

Cakes, Loaves & Traybakes	Suitability		Allergens						
	Vegetarian	Vegan	Gluten	Eggs	Milk	Nuts	Peanuts	Soya	Sesame
Carrot Cake	*		*	*	*	*	*		
Tunisian Orange Cake	*		*	*		*		*	
Sussex Plum Cake	*		*	*	*	*			
Lemon Poppyseed Cake	*		*	*	*				
Classic Victoria Sponge	*		*	*	*				
Spicy Apple Cake	*			*		*			
Banana Caramel Loaf	*		*	*	*	*			
Salted Fudge Brownie	*			*	*				
Cranberry Pumpkin Flapjack	*	*	*			*			*
Date & Orange Flapjack	*	*	*			*			
Gooseberry Elderflower Sponge	*		*	*	*				
Raspberry Rose Sponge	*		*	*	*				
Chocolate Chilli Cake	*		*	*	*				
Apricot Cheesecake	*		*	*	*				
Lemon Rosemary Loaf	*		*	*	*				
Sesame Caramel Slice	*		*		*				*

Sticky Fingers Cakes make every attempt to identify ingredients that may cause allergic reactions. Every effort is made to instruct our staff on the severity of food allergies. In addition, we highlight items with possible allergen-containing ingredients on our publicity and ingredients list. We take great care to use separate equipment when preparing nut-free or gluten-free cakes. However, all our cakes are made in the same kitchen so please consider this if you have a severe allergy.

There is also a possibility that manufacturers can change the formulation at any time, without notice. Customers concerned with food allergies need to be aware of this risk.

Because we want your cake eating experience to be perfect we put extra effort into checking all our deliveries of nuts and fruit by hand for pieces of shell or fruit stone. However, please be vigilant in case any have slipped past our beady eyes!

Sticky Fingers Ingredients List Summer 2017

New Favourites –

Gooseberry Elderflower Sponge – nut free – Flour/sugar/vegetable margarine/cornflour/milk/eggs/butter/vanilla/gooseberry conserve/lemon juice/elderflower cordial/crystallized lemon peel/raising agents
Allergens: gluten/dairy/eggs

Raspberry Rose Sponge – nut free – Flour/sugar/vegetable margarine/cornflour/milk/eggs/butter/vanilla/rose water/raspberry conserve/dried raspberry pieces/crystallized rose petals/raising agents
Allergens: gluten/dairy/eggs

Chocolate Chilli Cake – nut free – Flour/sugar/vegetable margarine/eggs/dark chocolate/chilli powder/chilli flakes/double cream
Allergens: gluten/dairy/eggs

Apricot Cheesecake – nut free – Wheat/sugar/eggs/cream cheese/soured cream/apricots/vegetable oil/lemon juice/margarine/raising agents
Allergens: gluten/dairy/eggs

Lemon Rosemary Polenta Loaf – nut free – Flour/sugar/milk/eggs/polenta/butter/corn oil/lemon juice/lemon zest/lemon oil/fresh rosemary
Allergens: gluten/dairy/eggs

Sesame Caramel Slice – nut free/contains sesame seeds – Flour/sugar/butter/condensed milk/golden syrup/coconut oil/salt/dark chocolate/sesame seeds/toasted sesame oil
Allergens: gluten/dairy/sesame seeds

Regular Favourites –

Carrot Cake – contains nuts/contains coconut - Flour/sugar/butter/cream cheese/eggs/corn oil/carrots/walnuts/mixed nuts (almonds/walnuts)/peanuts/coconut.
Allergens: gluten/dairy/eggs/nuts (almonds/walnuts)/peanuts

Tunisian Orange Cake – dairy free/contains nuts - Flour/sugar/corn oil/eggs/ oranges/lemons/ground almonds/cinnamon/raising agents
Allergens: gluten/eggs/nuts/soya

Sussex Plum Cake – contains nuts - Flour/sugar/vegetable margarine/eggs/plums/ground almonds/almond essence/raising agents
Allergens: gluten/dairy/eggs/nuts

Lemon Poppyseed Cake – nut free – Flour/sugar/vegetable margarine/eggs/yoghurt/poppyseeds/lemon zest/lemon juice/lemon oil/raising agents
Allergens: gluten/dairy/eggs

Classic Victoria Sponge – nut free - Flour/sugar/vegetable margarine/cornflour/milk/eggs/ butter/vanilla blackcurrant conserve/raising agents
Allergens: gluten/dairy/eggs

Spicy Apple Cake – gluten free/dairy-free/contains nuts - Ground almonds sugar/eggs/apple/sultanas/lemon zest and juice/flaked almonds/spices/vanilla
Allergens: eggs/nuts

Caramel Banana Loaf – contains nuts – Flour/sugar/vegetable margarine/sultanas/banana /walnuts/eggs/whisky/butter/milk/raising agents
Allergens: gluten/dairy/eggs/nuts

Salted Fudge Brownie – gluten free/nut free – Gluten free flour/sugar/butter/dark chocolate/cocoa/eggs/sea salt flakes
Allergens: dairy/eggs

Cranberry Pumpkin Flapjack – vegan/contains coconut – Oats/flour/coconut/sugar/golden syrup/vegan sunflower margarine/cranberries/apricots/pumpkin seeds/sesame seeds
Allergens: gluten/sesame seeds

Date & Orange Flapjack – vegan/contains coconut - Oats/flour/coconut/dates/vegan sunflower margarine/sugar/golden syrup/orange zest and juice/vanilla
Allergens: gluten