat; gluten; dairy including eggs, milk and butter; nuts; soya; fruit including citrus.



DELIGHTFUL TEA
BAKE SCHOOL

Buche de Noel (Yule Log): wheat; gluten; yeast; butter; eggs; milk; dairy.

Edible Christmas Gifts: wheat; gluten; yeast; butter; eggs; milk; dairy. This class uses edible decorating products such as sugar paste. Please contact us for specific allergen advice for these products.