

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
Pitaya Powder – 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 Strawberry Flavour Syrup – V001	11
Sweetbird Vanilla Flavour Syrup – V001	11
Sweetbird White Chocolate Syrup – V001	11
MILKS & ALTERNATIVE MILKS	12
Rude Health Almond Milk – V001	12
Rude Health Coconut Milk – V001	12
Rude Health Oat Milk – V001	12
Semi-Skimmed Milk	12
Skimmed Milk	12
Rude Health Soya Milk – V001	12
Whole Milk	12
Alpro Almond Milk – V001	12
Alpro Coconut Milk – V001	12
Alpro Soya Milk – V001	12
ICED COFFEE	13
Iced Latte – V001	13
Iced Mocha – V001	13
Long Black – V001	13
Iced Double Chocolate Coconut Mocha (made with Rude Health Milk)– V001	13
Iced Double Chocolate Coconut Mocha (made with Alpro Milk)– V001	13
Iced Caramel Oat Latte – V001	13
Iced Hazelnut Almond Latte (made with Rude Health Milk) – V001	13
Iced Hazelnut Almond Latte (made with Alpro Milk) – V001	14
SPECIALITY DRINKS	15
Mumbai Railway Chai – V001	15
Matcha Latte (Made with Rude Health Oat Milk) – V001	15
Vanilla Matcha Latte (Made with Rude Health Oat Milk) – V001	15
Strawberries & Cream Matcha Latte (Made with Rude Health Oat Milk) – V001	15
Iced Matcha Latte (Made with Rude Health Oat Milk) – V001	15
Iced Vanilla Matcha Latte (Made with Rude Health Oat Milk) – V001	15

Iced Strawberries & Cream Matcha Latte (Made with Rude Health Oat Milk) – V001	15
SMOOTHIES	16
Dragon Fruit & Blueberry Smoothie – V001	16
Mango, Pineapple & Passionfruit Smoothie – V001	16
Spinach, Banana & Mango Smoothie – V001	16
Caribbean Crush – V001	16
Strawberry and Banana – V001	16
Strawberry, Banana and Beetroot – V001	16
Very Berry – V001	16
SEASONAL DRINK SPECIALS	17
Biscoff® Blondie Hot Chocolate – V001	17
Mango Frozen Lemonade – V001	17
Strawberry Frozen Lemonade – V001	17
Biscoff® Shake – V001	18
Double Chocolate Shake (Made with Whole Milk) – V002	18
Double Chocolate Shake (Made with Rude Health Soya Milk) – V001	18
Double Chocolate Shake (Made with Alpro Soya Milk) – V001	18
Caramel Coffee Shake – V001	19
Strawberry Shortcake Shake (Made with Alpro Soya Milk) – V001	19
SANDWICHES	20
Chicken Club – V001	20
Barbers Mature Cheddar Ploughman's – V001	20
Gammon Ham & Mature Cheddar with Malted Grain Bread (PLATTERS ONLY) – V001	20
Mature Cheddar & Tomato with Malted Grain Bread (PLATTERS ONLY) – V001	20
Smoked Salmon & Cream Cheese Sandwich – V001	20
Simply Egg Mayo – V001	21
Tuna, Red Onion and Rocket with Malted Grain Bread – V001	21
WRAPS	22
Bombay Bhaji Wrap - V001	22
Chicken Caesar Wrap - V001	22
Greek Chicken Wrap - V001	22
Chickpea Falafel & Houmous Wrap - V001	23
Korean Chicken Wrap - V001	23
SOURDOUGH TOASTIES	24
Big Cheese Sourdough Toastie – V001	24
Mushrooms & Swiss Sourdough Toastie – V001	24
Smokin' Rooster Sourdough Toastie – V001	24
Tuna Jalapeño Toastie– V001	25
Ultimate Ham & Cheese Sourdough Toastie – V001	25
FOCACCIA	26
Cubano Focaccia – V001	26
Mozzarella, Tomato and Basil Focaccia – V001	26
SUB ROLLS	27
The Italian Sub Roll – V001	27
The Korean BBQ Chicken Sub Roll– V001	27
RUSTIC WHITE ROLLS	28
Gammon Ham & Mature Cheddar Roll – V001	28
Mature Cheddar & Tomato Roll – V001	28
POTS	29
Mixed Grape Pot – V001	29
Pineapple & Berries – V001	29
Fresh Fruit Pot – V001	29
Passionfruit & Mango Bircher – V001	29

Very Berry Bircher – V001	29
SOHO Berry Granola – V001	29
Peanut Butter, Banana & Cacao Smoothie Bowl – V001	30
Peach Melba Overnight Oats – V001	30
Mango, Ginger & Turmeric Chia Yoghurt – V001	30
Pink Lady Apple Slices & Peanut Butter – V001	30
Trio of Melon – V001	30
MEDIUM SALADS	31
Charred Broccoli & Spicy Beans Salad – V001	31
Roasted Beetroot, Butternut Squash & Feta Salad – V001	31
Salmon Nicoise Salad – V001	31
Slow Cooked Ham Hock, Potato & Egg Salad – V001	31
LARGE SALADS	32
Chicken & Kimchi Noodle Salad - V001	32
Chicken Caesar Salad - V001	32
Paprika Houmous & Chickpea Falafel Mezze Salad - V001	32
Prosciutto Crudo & Basil Pesto Pasta Salad - V001	32
KIDS	33
Chocolate Mousse – V001	33
Jelly Baby Jelly – V001	33
Simply Cheese Sandwich – V001	33
Simply Ham Sandwich – V001	33
TRAYBAKES AND CAKES	34
Carrot Cake Slice – V001	34
Chocolate Caramel Shortcake – V001	34
Salted Caramel Pecan Brownie – V001	34
Signature Espresso Tray Cake – V001	35
Spiced Brioche Teacake (toasted with butter) – V001	35
Lemon & Yuzu Bar – V001	35
COOKIES & BISCUITS	36
Biscuit – Giraffe Gingerbread – V001	36
Biscuit – Flamingo Shortbread – V001	36
MUFFINS	37
Blueberry Muffin – V001	37
Banoffee Muffin – V001	37
Biscoff® SOnut– V001	38
Chocolate & Hazelnut SOnut– V001	38
Raspberry Jam & Custard SOnut– V001	38
PASTRIES	39
Almond Croissant (Old) – V001	39
Almond Croissant (New) – V002	39
Blueberry Danish- V001	39
Chocolate Twist – V001	39
Cinnamon Roll (Without Frosting) – V001	40
Cinnamon Roll (With Cream Cheese Frosting)– V001	40
Cheese Twist – V001	40
Cream Cheese, Mushroom & Onion Danish – V001	40
Croissant (Old) – V001	40
Croissant (New)– V002	40
Forest Fruits Square Danish – V001	41
Pain aux Raisins (Old) – V001	41
Pain aux Raisins (New) – V002	41
Tomato, Basil & Gruyere Danish - V001	41
TOAST & CONDIMENTS	42

HP Brown Sauce – V001	42
Multigrain Bloomer Bread – V001	42
Sourdough Toast – V001	42
Tomato Sauce – V001	42
White Bloomer Bread – V001	42
HOT BREAKFAST	43
Guacamole & Eggs on Toast – V001	43
Guacamole & Tomato on Toast – V001	43
Mushroom & Egg Roll – V001	43
Mushroom, Tomato & Egg Breakfast Wrap – V001	43
Sausage, Bacon & Egg Breakfast Wrap – V001	43
The Big Breakfast Roll – V001	43
The Full SOHO – V001	44
Triple Bacon Roll – V001	44
Triple Bacon & Egg Roll – V001	44
Triple Sausage Roll – V001	44
PORRIDGE	44
Honey and Banana Porridge – V001	44
Peanut Butter and Jam Porridge – V001	44
HOT FLATBREADS	45
The BBQ Pulled Pork – V001	45
The Kickin' Chicken – V001	45
Sizzlin' Sunblush Tomato – V001	45
JACKET POTATOES	46
Cheese and Bacon Jacket Potato – V001	46
Cheese and Beans Jacket Potato – V001	46
Cheese and Slaw Jacket Potato – V001	46
Kickin' Chicken Jacket Potato – V001	46
Tuna Mayo Jacket Potato – V001	46
Vegan Chilli & Veggie Cheese Jacket Potato – V001	47
BBQ Pulled Pork and Cheese Jacket Potato – V001	47
Vegan Chilli & Guac Jacket Potato – V001	47
PLATTERS	48
Chocoholic Box – V001	48
Fruit Platter – V001	48
Hot Breakfast Roll Box (Both sizes) – V001	48
Wrap Selection Platter – V001	48
Meat Sandwich Platter – V001	48
Mixed Muffin Box – V001	48
Pastry Box Platter – V002	48
SOnut Platter Box – V001	48
Veggie Sandwich Platter – V001	49
HOT FOOD ADD-ONS	50
Baked Beans – V001	50
Cheesy Scrambled Egg – V001	50
Streaky Bacon – V001	50
Grated Cheese Mix – V002	50
Guacamole – V001	50
Hash Browns – V001	50
Korean Chicken – V001	50
Salsa – V001	50
Sausage – V001	51
SOHO Best Ever Slaw – V001	51
Tuna Mayo – V001	51
Vegan Chilli – V001	51

ADDITIONAL WIGMORE/BULLRING/THREADNEEDLE	52
STREET JACKET MENU	52
Soho Slaw – V001	52
Spicy Sriracha Slaw – V001	52
Curried Slaw – V001	52
Tomato & Cucumber Salad – V001	52
Zingy Asian Slaw - V001	52
Donkey Sauce – V001	53
FRESH SQUEEZED JUICE	53
Freshly Squeezed Orange Juice – V001	53
THREADNEEDLE STREET CARVERY - BASES	54
Semolina Topped Breakfast Roll – V001	54
Soft Flour Tortilla Wrap – V001	54
Roasted Potatoes – V001	54
Mixed Leaf Salad – V001	54
THREADNEEDLE STREET CARVERY - MEATS	54
Roasted Pork – V001	54
Roasted Turkey – V001	54
Roasted Chicken – V001	54
Roasted Beef – V001	54
THREADNEEDLE STREET CARVERY - SAUCES	55
Honey & Mustard Dressing – V001	55
Donkey Sauce – V001	55
Mayonnaise – V001	55
Tomato Sauce – V001	55
Gravy – V001	55
BBQ Sauce – V001	55
TNS Apple Sauce – V001	56
Horseradish Sauce – V001	56
THREADNEEDLE STREET CARVERY - TOPPINGS	56
Stuffing Mix – V002	56
Jalapenos – V001	56
Soho Slaw – V001	56
Roasted Red Onions – V001	56
Sliced Gherkins – V001	56
Crispy Fried Onions – V001	56
BRADLEY STOKE & YATE LEISURE CENTRE - TIDDLY FRAPPS	57
Strawberry	57
Banana	57
Chocolate	57
White Chocolate	57
BRADLEY STOKE & YATE LEISURE CENTRE - PROTEIN SHAKES	57
Vanilla made with Water	57
Vanilla made with Milk	57
Strawberry made with Water	57
Strawberry made with Milk	58
Chocolate made with Water	58
Chocolate made with Milk	58
Add Oats	58

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% Green Tea (Camellia Sinensis)

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

Pitaya Powder – V001

Pitaya Powder (100%)

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 Strawberry Flavour Syrup – V001

Sugar, Water, Strawberry Juice from Concentrate (10%), Natural Flavouring, Fruit and Vegetable Concentrates: Black Carrot and Elderberry, Acid: Citric Acid

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

Rude Health Almond Milk – V001

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

Suitable for vegetarians & vegans

Rude Health Coconut Milk – V001

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

Suitable for vegetarians & vegans

Rude Health 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**

Rude Health Soya Milk – V001

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

Suitable for vegetarians & vegans

Whole Milk

Pasteurised Cow's **MILK**

Alpro Almond Milk – V001

Water, **ALMOND (NUTS)** (2.3%), Sugar, Calcium (Calcium Carbonate), Sea Salt, Stabilisers (Guar Gum, Gellan Gum), Natural Flavouring, Emulsifier (Lecithins), Vitamins b12, D2, E Potassium Iodide

Suitable for vegetarians & vegans

Alpro Coconut Milk – V001

Water, Coconut Milk (Water, Coconut Cream, Rice, Calcium (Tri-calcium phosphate), Stabilisers (Guar Gum, Gellan Gum, Xanthan Gum), Sea Salt, Flavourings, Vitamins B12, D2

Suitable for vegetarians & vegans

Alpro Soya Milk – V001

Water, Hulled **SOYA** Beans, Sugar, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Natural Flavouring, Potassium Iodide, Vitamins B2, B12, D2

Suitable for vegetarians & vegans

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

Iced Double Chocolate Coconut Mocha (made with Rude Health Milk)– V001

Coconut Milk (71.43%) [Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum], White Chocolate Syrup (8.66%) [Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid], Organic Drinking Chocolate (7.42%) [Cocoa Powder, Natural Sugar], Roasted Coffee Beans (6.93%), Water (5.57%)

Suitable for vegetarians & vegans

Iced Double Chocolate Coconut Mocha (made with Alpro Milk)– V001

Coconut Milk (71.43%) [Water, Coconut Milk (Water, Coconut Cream, Rice, Calcium (Tri-calcium phosphate), Stabilisers (Guar Gum, Gellan Gum, Xanthan Gum), Sea Salt, Flavourings, Vitamins B12, D2], White Chocolate Syrup (8.66%) [Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid], Organic Drinking Chocolate (7.42%) [Cocoa Powder, Natural Sugar], Roasted Coffee Beans (6.93%), Water (5.57%)

Suitable for vegetarians & vegans

Iced Caramel Oat Latte – V001

Oat Milk (87.41%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Salted Caramel Syrup (6.99%) [Sugar, Water, Salt, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid], Roasted Coffee Beans (5.59%)

Suitable for vegetarians & vegans

Iced Hazelnut Almond Latte (made with Rude Health Milk) – V001

ALMOND Milk (88.03%) [Water, gluten free **OATS** (13%), **ALMONDS (NUTS)** (2%), Sunflower Oil, Sea Salt, Gellan Gum], Hazelnut Syrup (7.04%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid], Ground Coffee (4.93%)

Suitable for vegetarians & vegans

Iced Hazelnut Almond Latte (made with Alpro Milk) – V001

ALMOND Milk (88.03%) [Water, **ALMOND (NUTS)** (2.3%), Sugar, Calcium (Calcium Carbonate), Sea Salt, Stabilisers (Guar Gum, Gellan Gum), Natural Flavouring, Emulsifier (Lecithins), Vitamins b12, D2, E Potassium Iodide], Hazelnut Syrup (7.04%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid], Ground Coffee (4.93%)

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

Matcha Latte (Made with Rude Health Oat Milk) – V001

Oat Milk (89.93%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Water (9.43%), Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Vanilla Matcha Latte (Made with Rude Health Oat Milk) – V001

Oat Milk (83.22%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Water (9.43%), Sweetbird Vanilla Syrup (6.71%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Strawberries & Cream Matcha Latte (Made with Rude Health Oat Milk) – V001

Oat Milk (69.7%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Water (19.51%), Sweetbird Strawberry Syrup (5.01%) [Sugar, Water, Strawberry Juice from Concentrate (10%), Natural Flavouring, Fruit and Vegetable Concentrates: Black Carrot and Elderberry, Acid: Citric Acid] Sweetbird Vanilla Syrup (5.01%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.64%) 100% Green Tea (Camellia Sinensis), Pitaya Powder (0.14%) Pitaya Powder

Suitable for vegetarians & vegans

Iced Matcha Latte (Made with Rude Health Oat Milk) – V001

Oat Milk (85.96%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Water (13.15%), Matcha Powder (0.88%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Iced Vanilla Matcha Latte (Made with Rude Health Oat Milk) – V001

Oat Milk (83.22%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Water (9.43%), Sweetbird Vanilla Syrup (6.71%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Iced Strawberries & Cream Matcha Latte (Made with Rude Health Oat Milk) – V001

Oat Milk (69.7%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Water (19.51%), Sweetbird Strawberry Syrup (5.01%) [Sugar, Water, Strawberry Juice from Concentrate (10%), Natural Flavouring, Fruit and Vegetable Concentrates: Black Carrot and Elderberry, Acid: Citric Acid] Sweetbird Vanilla Syrup (5.01%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.64%) 100% Green Tea (Camellia Sinensis), Pitaya Powder (0.14%) Pitaya Powder

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

Mango Frozen Lemonade – V001

Mango (47.24%), Lemonade Syrup (31.5%) [Water, Sugar, Lemon Juice from Concentrate (10%), Acid Citric Acid, Flavourings, Stabiliser: Acacia Gum, Coconut Oil], Frappe Base Syrup (15.75%) [Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring], Lemon Juice (3.94%), Water (0.79%), Mint (0.79%)

Suitable for vegetarians & vegans

Strawberry Frozen Lemonade – V001

Strawberries (64.17%), Lemonade Syrup (21.39%) [Water, Sugar, Lemon Juice from Concentrate (10%), Acid Citric Acid, Flavourings, Stabiliser: Acacia Gum, Coconut Oil], Frappe Base Syrup (10.7%) [Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring], Lemon Juice (2.67%), Water (0.53%), Mint (0.53%)

Suitable for vegetarians & vegans

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 (Made with Whole Milk) – V002

Whole **MILK** (53.68%), Frappe Base Syrup (10.27%) [Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring] Organic Drinking Chocolate (8.81%) [Cocoa Powder, Natural Sugar], Double Cream (**MILK**) (7.71%), 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], Vanilla Syrup (0.26%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

Suitable for vegetarians

Double Chocolate Shake (Made with Rude Health Soya Milk) – V001

SOYA Milk [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

Double Chocolate Shake (Made with Alpro Soya Milk) – V001

SOYA Milk [Water, Hulled **SOYA** Beans, Sugar, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Natural Flavouring, Potassium Iodide, Vitamins B2, B12, D2], 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

Caramel Coffee Shake – V001

Whole **MILK** (55.59%), Frappe Base Syrup (13.16%) [Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring], Double Cream (**MILK**) (9.87%) Caramel Syrup (8.77%) [Sugar, Water, Salt, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid], Toffee Dessert Sauce (8.77%) [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)], Roasted Coffee Beans (3.51%) Vanilla Syrup (0.33%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

Suitable for vegetarians

Strawberry Shortcake Shake (Made with Rude Health Soya Milk) – V001

SOYA Milk [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

Strawberry Shortcake Shake (Made with Alpro Soya Milk) – V001

SOYA Milk [Water, Hulled **SOYA** Beans, Sugar, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Natural Flavouring, Potassium Iodide, Vitamins B2, B12, D2], 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%)

Barbers Mature Cheddar Ploughman's – V001

Malted Grain Bread (46.81%) [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], Red Onion Marmalade (18.62%) [Red Onions (24%), Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Dehydrated Red Onions (6%), Modified Tapioca Starch, Spirit Vinegar, Salt, Ground Black Pepper], Barber's Farmhouse Mature Cheddar (15.96%) [Cheddar Cheese (Cow's **MILK**)] Red Leicester Cheese (10.64%) [Pastuerised Cow's **MILK**, Non-Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti-Caking Agent E535), Starter Culture, Annatto Norbixin], Red Onion (5.32%), Spinach (2.66%)

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]

Smoked Salmon & Cream Cheese Sandwich – V001

Malted Grain Bread (43.35%) [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], Salmon (22.17%) **SALMON** (*Salmo salar*) (**FISH**) (96%), Salt, Sugar, Full Fat Soft Cheese (22.17%) Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch (E1442), Salt (E535), Potassium Sorbate (E202), Culture, Cucumber (9.85%), Dill (2.46%)

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%)

Ham & Free Range Egg – V001

Free Range **EGG** (35.55%), Gammon Ham (31.25%) [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Salad Cream (14.07%) [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 (7.81%), Wholemeal Sourdough Bloomer (6.25%) [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)], Mayonnaise (3.77%) [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 (**MILK**) (1.18%), Cracked Black Pepper (0.12%)

WRAPS

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%)

Greek Chicken Wrap - V001

Flour Tortilla (35.29%) [**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 (21.57%) [Chicken Breast, Salt], Cucumber (10.33%), **SOYA** Yoghurt (8.3%) [**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*)], Tomatoes (7.91%), Greek Feta Cheese (5.93%) [Pasteurised Sheep and Goats **MILK**], Spinach (3.92%), Red Onion (3.16%), Yellow Peppers (2.36%), Lemon Juice (0.41%) [Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)], Mint (0.33%), Garlic Puree (0.24%) [Garlic, Citric Acid], Dried Mixed Herbs (0.19%) Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%), Salt (0.04%), Cracked Black Pepper (0.04%)

Chickpea Falafel & Houmous Wrap - V001

Flour Tortilla (37.5%) [**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)], Chickpea Falafel (20.83%) [Chickpeas (53%), Onion (32%), Rapeseed Oil, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cumin, Garlic Puree (Garlic, Acidity Regulator (Citric Acid)), Salt, Sugar, Kibbled Onion, Rice Starch, Ground Coriander, Coriander Leaf, Parsley, Chilli Powder, Concentrated Lemon Juice, Stabiliser (Methylcellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonates)], Cucumber (15.08%), Houmous (12.5%) [Chickpeas (46%)(Water,Chickpeas),Rapeseed, Oil,Water, Tahini (**SESAME** Seeds)(14%)(**SESAME** Seed Paste),Salt,Garlic Powder,Acidity Regulator(Citric Acid), Concentrated Lemon Juice, Preservative(Potassium Sorbate)], **SOYA** Yoghurt (8.81%) [**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)], Spinach (2.08%), Rocket (2.08%), Lemon Juice (0.44%) [Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)], Mint (0.35%), Garlic Puree (0.25%) [Garlic, Citric Acid], Salt (0.04%), Cracked Black Pepper (0.04%)

Suitable for vegetarians & vegans

Korean Chicken Wrap - V001

Flour Tortilla (41.86%) [**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 (18.27%) [Chicken Breast, Salt], Red Cabbage (9.47%), Gochujang Paste (5.4%) [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 (5.23%) [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 (4.65%), White Cabbage (3.35%), Chinese Cabbage (3.35%) Carrots (3.35%), Honey (1.83%), Ginger (1.19%), White wine vinegar (0.68%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Sriracha Sauce (0.46%) [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 (0.46%) [Garlic, Citric Acid], Vegetable Oil (0.41%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Salt (0.04%)

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%)

Tuna Jalapeño Toastie– V001

Sourdough (45.45%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Tuna (**FISH**) (20.45%) [Tuna (**FISH**), Water, Salt, Stabiliser (Xanthan Gum)], Jalapeños (9.09%) [Jalapeños, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride] Mature Cheddar (**MILK**) (9.09%), Red Onion (9.09%), Mayonnaise (6.82%) [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)]

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 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

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%)

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 (**SULPHITES**), Sunflower Oil), Mango Puree (1.3%)

Suitable for vegetarians & vegans

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 (**SULPHITES**), Sunflower Oil), Lemon Juice (0.76%) (Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITES**))

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

Blueberry Chia Yoghurt – V001

Greek Style Yoghurt (**MILK**) (66.52%), Blueberries (15.21%), Coconut Milk (14.2%) [Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum], Chia Seeds (1.89%) [Black Sachia Chia Seed (100%)], Icing Sugar (1.7%) [Icing Sugar, Maize Starch], Honey (0.48%)

Suitable for vegetarians

Peanut Butter, Banana & Cacao Smoothie Bowl – V001

OAT Milk (32.34%) [Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum], Banana (28.95%), **PEANUT** Butter (17.33%) [Argentinian Hi-Oleic **PEANUTS (NUTS)**, Sea Salt], Organic Gluten Free Porridge **OATS** (12.36%), Banana Chips (6.35%) [Bananas (76%), Coconut Oil, Refined Cane Sugar, Banana Flavour], Fat Reduced Cocoa Powder (1.61%), Organic Cacao Nibs (1.06%) [Cocoa Beans]

Suitable for vegetarians & vegans

Peach Melba Overnight Oats – V001

Peach Slices (24.97%) Peach Slices, Grape Juice from Concentrate, Citric acid, **SOYA** Milk (19.8%) [Water, Organic Soybean (**SOYA**) (13%), Organic Rice syrup, Sea Salt], **SOYA** Yoghurt (16.36%) [**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 Porridge **OATS** (12.27%), Raspberries (8.74%), Sweetbird Vanilla Syrup (7.6%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Apple Juice (6.82%) (from concentrate), Red Apple (2.08%), Icing Sugar (1.25%) [Icing Sugar, Maize Starch], Freeze Dried Raspberries (0.12%)

Suitable for vegetarians & vegans

Mango, Ginger & Turmeric Chia Yoghurt – V001

Greek Style Yoghurt (**MILK**) (55.21%), Coconut Milk (12.78%) [Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum], Mango (12.42%), Pineapple (9.94%), Crystallised Stem Ginger (2.48%) [Stem Ginger, Sugar], Honey (2.28%), Ginger (1.85%), Chia Seeds (1.7%) [Black Sachia Chia Seed (100%)], Turmeric (0.72%), Desiccated Coconut (0.5%) [Desiccated Coconut (99%), Preservative (Sodium Metabisulphite (**SULPHITES**))], Freeze Dried Raspberries (0.12%)

Suitable for vegetarians

Pink Lady Apple Slices & Peanut Butter – V001

Pink Lady Apple (62.49%), **PEANUT** Butter (35.71%) [Argentinian Hi-Oleic **PEANUTS (NUTS)**, Sea Salt], Lemon Juice (1.8%) [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (**SULPHITE**)]

Suitable for vegetarians & vegans

Trio of Melon – V001

Watermelon (32.85%), Melon Cantaloupe (32.85%), Honeydew Melon (32.85%), Mint (1.46%)

Suitable for vegetarians & vegans

MEDIUM SALADS

Charred Broccoli & Spicy Beans Salad – V001

Broccoli (29.45%), Chickpeas (19.09%) [Chickpeas, Water, Ascorbic Acid], Five Bean Mix (19.09%) [Cannellini Beans, Red Kidney Beans, Chickpeas, Borlotti Beans, Butter Beans], Water, Ascorbic Acid], Edamame **SOY** Beans (10.91%), Tomato Sauce (9.82%) [Sun-Ripened Tomatoes (48.5%), Puree of Sun Ripened Tomatoes (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herb and Spices (Black Pepper, Basil, Oregano), Garlic, Acid (Citric Acid), Firming Agent (Calcium Chloride)], Spicy Tomato & Onion Chutney (6.55%) [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], Vegetable Oil (2.95%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)], Flaked **ALMONDS (NUTS)** (1.82%), Salt (0.16%), Black Pepper (0.16%)

Suitable for vegetarians & vegans

Roasted Beetroot, Butternut Squash & Feta Salad – V001

Beetroot (28%), Butternut Squash (27.65%), Greek Feta Cheese (12%) [Pasteurised Sheep and Goats **MILK**], Balsamic Vinegar (12%) [Wine Vinegar, Concentrated Grape Must, **SULPHITE** Ammonia Caramel], Balsamic Glaze (8%) [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)] Orange Juice from Concentrate (5.4%), Cold Pressed Rapeseed Oil (2.16%), Rocket (2%), Super Seeds Mix (2%) [Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil], Garlic Puree (0.58%) [Garlic, Citric Acid], Salt (0.14%), Cracked Black Pepper (0.07%)

Suitable for vegetarians

Salmon Nicoise Salad – V001

New Potatoes (26.76%) Potato, Water, Citric Acid, Ascorbic acid, Salmon (21.08%) Salmon (**FISH**) (*Salmo salar*), Water, Salt, Green Beans (12.04%) Cold Pressed Rapeseed Oil (10.97%), Tomatoes (8.03%), Lemon Juice (6.27%) [Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)], Spinach (6.02%), Black Olives (3.21%) [Pitted Black Olives, Water, Salt, Stabiliser (Ferrous Gluconate)], Cotswold Gold Rapeseed Oil (2.68%), Parsley (1.07%), Lemon Juice (0.6%), Parsley (0.56%), Salt (0.48%), Black Pepper (0.13%), Cracked Black Pepper (0.09%)

Slow Cooked Ham Hock, Potato & Egg Salad – V001

New Potatoes (36.14%) Potato, Water, Citric Acid, Ascorbic acid, Mayonnaise (19.68%) [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], Free Range **EGG** (16.06%), Ham Hock (12.05%) [Pork (87%), Water, Salt, Antioxidant (E301), Preservatives: Sodium Nitrate (E250), Potassium Nitrate (E252), Cos Lettuce (12.05%), Wholegrain Mustard (2.41%) Water, **MUSTARD** Seed (30%), White Wine Vinegar, Glucose-Fructose Syrup, **MUSTARD** Flour (4%), Salt, Acidity Regulator (Acetic Acid), Cinnamon, Pimento, Turmeric, Parsley (0.8%), Salt (0.4%), Black Pepper (0.4%)

LARGE SALADS

Chicken & Kimchi Noodle Salad - V001

Chicken Breast (29.32%) Chicken Breast (98%), Maize Starch, Salt, Dextrose, Sugar, Stabilizer (Sodium Tripolyphosphate), Chinese Cabbage (19.19%), Noodles (15.24%) [**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)], Teriyaki Sauce (9.77%) [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)], Red Onion (7.05%), Carrots (5.64%), Spring Onion (4.45%), Gochujang Paste (3.39%) [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], Coriander (2.06%), Garlic Puree (1.13%) [Garlic, Citric Acid], IQF Ginger Puree (1 x 10kg) (1.13%) Ginger, **SESAME** Seeds (0.65%), Nigella Seeds (0.65%), Lime (0.33%)

Chicken Caesar Salad - V001

Cos Lettuce (37.09%), Chicken Breast (26.71%) Chicken Breast (98%), Maize Starch, Salt, Dextrose, Sugar, Stabilizer (Sodium Tripolyphosphate), Sourdough (14.82%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Caesar Dressing (8.9%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, **EGG** Yolk, Cheese (**MILK**), Salt, Garlic Powder, Lemon Concentrate, Garlic Puree, Cheddar Cheese Powder (**MILK**), Xanthan gum, Cracked Black Pepper, Potassium Sorbate, Onion Powder, Garlic Powder, White Pepper, Clove, Rocket (5.34%), Vegetarian Parmesan (2.97%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Cold Pressed Rapeseed Oil (2.67%), Garlic Puree (0.89%) [Garlic, Citric Acid], Chives (0.59%), Vegetable Oil (0.02%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

Paprika Houmous & Chickpea Falafel Mezze Salad - V001

Water (19.05%), Couscous (11.43%) durum **WHEAT** semolina, Houmous (11.11%) [Chickpeas (46%)(Water,Chickpeas),Rapeseed Oil,Water,Tahini (**SESAME** Seeds) (14%)(**SESAME** Seed Paste),Salt, Garlic Powder,Acidity Regulator(Citric Acid), Concentrated Lemon Juice, Preservative(Potassium Sorbate)], 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

Prosciutto Crudo & Basil Pesto Pasta Salad - V001

Farfalle Pasta (47.51%) [Durum **WHEAT** Semolina], Green Pesto (18.77%) Basil Puree (Basil Leaf, Sunflower Oil, Salt, Ascorbic Acid) (80.231%) Prosociano Grated (Vegan) (Water, Modified Potato Starch, Coconut Oil, Maize Starch, Rice Starch, Potato Starch, Sea Salt, Rice Protein, Olive Leaf Extract, Flavouring, Vitamin B12), Rapeseed Oil, Garlic Puree, Acidity Regulator: Citric Acid, Tomatoes (17.6%), Mozzarella Cheese (**MILK**) (8.8%), Prosciutto (4.11%) [Pork leg, salt, Preservative: E252], Cold Pressed Rapeseed Oil (2.93%), Basil (0.29%)

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 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

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 (carotenoids)), double cream (**MILK**), rapeseed oil, polenta (maize), tapioca starch, yuzu juice 2%, lemon juice 1.5%, thickener (xanthan gum)

Suitable for vegetarians

Raspberry Ripple Tray Cake – V001

Sugar, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Whole **EGG**, Rapeseed Oil, Water, Butter (**MILK**), Raspberry Jam (6%) (Sugar, Water, Raspberry Purée, Acid (Citric Acid), Gelling Agent (Pectin), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate), Natural Flavouring), Lemon Flavour Curd (2%) (Glucose-Fructose Syrup, Sugar, Water, Margarine (Palm Oil, Rapeseed Oil, Water, Palm Stearin), Cornflour, Acidity Regulators (Citric Acid, Trisodium Citrate), Dried Whole **EGG**, Gelling Agent (Pectin), Colours (Lutein, Curcumin), Natural Flavouring), Humectant (Glycerol), Potato Starch, **WHEAT** Gluten, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Lemon Juice, Whey Powder (**MILK**), Salt, Colour (Carmine), Freeze-dried Raspberries, Acidity Regulators (Citric Acid)

Suitable for vegetarians

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 – Flamingo Shortbread – V001

WHEAT flour (**WHEAT** flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable oils (Palm, Rapeseed), Water, Glucose syrup, Salt, **EGG** white (**EGG**) powder, Colours (E160a, E162, E153), Flavouring, Stabilisers (E466, E412), Acidity regulator (E330)

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

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 (Old) – 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% (sliced **ALMONDS**), salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicelluloses, ascorbic acid)

Suitable for vegetarians

Almond Croissant (New) – V002

WHEAT Flour (**WHEAT GLUTEN**, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented **WHEAT** Flour), Caster Sugar, **ALMOND (NUTS)**, Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Acid (Citric Acid), Emulsifier (Mono- and Diglycerides of Fatty Acids), Antioxidant (Tocopherolrich Extract, Ascorbyl Palmitate), Flavouring, Colour (Beta Carotene)), Ground Almonds (**NUTS**), Flour (**WHEAT** Flour), Creme Patisserie (Sugar, Modified Starch, Whey (**MILK**) Powder, Skimmed **MILK** Powder, Dextrose, Vegetable Oil, Vegetable Fat, Stabilizer, Starch, Thickener, Lactose (**MILK**), **MILK** Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Color), Whole **EGG (EGG**, Acidity Regulator(E330), Preservatives(E202)), Raftsnow (Sugar, **WHEAT** Starch, Vegetable Fat(Palm)), Baker's Yeast, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono-and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids (E472e)), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes, Salt, **ALMOND (NUTS)** Flavour (Water, Vegetable Oil, Xanthan **WHEAT** Gum, Citric Acid, Potassium Sorbate)

Suitable for vegetarians

Blueberry Danish- V001

[**WHEAT** Flour (**WHEAT GLUTEN**, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented **WHEAT** Flour), Glaze (Water, Sugar, Glucose-Fructose Syrup, Pectin, Citric Acid, Potassium Citrate, Calcium Citrate, Potassium Sorbate, Natural Flavour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (**WHEAT**, Maize), Starch, Water), Caster Sugar, Creme Patisserie (Sugar, Modified Starch, Whey (**MILK**) Powder, Skimmed **MILK** Powder, Dextrose, Vegetable Oil, Vegetable Fat, Stabilizer, Starch, Thickner, Lactose (**MILK**), **MILK** Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Color), Blueberries, Vegan Cream (Water, Fully Hydrogenated Palm Kernel Oil, Sugar, Stabiliser (Sorbitol Syrup, Gellan Gum), Emulsifier (Polysorbate 60, Sorbitan Monostearate, Mono-and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate, **SOYA** Lecithin), Flavouring, Acidity Regulator (Trisodium Citrate, Disodium Phosphate), Salt, Colour (Plant Carotenes)) (**SOYBEAN (SOYA)**), Baker's Yeast, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids (E472e)), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes, Salt

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

Cinnamon Roll (Without Frosting) – V001

WHEAT Flour (**WHEAT, GLUTEN**, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Light Brown Sugar (Sugar and Cane Molasses), Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented **WHEAT** Flour), Caster Sugar, Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (**WHEAT**, Maize), Starch, Water), Baker's Yeast, **WHEAT** Flour (**GLUTEN**, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono-and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids (E472e)), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes), Salt, Ground Cinnamon

Suitable for vegetarians

Cinnamon Roll (With Cream Cheese Frosting)– V001

Cinnamon Roll (75.61%) **WHEAT** Flour (**WHEAT, GLUTEN**, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Light Brown Sugar (Sugar and Cane Molasses), Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented **WHEAT** Flour), Caster Sugar, Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (**WHEAT**, Maize), Starch, Water), Baker's Yeast, **WHEAT** Flour (**GLUTEN**, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono-and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids (E472e)), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes), Salt, Ground Cinnamon, Cream Cheese Frosting (24.39%) Sugar, Vegetable Oils, Water, Humectant, Glycerol, Cream Cheese Powder (**MILK**), Skimmed **MILK** Powder, Fully Hydrogenated Vegetable Fat, Modified Starch, Emulsifiers, Mono- and diglycerides of fatty acids, Polysorbate 60, Flavouring (**MILK**), Preservative (Potassium Sorbate), Acidity Regulator (Disodium Phosphate), Colour (Lutein)

Suitable for vegetarians

Cheese Twist – V001

Cheese Straw (100%) **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**) (**MILK**), Water, Cheddar Cheese (**Milk**) (**MILK**), Parmesan (**Milk**) Cheese (**Milk**) (**MILK**), **EGGS**, Salt, Herb de Provence (Thyme, Marjoram, Rosemary, Oregano, Basil & Tarragon)

Cream Cheese, Mushroom & Onion Danish – V001

Cream Cheese, Mushroom & Onion Savoury Danish (100%) **WHEAT** Flour (**WHEAT** flour, calcium carbonate, Iron, Niacin, Thiamin), Butter(**MILK**), Mushrooms (11%), Water, **MILK**, Onion (7%), Cream Cheese (**MILK**) 7%), Caster Sugar, **EGGS**, Gruyere (**MILK**), Herbs of Provence (Winter Thyme, Marjoram, Rosemary, Oregano, Basil, Savoury, Tarragon), Yeast, Salt

Suitable for vegetarians

Croissant (Old) – 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

Croissant (New)– V002

WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamine), Pasteurised Whole **MILK** (100% **MILK**), Double Cream(100% Cream) (**MILK**), Flour (**WHEAT** Flour), Caster Sugar, Laminated Sheet (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono- and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Citric Acid), Colour (Beta Carotene), Fermented **WHEAT** Flour), Glaze (Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (**WHEAT**, Maize), Starch, Water), Baker's Yeast, Salt

Suitable for vegetarians

Forest Fruits Square Danish – V001

WHEAT Flour (**WHEAT GLUTEN**, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet [Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono - and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented **WHEAT** Flour], Creme Patisserie (Sugar, Modified Starch, Whey (**Milk**) Powder, Skimmed **MILK** Powder, Dextrose, Vegetable Oil, Vegetable Fat, Stabiliser, Starch, Thickener, Lactose (**MILK**), **MILK** Protein, Glucose Syrup, Red Currant, Blackberry, Raspberry, Blueberries, Caster Sugar, Glaze (Water, Sugar, Glucose-Fructose Syrup, Pectin, Citric Acid, Potassium Citrate, Calcium Citrate, Potassium Sorbate, Natural Flavour), Glaze [Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (**WHEAT**, Maize), Starch, Water], Baker's Yeast **WHEAT** Flour (**GLUTEN**, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono-and Diglycerides of Fatty Acids (E472E), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes), Salt, Raspberry Flavour (Sugar, Raspberry, Glucose-Fructose Syrup, Citric Acid, Trisodium Citrate, Acetylated Distarch Adiphate)

Suitable for vegetarians

Pain aux Raisins (Old) – 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

Pain aux Raisins (New) – V002

WHEAT Flour (**WHEAT GLUTEN**, Calcium Carbonate, Niacin, Iron, Thiamine), Water, Laminated Sheet [Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Sunflower Lecithin, Mono - and Diglycerides of Fatty Acids), Salt, Flavouring, Antioxidant (Ascorbyl Palmitate, Tocopherol-Rich Extract), Preservative (Potassium Sorbate), Acid (Citric Acid), Colour (Beta Carotene), Fermented **WHEAT** Flour], Creme Patisserie (Sugar, Modified Starch, Whey (**Milk**) Powder, Skimmed **MILK** Powder, Dextrose, Vegetable Oil, Vegetable Fat, Stabiliser, Starch, Thickener, Lactose (**MILK**), **MILK** Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Colour), Caster Sugar, Sultanas (Turkish Sultanas, Vegetable Oil), Glaze (Water, Sugar, Glucose-Fructose Syrup, Pectin, Citric Acid, Potassium Citrate, Calcium Citrate, Potassium Sorbate, Natural Flavour), Glaze [Vegetable Protein, Rapeseed Oil, Maltodextrin, Dextrose (**WHEAT**, Maize), Starch, Water], Currants (Currants, Sunflower Oil), Baker's Yeast, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Nicotinamide, Thiamine), Dextrose, Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono-and Diglycerides of Fatty Acids (E472E), Flour Treatment Agent (Ascorbic Acid (E300)), Rapeseed Oil, Enzymes), Salt

Suitable for vegetarians

Tomato, Basil & Gruyere Danish - V001

Tomato, Basil & Gruyere Savoury Danish (100%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**), Tomato (12%), Water, Gruyere Cheese (4%) (**MILK**), Caster Sugar, **EGGS**, Herbs of Provence (Winter Thyme, Marjoram, Rosemary, Oregano, Basil, Savoury, Tarragon), Basil (1.6%), Salt, Yeast

Suitable for vegetarians

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 & Veggie 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, Korean Chicken 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 – V002

See individual products in allergen pack: Chocolate Twist, Croissant (new), Pain aux Raisins (new), Almond Croissant (new)

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, Barbers Mature Cheddar Ploughmans 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 – V002

Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - 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

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 & vegan

BRADLEY STOKE & YATE LEISURE CENTRE - TIDDLY FRAPPS

Strawbery

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

Chocolate

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

White Chocolate

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%)

