

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.

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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

Pitaya Powder – V001

Pitaya Powder (100%)

Organic Drinking Chocolate – V001

Cocoa Powder, Sugar

Suitable for vegetarians & vegans

Strawberry Topping Sauce – V001

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

Suitable for vegetarians & vegans

Vegan Whipped Cream – V001

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

Suitable for vegetarians & vegans

Whipped Cream – V001

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

Suitable for vegetarians

SWEETBIRD SYRUPS

(all suitable for vegetarians & vegans)

Sweetbird Butterscotch Syrup – V001

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

Sweetbird Caramel Flavour Syrup – V001

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

Sweetbird Frapp Syrup – V001

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

Sweetbird Hazelnut Syrup – V001

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

Sweetbird Sugar Free Caramel Flavour Syrup – V001

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

Sweetbird Sugar Free Vanilla Flavour Syrup – V001

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

Sweetbird 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

Almond Milk – V001

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

Suitable for vegetarians & vegans

Coconut Milk – V001

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

Suitable for vegetarians & vegans

Oat Milk – V001

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

Suitable for vegetarians & vegans

Semi-Skimmed Milk

Pasteurised Cow's **MILK**

Skimmed Milk

Pasteurised Cow's **MILK**

Soya Milk – V001

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

Suitable for vegetarians & vegans

Whole Milk

Pasteurised Cow's **MILK**

ICED COFFEE

Iced Latte – V001

MILK, Ice Cubes, Espresso Coffee

Suitable for vegetarians

Iced Mocha – V001

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

Suitable for vegetarians

Long Black – V001

Ice Cubes, Espresso Coffee, Water

Suitable for vegetarians & vegans

Iced Double Chocolate Coconut Mocha – 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 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 – 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

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 – 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 – 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 – 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 – 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 – 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 – 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

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 (Allergen update - 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

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 – V001

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

Suitable for vegetarians & vegans

SANDWICHES

Chicken Club – V001

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

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%) [Pasteurised 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]

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%)

WRAPS

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%)

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

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%) [Cooked Chickpeas, Rapeseed Oil, Water, Tahini (**SESAME SEED** Paste), Salt, Garlic Granules, Acidity Regulator: Citric Acid. 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

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%)

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

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

Passion Fruit & Mango Bircher – V001

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

Suitable for vegetarians & vegans

SOHO Berry Granola – V001

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

Suitable for vegetarians

Very Berry Bircher – V001

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

Suitable for vegetarians & vegans

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

Suitable for vegetarians & vegans

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%)

MEDIUM SALAD POTS

Harissa Butternut, Cauliflower & Feta Salad – V001

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

Suitable for vegetarians

Pesto Parmesan Pasta – V001

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

Suitable for vegetarians

Sticky Chilli Chicken Noodles – V001

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

LARGE SALAD POTS

British Red Cabbage & Beetroot Falafel Salad Bowl - V001

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

Suitable for vegetarians

Harissa Roasted Veg Mezze - V001

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

Suitable for vegetarians & vegans

Korean BBQ Chicken - V001

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

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

Raspberry White Chocolate Blondie – V001

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

Suitable for vegetarians

Lemon Yuzu Bar – V001

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

Suitable for vegetarians

Courgette, Lime, Pistachio and Coconut Cake – V001

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

Suitable for vegetarians

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

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

SAVOURY CROISSANTS

Cheese & Tomato Croissant – V001

Croissant (52.63%) (**WHEAT** flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), Tomatoes (23.98%), Bechamel Sauce (11.7%) (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Swiss Cheese (11.7%) (**MILK**))

Cheese & Bacon Croissant – V001

Croissant (64.29%) (**WHEAT** flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents, (alpha-amylases, hemicellulases, ascorbic acid), Bechamel Sauce (14.29%) (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Swiss Cheese (14.29%) (**MILK**), Streaky Bacon (7.14%) Streaky Bacon (7.14%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar)

Ham & Cheese Croissant – V001

Croissant (58.06%) (**WHEAT** flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), Gammon Ham (16.13%) (Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)), Bechamel Sauce (12.9%) (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322), Emmental Swiss Cheese (12.9%) (**MILK**))

Mushroom & Cheese Croissant – V001

Croissant (58.82%) (**WHEAT** flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid) Mushrooms (13.73%) Bechamel Sauce (13.07%) (Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter (**MILK**), Whey (**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322) Swiss Cheese (13.07%) (**MILK**) Cold Pressed Rapeseed Oil (0.65%)

Suitable for vegetarians

PASTIES

Pork Sausage Roll – V001

British Pork Sausage Roll (100%) (Pork (31%), **WHEAT** flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine), water, vegetable fat (RSPO palm oil, rapeseed oil, water, salt, lemon juice concentrate), onion, rusk (**WHEAT** flour, salt, Raising Agent : E503), Butter (**MILK**), dried mixed herbs, whole pasteurised free range **EGG**, salt, sage)

Bacon & Cheddar Bake – V001

Bacon & Mature Cheddar Savoury (100%) (Extra Mature Cheddar Cheese (**MILK**) (30%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Smoked Bacon (15%), vegetable fat (Rapeseed oil, Palm Oil, Water, Salt, Lemon Juice), Onions, Butter (**MILK**), Glaze (Water, Vegetable Protein (Pea), Dextrose), Mixed Herbs, Salt)

BAGUETTES

Cheese & Coleslaw on White Baguette – V001

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

Suitable for vegetarians

Chicken & Bacon on White Baguette – V001

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

Egg, Spinach and Tomato on White Baguette – V001

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

Suitable for vegetarians

Ham & Mature Cheddar on White Baguette – V001

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

Posh Cheese & Tomato on White Baguette – V001

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

Suitable for vegetarians

Tuna Mayonnaise & Cucumber on White Baguette – V001

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

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

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

HOT BREAKFAST

The Big Breakfast Roll – V001

Smoked Rindless Back Bacon (27.32%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (21.86%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** malt, rice, hops), **WHEAT** Sourdough (Fermented **WHEAT** flour, water), **WHEAT** Semolina, Olive oil, Palm Oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt flour, **SOYA** Flour, Flour treatment agent (Ascorbic acid), Lincolnshire Sausage (19.13%) 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 Poached **EGG** (16.67%) (**EGG**, Sunflower Oil), Hashbrown (15.03%) (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper)

Mushroom & Egg Roll – V001

Breakfast Roll (35.4%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** malt, rice, hops), **WHEAT** Sourdough (Fermented **WHEAT** flour, water), **WHEAT** Semolina, Olive oil, Palm Oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt flour, **SOYA** Flour, Flour treatment agent (Ascorbic acid), Mushrooms (33.19%), Free Range Poached **EGG** (26.99%) (**EGG**, Sunflower Oil), Cold Pressed Rapeseed Oil (4.42%)

Suitable for vegetarians

Triple Bacon & Egg Roll – V001

Smoked Rindless Back Bacon (50%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (28.37%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** malt, rice, hops), **WHEAT** Sourdough (Fermented **WHEAT** flour, water), **WHEAT** Semolina, Olive oil, Palm Oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt flour, **SOYA** Flour, Flour treatment agent (Ascorbic acid), Free Range Poached **EGG** (21.63%) (**EGG**, Sunflower Oil)

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, Palm Oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt flour, **SOYA** Flour, Flour treatment agent (Ascorbic acid)

Triple Banger 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, Palm Oil, Yeast, Sugar, Salt, Inverted sugar syrup, **WHEAT** Malt flour, **SOYA** Flour, Flour treatment agent (Ascorbic acid)

PORRIDGE

Semi Skimmed Milk Porridge – V001

Semi Skimmed **MILK** (86.44%), Gluten Free **OATS** (13.56%)

Whole Milk Porridge – V001

Whole **MILK** (86.44%) Gluten Free **OATS** (13.56%)

Suitable for vegetarians

Coconut Porridge – V001

Coconut Milk (86.44%) Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum, Gluten Free **OATS** (13.56%)

Suitable for vegetarians and vegans

PORRIDGE TOPPINGS

Honey and Banana – V001

Bananas, Honey

Suitable for vegetarians

Peanut Butter and Jam – V001

Raspberry Jam (85.71%) (Raspberries, Cane Sugar, Lemons), Peanut Butter (Roasted **PEANUTS**) (14.29%)

Suitable for vegetarians and vegans

RICE POTS

Thai Green Chicken Curry & Rice – V001

Thai Green Curry (45.15%) (Shredded Chicken (Chicken, Water, Salt), Thai Style Green Curry Paste [Onion, Rapeseed Oil, Spinach, Coriander, Garlic Purée, Lemongrass, Green Chilli Purée, Basil, Galangal, Lime Leaves, Salt, Coriander Seeds, Black Pepper, Chilli Powder, Cumin Seeds], Creamed Coconut (Nuts) (12%), Sweet Potato, Red Pepper, Baby Corn, Diced Carrot, Onion, Water, **FISH** Sauce (Anchovy (**FISH**) (**FISH**), Salt, Sugar), Palm Sugar (Sugar, Palm Sugar, Glucose Syrup), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat) White Rice (40.63%) grated carrots (6.77%) Edamame **SOY** Beans (6.77%) Red Chilli (0.68%)

Vegan Chilli, Guac & Rice – V001

Vegan Chilli (45.15%) (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), Rice (40.63%) White rice, Guacamole (13.54%) (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 (0.68%)

Suitable for vegetarians and vegans

JACKET POTATOES

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

Thai Green Chicken Curry Jacket Potato – V001

Potato (69.64%), Thai Green Curry (27.86%) (Shredded Chicken (Chicken, Water, Salt), Thai Style Green Curry Paste [Onion, Rapeseed Oil, Spinach, Coriander, Garlic Purée, Lemongrass, Green Chilli Purée, Basil, Galangal, Lime Leaves, Salt, Coriander Seeds, Black Pepper, Chilli Powder, Cumin Seeds], Creamed Coconut (Nuts) (12%), Sweet Potato, Red Pepper, Baby Corn, Diced Carrot, Onion, Water, **FISH** Sauce (Anchovy (**FISH**) (**FISH**), Salt, Sugar), Palm Sugar (Sugar, Palm Sugar, Glucose Syrup), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat), Butter (**MILK**) (2.09%), Red Chilli (0.42%)

Vegan Chilli & Veggie Cheese Jacket Potato – V001

Potato (67.75%), Vegan Chilli (27.1%) (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%)

Suitable for vegetarians

Vegan Chilli & Guac Jacket Potato – V001

Potato (67.75%), Vegan Chilli (27.1%) (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%)

Suitable for vegetarians and vegans

PIES

Pieminister Steak & Ale Pie – V001

British Beef (28%), **WHEAT** Flour (**WHEAT**, Calcium, Niacin, Iron, Thiamine), Onion, Craft Ale (9%) (**WHEAT & BARLEY**), Water, Identity Preserved Palm Oil*, Carrot, Modified Corn Starch, Tomato Puree, Worcester Sauce (Water, Spirit Vinegar, Cane Molasses, Tamarind Paste, Salt, Onion Powder, Cayenne Powder, Garlic Powder, Clove Powder), Salt, **WHEAT** Maltodextrin, Garlic, Herbs, Dijon **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt), **BARLEY** Malt Extract, Yeast Extract Powder, **WHEAT** Protein, Green Peppercorn, Glavouring, Leek Powder, Mushroom Powder, Caramelised Sugar Powder, Black Pepper, Butter (**MILK**)

Pieminister Goats Cheese & Sweet Potato Pie – V001

Sweet Potato (31%), **WHEAT** Flour (**WHEAT**, Calcium, Niacin, Iron, Thiamine), Goats' Cheese (**MILK**) (11%), Identity Preserved Palm Oil*, Red Onion (7%), Water, Spinach (5%), Garlic, Modified Corn Starch, Demerara Sugar, Salt, **SESAME** Seed, Rapeseed Oil, Basil, Tapioca Starch, **WHEAT** Protein, Black Pepper, Crushed Chilli, White Wine Vinegar, Raising Agent (Sodium Bicarbonate).

Suitable for vegetarians

Pieminister Chicken & Ham Pie – V001

WHEAT Flour (**WHEAT**, Calcium, Niacin, Iron, Thiamine), British Free Range Chicken (18%), Water, Identity Preserved Palm Oil, Leek (6%), Double Cream (**MILK**), Ham (5%) (British Free Range Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrate, Potassium Nitrate)), Onion, Cheddar Cheese (**MILK**), White Wine, Modified Corn Starch, Garlic, Vegetable Fibre, Salt, Butter (**MILK**), Wholegrain **MUSTARD** (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt, White Wine Vinegar, Sugar, Spices), **WHEAT** Maltodextrin, Yeast, **WHEAT** Protein, Potato Starch, Black Pepper, Flavouring, Sugar, Thyme.

Pieminister Gravy – V001

Water, Concentrated Gravy Paste (7%) (Yeast Extract (Yeast Extract, Salt), Vegetable Oil, (Rapeseed Oil and Sunflower Oil In Variable Proportions), Water, Onion Extract, Toasted Onion Powder, Maize Starch, Tomato Puree, Gluten-Free **BARLEY** Malt Extract, Onion Concentrate, Natural Caramel, Kelp Powder, Ground Pimento, Ground Black Pepper, Modified Maize Starch, Red Currant Jam (Sugar, Redcurrant Juice Concentrate, Water, Lemon Juice Concentrate, Gelling Agent (Pectin), Natural Flavouring), Vegetable Oil, (Rapeseed Oil and Sunflower Oil In Variable Proportions), Balsamic Vinegar, Gluten-free **BARLEY** Malt Extract, Onion

Suitable for vegetarians & vegans

Pieminister Mashed Potato – V001

Potato (73%), Whey Permeate (**MILK**), Cream (**MILK**) (8.8%), Skimmed **MILK**, Salt, Spice, Pepper Extract.

Suitable for vegetarians

PLATTERS

Chocoholic Box – V001

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

Strawberries (100%)

Suitable for vegetarians

Fruit Platter – V001

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

Suitable for vegetarians and vegans

Hot Breakfast Roll Box (Both sizes) – V001

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

Wrap Selection Platter – V001

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

NOT Suitable for vegetarians

Meat Sandwich Platter – V001

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

Cherry tomatoes (100%)

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, Classic Cheddar and spring Onion sandwich

Cherry tomatoes (100%)

Suitable for vegetarians

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

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**)), Thickeners (Modified Starch)], Dried Oregano (0.24%) Oregano