

SOHO

— SINCE 1999 —

COFFEE

ALLERGENS INFORMATION PACK

Allergen Pack 2024

OUR FOOD IS HANDMADE BY REAL PEOPLE AND WE USE SHARED EQUIPMENT: DUE TO A HIGH RISK OF CONTAMINATION WE CAN'T GUARANTEE THAT ANY OF OUR PRODUCTS ARE COMPLETELY ALLERGEN-FREE.

SUPPLY CHAIN

This pack contains the ingredient declarations for many of the food products that we sell in our stores.

Items such as crisps and bottled drinks with printed declarations included on the packaging are not included within this Allergens Information pack.

The information contained within this pack is only accurate if brand standard ingredients – supplied by Blakemore Food Service – are used.

If alternative suppliers or ingredients are used, sites are responsible for maintaining their own accurate Allergens Information Pack. It is a legal requirement that this information is always available to customers in store.

USING THE DECLARATION PACK

All products contained within this pack are detailed in the contents page. Using the contents page to search for information is the most efficient way to search this pack.

Products are included as complete declarations, with ingredients listed for easy reference.

The full ingredient breakdown is listed for each individual product and the 14 declared allergens are **EMBOLDENED** for easy reference.

SYMBOL KEY



Suitable for vegans – these products are suitable for those who are vegan. They do not contain any animal products or by products.



Suitable for vegetarians – these products are suitable for those who are vegetarian. They do not contain any meat or fish products.

CONTENTS

HOT DRINK INGREDIENTS	9
Biscoff® Crumb – V001	9
Biscoff® Topping Sauce – V001	9
Cadbury Drinking Chocolate – V001	9
Chocolate Topping Sauce – V001	9
Cinnamon Powder – V001	9
Coffee – V001	9
Digestive Biscuit – V001	9
Gold Hot Chocolate Powder – V001	9
Marshmallows (Princes Pink & White) – V001	9
Matcha Powder – V001	10
Mumbai Chai – V001	10
Organic Drinking Chocolate – V001	10
Strawberry Topping Sauce – V001	10
Vegan Whipped Cream – V001	10
Whipped Cream – V001	10
SWEETBIRD SYRUPS	11
Sweetbird Butterscotch Syrup – V001	11
Sweetbird Caramel Flavour Syrup – V001	11
Sweetbird Frapp Syrup – V001	11
Sweetbird Hazelnut Syrup – V001	11
Sweetbird Sugar Free Caramel Flavour Syrup – V001	11
Sweetbird Sugar Free Vanilla Flavour Syrup – V001	11
Sweetbird Vanilla Flavour Syrup – V001	11
Sweetbird White Chocolate Syrup – V001	11
MILKS & ALTERNATIVE MILKS	12
Almond Milk – V001	12
Coconut Milk – V001	12
Oat Milk – V001	12
Semi-Skimmed Milk	12
Skimmed Milk	12
Soya Milk – V001	12
Whole Milk	12
ICED COFFEE	12
Iced Latte – V001	12
Iced Mocha – V001	12
Long Black – V001	12
SPECIALITY DRINKS	13
Mumbai Railway Chai – V001	13
Oat Matcha Latte – V001	13
SMOOTHIES	13
Dragon Fruit & Blueberry Smoothie – V001	13
Mango, Pineapple & Passionfruit Smoothie – V001	13
Spinach, Banana & Mango Smoothie – V001	13
Caribbean Crush – V001	13
Strawberry and Banana – V001	13
Strawberry, Banana and Beetroot – V001	14
Very Berry – V001	14
SEASONAL DRINK SPECIALS	15
Biscoff® Blondie Hot Chocolate – V001	15
Biscoff® Shake – V001	16
Double Chocolate Shake – V001	16
Strawberry Shortcake Shake – V001	16

SANDWICHES	17
Chicken Club – V001	17
Classic Cheddar and Spring Onion – V001	17
Gammon Ham & Mature Cheddar with Malted Grain Bread (PLATTERS ONLY) – V001	17
Mature Cheddar & Tomato with Malted Grain Bread (PLATTERS ONLY) – V001	17
Simply Egg Mayo – V001	18
Tuna, Red Onion and Rocket with Malted Grain Bread – V001	18
Chipotle Chickpea – V001	18
Ham & Egg – V001	19
WRAPS	20
Beetroot & Feta Wrap – V001	20
Bombay Bhaji Wrap - V001	20
Chicken Caesar Wrap - V001	20
Chicken Satay Wrap - V001	21
Chickpea Falafel & Houmous Wrap - V001	21
Jerk Chicken Wrap - V001	21
Mexican Five Bean Wrap - V001	21
SOURDOUGH TOASTIES	23
Big Cheese Sourdough Toastie – V001	23
Mushrooms & Swiss Sourdough Toastie – V001	23
Smokin' Rooster Sourdough Toastie – V001	23
Ultimate Ham & Cheese Sourdough Toastie – V001	24
FOCACCIA	25
Cubano Focaccia – V001	25
Mozzarella, Tomato and Basil Focaccia – V001	25
SUB ROLLS	26
The Korean BBQ Chicken Sub Roll – V001	26
The Italian Sub Roll – V001	26
RUSTIC WHITE ROLLS	27
Gammon Ham & Mature Cheddar Roll – V001	27
Mature Cheddar & Tomato Roll – V001	27
POTS	28
Mixed Grape Pot – V001	28
Pineapple & Berries – V001	28
Fresh Fruit Pot – V001	28
Passionfruit & Mango Bircher – V001	28
SOHO Berry Granola – V001	28
Very Berry Bircher – V001	28
MEDIUM SALAD POTS	29
Harissa Butternut, Cauliflower & Feta Salad – V001	29
Pesto Parmesan Pasta – V001	29
Sticky Chilli Chicken Noodles – V001	29
LARGE SALADS	29
British Red Cabbage & Beetroot Falafel Salad Bowl - V001	29
Harissa Roasted Veg Mezze - V001	30
Korean BBQ Chicken - V001	30
KHOBEZ	31
Bombay Khobez – V001	31
Chicken Satay Khobez – V001	31
Falafel Khobez – V001	31
KIDS	32
Chocolate Mousse – V001	32
Jelly Baby Jelly – V001	32

Simply Cheese Sandwich – V001	32
Simply Ham Sandwich – V001	32
TRAYBAKES AND CAKES	33
Carrot Cake Slice – V001	33
Chocolate Caramel Shortcake – V001	33
Salted Caramel Pecan Brownie – V001	33
Signature Espresso Layer Cake – V001	34
Signature Espresso Tray Cake – V001	34
Spiced Brioche Teacake (toasted with butter) – V001	34
Raspberry White Chocolate Blondie – V001	34
Raspberry Coconut Loaf Cake – V001	35
Lemon & Yuzu Bar – V001	35
Lime, Coconut & Pistachio Courgette Cake – V001	35
Toffee Apple Blondie – V001	35
Cranberry & Pumpkin Seed Granola Bar – V001	35
COOKIES & BISCUITS	36
Biscuit – Giraffe Gingerbread – V001	36
Biscuit – Easter Shortbread – V001	36
MUFFINS	37
Blueberry Muffin – V001	37
Berries and Cream Muffin – V001	37
Easter Muffin – V001	38
Banoffee Muffin – V001	38
Biscoff® SOnut– V001	39
Chocolate & Hazelnut SOnut– V001	39
Raspberry Jam & Custard SOnut– V001	39
PASTRIES	40
Almond Croissant – V001	40
Chocolate Twist – V001	40
Croissant – V001	40
Pain aux Raisins – V001	40
SAVOURY CROISSANTS	41
Cheese & Bacon Croissant – V001	41
Cheese & Tomato Croissant – V001	41
Swiss Cheese & Bacon Croissant – V001	41
Swiss Cheese & Mushroom Croissant – V001	41
Swiss Cheese & Ham Croissant – V001	41
Swiss Cheese & Tomato Croissant – V001	42
BAGUETTES	43
Cheese & Coleslaw on White Baguette – V001	43
Chicken & Bacon on White Baguette – V001	43
Egg, Spinach and Tomato on White Baguette – V001	43
Ham & Mature Cheddar on White Baguette – V001	43
Posh Cheese & Tomato on White Baguette – V001	43
Tuna Mayonnaise & Cucumber on White Baguette – V001	44
TOAST & CONDIMENTS	45
HP Brown Sauce – V001	45
Multigrain Bloomer Bread – V001	45
Sourdough Toast – V001	45
Tomato Sauce – V001	45
White Bloomer Bread – V001	45
HOT BREAKFAST	46
Guacamole & Eggs on Toast – V001	46
Guacamole & Tomato on Toast – V001	46

Mushroom & Egg Roll – V001	46
Mushroom, Tomato & Egg Breakfast Wrap – V001	46
Sausage, Bacon & Egg Breakfast Wrap – V001	46
The Big Breakfast Roll – V001	46
The Full SOHO – V001	47
Triple Bacon Roll – V001	47
Triple Bacon & Egg Roll – V001	47
Triple Sausage Roll – V001	47
PORRIDGE	48
Honey and Banana Porridge – V001	48
Peanut Butter and Jam Porridge – V001	48
HOT FLATBREADS	49
The BBQ Pulled Pork – V001	49
The Kickin’ Chicken – V001	49
Sizzlin’ Sunblush Tomato – V001	49
JACKET POTATOES	50
Cheese and Bacon Jacket Potato – V001	50
Cheese and Beans Jacket Potato – V001	50
Cheese and Slaw Jacket Potato – V001	50
Kickin’ Chicken Jacket Potato – V001	50
Tuna Mayo Jacket Potato – V001	50
Vegan Chilli & Cheese Jacket Potato – V001	51
BBQ Pulled Pork and Cheese Jacket Potato – V001	51
Vegan Chilli & Guac Jacket Potato – V001	51
PLATTERS	52
Chocoholic Box – V001	52
Fruit Platter – V001	52
Hot Breakfast Roll Box (Both sizes) – V001	52
Wrap Selection Platter – V001	52
Meat Sandwich Platter – V001	52
Mixed Muffin Box – V001	52
Pastry Box Platter – V001	52
SONut Platter Box – V001	52
Veggie Sandwich Platter – V001	53
HOT FOOD ADD-ONS	54
Baked Beans – V001	54
Cheesy Scrambled Egg – V001	54
Streaky Bacon – V001	54
Grated Cheese Mix – V001	54
Guacamole – V001	54
Hash Browns – V001	54
Korean Chicken – V001	54
Salsa – V001	54
Sausage – V001	55
SOHO Best Ever Slaw – V001	55
Tuna Mayo – V001	55
Vegan Chilli – V001	55
BULLRING & MERRYHILL SCONES	56
Plain Scone – V001	56
Sultana Scone – V001	56
With Clotted Cream	56
With Butter	56
ADDITIONAL WIGMORE/BULLRING/THREADNEEDLE	57
STREET JACKET MENU	57

Soho Slaw – V001	57
Spicy Sriracha Slaw – V001	57
Curried Slaw – V001	57
Tomato & Cucumber Salad – V001	57
Zingy Asian Slaw - V001	57
Donkey Sauce – V001	58
FRESH SQUEEZED JUICE	58
Freshly Squeezed Orange Juice – V001	58
THREADNEEDLE STREET CARVERY - BASES	59
Semolina Topped Breakfast Roll – V001	59
Soft Flour Tortilla Wrap – V001	59
Roasted Potatoes – V001	59
Mixed Leaf Salad – V001	59
THREADNEEDLE STREET CARVERY - MEATS	59
Roasted Pork – V001	59
Roasted Turkey – V001	59
Roasted Chicken – V001	59
Roasted Beef – V001	59
THREADNEEDLE STREET CARVERY - SAUCES	59
Honey & Mustard Dressing – V001	59
Donkey Sauce – V001	60
Mayonnaise – V001	60
Tomato Sauce – V001	60
Gravy – V001	60
BBQ Sauce – V001	60
TNS Apple Sauce – V001	60
Horseradish Sauce – V001	61
THREADNEEDLE STREET CARVERY - TOPPINGS	61
Stuffing Mix – V002	61
Jalapenos – V001	61
Soho Slaw – V001	61
Roasted Red Onions – V001	61
Sliced Gherkins – V001	61
Crispy Fried Onions – V001	61
BRADLEY STOKE & YATE LEISURE CENTRE - TIDDLY FRAPPS	62
STRAWBERRY	62
BANANA	62
CHOC	62
WHITE CHOC	62
BRADLEY STOKE & YATE LEISURE CENTRE - PROTEIN SHAKES	62
VANILLA made with WATER	62
VANILLA made with MILK	62
STRAWBERRY made with WATER	62
STRAWBERRY made with MILK	63
CHOCOLATE made with WATER	63
CHOCOLATE made with MILK	63
ADD OATS	63

HOT DRINK INGREDIENTS

Biscoff® Crumb – V001

WHEAT Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon. * from sustainable and certified plantations

Suitable for vegetarians & vegans

Biscoff® Topping Sauce – V001

Caramelised Biscuits 52% (**WHEAT** Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **SOYA** Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Lecithins (**SOYA**)), Acid (Citric Acid). * palm oil from sustainable and certified plantations

Suitable for vegetarians & vegans

Cadbury Drinking Chocolate – V001

Sugar, Cocoa Powder, Acidity Regulator (Sodium Carbonate), Flavouring, Cocoa Solids: 25 % minimum

Suitable for vegetarians & vegans

Chocolate Topping Sauce – V001

Glucose Syrup, Water, Sugar, Dextrose, Humectant (Glycerine), Fat Reduced Cocoa Powder, Belgian Dark Chocolate (Cocoa Mass, Sugar, Dextrose, Emulsifier: **SOYA** Lecithin), Modified Starch, Emulsifier (**SOYA** Lecithin), Natural Flavouring

Suitable for vegetarians & vegans

Cinnamon Powder – V001

Ground Cinnamon

Suitable for vegetarians & vegans

Coffee – V001

100% Espresso Coffee

Suitable for vegetarians & vegans

Digestive Biscuit – V001

Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemeal **WHEAT** Flour, Sugar, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Partially Inverted Sugar Syrup, Salt

Suitable for vegetarians & vegans

Gold Hot Chocolate Powder – V001

Sugar, White Chocolate 36% (Sugar; Cocoa Butter, Whole **MILK** Powder; Skimmed **MILK** Powder), Fat Powder (Coconut Oil; Whey Powder (**MILK**); **MILK** Proteins) Caramelised Sugar (Caramelised Sugar, Maltodextrin), Natural Flavouring, Thickener: Guar gum

Suitable for vegetarians

Marshmallows (Princes Pink & White) – V001

Sugar, Glucose Syrup, Water, Maize Starch, Beef Gelatine, Flavourings, Beetroot juice concentrate

NOT Suitable for vegetarians & vegans

Matcha Powder – V001

100% Ground Green Tea Leaves

Suitable for vegetarians & vegans

Mumbai Chai – V001

Sugar, Black Tea Extract, Natural Spices (Cinnamon, Cardamom, Ginger, Nutmeg, Clove, Black Pepper, Star Anise), Guar Gum, maltodextrin, Thickener: Carboxy methyl cellulose, natural flavouring

Suitable for vegetarians & vegans

Organic Drinking Chocolate – V001

Cocoa Powder, Sugar

Suitable for vegetarians & vegans

Strawberry Topping Sauce – V001

Glucose Syrup, Water, Dextrose, Strawberry Puree Concentrate, Modified Waxy Maize Starch, Acidity regulators (Citric Acid, Sodium Citrates), Colours (Anthocyanin, Paprika), Gelling Agent (Pectin), Natural Strawberry Flavouring with other Natural Flavours.

Suitable for vegetarians & vegans

Vegan Whipped Cream – V001

Vegan Cream (Lentil protein preparation (water, 1.1% lentil protein), palm fat, rapeseed oil, sugar, modified corn starch, emulsifiers (sunflower lecithin, sugar esters of fatty acids, mono-and diglycerides of fatty acids), stabilisers (guar gum, locust bean gum), natural flavours, salt, colourant (beta-carotene))

Suitable for vegetarians & vegans

Whipped Cream – V001

Double Cream (**MILK**) (75%), Whole **MILK** (22.5%), Sweetbird Vanilla Syrup (2.5%) (Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid)

Suitable for vegetarians

SWEETBIRD SYRUPS

(all suitable for vegetarians & vegans)

Sweetbird Butterscotch Syrup – V001

Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid

Sweetbird Caramel Flavour Syrup – V001

Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid.

Sweetbird Frapp Syrup – V001

Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring

Sweetbird Hazelnut Syrup – V001

Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid

Sweetbird Sugar Free Caramel Flavour Syrup – V001

Water, Flavourings, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Sweeteners: Sucralose, Steviol Glycosides, Preservative: Potassium Sorbate, Colour: Plain Caramel.

Sweetbird Sugar Free Vanilla Flavour Syrup – V001

Water, Flavourings, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Sweeteners: Sucralose, Steviol Glycosides, Preservative: Potassium Sorbate, Colour: Plain Caramel.

Sweetbird Vanilla Flavour Syrup – V001

Sugar, Water, Natural flavouring, Colour: plain caramel, Acidity regulator: citric acid.

Sweetbird White Chocolate Syrup – V001

Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid

MILKS & ALTERNATIVE MILKS

Almond Milk – V001

Water, gluten free **OATS** (13%), almonds (**NUTS**) (2%), sunflower oil, sea salt, gellan gum

Suitable for vegetarians & vegans

Coconut Milk – V001

Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum

Suitable for vegetarians & vegans

Oat Milk – V001

Water, Gluten free **OATS** (13%), Sunflower oil, Sea salt, Gellan gum

Suitable for vegetarians & vegans

Semi-Skimmed Milk

Pasteurised Cow's **MILK**

Skimmed Milk

Pasteurised Cow's **MILK**

Soya Milk – V001

Water, Organic Soybean (**SOYA**) (13%), Organic rice syrup, Sea salt

Suitable for vegetarians & vegans

Whole Milk

Pasteurised Cow's **MILK**

ICED COFFEE

Iced Latte – V001

MILK, Ice Cubes, Espresso Coffee

Suitable for vegetarians

Iced Mocha – V001

MILK, Ice Cubes, Espresso Coffee, Organic Chocolate Syrup (Cocoa Powder, Sugar)

Suitable for vegetarians

Long Black – V001

Ice Cubes, Espresso Coffee, Water

Suitable for vegetarians & vegans

SPECIALITY DRINKS

Mumbai Railway Chai – V001

MILK, Sugar, Black Tea Extract, Natural Spices (Cinnamon, Cardamom, Ginger, Nutmeg, Clove, Black Pepper, Star Anise), Guar Gum, Maltodextrin, Thickener: Carboxy Methyl Cellulose, Natural Flavouring

Suitable for vegetarians

Oat Matcha Latte – V001

Water, Gluten free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Matcha Powder (100% Ground Green Tea Leaves)

Suitable for vegetarians & vegans

SMOOTHIES

Dragon Fruit & Blueberry Smoothie – V001

Apple Juice (58.44%) (from concentrate), Purple Dragon Fruit Smoothie Pouch (41.56%) [Strawberry (35%), Purple Dragon Fruit (29%), Pineapple (19%), Blueberry (14%), Chia Seeds (Salvia hispanica) (3%)]

Suitable for vegetarians & vegans

Mango, Pineapple & Passionfruit Smoothie – V001

Apple Juice (64.71%) (from concentrate), Great Defender Smoothie Pouch (35.29%) [Mango (40%), Peach (28%), Pineapple (18%), Seeded Passionfruit (14%)]

Suitable for vegetarians & vegans

Spinach, Banana & Mango Smoothie – V001

Apple Juice (64.71%) (from concentrate), Vegan Green Protein Smoothie Pouch (35.29%) [Banana (25%), Spinach (20%), Mango (20%), Pineapple (20%), Pea Protein Pellets (12%) (Water, Pea Protein, Chlorella, Inactive Yeast, Spirulina), Chia Seeds (Salvia hispanica) (3%)]

Suitable for vegetarians & vegans

Caribbean Crush – V001

Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum, Apple Juice (34.09%) (from concentrate) Great Defender Smoothie Mix (31.82%) (Mango, Peach, Pineapple, Passionfruit)

Suitable for vegetarians & vegans

Strawberry and Banana – V001

Apple Juice (68.18%) (from concentrate) Strawberry and Banana Smoothie Pouch (31.82%) (Strawberry, Banana)

Suitable for vegetarians & vegans

Strawberry, Banana and Beetroot – V001

Apple Juice (68.18%) (from concentrate) Strawberry and Banana Smoothie Pouch (31.82%) (Strawberry, Banana) Beetroot Powder (0.34%)

Suitable for vegetarians & vegans

Very Berry – V001

Apple Juice (71.43%) (from concentrate), Berry Nice Smoothie Mix (28.57%) (Strawberry, Mango, Blueberry, Raspberry, Pomegranate, Acai)

Suitable for vegetarians & vegans

SEASONAL DRINK SPECIALS

Biscoff® Blondie Hot Chocolate – V001

Whole **MILK**, Biscoff Topping Sauce (14.24%) Caramelised Biscuits 52% (**WHEAT** Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **SOYA** Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Lecithins (**SOYA**)), Acid (Citric Acid). * palm oil from sustainable and certified plantations, Double Cream (**MILK**) (7.12%), Gold Chocolate Powder (5.7%) Sugar, White Chocolate 36% (Sugar; Cocoa Butter, Whole **MILK** Powder; Skimmed **MILK** Powder), Fat Powder (Coconut Oil; Whey Powder (**MILK**); **MILK** Proteins) Caramelised Sugar (Caramelised Sugar, Maltodextrin), Natural Flavouring, Thickener: Guar Gum, Biscoff Crumble (0.95%) **WHEAT** Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon. * from sustainable and certified plantations, Vanilla Syrup (0.24%) (Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid)

Suitable for vegetarians

ICED FRAPPS & SHAKES

Biscoff® Shake – V001

Whole **MILK**, Biscoff Topping Sauce (24.55%) Caramelised Biscuits 52% (**WHEAT** Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **SOYA** Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Lecithins (**SOYA**)), Acid (Citric Acid). * palm oil from sustainable and certified plantations, Frappe Base Syrup (13.39%) (Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring), Double Cream (**MILK**) (10.04%), Biscoff Crumble (4.02%) **WHEAT** Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon. * from sustainable and certified plantations, Whole **MILK** (3.01%), Vanilla Syrup (0.33%) (Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid)

Suitable for vegetarians

Double Chocolate Shake – V001

Water, Organic Soybeans (**SOYA**) (13%), Organic Rice Syrup, Sea Salt, Frappe Base Syrup (10.27%) (Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring) Vegan Cream (8.22%) (Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed oil, sugar, modified corn starch, emulsifiers (sunflower lecithin, sugar esters of fatty acids, mono-and diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Colourant (Beta-Carotene)), Organic Drinking Chocolate (8.81%) (Cocoa Powder, Natural Sugar) Chocolate Topping Sauce (6.85%) (Glucose Syrup, Water, Sugar, Dextrose, Humectant (Glycerine), Fat Reduced Cocoa Powder, Belgian Dark Chocolate (Cocoa Mass, Sugar, Dextrose, Emulsifier: **SOYA** Lecithin), Modified Starch, Emulsifier (**SOYA** Lecithin), Natural Flavouring) Water (6.6%) Strawberries (5.14%) Hot Chocolate Powder (0.68%) (Cocoa Powder, Acidity Regulator (Sodium Carbonate), Flavouring)

Suitable for vegetarians & vegans

Strawberry Shortcake Shake – V001

Water, Organic Soybeans (**SOYA**) (13%), Organic Rice Syrup, Sea Salt, Strawberries (16.22%), Vegan Cream (8.22%) (Lentil Protein Preparation (Water, 1.1% Lentil Protein), Palm Fat, Rapeseed Oil, Sugar, Modified Corn Starch, Emulsifiers (Sunflower Lecithin, Sugar Esters of Fatty Acids, Mono-and Diglycerides of Fatty Acids), Stabilisers (Guar Gum, Locust Bean Gum), Natural Flavours, Salt, Colourant (Beta-Carotene)), Frappe Base Syrup (8.11%) (Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring), White Chocolate Syrup (5.41%) (Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid), Digestive Biscuit (5.41%) (Flour (**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemeal **WHEAT** Flour, Sugar, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Partially Inverted Sugar Syrup, Salt), Strawberry Sauce (2.7%) (Glucose Syrup, Water, Dextrose, Strawberry Puree Concentrate, Modified Waxy Maize Starch, Acidity regulators (Citric Acid, Sodium Citrates), Colours (Anthocyanin, Paprika), Gelling Agent (Pectin), Natural Strawberry Flavouring with other Natural Flavours),

Suitable for vegetarians & vegans

SANDWICHES

Chicken Club – V001

Malted Grain Bread (33.98%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate), Tomatoes (23.17%), Chicken (16.89%) (Chicken Breast, Salt), Mayonnaise (15.93%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Cos Lettuce (5.79%), Streaky Bacon (3.86%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Glucose Syrup, Antioxidants (E301, E331), Sodium Triphosphate, Stabiliser (E450), Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar), Cracked Black Pepper (0.39%)

Classic Cheddar and Spring Onion – V001

Malted Grain Bread (44.44%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate), Mature Cheddar (**MILK**) (20.2%), Cheddar Cheese (**MILK**) (12.42%), Mayonnaise (12.42%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Spinach (5.05%), Soured Cream (3.33%) (**MILK**), Spring Onion (2.06%), Cracked Black Pepper (0.06%)

Suitable for vegetarians

Gammon Ham & Mature Cheddar with Malted Grain Bread (PLATTERS ONLY) – V001

Malted Grain Bread (39.46%) [Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate], Gammon Ham (26.91%) [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Mature Cheddar (**MILK**) (17.94%), Mayonnaise (15.7%) [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein]

Mature Cheddar & Tomato with Malted Grain Bread (PLATTERS ONLY) – V001

Malted Grain Bread (42.31%) [Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate], Tomatoes (21.63%), Mature Cheddar (**MILK**) (19.23%), Mayonnaise (16.83%) [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein]

Simply Egg Mayo – V001

Malted Grain Bread (52.38%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate), Free Range **EGG** (32.54%), Mayonnaise (7.66%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Salad Cream (4.79%) (Water, Rapeseed Oil, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Pasteurised **EGG** Yolk, Modified Maize Starch, Salt, **MUSTARD** Flour, Acidity Regulator (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Colour (Riboflavin)), Soured Cream (2.39%) (**MILK**), Cracked Black Pepper (0.24%)

Suitable for vegetarians

Tuna, Red Onion and Rocket with Malted Grain Bread – V001

Malted Grain Bread (43.78%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate), Tuna (**FISH**) (41.15%) (Tuna (**FISH**), Water, Salt, Stabiliser (Xanthan Gum)), Red Onion (4.98%), Mayonnaise (4.7%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Rocket (3.98%), Lemon Juice (1.18%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Cracked Black Pepper (0.24%)

Chipotle Chickpea – V001

Wholemeal Sourdough Bloomer (40.37%) Wholemeal **WHEAT** Flour, Water, **RYE** Sourdough Ferment (Water, **RYE** Flour), Cracked **WHEAT** (3.7%), **WHEAT GLUTEN**, Sunflower Seeds (2.5%), Yeast, Malted **WHEAT** Flake (1.2%), **RYE** Flakes, Brown Linseed (1.2%), Salt, Palm Oil, **WHEAT** Flour, Emulsifiers [Mono and di-glycerides of fatty acids, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids], **BARLEY** Malt Extract, Roasted **WHEAT** Malt Flour, Rapeseed Oil, Flour treatment agent [Ascorbic Acid], Chickpeas (14.45%) (Chickpeas, Water, Salt), Red Peppers (10.89%), Yellow Peppers (10.89%), Vegan Mayonnaise (8.26%) (Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Waxy Maize Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Antioxidant: Calcium Disodium, Colours (Carotene, Turmeric, Paprika Extract), Houmous (5.5%) (Cooked Chickpeas, Rapeseed Oil, Water, Tahini (**SESAME SEED** Paste), Salt, Garlic Granules, Acidity Regulator: Citric Acid. Preservative: Potassium Sorbate)), Sundried Tomato Paste (3.67%) (Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Rocket (2.29%), Cold Pressed Rapeseed Oil (1.85%), Mango Chutney (0.46%) Mango (contains Sugar Syrup, Mango (43%), Salt, Preservative (Acetic Acid), Garlic, Chilli, Ginger), Water, Acidity Regulator Acetic Acid, Paprika, Ground Cumin (0.38%), Garlic Puree (0.35%) (Garlic, Citric Acid), Chipotle Spice (0.28%) (Smoked Chilli Pepper (Chipotle), Anti-caking Agent (silicon dioxide)), Salt (0.11%), Smoked Paprika (0.08%), Cracked Black Pepper (0.05%)

Suitable for vegetarians & vegans

Ham & Egg – V001

Wholemeal Sourdough Bloomer (43.35%) Wholemeal **WHEAT** Flour, Water, **RYE** Sourdough Ferment(Water, **RYE** Flour), Cracked **WHEAT** (3.7%), **WHEAT GLUTEN**, Sunflower Seeds (2.5%), Yeast, Malted **WHEAT** Flake (1.2%), **RYE** Flakes, Brown Linseed (1.2%), Salt, Palm Oil, **WHEAT** Flour, Emulsifiers[Mono and di-glycerides of fatty acids, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids], **BARLEY** Malt Extract, Roasted **WHEAT** Malt Flour, Rapeseed Oil, Flour treatment agent [Ascorbic Acid], Free Range **EGG** (19.95%), Gammon Ham (19.7%) (Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)), Salad Cream (8.87%) (Water, Rapeseed Oil, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Pasteurised **EGG** Yolk, Modified Maize Starch, Salt, **MUSTARD** Flour, Acidity Regulator (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Colour (Riboflavin)), Spinach (4.93%), Mayonnaise (2.38%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Soured Cream (0.74%) (**MILK**), Cracked Black Pepper (0.07%)

WRAPS

Beetroot & Feta Wrap – V001

Flour Tortilla (44.33%) **WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten**, preservative (E282)., Beetroot Falafel (14.78%) (Beetroots, Chickpea, Red Peppers, Potato Flake, Rapeseed Oil, Onion, Reconstituted Garlic, Ground Coriander, Ground Cumin, Lemon Juice Concentrate, Paprika, Salt, Red Chillies), Red Cabbage (12.96%), Spinach (10.6%), Houmous (7.46%) (Cooked Chickpeas, Rapeseed Oil, Water, Tahini (**SESAME SEED** Paste), Salt, Garlic Granules, Acidity Regulator: Citric Acid. Preservative: Potassium Sorbate)), Greek Feta Cheese (3.94%) (Pasteurised Sheep and Goats **MILK**), Green Peas (3.73%), Vegetable Oil (0.87%) (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), White wine vinegar (0.86%) (White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))), Lemon Juice (0.18%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Mint (0.18%), Salt (0.09%)

Suitable for vegetarians

Bombay Bhaji Wrap - V001

Flour Tortilla (34.62%) [**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten**, preservative (E282)], Chickpeas (18.44%) [Chickpeas, Water, Salt], **SOYA** Yoghurt (10.85%) [**SOYA** base (Water, Hulled **SOYA** beans), Sugar, Calcium (Tri-calciumcitrate), Stabiliser (Pectins), Acidity regulators (Sodium citrates, Citric acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty acid esters of ascorbic acid), Vitamins (B12, D2), Yogurt cultures (*S. thermophilus*, *L. bulgaricus*)], Spicy Tomato & Onion Chutney (7.69%) [Tomato (45%) (Tomato, Tomato Juice, Citric Acid), Sugar, Onion (11%), Spirit Vinegar, Tomato Paste (3%), Starch, Salt, Spices, Sunflower Oil, Coriander, Garlic Purée, Brown **MUSTARD** Seeds, Acidity Regulator: Citric Acid], Onion Bhaji (6.13%) [Onion, Rapeseed Oil, Gram Flour (Maize Flour, Chana Dal, Yellow Split Peas), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Herbs and Spices (Coriander Leaf, Fenugreek, Garam Masala (Coriander, Cumin, Ginger, Black Pepper, Cloves, Cardamom, Nutmeg, Star Aniseed), Cumin, Cumin Seeds, Chilli Powder, Turmeric), Salt, Ginger Puree, Raising Agent (Sodium Bicarbonate)], Carrots (6.1%), Spinach (3.85%), Korma Paste (3.83%) [Water, Desiccated Coconut, Rapeseed Oil, Sugar, Concentrated Tomato Puree, Ginger Puree, Acids (Acetic Acid, Lactic Acid), Coriander Powder, Salt, Turmeric Powder, Spices, Paprika Powder, Cumin Powder, Garlic Puree, Maize Flour, **MUSTARD** Powder, Dried Coriander Leaf], Cucumber (3.17%), Sultanas (2.08%) [Sultanas, Sunflower Oil], Crispy Onions (0.77%) [Onions, Palm Oil, **WHEAT** Flour, Salt], Lemon Juice (0.54%) [Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)], Garlic Puree (0.47%) [Garlic, Citric Acid], Mint (0.43%), Vegetable Oil (0.36%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Coriander (0.36%), Ground Cumin (0.14%), Salt (0.08%), Salt (0.05%), Cracked Black Pepper (0.05%)

Suitable for vegetarians & vegans

Chicken Caesar Wrap - V001

Flour Tortilla (41.28%) **WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten**, preservative (E282)., Chicken (22.02%) (Chicken Breast, Salt), Tomatoes (9.17%), Mayonnaise (7.19%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Cos Lettuce (4.59%), Spinach (4.59%), Streaky Bacon (3.67%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar), Soured Cream (3.63%) (**MILK**), Vegetarian Parmesan (2.5%) (Whole Cow's **MILK**, Salt, Vegetarian Rennet), Garlic Puree (0.59%) (Garlic, Citric Acid), White wine vinegar (0.51%) (White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))), Parsley (0.22%), Cracked Black Pepper (0.04%)

Chicken Satay Wrap - V001

Flour Tortilla (38.46%) [**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282)], Chicken Breast Fillet (19.23%) [Chicken Breast, Salt], Cucumber (10.72%), Carrots (8.53%) Cos Lettuce (5.13%), **PEANUT** Butter (5.13%) [Roasted **PEANUTS**, Palm Oil, Brown Cane Sugar, Salt, **PEANUT** Oil] Spring Onion (4.26%), Dark Soy Sauce (2.56%) [Water, Sugar, Salt, Soy Sauce Extract (9%) (Water, Defatted **SOYA** Bean, Salt, Roasted **WHEAT**), Colour (Ammonia Caramel), Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate)], Honey (1.92%), Lime Juice (1.92%) [Lime Juice, Potassium Disulphite (**SULPHITE**)], Ginger (0.9%), Coriander (0.85%), Garlic Puree (0.38%) [Garlic, Citric Acid]

Chickpea Falafel & Houmous Wrap - V001

Flour Tortilla (45%) [**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282)], Falafel (20%) [Chickpeas, Onions, Falafel Mix (**WHEAT** Flour, Salt, Sugar, Cumin, Coriander, Parsley, Black Pepper, Sodium Bicarbonate), Water, Rusk (**WHEAT** Flour, Salt), Parsley, Rapeseed Oil, Kibbled Onion, Rice, Starch, Coriander, Garlic Puree], Houmous (15%) [Cooked Chickpeas, Rapeseed Oil, Water, Tahini (**SESAME SEED** Paste), Salt, Garlic Granules, Acidity Regulator: Citric Acid. Preservative: Potassium Sorbate)], Cucumber (15%), Spinach (2.5%), Rocket (2.5%)

Suitable for vegetarians & vegans

Jerk Chicken Wrap - V001

Flour Tortilla (39.3%) [**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282)], Five Bean Mix (16.6%) [Cannellini Beans, Red Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans), Water, Ascorbic Acid], Chicken Breast (12.66%), Mayonnaise (8.3%) [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein] Red Peppers (5.24%), Yellow Peppers (5.24%), Salsa (4.98%) [Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium **METABISULPHITE**)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley], BBQ Sauce (4.63%) [Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: **SULPHITE** Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt], Spinach (2.18%), Jerk Seasoning (0.44%) [Spices and Herbs (Allspice, Chilli Pepper, Garlic, Thyme, Black pepper, Cumin, Turmeric, Bay leaf), Salt, Onion, Raw Sugar] Red Chilli Flakes (0.17%), Coriander (0.17%), Salt (0.08%)

Mexican Five Bean Wrap - V001

Flour Tortilla (33.09%) [**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282)], Five Bean Mix (27.96%) [Cannellini Beans, Red Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans), Water, Ascorbic Acid], Salsa (8.39%) [Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium **METABISULPHITE**)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley], Butternut Squash (7.06%), Vegan Mayonnaise (5.86%) [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Waxy Maize Starch, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Lemon Juice Concentrate, Natural Flavouring, Antioxidant: Calcium Disodium, Colours (Carotene, Turmeric, Paprika Extract], Red Peppers (4.6%), Yellow Peppers (4.6%) Spinach (4.41%). Orange Juice from Concentrate (1.38%), Sundried Tomato Paste (1.17%) [Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Cold Pressed Rapeseed Oil (0.55%), Fajita Seasoning (0.29%) [Salt, Sugar, Dried Onion, Paprika, Garlic Powder, **MUSTARD** Flour, Cayenne Pepper, Ground Coriander, Nutmeg, Oregano, Ground Cinnamon, Dried Lemon Peel, Flavouring],

Coriander (0.28%), Salt (0.18%), Garlic Puree (0.15%) [Garlic, Citric Acid], Ground Cayenne Pepper (0.03%), Cracked Black Pepper (0.02%)

Suitable for vegetarians & vegans

SOURDOUGH TOASTIES

Big Cheese Sourdough Toastie – V001

Sourdough (61.48%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Mature Cheddar (**MILK**) (8.2%), Emmental Swiss Cheese (8.2%) (**MILK**), Bechamel Sauce (8.06%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Cheddar and Mozzarella Analogue (6.49%) [Mozzarella (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Acidity Regulator (E270), Colour: Beta Carotene (E160a), Lactic acid, Emulsifying salts (E331, E339), Preservative (E202), Anti-caking agent, Acidity Regulator (E270), Potato Starch (anti-caking agent)], Onions (2.69%), Crispy Onions (2.46%) [Onions, Palm Oil, **WHEAT** Flour, Salt], Cold Pressed Rapeseed Oil (1.5%), **MUSTARD** (0.52%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], White wine vinegar (0.32%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Sugar (0.09%), Salt (0.01%), Cracked Black Pepper (0%)

Suitable for vegetarians

Mushrooms & Swiss Sourdough Toastie – V001

Sourdough (52.63%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Mushrooms (12.84%), Emmental Swiss Cheese (10.53%) (**MILK**), Bechamel Sauce (9.97%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Cheddar and Mozzarella Analogue (8.03%) [Mozzarella (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Acidity Regulator (E270), Colour: Beta Carotene (E160a), Lactic acid, Emulsifying salts (E331, E339), Preservative (E202), Anti-caking agent, Acidity Regulator (E270), Potato Starch (anti-caking agent)], Onions (3.32%), Cold Pressed Rapeseed Oil (1.17%), **MUSTARD** (0.64%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], White wine vinegar (0.4%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Garlic Puree (0.21%) [Garlic, Citric Acid], Sugar (0.11%), Salt (0.1%), Cracked Black Pepper (0.05%), Salt (0.01%)

Suitable for vegetarians

Smokin' Rooster Sourdough Toastie – V001

Sourdough (50.85%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Chicken (15.78%) [Chicken Breast, Salt], Mature Cheddar (**MILK**) (6.78%), Bechamel Sauce (6.67%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), BBQ Sauce (6.26%) [Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: **SULPHITE** Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt], Cheddar and Mozzarella Analogue (5.37%) [Mozzarella (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Acidity Regulator (E270), Colour: Beta Carotene (E160a), Lactic acid, Emulsifying salts (E331, E339), Preservative (E202), Anti-caking agent, Acidity Regulator (E270), Potato Starch (anti-caking agent)], Streaky Bacon (4.07%) [Pork Meat, Salt (E535), Acidity Regulator (E326), Glucose Syrup, Antioxidants (E301, E331), Sodium Triphosphate, Stabiliser (E450), Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar], Onions (2.22%), Cold Pressed Rapeseed Oil (1.24%), **MUSTARD** (0.43%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], White wine vinegar (0.27%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Sugar (0.07%), Salt (0.01%), Cracked Black Pepper (0%)

Ultimate Ham & Cheese Sourdough Toastie – V001

Sourdough (55.97%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Gammon Ham (14.93%) [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Mature Cheddar (**MILK**) (11.19%), Bechamel Sauce (7.34%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Cheddar and Mozzarella Analogue (5.91%) [Mozzarella (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Acidity Regulator (E270), Colour: Beta Carotene (E160a), Lactic acid, Emulsifying salts (E331, E339), Preservative (E202), Anti-caking agent, Acidity Regulator (E270), Potato Starch (anti-caking agent)], Onions (2.45%), Cold Pressed Rapeseed Oil (1.36%), **MUSTARD** (0.47%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], White wine vinegar (0.29%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)), Sugar (0.08%), Salt (0.01%), Cracked Black Pepper (0%)

FOCACCIA

Cubano Focaccia – V001

Rosemary Focaccia (38.46%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids (E471), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Yeast, Salt, Extra Virgin Olive Oil, Rosemary, Bakery Improver (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil)), Rock Salt, Dough Conditioner (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300)), Pulled Pork (15.38%) Pork (97%), Pea Starch, Triphosphates, Salt, Cracked Black Pepper, Gherkins (11.54%) (Gherkins, Spirit Vinegar, Sugar, Salt, Natural Flavouring, Sweetener (Saccharine), Colouring: riboflavin), Gammon Ham (7.69%) (Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)), Emmental Swiss Cheese (7.69%) (**MILK**), Bechamel Sauce (7.56%) (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Cheddar and Mozzarella Analogue (6.09%) (**MILK**, White Analogue (**MILK**), Water, Veg Palm Oil, **MILK** Protein, Modified Starch, Salt, Lactic acid, Emulsifying salts (E331, E339), Preservative (E202), Anti-caking agent, Potato Starch, E160, E341), Onions (2.52%), American **MUSTARD** (1.92%) Water, Spirit Vinegar, **MUSTARD** Seed, Salt, Spices, Flavourings, **MUSTARD** (0.48%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), White wine vinegar (0.3%) (White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)), Cold Pressed Rapeseed Oil (0.25%), Sugar (0.08%), Salt (0.01%), Cracked Black Pepper (0%)

Mozzarella, Tomato and Basil Focaccia – V001

Rosemary Focaccia (43.48%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids (E471), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), Yeast, Salt, Extra Virgin Olive Oil, Rosemary, Bakery Improver (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil)), Rock Salt, Dough Conditioner (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Flour Treatment Agent: Ascorbic Acid (E300)), Mozzarella Cheese (**MILK**) (27.17%), Tomatoes (19.57%), Green Pesto (8.7%) (Basil (54%), sunflower oil, cheese (**MILK**), potato flakes, **CASHEW NUTS** (3%), salt, sugar, extra virgin olive oil, pine nuts, yeast extract, garlic, acidity regulator: lactic acid., antioxidant: ascorbic acid), Basil (1.09%)

Suitable for vegetarians

SUB ROLLS

The Korean BBQ Chicken Sub Roll – V001

Seeded Sub Roll (33.93%) Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal (**WHEAT**) **WHEAT** Flour, Water, Rapeseed Oil, Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Dough Conditioner (Pre-Gelatinized **WHEAT** Flour, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent (Ascorbic Acid (E300))), Sugar, Softener (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Yeast, Salt, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids (E471), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), **BARLEY** Malt Flour, Brown Linseeds, Golden Linseeds, Millet Seeds, Blue Poppy Seeds, Chicken (22.96%) [Chicken Breast, Salt], Red Cabbage (9.41%), Gochujang Paste (6.82%) [Miso Paste (Water, **SOYABEANS**, Rice, Salt), Golden Syrup, Soy Sauce (Water, **SOYABEANS**, **WHEAT**, Salt), Water, Korean Red Pepper (10%), Garlic, Rice Vinegar (Water, Rice, Salt), Preservative: Potassium Sorbate], Mayonnaise (6.7%) [Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein], White Cabbage (4.71%), Chinese Cabbage (4.71%), Carrots (4.71%), Honey (2.3%), Ginger (1.54%), White wine vinegar (0.7%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Sriracha Sauce (0.57%) [Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract], Garlic Puree (0.57%) [Garlic, Citric Acid], Vegetable Oil (0.32%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Salt (0.03%)

The Italian Sub Roll – V001

Seeded Sub Roll (35.58%) Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Wholemeal (**WHEAT**) **WHEAT** Flour, Water, Rapeseed Oil, Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Dough Conditioner (Pre-Gelatinized **WHEAT** Flour, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Flour Treatment Agent (Ascorbic Acid (E300))), Sugar, Softener (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin)), Yeast, Salt, Bread Improver (Emulsifier: Mono And Diglycerides Of Fatty Acids (E471), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin)), **BARLEY** Malt Flour, Brown Linseeds, Golden Linseeds, Millet Seeds, Blue Poppy Seeds, Tomatoes (16.85%), Gammon Ham (14.98%) [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Italian Sliced Salami (11.24%) Pork, Salt, Dextrose, Saccharose, Flavouring, Spices, Antioxidant : E301, Preservative: Sodium Nitrite, Preservative: Potassium Nitrate, Mayonnaise (8.4%) [Rapeseed Oil (64.5%), Water, Spirit Vinegar, Pasteurised Free Range **EGG** Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), **MUSTARD** Flour, Lemon Juice Concentrate, Colour (Paprika)], Cheese, Emmental (7.49%), Cos Lettuce (4.49%), Balsamic Glaze (0.72%) [Aceto Balsamico di Modena IGP (40%) (Wine Vinegar (Wine, Water, Antioxidant: **SULPHITES**), Concentrated Grape Must and Juice, Colouring: Caramel E150d (Contains **SULPHITES**)), Thickener (Modified Starch)], Dried Oregano (0.24%) Oregano

RUSTIC WHITE ROLLS

Gammon Ham & Mature Cheddar Roll – V001

Rustic White Roll (41.03%) Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Bakery Improver (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Salt, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic Oat (**CEREALS**)**MILK** (Spring Water, Organic **GLUTEN** Free Oats, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282), Gammon Ham (30.77%) [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Mature Cheddar (**MILK**) (15.38%), Mayonnaise (12.82%) [Rapeseed Oil (64.5%), Water, Spirit Vinegar, Pasteurised Free Range **EGG** Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), **MUSTARD** Flour, Lemon Juice Concentrate, Colour (Paprika)]

Mature Cheddar & Tomato Roll – V001

Rustic White Roll (44.44%) Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Bakery Improver (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Salt, Emulsifiers: Mono- And Diglycerides Of Fatty Acids (E471), Sodium Stearoyl-2-Lactylate (E481)), Vegetable Oils (Palm, Rapeseed), Inactive Dry Yeast, Flour Treatment Agent: Ascorbic Acid (E300)), Potato Flakes (Potato Flakes, Emulsifier Mono & Di Glycerides Of Fatty Acids (E471)), Yeast, Organic Oat (**CEREALS**)**MILK** (Spring Water, Organic **GLUTEN** Free Oats, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282), Tomatoes (25%), Mature Cheddar (**MILK**) (16.67%), Mayonnaise (13.89%) [Rapeseed Oil (64.5%), Water, Spirit Vinegar, Pasteurised Free Range **EGG** Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), **MUSTARD** Flour, Lemon Juice Concentrate, Colour (Paprika)]

Suitable for vegetarians

POTS

Mixed Grape Pot – V001

Grapes, red (50%), Grapes, green (50%)

Suitable for vegetarians & vegans

Pineapple & Berries – V001

Pineapple (46.15%), Strawberries (38.46%), Blueberries (15.38%)

Suitable for vegetarians & vegans

Fresh Fruit Pot – V001

Watermelon (29.57%), Honeydew Melon (24.03%), Pineapple (16.64%), Grapes (14.79%), Orange (9.24%), Strawberries (5.55%), Mint (0.18%)

Suitable for vegetarians & vegans

Passionfruit & Mango Bircher – V001

SOYA Milk (26.17%) Water, Organic Soybean (**SOYA**) (13%), Organic Rice Syrup, Sea Salt, **SOYA** Yoghurt (19.63%) (**SOYA** base (Water, Hulled **SOYA** Beans), Sugar, Calcium (Tri-calciumcitrate), Stabiliser (Pectins), Acidity regulators (Sodium Citrates, Citric Acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty Acid Esters of Ascorbic Acid), Vitamins (B12, D2), Yogurt cultures (S. thermophilus, L. bulgaricus), Organic Gluten Free **OAT** Porridge **OATS** (16.83%), Apple Juice (12.15%) (from concentrate), Red Apple (9.35%), Sultanas (9.35%) (Sultanas, Sunflower Oil), Passion Fruit (3.04%), Super Seeds Mix (2.17%) (Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil), Mango Puree (1.3%)

Suitable for vegetarians & vegans

SOHO Berry Granola – V001

Greek Style Yoghurt (**MILK**) (58.97%), Granola (20.51%) (**OAT** flakes (**OATS**), Sugar, Raisins, Vegetable Oil, **ALMONDS (NUTS)**, Honey, Desiccated Coconut, Maple Syrup, Ground Cinnamon Powder), Mixed Berries (18.67%) (Raspberries, Redcurrants, Blackcurrants, Blueberries, Blackberries, Strawberries), Icing Sugar (1.85%) (Icing Sugar, Anti-Caking Agent: Tricalcium Phosphate)

Suitable for vegetarians

Very Berry Bircher – V001

SOYA Milk (25.15%) Water, Organic Soybean (**SOYA**) (13%), Organic rice syrup, Sea salt, **SOYA** Yoghurt (18.86%) (**SOYA** base (Water, Hulled **SOYA** beans), Sugar, Calcium (Tri-calciumcitrate), Stabiliser (Pectins), Acidity regulators (Sodium citrates, Citric acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty acid esters of ascorbic acid), Vitamins (B12, D2), Yogurt cultures (S. thermophilus, L. bulgaricus), Organic Gluten Free **OAT** Porridge **OATS** (16.17%), Apple Juice (11.68%) (from concentrate), Red Apple (8.98%), Sultanas (8.98%) (Sultanas, Sunflower Oil), Mixed Berries (4.77%)(Raspberries, Redcurrants, Blackcurrants, Blueberries, Blackberries, Strawberries), Blueberries (2.54%), Super Seeds Mix (2.12%) (Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil), Lemon Juice (0.76%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**))

Suitable for vegetarians & vegans

MEDIUM SALAD POTS

Harissa Butternut, Cauliflower & Feta Salad – V001

Water (25.28%), Couscous (15.17%) durum **WHEAT** semolina, Houmous (13.41%) (Chickpeas, Rapeseed Oil, Water, Tahini (Hulled **SESAME** Seeds), Salt, Garlic, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Lemon Juice Concentrate), Cauliflower Florets (8.67%), Roasted Butternut Squash (7.96%) (Butternut Squash, Rapeseed Oil, Salt, Pepper), Green Peas (6.7%), Greek Feta Cheese (6.64%) (Pasteurised Sheep and Goats **MILK**), Spinach (4.89%), Rocket (3.54%), Pumpkin Seeds (2.21%), Sultanas (2.02%) (Sultanas, Sunflower Oil), Lemon Juice (1.85%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Harissa Paste (0.8%) (Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil), Mint (0.33%), Vegetable Oil (0.27%) (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), Salt (0.1%), Black Pepper (0.1%), Ground Turmeric (0.05%)

Suitable for vegetarians

Pesto Parmesan Pasta – V001

Farfalle Pasta (53.05%) (Durum **WHEAT** Semolina) Green Pesto (20.63%) (Basil (54%), sunflower oil, cheese (**MILK**), potato flakes, **CASHEW NUTS** (3%), salt, sugar, extra virgin olive oil, pine nuts, yeast extract, garlic, acidity regulator: lactic acid., antioxidant: ascorbic acid) Cherry Tomatoes (16.84%) Rocket (6.32%) Vegetarian Parmesan (2.63%) (Whole Cow's **MILK**, Salt, Vegetarian Rennet) Basil (0.53%)

Suitable for vegetarians

Sticky Chilli Chicken Noodles – V001

Noodles (24.2%) (**WHEAT** Flour (Vitamin B1, Niacin, Calcium, Iron), Water, **EGG** Powder, Salt, Natural Colour (Mixed Carotenes and Paprika), Acidity Regulator (Sodium Carbonate, Potassium Carbonate, Citric Acid)) Chicken Breast (15.89%) Teriyaki Sauce (9.4%) (Water, Sugar, Japanese **SOYA** sauce (Water, Defatted **SOYA** Beans, Roasted **WHEAT**, Salt, Alcohol), Modified Maize Starch, Soybean (**SOYA**) paste, [Water, **SOYA** Beans (**SOYA**), Rice, Salt], Ginger Puree, Yeast extract paste [Yeast Extract, Salt], Acidity Regulator (Citric Acid), Colour (Plain Caramel)) White Cabbage (9.21%) Red Cabbage (9.21%) Chinese Cabbage (9.21%) Carrots (9.21%) Hickory BBQ Sauce (5.81%) Water, Demerara sugar, Sugar, Spirit Vinegar, Hickory Smoked Tomato Paste, Corn Flour, Salt, Onion, Paprika, **MUSTARD**, Cumin, Cayenne Pepper, Garlic, Red wine vinegar, tapioca starch, black treacle (cane molasses, inverted sugar syrup), gravy browning (**sulphite ammonia caramel**), smoke flavouring, Modified Maize Starch, Dried Coriander, Nutmeg **SESAME** Oil (2.02%) Crispy Onions (1.53%) (Onions, Palm Oil, **WHEAT** Flour, Salt) Spring Onion (1.21%) Red Chilli (1.1%) Ginger (0.77%) White wine vinegar (0.77%) (White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)) **SESAME** Seeds (0.27%) Red Chilli Flakes (0.22%)

LARGE SALADS

British Red Cabbage & Beetroot Falafel Salad Bowl - V001

Red Cabbage (24.03%) Five Grain Mix (18%) (Red Quinoa, White Quinoa, Bulgar **WHEAT**, Buckwheat, **SPELT (WHEAT)**) Green Lentils (12.07%) Cos Lettuce (9.38%) Beetroot Falafel (8.22%) (Beetroots, Chickpea, Red Peppers, Potato Flake, Rapeseed Oil, Onion, Reconstituted Garlic, Ground Coriander, Ground Cumin, Lemon Juice Concentrate, Paprika, Salt, Red Chillies) Houmous (6.64%) (Chickpeas, Rapeseed Oil, Water, Tahini (Hulled **SESAME** Seeds), Salt, Garlic, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Lemon Juice Concentrate) Greek Feta Cheese (4.11%) (Pasteurised Sheep and Goats **MILK**) Green Peas (3.32%) Baby Leaf Spinach (3.08%) **WALNUTS (NUTS)** (2.74%) Vegetable Oil (1.93%) (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)) White wine vinegar (1.59%) (White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)) Rocket (1.23%) Spring Onion (1.04%) Lemon Juice (0.68%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)) Spinach (0.67%) Coriander (0.52%) Parsley (0.31%) Salt (0.23%) Mint (0.16%) Cracked Black Pepper (0.04%)

Suitable for vegetarians

Harissa Roasted Veg Mezze - V001

Water (19.05%), Couscous (11.43%) durum **WHEAT** semolina, Houmous (11.11%) (Chickpeas (50%), Rapeseed Oil, Water, Tahini (11%) (Hulled **SESAME** Seeds), Garlic, Lemon Juice Concentrate, Salt, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), Cauliflower Florets (8.71%), Red Peppers (8.44%), Yellow Peppers (8.44%), Roasted Butternut Squash (8%) (Butternut Squash, Rapeseed Oil, Salt, Pepper), Cos Lettuce (7.61%), Lemon Juice (5.18%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Rapeseed Oil (2.53%) Rapeseed Oil, Antifoaming Agent: E900., Baby Leaf Spinach (2.5%), Sultanas (1.52%) (Sultanas, Sunflower Oil), **MUSTARD** (1.01%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Icing Sugar, Maize Starch, Rocket (1%), Harissa Paste (0.8%) (Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil), Cold Pressed Rapeseed Oil (0.76%), Vegetable Oil (0.27%) (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), Garlic Puree (0.2%) (Garlic, Citric Acid) Salt (0.09%), Cracked Black Pepper (0.09%) Ground Turmeric (0.04%).

Suitable for vegetarians & vegans

Korean BBQ Chicken - V001

Noodles (34.83%) (**WHEAT** Flour (Vitamin B1, Niacin, Calcium, Iron), Water, **EGG** Powder, Salt, Natural Colour (Mixed Carotenes and Paprika), Acidity Regulator (Sodium Carbonate, Potassium Carbonate, Citric Acid)), Red Cabbage (10.39%), Chicken Breast (9.54%), Cos Lettuce (9.01%), Gochujang Paste (5.26%) Miso paste (water, **SOYABEANS**, rice, salt), Golden Syrup, **SOY** Sauce (Water, **SOYABEANS**, **WHEAT**, Salt), water, Korean Red Pepper (10%), Garlic, Rice Vinegar (water, rice, salt), preservative: potassium sorbate, Carrots (4.5%), Edamame **SOY** Beans (4.09%), Spring Onion (3.99%), Hickory BBQ Sauce (3.49%) Water, Demerara sugar, Sugar, Spirit Vinegar, Hickory Smoked Tomato Paste, Corn Flour, Salt, Onion, Paprika, **MUSTARD**, Cumin, Cayenne Pepper, Garlic, Red Wine Vinegar, Tapioca Starch, Black Treacle (cane molasses, Inverted Sugar Syrup), gravy browning (**SULPHITE**) Ammonia Caramel), Smoke Flavouring, Modified Maize Starch, Dried Coriander, Nutmeg, Baby Leaf Spinach (2.96%), **SESAME** Oil (2.9%), Honey (2.63%), Ginger (1.49%), Rocket (1.18%), Vegetable Oil (0.7%) (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), White wine vinegar (0.69%) (White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)), Sriracha Sauce (0.66%) (Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract.), Garlic Puree (0.66%) (Garlic, Citric Acid), Mint (0.41%), Coriander (0.41%), Red Chilli Flakes (0.13%), Salt (0.07%)

KHOBEZ

Bombay Khobez – V001

Khobez Flatbread (39.29%) (**WHEAT** Flour (fortified with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt) Chickpeas (17.13%) (Chickpeas, Water, Salt) **SOYA** Yoghurt (10.07%) (**SOYA** base (Water, Hulled **SOYA** beans), Sugar, Calcium (Tri-calciumcitrate), Stabiliser (Pectins), Acidity regulators (Sodium citrates, Citric acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty acid esters of ascorbic acid), Vitamins (B12, D2), Yogurt cultures (*S. thermophilus*, *L. bulgaricus*)) Spicy Tomato & Onion Chutney (7.14%) (Tomato [Tomato, Tomato Juice, Citric Acid], Sugar, Onion, Spirit Vinegar, Tomato Paste, Starch, Salt, Spices, Sunflower Oil, Coriander, Garlic Purée, Brown **MUSTARD** Seeds, Acidity Regulator: Citric Acid) Onion Bhaji (5.69%) (Onion, Rapeseed Oil, Gram Flour (Maize Flour, Chana Dal, Yellow Split Peas), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Herbs and Spices (Coriander Leaf, Fenugreek, Garam Masala (Coriander, Cumin, Ginger, Black Pepper, Cloves, Cardamom, Nutmeg, Star Aniseed), Cumin, Cumin Seeds, Chilli Powder, Turmeric), Salt, Ginger Puree, Raising Agent (Sodium Bicarbonate)) Carrots (5.67%) Spinach (3.57%) Korma Paste (3.56%) (Water, Desiccated Coconut, Rapeseed Oil, Sugar, Concentrated Tomato Puree, Ginger Puree, Acids (Acetic Acid, Lactic Acid), Coriander Powder, Salt, Turmeric Powder, Spices, Paprika Powder, Cumin Powder, Garlic Puree, Maize Flour, **MUSTARD** Powder, Dried Coriander Leaf) Cucumber (2.94%) Sultanas (1.93%) (Sultanas, Sunflower Oil) Crispy Onions (0.71%) (Onions, Palm Oil, **WHEAT** Flour, Salt) Lemon Juice (0.5%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)) Garlic Puree (0.44%) (Garlic, Citric Acid) Mint (0.4%) Vegetable Oil (0.33%) (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)) Coriander (0.33%) Ground Cumin (0.13%) Salt (0.08%) Salt (0.04%) Cracked Black Pepper (0.04%)

Suitable for vegetarians & vegans

Chicken Satay Khobez – V001

Khobez Flatbread (43.31%) (**WHEAT** Flour (fortified with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt) Chicken Breast Fillet (17.72%) (Chicken Breast, Salt) Cucumber (9.87%) Carrots (7.85%) Cos Lettuce (4.72%) **PEANUT** Butter (4.72%) (Roasted **PEANUTS**, Palm Oil, Brown Cane Sugar, Salt, **PEANUT** Oil) Spring Onion (3.93%) Dark **SOY** Sauce (2.36%) Water, Sugar, Salt, **SOY** Sauce Extract (9%) [Water, Defatted **SOYA** Bean, Salt, Roasted **WHEAT**], Colour (Ammonia Caramel), Acidity Regulator (Lactic Acid), Preservative (Potassium Sorbate). Honey (1.77%) Lime Juice (1.77%) (Lime Juice, Potassium Disulphite (**SULPHITE**)) Ginger (0.83%) Coriander (0.79%) Garlic Puree (0.35%) (Garlic, Citric Acid)

Falafel Khobez – V001

Khobez Flatbread (44%) (**WHEAT** Flour (fortified with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Sugar, Salt), Falafel (16%) (Chickpeas, Onions, Falafel Mix (**WHEAT** Flour, Salt, Sugar, Cumin, Coriander, Parsley, Black Pepper, Sodium Bicarbonate), Water, Rusk (**WHEAT** Flour, Salt), Parsley, Rapeseed Oil, Kibbled Onion, Rice Starch, Coriander, Garlic Puree), Cucumber (14.47%), Houmous (12%) (Chickpeas, Rapeseed Oil, Water, Tahini [Hulled **SESAME** Seeds], Salt, Garlic, Acidity Regulator (Citric Acid), Preservative (Potassium Sorbate), Lemon Juice Concentrate), **SOYA** Yoghurt (8.46%) (**SOYA** base (Water, Hulled **SOYA** beans), Sugar, Calcium (Tri-calcium citrate), Stabiliser (Pectins), Acidity regulators (Sodium citrates, Citric acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty acid esters of ascorbic acid), Vitamins (B12, D2), Yogurt cultures (*S. thermophilus*, *L. bulgaricus*)), Rocket (2%), Spinach (2%), Lemon Juice (0.42%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Mint (0.34%), Garlic Puree (0.24%) (Garlic, Citric Acid), Ground Black Pepper (0.04%), Salt (0.04%)

Suitable for vegetarians & vegans

KIDS

Chocolate Mousse – V001

Chocolate Mousse (20%) (Sugar, Modified Starch, Skimmed **MILK** Powder, Palm Oil, Fat Reduced Cocoa Powder, Gelling Agents (Diphosphates, Sodium Phosphates), Emulsifiers (Propylene Glycol Esters of Fatty Acids, Lecithins), Lactose (**MILK**), **MILK** Proteins, Calcium Carbonate, Whey Powder (**MILK**), Anti-caking Agent (Silicon Dioxide), Flavouring)

Suitable for vegetarians

Jelly Baby Jelly – V001

Strawberry Flavour Jelly (61.76%) (Sugar, Beef Gelatine, Acid (Citric Acid), Acidity Regulator (Trisodium Citrate), Flavouring, Colours (Beetroot Red, Annatto)), Jelly Babies (38.24%) (Sugar, Glucose Syrup, Water, Gelatine, Concentrated Fruit Juices (Apple, Lime, Orange, Strawberry, Blackcurrant, Lemon, Raspberry), Citric Acid, Flavourings, Colours: Anthocyanins, Paprika Extract, Vegetable Carbon, Lutein, Curcumin)

NOT suitable for vegetarians

Simply Cheese Sandwich – V001

Malted Grain Bread (77.88%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid), Mature Cheddar (**MILK**) Slices (17.7%), Butter (**MILK**) (4.42%)

Suitable for vegetarians

Simply Ham Sandwich – V001

Malted Grain Bread (66.17%) (Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate), Gammon Ham (30.08%) (Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)), Butter (**MILK**) (3.76%)

TRAYBAKES AND CAKES

Carrot Cake Slice – V001

WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Icing Sugar, Brown Sugar, Carrots 10%, Oranges 9%, Rapeseed Oil, **SOYA** Drink (Water, **SOYA** Beans, Apple Extract, Acidity Regulators (Monopotassium Phosphate, Dipotassium Phosphate), Calcium Carbonate, Sea Salt, Gellan Gum, Vitamins B2, B12, D2), Sultanas 4%, Violife Creamy (Water, Coconut Oil, Starch, Sea Salt, Acidity Regulator (Glucono-Delta-Lactone), Flavourings, Olive Extract, Vitamin B12), **WALNUTS (NUTS)** 3%, Plant Butter (Plant Oils (Sustainable Palm, Sunflower, Rapeseed), Water, Sea Salt, Fava Bean Preparation, Emulsifier (Sunflower Lecithin), Natural Flavourings), Lemon Juice, Flax Seeds, Coconut 1%, Raising Agent (Diphosphates, Sodium Carbonates, **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin)), Mixed Spices 1%, Candied **HAZELNUTS** (Sugar, **HAZELNUTS**), Pumpkin Seeds, Sodium Bicarbonate, Salt, Madagascan Vanilla Paste, Cornflower Petals

Suitable for vegetarians & vegans

Chocolate Caramel Shortcake – V001

Shortcake Base (43%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Butter (**MILK**), Vegetable Margarine [Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier (E471), Natural Flavouring], Cornflour, Salt], Caramel (42%) [Sweetened Condensed **MILK**, Salted Butter [Butter (**MILK**), Salt], Soft Brown Sugar, Golden Syrup], Milk Chocolate (15%) [Sugar, Cocoa Butter, Whole **MILK** Powder, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring].

Suitable for vegetarians

Salted Caramel Pecan Brownie – V001

Caramel (19%) (Sugar, Glucose Syrup, Sweetened Condensed **MILK**, Water, Butter (**MILK**), Golden Syrup, Palm Oil, Salt, Emulsifiers (Rapeseed Lecithin, Sorbitane Monostearate), Natural Flavouring), Belgium Dark Chocolate (18%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Sugar, Dark Chocolate Flavoured Coating (Sugar, Palm Oil, Fat Reduced Cocoa Powder, Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Whey Powder (**MILK**), Emulsifiers (**SOYA** Lecithin), Natural Flavouring), Pasteurised Free Range **EGG**, Butter (**MILK**), Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Rapeseed Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Fudge Pieces (Sugar, Full Cream Condensed **MILK** (**MILK**, Sugar), Fondant (Sugar, Glucose, Water), Glucose (**SULPHITES**), Palm Oil, Water, Salt), Fat Reduced Cocoa Powder, Pecan **NUTS** (1.4%), Salt.

Suitable for vegetarians

Signature Espresso Round Cake – V001

Sugar, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Whole **EGG**, Water, Rapeseed Oil, Butter (**MILK**), Belgian Dark Chocolate (4%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithins), Natural Vanilla Flavouring), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Humectant (Glycerol), Coffee (1%), Glucose Syrup, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Potassium Carbonate, Sodium Hydrogen Carbonate), Molasses Powder, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-lactylate), Dark Chocolate Shavings (0.5%) (Cocoa Mass, Sugar, Cocoa Butter, Anhydrous **MILK** Fat, Emulsifier (**SOYA** Lecithin), Vanilla Extract), Whey Powder (**MILK**), Dried Whole **MILK**, Modified Starch, **WHEAT** Gluten, Natural Flavouring, Salt, Stabilisers (Sodium Carboxy Methyl Cellulose, Guar Gum)

Suitable for vegetarians

Signature Espresso Layer Cake – V001

Sugar, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Whole **EGG**, Water, Rapeseed Oil, Butter (**MILK**), Belgian Dark Chocolate (4%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithins), Natural Vanilla Flavouring), Margarine, (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Humectant (Glycerol), Coffee (1%), Glucose, Syrup, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Potassium Carbonate, Sodium Hydrogen Carbonate), Molasses Powder, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-lactylate), Dark Chocolate Shavings (0.5%) (Cocoa Mass, Sugar, Cocoa Butter, Anhydrous **MILK** Fat, Emulsifier (**SOYA** Lecithin), Vanilla Extract), Whey Powder (**MILK**), Dried Whole **MILK**, Modified Starch, **WHEAT** Gluten, Natural Flavouring, Salt, Stabilisers (Sodium Carboxy Methyl Cellulose, Guar Gum)

Suitable for vegetarians

Signature Espresso Tray Cake – V001

Sugar, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**), Water, Pasteurised Whole **EGG**, Rapeseed Oil, Belgian Dark Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithins), Natural Vanilla Flavouring), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Dark Chocolate Shavings (2%) (Cocoa Mass, Sugar, Cocoa Butter, Anhydrous **MILK** Fat, Emulsifier (**SOYA** Lecithin), Vanilla Extract), Glucose Syrup, Humectant (Glycerol), Coffee (1%), Dried Whole **MILK**, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Potassium Carbonate, Sodium Hydrogen Carbonate), Molasses Powder, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Whey Powder (**MILK**), Modified Starch, **WHEAT** Gluten, Natural Flavouring, Salt, Stabilisers (Sodium Carboxy Methyl Cellulose, Guar Gum)

Suitable for vegetarians

Spiced Brioche Teacake (toasted with butter) – V001

Teacake (90.8%) (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sultanas (19.9%), Free Range Whole **EGG** (9.7%), Butter (**Milk**) (9.5%), Diced Sweetened Dried Cranberries (5.2%) (Cranberry, Sugar, Rice Flour, Sunflower Oil), Sugar, Yeast, Water, Golden Syrup (Partially inverted sugar syrup), Palm Oil, Salt, Palm Kernel Oil, Rapeseed Oil, Emulsifiers [Mono and di-glycerides of fatty acids, Sodium Stearoyl-2 Lactylate, Mono and di-acetyltartaric acid esters of mono and diglycerides of fatty acids], Glaze (Water, Vegetable Proteins (pea, potato, faba bean), Vegetable Oils (Rapeseed Oil, Sunflower Oil), Dextrose, Maltodextrin, Starch), Nutmeg, Mixed Spice (Cinnamon, Coriander, Ginger, Allspice, Clove, Nutmeg), Cinnamon, Natural flavouring, Turmeric, Colour [Beta-carotene], Flour treatment agent [Ascorbic Acid]), Butter (**MILK**) (9.2%)

Suitable for vegetarians

Raspberry White Chocolate Blondie – V001

White Chocolate (34%) (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier: **SOYA** Lecithin, Vanilla Extract), Free Range **EGG**, Salted Butter (Butter (**MILK**), Salt), Sugar, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Raspberry Jam (8%) (Glucose Fructose Syrup, Raspberry Puree, Sugar, Raspberry Crumb, Gelling Agent: Pectin, Acidity Regulators: Citric Acid, Tri-sodium Citrate; Colour: Anthocyanin, Natural Flavouring), Raspberries (2%), Ground **ALMONDS**, Skimmed **MILK** Powder, Ruby Chocolate (2%) (Sugar, Cocoa Butter, Skimmed **MILK** Powder, Whole **MILK** Powder, Cocoa Mass, Emulsifier: **SOYA** Lecithin, Acidity Regulator: Citric Acid, Natural Vanilla Flavouring), Freeze Dried Raspberry Pieces (<1%), Water, Baking Powder (Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate), Natural Vanilla Flavouring, Stabilising Agent: Xanthan Gum, Corn Flour, Acidity Regulator: Citric Acid

Suitable for vegetarians

Raspberry Coconut Loaf Cake – V001

Ground **ALMONDS**, Free Range **EGG**, Sugar, Salted Butter (Butter (**MILK**), Salt), Desiccated Coconut (5%), Icing Sugar, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), White Chocolate (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier: **SOYA** Lecithin, Vanilla Extract), Raspberry Jam without Seeds (2%) (Glucose Fructose Syrup, Raspberry Puree, Raspberry Juice Concentrate, Acidity Regulators: Citric Acid, Trisodium Citrate; Gelling Agent: Pectin, Colour: Anthocyanin; Natural Flavouring), Soft Cheese (**MILK**), Baking Powder (Raising Agent: Disodium Diphosphate, Potassium Hydrogen Carbonate), Buttermilk Powder (**MILK**), Natural Coconut Flavouring (<1%), Freeze Dried Raspberry Pieces (<1%), Cornflour, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Vegetable Extracts: Beetroot, Carrot; Natural Raspberry Flavouring (<1%).

Suitable for vegetarians

Lemon & Yuzu Bar – V001

Lemon curd 30% (sugar, free-range **EGG**, water, salted butter (butter (**MILK**), salt), concentrated lemon juice (**SULPHITES**), lemon oil, gelling agent (agar)), **EGG**, gluten free flour blend (rice, potato, tapioca, maize, buckwheat), sugar, vegetable fat spread (vegetable oils (coconut, rapeseed, sunflower), water, sea salt, faba bean preparation, emulsifier (lecithin), natural flavourings, colour (carotenes)), double cream (**MILK**), rapeseed oil, polenta (maize), tapioca starch, yuzu juice 2%, lemon juice 1.5%, thickener (xanthan gum)

Suitable for vegetarians

Lime, Coconut & Pistachio Courgette Cake – V001

WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Raising agents (Sodium Pyrophosphate, Sodium Bicarbonate), Pasteurised Whole **EGG**, Rapeseed Oil, Courgette (8.5%), Sugar, Sultanas, Vegetable Glycerine, Bicarbonate of Soda, Raising Agent (Sodium Hydrogen Carbonate), Mixed Spice, Coconut (2%) (**SULPHITES**). Vanilla Buttercream (26.8%): Icing Sugar, Unsalted Butter (**MILK**), Vegetable Fat (Palm, Vegetable Oil, Rapeseed, Water, Salt, Natural Flavouring), Vanilla Essence (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings). Lime Marmalade (10%): Sugar, Glucose, Fructose Syrup, Lime Juice from concentrate, Lime Peel, Citric Acid, Gelling Agent (Pectins), Acidity Regulator (Sodium Citrates), Lime Oil, Colour (Chlorophylls and Chlorophyllins), Caramelised Sugar. **PISTACHIO NUTS** (1.5%), Flaked Coconut (0.5%) (**SULPHITES**).

Suitable for vegetarians

Toffee Apple Blondie – V001

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Bramley Apple 15%, Light Brown Soft Sugar, Coconut Oil, **EGG**, Sweetened Condensed **MILK** (Whole **MILK**, Sugar), White Chocolate (Sugar, Whole **MILK** Powder, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), White Chocolate With Caramel (Cocoa Butter, Sugar, Whole **MILK** Powder, **MILK** Sugar, Whey Powder (**MILK**), Skimmed **MILK** Powder, Caramelised Sugar, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring, Salt), Toffee Pieces 4% (Sugar, Glucose Syrup, Sweetened Condensed **MILK** (**MILK**, Sugar), Sustainable Palm Oil, Butter Oil (**MILK**), Natural Flavouring), Sea Salt Flakes, Raising Agent (Diphosphate, Sodium Carbonate)

Suitable for vegetarians

Cranberry & Pumpkin Seed Granola Bar – V001

OATS (Gluten Free), Vegetable Fat (Palm, Vegetable Oil, Rapeseed, Water, Salt, Natural Flavouring), Partially Inverted Sugar Syrup, Sultanas (11.5%) (Sunflower Oil), Cranberries (3.5%) (Sugar, Sunflower Oil), Coconut (2%) (Preservative: **SULPHUR DIOXIDE**.) Sunflower Seeds (3%), Pumpkin Seeds, Golden Linseeds, Xanthan Gum. Release Spray: Rapeseed Oil, Emulsifiers (Sunflower Lecithin (E322), Mono- and Diglycerides of Fatty Acid (E471))

Suitable for vegetarians & vegans

COOKIES & BISCUITS

Biscuit – Giraffe Gingerbread – V001

WHEAT flour (**WHEAT** flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Invert sugar syrup, Vegetable oil (Palm, Rapeseed), Water, Black treacle, Humectant (E422), Spices, Ground ginger, Glucose syrup, **WHEAT** gluten, Raising agents (E450, E501), Colours (E170, E161b, E153, E150a), Salt, Emulsifier (E471), Flavouring.

Suitable for vegetarians & vegans

Biscuit – Easter Shortbread – V001

WHEAT flour (**WHEAT** flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable oil (Palm, Rapeseed), Water, Glucose syrup, Salt, **EGG** white powder, Flavouring, Colours (E160a, E162, E161b), Stabilisers (E466, E412), Acidity regulator (E330), Spirulina extract.

Suitable for vegetarians

MUFFINS

Blueberry Muffin – V001

Mississippi Muffin Mix (51.71%) (Sugar, **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole **EGG**, Modified Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, **WHEAT GLUTEN**, Stabiliser, Xanthan gum), Water (20.7%), Blueberries (13.29%), Vegetable Oil (11.82%), (Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)), Soft Cookie Mix (2.49%) (**WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil, Dried **EGG** Yolk, Dried Glucose Syrup, Dried **EGG** White, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Emulsifier: Mono and Diglycerides of Fatty Acids, Salt, Flavouring)

Suitable for vegetarians

Berries and Cream Muffin – V001

Mississippi Muffin Mix (45.53%) [Sugar, **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole **EGG**, Modified Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, **WHEAT GLUTEN**, Stabiliser, Xanthan Gum], Water (18.23%), Rapeseed Oil (10.4%) Rapeseed Oil, Antifoaming Agent: E900, Summer Berry Jam (10.09%) Mixed Berry Sauce (Strawberries, Blackcurrants, Raspberries, Fruit Purees (Redcurrant puree, Blueberry Puree) Cane Sugar, Oligofructose, Glucose Syrup, Colour (Anthocyanins), Acidity Regulator (Citric acid, lemon), Rowanberry Extract, Stabiliser (Guar Gum)), Raspberries (9.07%), Mactop (6.05%) [Water, Fully and Partially Hydrogenated Vegetable Oil (Palm Kernel), Dextrose, Sugar, Humectant (Glycerol), **MILK** Protein, Emulsifiers (Polysorbate 60, Mono and di-glycerides, **SOYA** Lecithin), Stabilisers (Cellulose, Carboxymethyl Cellulose, Methyl Cellulose, Hydroxypropyl Methyl Cellulose), Acidity Regulators (Tri

sodium Citrate, DiSodium Phosphate), Salt, Flavouring (Vanilla), Colour (Beta-Carotene)], Icing Sugar (0.5%) [Icing Sugar, Maize Starch], Freeze Dried Raspberries (0.13%)

Suitable for vegetarians

Easter Muffin – V001

Mississippi Muffin Mix (45.28%) [Sugar, **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole **EGG**, Modified Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, **WHEAT GLUTEN**, Stabiliser, Xanthan Gum], Water (18.63%), Chocolate Chips (10.86%) (Sugar, Vegetable Oil (Palm), Fat-Reduced Cocoa Powder, Emulsifiers (**SOYA** Lecithin, Sorbitan Tristearate), Natural Flavouring), Vegetable Oil (10.28%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Mactop (5.38%) [Water, Fully and Partially Hydrogenated Vegetable Oil (Palm Kernel), Dextrose, Sugar, Humectant (Glycerol), **MILK** Protein, Emulsifiers (Polysorbate 60, Mono and di-glycerides, **SOYA** Lecithin), Stabilisers (Cellulose, Carboxymethyl Cellulose, Methyl Cellulose, Hydroxypropyl Methyl Cellulose), Acidity Regulators (Tri sodium Citrate, DiSodium Phosphate), Salt, Flavouring (Vanilla), Colour (Beta-Carotene)], Mini Eggs (4.64%) (Sugar, **MILK**, Cocoa Butter, Cocoa Mass, Skimmed **MILK** Powder, **WHEY** permeate powder (from **MILK**), vegetables fats (palm, shea), **MILK** fat, modified starches (maize, tapioca), emulsifiers (E442, E476), flavouring, maltodextrin, colours (anthocyanins, beetroot red, paprika extract, carotenes), Chocolate Dessert Sauce (3.38%) [Glucose Syrup, Water, Sugar, Dextrose, Humectant (Glycerine), Fat Reduced Cocoa Powder (6.5%), Belgian Dark Chocolate (3.5%) [Cocoa Mass, Cocoa Butter, Sugar, Dextrose, Emulsifier: **SOYA** Lecithin], Stabilisers (Guar Gum, Xanthan Gum), Modified Starch, Emulsifier (**SOYA** Lecithin), Natural Flavouring, Acidity Regulator (Citric Acid), Preservative (Sorbic Acid)], Milk Chocolate Shards (1.55%) (Sugar, Cocoa mass, Cocoa butter, Whole **MILK** powder; Skimmed **MILK** powder, Emulsifier: **SOYA** lecithin; Natural vanilla flavouring)

Suitable for vegetarians

Banoffee Muffin – V001

Mississippi Muffin Mix (38.45%) [Sugar, **WHEAT** Flour (Calcium, Iron, Niacin, Thiamin), Vegetable Oil, Dried Whole **EGG**, Modified Starch, **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate, Potassium Bicarbonate, Calcium Acid Pyrophosphate, Monocalcium Phosphate, Emulsifiers (E471, E477, E481), Dextrose, **WHEAT GLUTEN**, Stabiliser, Xanthan Gum], Water (16.35%), Banana (11.18%), Chocolate Chips (9.57%) (Sugar, Vegetable Oil (Palm), Fat-Reduced Cocoa Powder, Emulsifiers (**SOYA** Lecithin, Sorbitan Tristearate), Natural Flavouring), Vegetable Oil (9.06%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Toffee Dessert Sauce (7.69%) [Glucose Syrup, Reconstituted Skimmed **MILK**, Dextrose, Water, Humectant (Glycerol), Sugar, Vegetable Oil (Rapeseed), Modified Starch, Butter (**MILK**), Colour (Plain Caramel), Salt, Stabilisers (Guar Gum, Xanthan Gum), Flavouring, Preservative (Potassium Sorbate), Emulsifier (E435)], Mactop (6.15%) [Water, Fully and Partially Hydrogenated Vegetable Oil (Palm Kernel), Dextrose, Sugar, Humectant (Glycerol), **MILK** Protein, Emulsifiers (Polysorbate 60, Mono and di-glycerides, **SOYA** Lecithin), Stabilisers (Cellulose, Carboxymethyl Cellulose, Methyl Cellulose, Hydroxypropyl Methyl Cellulose), Acidity Regulators (Tri sodium Citrate, DiSodium Phosphate), Salt, Flavouring (Vanilla), Colour (Beta-Carotene)], Milk Chocolate Shards (1.54%) (Sugar, Cocoa mass, Cocoa butter, Whole **MILK** powder; Skimmed **MILK** powder, Emulsifier: **SOYA** lecithin; Natural vanilla flavouring)

Suitable for vegetarians

SONUTS

Biscoff® SOnut– V001

Crodot (55.94%) **WHEAT** Flour, Margarine (Vegetable Fat (Palm), Vegetable Oils (Sunflower, **SOYA**), Water, Emulsifier (E471), Acid (E330), Colour (E160a)), Vegetable Fat (Palm), Water, Sugar, Yeast, Salt, **WHEAT GLUTEN**, **WHEAT** Fibre, Flour Treatment Agent (E300), Mactop (23.69%) (Water, Fully and Partially Hydrogenated Vegetable Oil (Palm Kernel), Dextrose, Sugar, Humectant (Glycerol), **MILK** Protein, Emulsifiers (Polysorbate 60, Mono and di-glycerides, **SOYA** Lecithin), Stabilisers (Cellulose, Carboxymethyl Cellulose, Methyl Cellulose, Hydroxypropyl Methyl Cellulose), Acidity Regulators (Tri sodium Citrate, DiSodium Phosphate), Salt, Flavouring (Vanilla), Colour (Beta-Carotene)), Biscoff Topping Sauce (18.27%) Caramelised Biscuits 52% (**WHEAT** Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), **SOYA** Flour, Salt, Cinnamon), Rapeseed Oil, Sugar, Emulsifier (Lecithins (**SOYA**)), Acid (Citric Acid). *palm oil from sustainable and certified plantations, Biscoff Crumble (2.1%) **WHEAT** Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon. *from sustainable and certified plantations

Suitable for vegetarians

Chocolate & Hazelnut SOnut– V001

Crodot (57.97%) **WHEAT** Flour, Margarine (Vegetable Fat (Palm), Vegetable Oils (Sunflower, **SOYA**), Water, Emulsifier (E471), Acid (E330), Colour (E160a)), Vegetable Fat (Palm), Water, Sugar, Yeast, Salt, **WHEAT GLUTEN**, **WHEAT** Fibre, Flour Treatment Agent (E300), Mactop (25.22%) (Water, Fully and Partially Hydrogenated Vegetable Oil (Palm Kernel), Dextrose, Sugar, Humectant (Glycerol), **MILK** Protein, Emulsifiers (Polysorbate 60, Mono and di-glycerides, **SOYA** Lecithin), Stabilisers (Cellulose, Carboxymethyl Cellulose, Methyl Cellulose, Hydroxypropyl Methyl Cellulose), Acidity Regulators (Tri sodium Citrate, DiSodium Phosphate), Salt, Flavouring (Vanilla), Colour (Beta-Carotene)), Chocolate Sauce with Hazelnut Flavouring (14.64%) Vegetable Oil (Sunflower), Sugar, Chocolate 15% (Fat Reduced Cocoa Powder, Sugar, Cocoa Butter), Lactose (**MILK**), Low Fat Cocoa Powder, Emulsifier: **SOYA** Lecithin, Natural Flavouring, Antioxidant: Rosemary Extract, Roasted Hazelnuts (**NUTS**) (2.17%)

Suitable for vegetarians

Raspberry Jam & Custard SOnut– V001

Crodot (58.29%) **WHEAT** Flour, Margarine (Vegetable Fat (Palm), Vegetable Oils (Sunflower, **SOYA**), Water, Emulsifier (E471), Acid (E330), Colour (E160a)), Vegetable Fat (Palm), Water, Sugar, Yeast, Salt, **WHEAT GLUTEN**, **WHEAT** Fibre, Flour Treatment Agent (E300), Mactop (20.81%) (Water, Fully and Partially Hydrogenated Vegetable Oil (Palm Kernel), Dextrose, Sugar, Humectant (Glycerol), **MILK** Protein, Emulsifiers (Polysorbate 60, Mono and di-glycerides, **SOYA** Lecithin), Stabilisers (Cellulose, Carboxymethyl Cellulose, Methyl Cellulose, Hydroxypropyl Methyl Cellulose), Acidity Regulators (Tri sodium Citrate, DiSodium Phosphate), Salt, Flavouring (Vanilla), Colour (Beta-Carotene)), Raspberry Jam (8.74%) (Raspberries, Cane Sugar, Lemons), Custard (8.34%) Reconstituted Skimmed **MILK**, Reconstituted Buttermilk (**MILK**), Water, Sugar, Modified Maize Starch, Palm Oil, **MILK** Proteins, Natural Flavouring, Colours (Beta Carotene, Paprika Extract), White Chocolate Dessert Sauce (3.64%) Water, Sugar, Dextrose, Skimmed **MILK** Powder, White Chocolate (9%) [Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring], Humectant (Glycerol), Maltodextrin, White Chocolate Powder (2%) [Sugar, Cocoa Butter, Whole **MILK** Powder, Skimmed **MILK** Powder], Whey Powder (**MILK**), Modified Starch, Stabilisers (E466, E460, E415), Flavouring, Salt, Preservative (Sorbic Acid), Freeze Dried Raspberries (0.18%)

Suitable for vegetarians

PASTRIES

Almond Croissant – V001

WHEAT flour, filling 21% (sugar, **ALMOND** powder 7%, **EGG** white, water, natural flavouring, foaming agents (guar gum, xanthan gum)), fine butter (**MILK**) 15%, water, yeast, sugar, **EGGS**, finish 2% (slivered **ALMONDS**), salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicelluloses, ascorbic acid)

Suitable for vegetarians

Chocolate Twist – V001

Flour (**WHEAT**; Malted **WHEAT**; tabilised **WHEAT** Germs); Water; Butter (**MILK**) (15.5%); Sugar; Cocoa Mass; Yeast; Sweet Whey Powder (**MILK**); Modified Starch; **EGG**; **WHEAT** Gluten; Salt; Skimmed **MILK** Powder; Thickener (E401); Cream Powder (**MILK**); Stabilizer (E516; E450); Flavouring; Cocoa Butter; Natural Vanilla Flavouring; Emulsifier (Lecithins); Carrot Extract; Acerola Powder; Maltodextrin; Enzymes.

Suitable for vegetarians

Croissant – V001

WHEAT Flour, Fine Butter (**MILK**) 23%, Water, Yeast, Sugar, **EGGS**, Salt, **WHEAT** Gluten, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid)

Suitable for vegetarians

Pain aux Raisins – V001

WHEAT Flour, Water, Butter (**MILK**), Raisins, Sugar, **EGG** White, Glucose-Fructose Syrup, Yeast, Modified Starch, **EGG**, Salt, Skimmed (**MILK**) Powder, Lactose (**MILK**), **MILK** Proteins, Cream (**MILK**) Powder, Whey (**MILK**) Powder, Emulsifier: E472e, Colour: Curcumin, Carrot Extract, Stabilisers: E450, E516, Thickener: E401, Flavouring, Flour Treatment Agent: Ascorbic Acid, E920, Enzymes

Suitable for vegetarians

SAVOURY CROISSANTS

Cheese & Bacon Croissant – V001

Croissant (56.25%) (**WHEAT** flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid) Mozzarella and Cheddar (18.75%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Bechamel Sauce (15.63%) (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Streaky Bacon (9.38%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar)

Cheese & Tomato Croissant – V001

Croissant (48.39%) (**WHEAT** flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), Tomatoes (22.04%), Mozzarella and Cheddar (16.13%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Bechamel Sauce (13.44%) (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322)

Suitable for vegetarians

Swiss Cheese & Bacon Croissant – V001

Croissant (64.29%) [**WHEAT** Flour, Fine Butter (**MILK**) 23%, Water, Yeast, Sugar, **EGGS**, Salt, **WHEAT** Gluten, Flour Treatment Agents(Alpha-Amylases, Hemicellulases, Ascorbic Acid) Bechamel Sauce (14.29%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322) Emmental Swiss Cheese (14.29%) (**MILK**) Streaky Bacon (7.14%) [Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar]

Swiss Cheese & Mushroom Croissant – V001

Croissant (58.82%) [**WHEAT** Flour, Fine Butter (**MILK**) 23%, Water, Yeast, Sugar, **EGGS**, Salt, **WHEAT** Gluten, Flour Treatment Agents, (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Mushrooms (13.73%), Bechamel Sauce (13.07%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Emmental Swiss Cheese (13.07%) (**MILK**), Cold Pressed Rapeseed Oil (0.65%), Cracked Black Pepper (0.65%)

Suitable for vegetarians

Swiss Cheese & Ham Croissant – V001

Croissant (58.06%) [**WHEAT** Flour, Fine Butter (**MILK**) 23%, Water, Yeast, Sugar, **EGGS**, Salt, **WHEAT** Gluten, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Gammon Ham (16.13%) [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative, (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Bechamel Sauce (12.9%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Emmental Swiss Cheese (12.9%) (**MILK**)

Swiss Cheese & Tomato Croissant – V001

Croissant (52.63%) [**WHEAT** Flour, Fine Butter (**MILK**) 23%, Water, Yeast, Sugar, EGGS, Salt, **WHEAT** Gluten, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), Tomatoes (23.98%), Bechamel Sauce (11.7%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322], Emmental Swiss Cheese (11.7%) (**MILK**)

Suitable for vegetarians

BAGUETTES

Cheese & Coleslaw on White Baguette – V001

White Baguette (46.67%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)), Carrots (14.54%), Mature Cheddar (**MILK**) (13.33%), Cabbage (12.12%), Mayonnaise (8.49%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Red Onion (2.42%), Set Sour Cream (1.82%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.24%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.24%) Cane Sugar, Salt (0.12%) Salt, Sodium Hexacyanoferrate (II)

Suitable for vegetarians

Chicken & Bacon on White Baguette – V001

White Baguette (48.61%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)), Chicken (28.94%) (Chicken Breast, Salt), Mayonnaise (17.36%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Streaky Bacon (4.63%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar) Cracked Black Pepper (0.46%)

Egg, Spinach and Tomato on White Baguette – V001

White Baguette (40.38%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)), Free Range **EGG** (26.29%), Tomatoes (17.31%), Mayonnaise (6.18%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Salad Cream (3.87%) (Water, Rapeseed Oil, Glucose-Fructose Syrup, Spirit Vinegar, Sugar, Pasteurised **EGG** Yolk, Modified Maize Starch, Salt, **MUSTARD** Flour, Acidity Regulator (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Colour (Riboflavin)), Spinach (3.85%), Soured Cream (1.93%) (**MILK**), Cracked Black Pepper (0.19%)

Suitable for vegetarians

Ham & Mature Cheddar on White Baguette – V001

White Baguette (55.26%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)), Gammon Ham (21.05%) (Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)), Mature Cheddar (**MILK**) (15.79%), Mayonnaise (7.89%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein

Posh Cheese & Tomato on White Baguette – V001

White Baguette (47.75%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)), Tomatoes (19.82%), Mature Cheddar (**MILK**) (18.02%), Mayonnaise (11.85%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Sundried Tomato Paste (2.52%) (Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic), Black Pepper (0.04%)

Suitable for vegetarians

Tuna Mayonnaise & Cucumber on White Baguette – V001

White Baguette (44.49%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)), Tuna (**FISH**) (31.78%) (Tuna (**FISH**), Water, Salt, Stabiliser (Xanthan Gum)), Cucumber (12.71%), Mayonnaise (10.59%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Cracked Black Pepper (0.42%)

TOAST & CONDIMENTS

HP Brown Sauce – V001

Tomatoes, Malt Vinegar (from **BARLEY**), Molasses, Glucose - Fructose Syrup, Spirit Vinegar, Sugar, Dates, Modified Cornflour, **RYE** Flour, Salt, Spices, Flavourings, Tamarind

Suitable for vegetarians & vegans

Multigrain Bloomer Bread – V001

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flake(10.8%), , Brown Linseed, **WHEAT** Gluten, Yeast, Millet seed, Sunflower Seeds, Poppy seeds, Dried **WHEAT** Sour dough (**WHEAT** Flour), **BARLEY**, Malt Flour, Salt, Palm Oil, Emulsifiers[Mono and di-glycerides of fatty acids, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids], Rapeseed Oil, Flour treatment agent [Ascorbic Acid].

Suitable for vegetarians & vegans

Sourdough Toast – V001

WHEAT Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt; Fermented **WHEAT** Flour, Malt Extract (**BARLEY**)

Suitable for vegetarians & vegans

Tomato Sauce – V001

Tomatoes (148 g per 100 g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contains **CELERY**), Spices, Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Preservative (Potassium Sorbate), Tomato Spice (Natural Clove Flavourings, Natural Flavourings)

Suitable for vegetarians & vegans

White Bloomer Bread – V001

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Palm Oil, Salt, Emulsifiers [Mono and di-glycerides of fatty acids, Mono and di-acetyltartaric acid esters of mono and di-glycerides of fatty acids], Rapeseed Oil, **BARLEY** Malt Flour, Flour treatment agent [Ascorbic Acid]

Suitable for vegetarians & vegans

HOT BREAKFAST

Guacamole & Eggs on Toast – V001

Free Range **EGG** (41.35%) Sourdough (26.74%) (**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)) Guacamole (22.64%) (Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander) Vegan Pesto Dressing (5.35%) Extra Virgin Rapeseed Oil, Pesto (18%) (Basil, Sunflower Oil, Potato Flakes, Salt, Sugar, Extra Virgin Olive Oil, Garlic, Acidity Regulator: (Lactic Acid), Antioxidant: (Ascorbic Acid)), Water, White Wine Vinegar (**SULPHITE**), Spirit Vinegar, Lemon Juice, Garlic Puree, Sugar, Salt, Black Pepper, Xanthan Gum, Guar Gum Cold Pressed Rapeseed Oil (3.57%) Coriander (0.36%)

Suitable for vegetarians

Guacamole & Tomato on Toast – V001

Sourdough (34.32%) (**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)) Cherry Tomatoes (29.29%) Guacamole (29.06%) (Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander) Vegan Pesto Dressing (6.86%) Extra Virgin Rapeseed Oil, Pesto (18%) (Basil, Sunflower Oil, Potato Flakes, Salt, Sugar, Extra Virgin Olive Oil, Garlic, Acidity Regulator: (Lactic Acid), Antioxidant: (Ascorbic Acid)), Water, White Wine Vinegar (**SULPHITE**), Spirit Vinegar, Lemon Juice, Garlic Puree, Sugar, Salt, Black Pepper, Xanthan Gum, Guar Gum, Coriander (0.46%)

Suitable for vegetarians & vegans

Mushroom & Egg Roll – V001

Breakfast Roll (35.87%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt Flour, Mushrooms (33.63%), Free Range **EGG** (26.01%), Cold Pressed Rapeseed Oil (4.48%)

Suitable for vegetarians

Mushroom, Tomato & Egg Breakfast Wrap – V001

Sourdough Flatbread (40.27%) [**WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose], Free Range **EGG** (19.46%), Cherry Tomatoes (16.78%), Mozzarella and Cheddar Mix (10.07%) [Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, Rennet), Potato Starch], Mushrooms (8.39%), Baby Leaf Spinach (5.03%)

Suitable for vegetarians

Sausage, Bacon & Egg Breakfast Wrap – V001

Sourdough Flatbread (31.56%) [**WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose], Smoked Rindless Back Bacon (26.53%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Lincolnshire Sausage (18.57%) [Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], Free Range **EGGS** (15.38%), Mozzarella and Cheddar Mix (7.96%) [Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, Rennet), Potato Starch]

The Big Breakfast Roll – V001

Smoked Rindless Back Bacon (26.81%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (21.45%) **WHEAT** Flour, Water, Beer

(Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted sugar Syrup, **WHEAT** Malt Flour, Lincolnshire Sausage (18.77%) Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)), Free Range **EGG** (15.55%), Hashbrown (14.75%) (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper), Cold Pressed Rapeseed Oil (2.68%)

The Full SOHO – V001

Lincolnshire Sausage (27.34%) Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)), Hashbrown (21.48%) (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper), Baked Beans (19.53%) (Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings), Smoked Rindless Back Bacon (18.36%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Free Range **EGG** (11.33%), Cold Pressed Rapeseed Oil (1.95%)

Triple Bacon Roll – V001

Smoked Rindless Back Bacon (63.8%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (36.2%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt flour

Triple Bacon & Egg Roll – V001

Smoked Rindless Back Bacon (48.45%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (28.18%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** flour, water), **WHEAT** Semolina, Olive oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour, Free Range **EGG** (19.93%), Cold Pressed Rapeseed Oil (3.44%)

Triple Sausage Roll – V001

Lincolnshire Sausage (72.41%) Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)) Breakfast Roll (27.59%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour

PORRIDGE

Honey and Banana Porridge – V001

Whole **MILK** (52.04%), Bananas (35.71%), Gluten Free **OATS** (8.16%), Honey (4.08%)

Suitable for vegetarians

Peanut Butter and Jam Porridge – V001

Whole **MILK** (77.27%), Gluten Free **OATS** (12.12%), Raspberry Jam (9.09%) (Raspberries, Cane Sugar, Lemons), Peanut Butter (Roasted **PEANUTS**) (1.52%)

Suitable for vegetarians

HOT FLATBREADS

The BBQ Pulled Pork – V001

Sourdough Flatbread (39.34%) (**WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose), Mozzarella and Cheddar (19.67%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK**, Salt, Starter, Rennet), Potato Starch, BBQ Sauce (16.39%) Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: **SULPHITE** Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt, Pulled Pork (13.11%) Pork (97%), Pea Starch, Triphosphates, Salt, Cracked Black Pepper, Streaky Bacon (9.84%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar), Rocket (1.64%)

The Kickin' Chicken – V001

Sourdough Flatbread (43.32%) (**WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose), Mozzarella and Cheddar (21.66%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Chicken (16.76%) (Chicken Breast, Salt), Salsa (5.42%) (Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium **METABISULPHITE**)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley), Soured Cream (3.61%) (Soured Cream **MILK**), Gochujang Paste (3.35%) Miso paste (water, **SOYABEANS**, rice, salt), golden syrup, soy sauce (water, **SOYABEANS**, **WHEAT**, salt), water, Korean red pepper (10%), garlic, rice vinegar (water, rice, salt), preservative: potassium sorbate, Spring Onion (2.53%), Honey (1.68%), Ginger (0.84%), Sriracha Sauce (0.42%) (Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract), Garlic Puree (0.42%) (Garlic, Citric Acid)

Sizzlin' Sunblush Tomato – V001

Sourdough Flatbread (37.27%) [**WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose], Mozzarella and Cheddar Mix (18.63%) [Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, Rennet), Potato Starch], Sunblush Tomatoes (13.98%) [Semi-Dried Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano], Sundried Tomato Paste (11.18%) [Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Harissa Paste (7.45%) [Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil], 106697 Red Roasted Peppers (Chef's Brigade) (6.21%) [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Vegan Pesto Dressing (3.73%) [Extra Virgin Rapeseed Oil, Pesto (18%) (Basil, Sunflower Oil, Potato Flakes, Salt, Sugar, Extra Virgin Olive Oil, Garlic, Acidity Regulator: (Lactic Acid), Antioxidant: (Ascorbic Acid), Water, White Wine Vinegar (**SULPHITES**), Spirit Vinegar, Lemon Juice, Garlic Puree, Sugar, Salt, Black Pepper, Xanthan Gum, Guar Gum], Rocket (1.55%)

Suitable for vegetarians

JACKET POTATOES

Cheese and Bacon Jacket Potato – V001

Potato (82.64%), Mozzarella and Cheddar (9.92%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Streaky Bacon (4.96%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar), Butter (**MILK**) (2.48%)

Cheese and Beans Jacket Potato – V001

Potato (61.35%), Baked Beans (29.45%) (Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings), Mozzarella and Cheddar (7.36%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Butter (**MILK**) (1.84%)

Suitable for vegetarians

Cheese and Slaw Jacket Potato – V001

Potato (74.07%), Mozzarella and Cheddar (8.89%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Carrots (5.38%), Cabbage (4.49%), Mayonnaise (3.14%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Butter (**MILK**) (2.22%), Red Onion (0.9%), Set Sour Cream (0.67%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.09%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.09%) Cane Sugar, Salt (0.04%) Salt, Sodium Hexacyanoferrate (II)

Suitable for vegetarians

Kickin' Chicken Jacket Potato – V001

Potato (71.23%), Chicken (13.23%) (Chicken Breast, Salt), Mozzarella and Cheddar (5.7%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Gochujang Paste (2.65%) Miso Paste (Water, **SOYABEANS**, Rice, Salt), Golden Syrup, **SOY** Sauce (Water, **SOYABEANS**, **WHEAT**, Salt), water, Korean Red Pepper (10%), Garlic, Rice Vinegar (Water, Rice, Salt), Preservative: Potassium Sorbate, Butter (**MILK**) (2.14%), Honey (1.32%), Sriracha Sauce (1.04%) (Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract.), Spring Onion (1%), Soured Cream (0.71%) (**MILK**), Ginger (0.66%), Garlic Puree (0.33%) (Garlic, Citric Acid)

Tuna Mayo Jacket Potato – V001

Potato (77.52%) Tuna (**FISH**) (15.12%) (Tuna (**FISH**), Water, Salt) Mayonnaise (5.04%) (Water, Rapeseed Oil, Thickening Agent (Modified Maize Starch), Spirit Vinegar, Sugar, Pasteurised Free Range **EGG** Yolk (1%), Salt, Stabilisers (Guar Gum, Xanthan Gum), Concentrated Lemon Juice, Acidity Regulator: Acetic Acid, Texture Enhancer (Citrus Fibre, Dextrose), **MUSTARD** Flour, Preservative (Potassium sorbate, Sodium Benzoate) Natural Colour: Beta Carotene) Butter (**MILK**) (2.33%)

Vegan Chilli & Cheese Jacket Potato – V001

Potato (67.66%), Vegan Chilli (27.06%) (Water, red kidney beans, black turtle beans, tomatoes, mushrooms, **SOYA** mince [rehydrated textured **SOYA** protein, seasoning (colour: caramelised sugar powder, flavourings, yeast extract, onion powder, dextrose, salt, maltodextrin, acidity regulator (E330), white pepper)], tomato puree, onions, light brown sugar, garlic, salt, ground coriander, cumin, smoked paprika, red wine vinegar, rapeseed oil, thickener (xanthan gum), chipotle chilli, vegetable gravy granules [modified tapioca starch, flavourings, dried glucose syrup, sugar, salt, yeast extracts, onion, colour (caramel E150c), maltodextrin, rapeseed oil, tomato, carrot extract, herb], smoke flavour [maltodextrin, smoke flavour], tamari sauce [**SOYA** beans, water, sea salt, alcohol made from sugar cane, Koji spores], caramel powder (E150a), oregano, cayenne pepper), Mozzarella and Cheddar (2.71%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, Butter (**MILK**) (2.03%), Red Chilli (0.41%), Coriander (0.14%)

Suitable for vegetarians

BBQ Pulled Pork and Cheese Jacket Potato – V001

Potato (74.07%), Pulled Pork (11.85%) Pork (97%), Pea Starch, Triphosphates, Salt, Cracked Black Pepper, Mozzarella and Cheddar (8.89%) Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, rennet), Potato Starch, BBQ Sauce (2.96%) Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: **SULPHITE** Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt, Butter (**MILK**) (2.22%)

Vegan Chilli & Guac Jacket Potato – V001

Potato (67.66%), Vegan Chilli (27.06%) (Water, red kidney beans, black turtle beans, tomatoes, mushrooms, **SOYA** mince [rehydrated textured **SOYA** protein, seasoning (colour: caramelised sugar powder, flavourings, yeast extract, onion powder, dextrose, salt, maltodextrin, acidity regulator (E330), white pepper)], tomato puree, onions, light brown sugar, garlic, salt, ground coriander, cumin, smoked paprika, red wine vinegar, rapeseed oil, thickener (xanthan gum), chipotle chilli, vegetable gravy granules [modified tapioca starch, flavourings, dried glucose syrup, sugar, salt, yeast extracts, onion, colour (caramel E150c), maltodextrin, rapeseed oil, tomato, carrot extract, herb], smoke flavour [maltodextrin, smoke flavour], tamari sauce [**SOYA** beans, water, sea salt, alcohol made from sugar cane, Koji spores], caramel powder (E150a), oregano, cayenne pepper), Guacamole (4.74%) (Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander), Red Chilli (0.41%), Coriander (0.14%)

Suitable for vegans

PLATTERS

Chocoholic Box – V001

See individual products in allergen pack: Salted Caramel Pecan Brownie, and Belgian Choc Caramel Shortcake (Triangle Slice),

Strawberries (100%)

Suitable for vegetarians

Fruit Platter – V001

Watermelon, Pineapple, Honeydew Melon, Orange Wedges, Red Grapes, Green Grapes, Strawberries, Blueberries, Fresh Mint

Suitable for vegetarians and vegans

Hot Breakfast Roll Box (Both sizes) – V001

See individual products in allergen pack: Triple Banger Roll, Triple Bacon Roll

Wrap Selection Platter – V001

See individual products in allergen pack: Bombay Bhaji Wrap, Chicken Satay Wrap, Chicken Caesar Wrap, Chickpea Falafel & Houmous Wrap

NOT Suitable for vegetarians

Meat Sandwich Platter – V001

See individual products in allergen pack: Chicken Club Sandwich, Tuna, Red Onion and Rocket Sandwich, Gammon Ham and Mature Cheddar Sandwich with Malted Grain Bread (Platters Only)

Cherry tomatoes (100%)

NOT Suitable for vegetarians

Mixed Muffin Box – V001

See individual products in allergen pack: Muffins

Suitable for vegetarians

Pastry Box Platter – V001

See individual products in allergen pack: Chocolate Twist, Croissant, Pain aux Raisins

Strawberries (100%)

Suitable for vegetarians

SOnut Platter Box – V001

See individual products in allergen pack: Biscoff® SOnut, Chocolate & Hazelnut SOnut, Raspberry Jam & Custard SOnut

Suitable for vegetarians

Veggie Sandwich Platter – V001

See individual products in allergen pack: Mature Cheddar & Tomato (Platters Only), Simply Egg Mayo Sandwich, Classic Cheddar and spring Onion sandwich

Cherry tomatoes (100%)

Suitable for vegetarians

HOT FOOD ADD-ONS

Baked Beans – V001

Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings

Suitable for vegetarians & vegans

Cheesy Scrambled Egg – V001

Free Range **EGGS** (65.91%), Mozzarella and Cheddar Mix (34.09%) [Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, Rennet), Potato Starch]

Suitable for vegetarians

Streaky Bacon – V001

Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar

Grated Cheese Mix – V001

Mozzarella (**MILK**, Salt, Lactic Culture,) White Cheddar (**MILK** Salt, Starter, Rennet), Potato Starch

Suitable for vegetarians

Guacamole – V001

Avocado, Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander

Suitable for vegetarians & vegans

Hash Browns – V001

Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper

Suitable for vegetarians & vegans

Korean Chicken – V001

Chicken (71.43%), (Chicken Breast, Salt), Gochujang Paste (14.29%) Miso Paste (Water, **SOYABEANS**, Rice, Salt), Golden Syrup, **SOY** Sauce (Water, **SOYABEANS**, **WHEAT**, Salt), Water, Korean Red Pepper (10%), Garlic, Rice Vinegar (Water, Rice, Salt), Preservative: Potassium Sorbate, Honey (7.14%), Ginger (3.57%), Sriracha Sauce (1.79%) (Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract.), Garlic Puree (1.79%) (Garlic, Citric Acid)

Salsa – V001

Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium **METABISULPHITE**)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley

Suitable for vegetarians & vegans

Sausage – V001

Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage))

SOHO Best Ever Slaw – V001

Carrots (36.34%), Cabbage (30.31%), Mayonnaise (21.22%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Red Onion (6.06%), Set Sour Cream (4.55%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.61%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.61%) Cane Sugar, Salt (0.3%) Salt, Sodium Hexacyanoferrate (II)

Suitable for vegetarians

Tuna Mayo – V001

Tuna (**FISH**) (75%) (Tuna (**FISH**), Water, Salt, Stabiliser (Xanthan Gum)), Mayonnaise (25%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein

Vegan Chilli – V001

Water, red kidney beans, black turtle beans, tomatoes, mushrooms, **SOYA** mince [rehydrated textured **SOYA** protein, seasoning (colour: caramelised sugar powder, flavourings, yeast extract, onion powder, dextrose, salt, maltodextrin, acidity regulator (E330), white pepper)], tomato puree, onions, light brown sugar, garlic, salt, ground coriander, cumin, smoked paprika, red wine vinegar, rapeseed oil, thickener (xanthan gum), chipotle chilli, vegetable gravy granules [modified tapioca starch, flavourings, dried glucose syrup, sugar, salt, yeast extracts, onion, colour (caramel E150c), maltodextrin, rapeseed oil, tomato, carrot extract, herb], smoke flavour [maltodextrin, smoke flavour], tamari sauce [**SOYA** beans, water, sea salt, alcohol made from sugar cane, Koji spores], caramel powder (E150a), oregano, cayenne pepper

Suitable for vegetarians & vegans

BULLRING & MERRYHILL SCONES

Plain Scone – V001

Scone mix (67.66%) **WHEAT** Flour (**WHEAT** flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, rapeseed), Sugar, Raising agents, Dextrose, salt, Whey solids (**MILK**), whole **EGG** powder, Water (30.72%), Full Fat **MILK** (1.62%)

Suitable for vegetarians

Sultana Scone – V001

Scone mix (61.87%) **WHEAT** Flour (**WHEAT** flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, rapeseed), Sugar, Raising agents, Dextrose, salt, Whey solids (**MILK**), whole **EGG** powder Water (28.09%) Sultanas (8.55%) Full Fat **MILK** (1.48%)

Suitable for vegetarians

With Clotted Cream

Clotted Cream (**MILK**)

Suitable for vegetarians

With Butter

(Cream (**MILK**), Salt)

Suitable for vegetarians

ADDITIONAL WIGMORE/BULLRING/THREADNEEDLE STREET JACKET MENU

Soho Slaw – V001

Grated Carrots (36.34%), Cabbage (30.31%), Mayonnaise (21.22%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Red Onion (6.06%), Set Sour Cream (4.55%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.61%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.61%) Cane Sugar Salt (0.3%) Salt, Sodium Hexacyanoferrate (II)

Suitable for vegetarians

Spicy Sriracha Slaw – V001

Grated Carrots (33.07%), Cabbage (27.58%), Mayonnaise (19.31%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Sriracha Sauce (9%) (Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract.), Red Onion (5.52%), Set Sour Cream (4.14%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.56%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.56%) Cane Sugar, Salt (0.27%) Salt, Sodium Hexacyanoferrate (II)

Suitable for vegetarians

Curried Slaw – V001

Grated Carrots (31.62%), Cabbage (26.37%), Mayonnaise (18.46%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Sultanas (8.5%) (Sultanas, Sunflower Oil), Red Onion (5.27%), Korma Paste (4.5%) (Water, Desiccated Coconut, Rapeseed Oil, Sugar, Concentrated Tomato Puree, Ginger Puree, Acids (Acetic Acid, Lactic Acid), Coriander Powder, Salt, Turmeric Powder, Spices, Paprika Powder, Cumin Powder, Garlic Puree, Maize Flour, **MUSTARD** Powder, Dried Coriander Leaf), Set Sour Cream (3.96%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.53%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.53%) Cane Sugar, Salt (0.26%) Salt, Sodium Hexacyanoferrate (II)

Suitable for vegetarians

Tomato & Cucumber Salad – V001

Tomato (63%), Cucumber (34.5%), Rapeseed Oil (1.5%), Parsley (1%)

Suitable for vegetarians & vegans

Zingy Asian Slaw - V001

White Cabbage (21.36%), Red Cabbage (21.36%), Chinese Cabbage (21.36%), Carrots (21.36%), Lemon Juice (8%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Ginger (1.78%), White wine vinegar (1.78%) (White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)), Icing Sugar (1.5%) (Icing Sugar, Maize Starch), Light **SOY** Sauce (1%) (Water, **SOYBEAN** Extract 40% (Water, **SOYA BEAN**, Salt, Rice, **WHEAT**), Sugar, Salt, Colour (E150c), Yeast Extract, Acidity Regulator (Citric Acid), Sodium Benzoate), Acidity Regulator (Lactic acid), Preservative (Potassium sorbate), Sriracha Sauce (0.5%) (Water, Red Chillies, Sugar, Minced

Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract.)

Suitable for vegetarians & vegans

Donkey Sauce – V001

Mayonnaise (45.44%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Soured Cream (15.15%) (**MILK**), Water (10.49%), BBQ Sauce (9.32%) Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: **SULPHITE** Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt, **MUSTARD** (6.12%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)). Spring Onion (6.07%), Sriracha Sauce (3.73%) (Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract.), Garlic Puree (1.75%) (Garlic, Citric Acid), Parsley (0.93%), Lemon Juice (0.53%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Salt (0.3%), Cracked Black Pepper (0.18%)

Suitable for vegetarians

FRESH SQUEEZED JUICE

Freshly Squeezed Orange Juice – V001

100% Orange Juice

Suitable for vegetarians & vegans

THREADNEEDLE STREET CARVERY - BASES

Semolina Topped Breakfast Roll – V001

Breakfast Roll (100%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** malt, rice, hops), **WHEAT** Sourdough (Fermented **WHEAT** flour, water), **WHEAT** Semola, Olive oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt flour

Suitable for vegetarians & vegans

Soft Flour Tortilla Wrap – V001

Flour Tortilla (41.28%) **WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT** gluten, preservative (E282).

Suitable for vegetarians & vegans

Roasted Potatoes – V001

Potato (93.7%), Cold Pressed Rapeseed Oil (6%), Salt (0.1%), Cracked Black Pepper (0.1%), Dried Thyme (0.1%)

Suitable for vegetarians & vegans

Mixed Leaf Salad – V001

Cucumber (29.17%), Tomatoes (29.17%), Baby Leaf Mix (28.33%), Baby Leaf Spinach (13.33%)

Suitable for vegetarians & vegans

THREADNEEDLE STREET CARVERY - MEATS

Roasted Pork – V001

Pork Loin (98.6%), Cold Pressed Rapeseed Oil (1%), Salt (0.3%), Cracked Black Pepper (0.1%)

Roasted Turkey – V001

Turkey Breast (96.88%), Cold Pressed Rapeseed Oil (2.77%), Salt (0.23%), Cracked Black Pepper (0.12%)

Roasted Chicken – V001

Chicken Breast, Cold Pressed Rapeseed Oil, Salt, Cracked Black Pepper

Roasted Beef – V001

Topside Beef, Cold Pressed Rapeseed Oil, Salt, Cracked Black Pepper

THREADNEEDLE STREET CARVERY - SAUCES

Honey & Mustard Dressing – V001

Water, Sunflower oil (30%), Spirit Vinegar, Sugar, Wholegrain **MUSTARD** (7%) [Spirit Vinegar, **MUSTARD** seeds, Water, Salt, White Wine, Sugar, Natural flavouring, Acid (Lactic Acid)], Honey (4%), **MUSTARD** (3%) (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt, Flavourings, Spices), Free Range **EGG** Yolk (2.7%), Modified Corn Starch, Salt, Concentrated Juices (apples, lemon, carrot), Invert Sugar Syrup, Safflower Concentrate, Thickener (xanthan gum), Hibiscus, Antioxidant (Calcium Disodium EDTA), Molasses, Natural Flavourings. Rapeseed oil, Dijon Mustard (4%) Kuhne Mustard, Preservative (Potassium Sorbate) Paprika, Clove, Black Pepper

Suitable for vegetarians

Donkey Sauce – V001

Mayonnaise (45.44%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Soured Cream (15.15%) (**MILK**), Water (10.49%), BBQ Sauce (9.32%) Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: **SULPHITE** Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt, **MUSTARD** (6.12%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)). Spring Onion (6.07%), Sriracha Sauce (3.73%) (Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract.), Garlic Puree (1.75%) (Garlic, Citric Acid), Parsley (0.93%), Lemon Juice (0.53%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)), Salt (0.3%), Cracked Black Pepper (0.18%)

Suitable for vegetarians

Mayonnaise – V001

Mayonnaise (100%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein

Suitable for vegetarians

Tomato Sauce – V001

Tomatoes (148 g per 100 g Tomato Ketchup), Spirit Vinegar, Sugar, Salt, Spice and Herb Extracts (contains **CELERY**), Spices, Water, Glucose-Fructose Syrup, Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Preservative (Potassium Sorbate), Tomato Spice (Natural Clove Flavourings, Natural Flavourings)

Suitable for vegetarians & vegans

Gravy – V001

Water, Potato Starch, Maltodextrin, Palm Fat, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Emulsifier (**SOYA** Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil.

Suitable for vegetarians

BBQ Sauce – V001

BBQ Sauce (100%) Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: **SULPHITE** Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt

Suitable for vegetarians & vegans

TNS Apple Sauce – V001

Solid Apple Pack (97.96%) (Apples, Water, Acidity Regulator: Citric Acid), Icing Sugar (2.04%) (Icing Sugar, Anti-Caking Agent: Tricalcium Phosphate)

Suitable for vegetarians & vegans

Horseradish Sauce – V001

Water, Acetic Acid, Rapeseed Oil, Sugar, Horseradish, Salt (Sodium Chloride, Sodium Hexacyanoferrate), **EGG** Yolk; Stabiliser (Xanthan Gum), **MUSTARD** Flour, Potassium sorbate, White Pepper, Calcium Disodium EDTA.

Suitable for vegetarians & vegan

THREADNEEDLE STREET CARVERY - TOPPINGS

Stuffing Mix – V002

Breadcrumbs (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage

Suitable for vegetarians & vegans

Jalapenos – V001

Sliced Jalapeno Peppers, Water, Vinegar, Salt, Firming Agent: Calcium Chloride

Soho Slaw – V001

Grated Carrots (36.34%), Cabbage (30.31%), Mayonnaise (21.22%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Red Onion (6.06%), Set Sour Cream (4.55%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.61%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.61%) Cane Sugar Salt (0.3%) Salt, Sodium Hexacyanoferrate (II)

Suitable for vegetarians

Roasted Red Onions – V001

Red Onion (93.4%), Cold Pressed Rapeseed Oil (6%), Salt (0.5%), Cracked Black Pepper (0.1%)

Suitable for vegetarians & vegans

Sliced Gherkins – V001

Gherkins, Water, Spirit Vinegar, Glucose-Fructose Syrup, Dill, **MUSTARD SEED**, Red Pepper, Onions, Salt, Sugar, Natural Flavouring

Suitable for vegetarians & vegans

Crispy Fried Onions – V001

Onions, Palm oil, **WHEAT** flour, Salt

Suitable for vegetarians & vegans

BRADLEY STOKE & YATE LEISURE CENTRE - TIDDLY FRAPPS

STRAWBERRY

MILK, Ice Cubes, Sweetbird Strawberry Syrup – V001 (Sugar, Water, Strawberry Juice from concentrate (10%), Natural Flavouring, Fruit and Vegetable Concentrates: black carrot and elderberry, Acid: Citric Acid
Suitable for vegetarians

BANANA

MILK, Bananas, Ice Cubes
Suitable for vegetarians

CHOC

MILK, Ice Cubes, Organic Chocolate Syrup (Cocoa Powder, Sugar)
Suitable for vegetarians

WHITE CHOC

MILK, Ice Cubes, Sweetbird White Chocolate Syrup – Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid
Suitable for vegetarians

BRADLEY STOKE & YATE LEISURE CENTRE - PROTEIN SHAKES

All protein powders are marked as “May contain milk, eggs, soya, cereals containing gluten, fish, crustaceans, molluscs, mustard, sesame, sulphur dioxide and sulphites”.

VANILLA made with WATER

Whey Protein Concentrate (**MILK**), Flavouring, Thickener (Xanthan Gum), Sunflower Lecithin, Sweetener (Sucralose), Water
Suitable for vegetarians

VANILLA made with MILK

MILK, Whey Protein Concentrate (**MILK**), Flavouring, Thickener (Xanthan Gum), Sunflower Lecithin, Sweetener (Sucralose)
Suitable for vegetarians

STRAWBERRY made with WATER

Whey Protein Concentrate (**MILK**), Flavouring, Colouring (Beetroot Red), Thickener (Xanthan Gum), Acid (Citric Acid), Sunflower Lecithin, Sweetener (Sucralose), Water
Suitable for vegetarians

STRAWBERRY made with MILK

MILK, Whey Protein Concentrate (**MILK**), Flavouring, Colouring (Beetroot Red - Raspberry, Cherry Bakewell, Berries & Cream and Strawberry flavours only; Thickener (Xanthan Gum), Acid (Citric Acid - Berries & Cream, Lemon Meringue, Raspberry and Strawberry flavours only), Sunflower Lecithin, Sweetener (Sucralose)
Suitable for vegetarians

CHOCOLATE made with WATER

Whey Protein Concentrate (**MILK**), Reduced Fat Cocoa Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Lecithin, Sweetener (Sucralose), Water
Suitable for vegetarians

CHOCOLATE made with MILK

MILK, Whey Protein Concentrate (**MILK**), Reduced Fat Cocoa Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Lecithin, Sweetener (Sucralose), Citric Acid (Chocolate Orange flavour only)
Suitable for vegetarians

ADD OATS

Mornflake gluten free porridge **OATS** (100%)

