

Flippin' Good Crepe Allergen Matrix

Reviewed by Thomas Doyle Review date 19 September 2026 Next review When any product, supplier or recipe changes

Menu item	Section	Celery	Gluten	Crust.	Eggs	Fish	Lupin	Milk	Moll.	Must.	Nuts	Pean.	Sesame	Soya	Sulph.
Nutella	Sweet crêpe		YES		YES			YES			YES			YES	
Nutella & Oreo	Sweet crêpe		YES		YES			YES			YES			YES	
Lemon & Sugar	Sweet crêpe		YES		YES			YES						MAY	YES
Strawberry Delight	Sweet crêpe		YES		YES			YES						MAY	
Biscoff Bliss	Sweet crêpe		YES		YES			YES						YES	
Banana Lovers - Nutella	Sweet crêpe		YES		YES			YES			YES			YES	
Banana Lovers - Biscoff	Sweet crêpe		YES		YES			YES						YES	
Nutella & Rolo	Sweet crêpe		YES		YES			YES			YES			YES	
The Proper Ham & Cheese	Savoury crêpe		YES		YES			YES		YES				MAY	
The Mediterranean Melt	Savoury crêpe		YES		YES			YES		MAY				MAY	
The Cluckin' Good	Savoury crêpe		YES		YES			YES		YES				YES	
The Pesto One	Savoury crêpe		YES		YES			YES			YES			MAY	
The Tuna Melt	Savoury crêpe		YES		YES	YES		YES						MAY	
Tea - black	Hot drink														
Tea - with milk	Hot drink							YES							
Coffee - black	Hot drink														
Coffee - with milk	Hot drink							YES							
Extra: Nutella	Extra							YES			YES			YES	
Extra: Biscoff	Extra		YES											YES	

YES = allergen is an ingredient MAY = manufacturer precautionary statement

All crêpe batter contains wheat, egg and milk and may contain soya. Nutella contains hazelnut. Green pesto contains cashew.

Shared preparation equipment means cross-contact cannot be ruled out.

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Extra: Milk chocolate sauce	Extra							YES						YES	
Extra: White chocolate sauce	Extra							YES						YES	
Extra: Strawberry sauce	Extra														
Extra: Salted caramel sauce	Extra							YES							
Extra: Marshmallows	Extra							MAY						MAY	
Extra: Rolo pieces	Extra		MAY					YES							
Extra: Whipped cream	Extra							YES							
Extra: Roasted peppers	Extra									MAY					
Extra: Rocket	Extra														
Extra: Sun-dried tomatoes	Extra														
Extra: Mature cheddar	Extra							YES							
Extra: Ham	Extra														
Extra: Chicken	Extra														
Extra: Tuna	Extra					YES									
Extra: Mozzarella	Extra							YES							
Extra: Green pesto	Extra							YES			YES				
Extra sauce: Mayonnaise	Sauce				YES										
Extra sauce: Sriracha mayo	Sauce									YES				YES	
Extra sauce: Yellow mustard	Sauce									YES					

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