

SOHO

— SINCE 1999 —

COFFEE

ALLERGENS INFORMATION PACK

Allergen Pack 2025

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

SUPPLY CHAIN

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

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

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

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

USING THE DECLARATION PACK

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

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

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

SYMBOL KEY



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



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

CONTENTS

HOT DRINK INGREDIENTS	9
Biscoff® Crumb	9
Biscoff® Topping Sauce	9
Cadbury Drinking Chocolate	9
Chocolate Topping Sauce.....	9
Cinnamon Powder.....	9
Coffee	9
Digestive Biscuit	9
Gold Hot Chocolate Powder.....	9
Marshmallows (Princes Pink & White).....	9
Matcha Powder.....	10
Mumbai Chai.....	10
Organic Drinking Chocolate	10
Pitaya Powder	10
Strawberry Topping Sauce.....	10
Whipped Cream	10
SWEETBIRD SYRUPS	10
Sweetbird Butterscotch Syrup.....	10
Sweetbird Caramel Flavour Syrup	10
Sweetbird Frapp Syrup	11
Sweetbird Hazelnut Syrup	11
Sweetbird Sugar Free Caramel Flavour Syrup.....	11
Sweetbird Sugar Free Vanilla Flavour Syrup	11
Sweetbird Strawberry Flavour Syrup	11
Sweetbird Vanilla Flavour Syrup	11
Sweetbird White Chocolate Syrup	11
MILKS & ALTERNATIVE MILKS	11
Rude Health Almond Milk	11
Rude Health Coconut Milk.....	12
Rude Health Oat Milk	12
Semi-Skimmed Milk.....	12
Skimmed Milk.....	12
Rude Health Soya Milk	12
Whole Milk	12
Alpro Almond Milk.....	12
Alpro Coconut Milk.....	12
ICED COFFEE	13
Iced Latte.....	13
Iced Mocha.....	13
Long Black.....	13
SPECIALITY DRINKS	13
Mumbai Railway Chai	13
Oat Matcha Latte (Made with Rude Health Milk)	13
Vanilla Oat Matcha Latte (Made with Rude Health Milk).....	13
Iced Oat Matcha Latte (Made with Rude Health Milk)	13
Iced Vanilla Oat Matcha Latte (Made with Rude Health Milk).....	13
Strawberries & Cream Oat Matcha Latte (Made with Rude Health Milk)	14
Iced Strawberries & Cream Oat Matcha Latte (Made with Rude Health Milk).....	14
SMOOTHIES	14
Strawberry & Blueberry Smoothie	14
Mango & Passionfruit Smoothie.....	14
Banana & Spinach Smoothie.....	14
NORTHAMPTON PICCOLO SPECIALITY DRINKS	15

Barbagliata	15
Café Con Miel	15
Cortado	15
Dirty Chai Piccolo	15
Piccolo	15
Vanilla Bonbon	15
SEASONAL DRINK SPECIALS	16
Biscoff® Blondie Hot Chocolate	16
ICED FRAPPS & SHAKES	16
Biscoff® Shake	16
Double Chocolate Shake	16
Caramel Coffee Shake (Made with Whole Milk)	17
SANDWICHES	17
Chicken Club	17
Barbers Mature Cheddar Ploughman's	17
Gammon Ham & Mature Cheddar with Malted Grain Bread (PLATTERS ONLY)	17
Mature Cheddar & Tomato with Malted Grain Bread (PLATTERS ONLY)	18
Smoked Salmon & Cream Cheese Sandwich	18
Simply Egg Mayo	18
Tuna, Red Onion and Rocket with Malted Grain Bread	18
WRAPS	19
Chicken Caesar Wrap	19
Chickpea Falafel & Houmous Wrap	19
Korean Chicken Wrap	19
SOURDOUGH TOASTIES	20
BBQ Chicken & Bacon Sourdough Toastie	20
Ultimate Ham & Cheese Sourdough Toastie	20
Simply Cheese Sourdough Toastie	21
FOCACCIA	21
Pizza Focaccia	21
Mozzarella, Tomato and Basil Focaccia	21
RUSTIC WHITE ROLLS	22
Gammon Ham & Mature Cheddar Roll	22
Mature Cheddar & Tomato Roll	22
POTS	22
Fresh Fruit Pot	22
SOHO Berry Granola	22
Blueberry Chia Yoghurt	22
Peach Melba Overnight Oats	23
MEDIUM SALADS	23
Roasted Beetroot, Butternut Squash & Feta Salad	23
LARGE SALADS	23
Chicken & Kimchi Noodle Salad	23
Paprika Houmous & Chickpea Falafel Mezze Salad	24
KIDS	24
Jelly Baby Jelly	24
Simply Cheese Sandwich	24
Simply Ham Sandwich	24
TRAYBAKES AND CAKES	25
Rainbow Cake	25
Pecan & Cornflake Tart	25
Carrot Cake Slice	25

Chocolate Caramel Shortcake.....	26
Salted Caramel Pecan Brownie	26
Signature Espresso Tray Cake	26
Raspberry Ripple Tray Cake	27
COOKIES & BISCUITS	27
Frankie the Flamingo Biscuit.....	27
Heart Biscuit.....	27
MUFFINS	27
Blueberry Muffin	27
Chocolate Chip Muffin	27
SONUTS	28
Biscoff® SONut	28
PASTRIES	28
Almond Croissant	28
Chocolate Twist.....	28
Pain Au Chocolat.....	28
Croissant	29
TOAST & CONDIMENTS	29
HP Brown Sauce	29
Multigrain Bloomer Bread	29
Sourdough Toast	29
Tomato Sauce	30
White Bloomer Bread.....	30
HOT BREAKFAST	30
Guacamole & Eggs on Toast.....	30
Guacamole & Tomato on Toast	30
Halloumi, Harissa & Spinach Breakfast Roll	30
Mushroom, Tomato & Egg Breakfast Wrap	31
Sausage, Bacon & Egg Breakfast Wrap	31
The Big Breakfast Roll.....	31
The Full SOHO	31
Triple Bacon Roll.....	31
Triple Bacon & Egg Roll.....	32
Triple Sausage Roll.....	32
PORRIDGE	32
Superseed & Peanut Porridge	32
Strawberries & Cream Porridge	32
NEW Banana & Honey Porridge	32
HOT WRAPS	33
Falafel & Halloumi Hot Wrap.....	33
Veggie Meatball Marinara Hot Wrap	33
JACKET POTATOES	33
Cheese and Bacon Jacket Potato	33
Cheese and Beans Jacket Potato	33
Tuna Mayo Jacket Potato.....	34
Cheese and Slaw Jacket Potato	34
Smoky Bean Chilli Jacket Potato.....	34
SOUP	34
Cauli Cheese Soup with Bacon, Parmesan Breadcrumbs & Parsley.....	34
Spiced Chickpea Dhal Soup with Coconut Yoghurt, Pink Pickled Onions & Fresh Parsley	35
Cauli Cheese Soup (Side Portion, Without Topping).....	35
Spiced Chickpea Dhal Soup (Side Portion, Without Topping).....	35
PIES	35

Pieminister Steak & Ale Pie	35
Pieminister Goats Cheese & Sweet Potato Pie	35
Pieminister Chicken & Ham Pie	36
Pieminister Gravy	36
Pieminister Mashed Potato	36
Pieminister Minty Mushy Peas	36
Pieminister Cheddar Cheese Crumb	36
PLATTERS	36
Chocoholic Box	36
Fruit Platter	36
Hot Breakfast Roll Box (Both sizes)	36
Wrap Selection Platter	37
Meat Sandwich Platter	37
See individual products in allergen pack.	37
Mixed Muffin Box	37
Pastry Box Platter.....	37
SONut Platter Box.....	37
Veggie Sandwich Platter	37
HOT FOOD ADD-ONS	37
Baked Beans	37
Cheesy Scrambled Egg	37
Streaky Bacon	37
Grated Cheese Mix	37
Guacamole	38
Hash Browns	38
Salsa	38
Sausage	38
SOHO Best Ever Slaw	38
Tuna Mayo	38
BRISTOL AIRPORT & BIRMINGHAM AIRPORT SPECIFIC	39
Bacon Roll.....	39
Bacon & Egg Roll.....	39
Lincolnshire Sausage Roll.....	39
The Big Breakfast Roll.....	39
Cheese & Coleslaw on White Baguette	39
Chicken & Bacon on White Baguette.....	40
Egg, Spinach and Tomato on White Baguette	40
Ham & Mature Cheddar on White Baguette	40
Posh Cheese & Tomato on White Baguette	40
Tuna Mayonnaise & Cucumber on White Baguette	40
Thai Green Chicken Curry Jacket Potato	40
Thai Green Chicken Curry & Rice Pot.....	41
PASTIES (TRAVEL LOCATIONS ONLY)	41
Hog Roast Sausage Roll	41
Pork Sausage Roll	41
BBQ Pulled Pork Pasty.....	41
Cheese & Onion Pastry Roll	41
Chicken Tikka Pasty	42
WESTFIELD SPECIFIC MENU- FRESHLY PRESSED JUICES	42
The Green One	42
The Red One	42
The Orange One	42
The Tropic Shot	42
WESTFIELD SPECIFIC MENU- BREAKFAST	42
SOHO Eggs Benedict.....	42

Smoked Salmon & Scrambled Eggs	43
Bacon & Egg Maple Waffle	43
The Full SOHO	43
WESTFIELD SPECIFIC MENU- HOT FOOD	43
Chunky Fish Finger Bap	43
SOHO Hot Madame	44
Chicken & Bacon Stack	44
SOHO 'Slaw Side	44
Minted Mushy Peas Side	44
WESTFIELD SPECIFIC MENU- SALADS	45
Teriyaki Chicken Noodle Salad	45
Mozzarella & Pesto Pasta Salad	45
Halloumi Panzanella Salad	45
Chicken Caesar Salad	45
Smoked Salmon Nicoise Salad	45
WESTFIELD SPECIFIC MENU- DELI SANDWICHES	46
Tuna & Jalapeno Focaccia	46
Spicy Chicken Focaccia	46
Red Pepper, Mozzarella & Pesto Focaccia	46
Tomato Side Salad	46
WESTFIELD SPECIFIC MENU- GELATO	47
Affogato	47
Snowflake Raspberry Sorbet.....	47
Snowflake Mango Sorbet.....	47
Snowflake Vanilla Gelato	47
Snowflake Chocolate Gelato.....	47
Waffle Cone.....	47
Snowflake Vanilla Shake	47
Snowflake Caramel Shake	48
Snowflake Chocolate Shake.....	48
Snowflake Vanilla Frappe.....	48
Snowflake Caramel Frappe.....	48
Snowflake Chocolate Frappe	49
ADDITIONAL THREADNEEDLE STREET JACKET MENU	49
Soho Slaw.....	49
Tomato & Cucumber Salad	49
THREADNEEDLE STREET - FRESHLY SQUEEZED JUICE	49
Freshly Squeezed Orange Juice	49
THREADNEEDLE STREET CARVERY - BASES	49
Semolina Topped Breakfast Roll	49
Soft Flour Tortilla Wrap	49
Roasted Potatoes	50
Mixed Leaf Salad	50
THREADNEEDLE STREET CARVERY - MEATS	50
Roasted Pork	50
Roasted Turkey	50
Roasted Chicken	50
Roasted Beef	50
THREADNEEDLE STREET CARVERY - SAUCES	50
Honey & Mustard Dressing.....	50
Mayonnaise.....	50
Tomato Sauce	50
Gravy.....	51

BBQ Sauce.....	51
TNS Apple Sauce	51
Horseradish Sauce.....	51
THREADNEEDLE STREET CARVERY - TOPPINGS	51
Stuffing Mix.....	51
Jalapenos	51
Soho Slaw.....	51
Roasted Red Onions	52
Sliced Gherkins	52
Crispy Fried Onions.....	52
BRADLEY STOKE & YATE LEISURE CENTRE - TIDDLY FRAPPS	52
Strawberry.....	52
Banana.....	52
Chocolate.....	52
White Chocolate	52
BRADLEY STOKE & YATE LEISURE CENTRE - PROTEIN SHAKES	52
Vanilla made with Water	52
Vanilla made with Milk.....	53
Strawberry made with Water	53
Strawberry made with Milk	53
Chocolate made with Water.....	53
Chocolate made with Milk.....	53
Add Oats.....	53
MORETON-IN MARSH (CO-OP) SPECIFIC	53
Spiced Caramel Apple Oat Matcha Latte (Made with Rude Health Milk).....	53
Iced Spiced Caramel Apple Oat Matcha Latte (Made with Rude Health Milk).....	53
Party Ring Shake (Made with Whole Milk).....	54
Mac & Cheese Sourdough Toastie	54
Pink Lady Apple Slices & Peanut Butter	54
Slow Cooked Ham Hock, Potato & Egg Salad	55
Prosciutto Crudo & Basil Pesto Pasta Salad	55
Chocolate Mousse	55
Raspberry Jam & Custard SOnut.....	55
Honey and Banana Porridge.....	55
Peanut Butter and Jam Porridge	56
Mac & Cheese – Original.....	56
Mac & Cheese - Truffle Mushroom	56
Mac & Cheese - BBQ, Bacon & Cheese	57
Loaded Hash Browns - Mac & Cheese	57
✔ Suitable for vegetarians	57
Loaded Hash Browns - Truffle Mushroom	57
✔ Suitable for vegetarians	57
Loaded Hash Browns - BBQ, Bacon & Cheese	58

HOT DRINK INGREDIENTS

Biscoff® Crumb

 **Suitable for vegetarians & vegans**

WHEAT Flour, Sugar, Vegetable Oils (Palm*, Rapeseed), Candy Sugar Syrup, Raising Agent (Sodium Hydrogen Carbonate), Salt, Cinnamon. * from sustainable and certified plantations
V001

Biscoff® Topping Sauce

 **Suitable for vegetarians & vegans**

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
V001

Cadbury Drinking Chocolate

 **Suitable for vegetarians & vegans**

Sugar, Cocoa Powder, Acidity Regulator (Sodium Carbonate), Flavouring, Cocoa Solids: 25 % minimum
V001

Chocolate Topping Sauce

 **Suitable for vegetarians & vegans**

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
V001

Cinnamon Powder

 **Suitable for vegetarians & vegans**

Ground Cinnamon
V001

Coffee

 **Suitable for vegetarians & vegans**

100% Espresso Coffee
V001

Digestive Biscuit

 **Suitable for vegetarians & vegans**

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
V001

Gold Hot Chocolate Powder

 **Suitable for vegetarians**

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
V001

Marshmallows (Princes Pink & White)

NOT Suitable for vegetarians or vegans

Sugar, Glucose Syrup, Water, Maize Starch, Beef Gelatine, Flavourings, Beetroot juice concentrate
v001

Matcha Powder

 **Suitable for vegetarians & vegans**

100% Green Tea (Camellia Sinensis)

v001

Mumbai Chai

 **Suitable for vegetarians & vegans**

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

v001

Organic Drinking Chocolate

 **Suitable for vegetarians & vegans**

Cocoa Powder, Sugar

v001

Pitaya Powder

 **Suitable for vegetarians & vegans**

Pitaya Powder (100%)

v001

Strawberry Topping Sauce

 **Suitable for vegetarians & vegans**

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

v001

Vegan Whipped Cream (Food Heaven Heavenly Whipped)

 **Suitable for vegetarians & vegans**

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))

v001

Whipped Cream

 **Suitable for vegetarians**

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

v001

SWEETBIRD SYRUPS

Sweetbird Butterscotch Syrup

 **Suitable for vegetarians & vegans**

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

v001

Sweetbird Caramel Flavour Syrup

 **Suitable for vegetarians & vegans**

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

v001

Sweetbird Frapp Syrup

  **Suitable for vegetarians & vegans**

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

v001

Sweetbird Hazelnut Syrup

  **Suitable for vegetarians & vegans**

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

v001

Sweetbird Sugar Free Caramel Flavour Syrup

  **Suitable for vegetarians & vegans**

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

v001

Sweetbird Sugar Free Vanilla Flavour Syrup

  **Suitable for vegetarians & vegans**

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

v001

Sweetbird Strawberry Flavour Syrup

  **Suitable for vegetarians & vegans**

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

v001

Sweetbird Vanilla Flavour Syrup

  **Suitable for vegetarians & vegans**

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

v001

Sweetbird White Chocolate Syrup

  **Suitable for vegetarians & vegans**

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

v001

MILKS & ALTERNATIVE MILKS

Rude Health Almond Milk

  **Suitable for vegetarians & vegans**

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

v001

Rude Health Coconut Milk

 **Suitable for vegetarians & vegans**

Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum
v001

Rude Health Oat Milk

 **Suitable for vegetarians & vegans**

Water, Gluten free **OATS** (13%), Sunflower oil, Sea salt, Gellan gum
v001

Semi-Skimmed Milk

 **Suitable for vegetarians**

Pasteurised Cow's **MILK**
v001

Skimmed Milk

 **Suitable for vegetarians**

Pasteurised Cow's **MILK**
v001

Rude Health Soya Milk

 **Suitable for vegetarians & vegans**

Water, Organic Soybean (**SOYA**) (13%), Organic rice syrup, Sea salt
v001

Whole Milk

 **Suitable for vegetarians**

Pasteurised Cow's **MILK**
v001

Alpro Almond Milk

 **Suitable for vegetarians & vegans**

Water, **ALMOND (NUTS)** (2.3%), Sugar, Calcium (Calcium Carbonate), Sea Salt, Stabilisers (Guar Gum, Gellan Gum), Natural Flavouring, Emulsifier (Lecithins), Vitamins b12, D2, E Potassium Iodide
v001

Alpro Coconut Milk

 **Suitable for vegetarians & vegans**

Water, Coconut Milk (Water, Coconut Cream, Rice, Calcium (Tri-calcium phosphate), Stabilisers (Guar Gum, Gellan Gum, Xanthan Gum), Sea Salt, Flavourings, Vitamins B12, D2
v001

Alpro Soya Milk

 **Suitable for vegetarians & vegans**

Water, Hulled **SOYA** Beans, Sugar, Acidity Regulators (Potassium Phosphates), Calcium (Calcium Carbonate), Sea Salt, Stabiliser (Gellan Gum), Natural Flavouring, Potassium Iodide, Vitamins B2, B12, D2
v001

ICED COFFEE

Iced Latte

 Suitable for vegetarians

 Vegan substitution available

MILK, Ice Cubes, Espresso Coffee
V001

Iced Mocha

 Suitable for vegetarians

 Vegan substitution available

MILK, Ice Cubes, Espresso Coffee, Organic Chocolate Syrup (Cocoa Powder, Sugar)
V001

Long Black

  Suitable for vegetarians & vegans

Ice Cubes, Espresso Coffee, Water
V001

SPECIALITY DRINKS

Mumbai Railway Chai

 Suitable for vegetarians

 Vegan substitution available

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
V001

Oat Matcha Latte (Made with Rude Health Milk)

  Suitable for vegetarians & vegans

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)
V001

Vanilla Oat Matcha Latte (Made with Rude Health Milk)

  Suitable for vegetarians & vegans

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)
V001

Iced Oat Matcha Latte (Made with Rude Health Milk)

  Suitable for vegetarians & vegans

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)
V001

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

  Suitable for vegetarians & vegans

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)
v001

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

  **Suitable for vegetarians & vegans**

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%)
v001

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

  **Suitable for vegetarians & vegans**

Oat Milk (57.89%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Water (27.1%), Sweetbird Strawberry Syrup (6.96%) [Sugar, Water, Strawberry Juice from Concentrate (10%), Natural Flavouring, Fruit and Vegetable Concentrates: Black Carrot and Elderberry, Acid: Citric Acid], Sweetbird Vanilla Syrup (6.96%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.88%) 100% Green Tea (Camellia Sinensis), Pitaya Powder (0.2%)
v001

SMOOTHIES

Strawberry & Blueberry Smoothie

  **Suitable for vegetarians & vegans**

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%)]
v001

Mango & Passionfruit Smoothie

  **Suitable for vegetarians & vegans**

Apple Juice (64.71%) (from concentrate), Great Defender Smoothie Pouch (35.29%) [Mango (40%), Peach (28%), Pineapple (18%), Seeded Passionfruit (14%)]
v001

Banana & Spinach Smoothie

  **Suitable for vegetarians & vegans**

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%)]
v001

NORTHAMPTON PICCOLO SPECIALITY DRINKS

Barbagliata

 **Suitable for vegetarians**

Ground Coffee (44.44%) Double Cream (**MILK**) (35.71%) Whole **MILK** (10.71%) Hot Chocolate Powder (3.17%) (Cocoa powder, Acidity Regulator (Sodium Carbonate), Flavouring) Organic Drinking Chocolate (2.72%) (Cocoa Powder, Natural Sugar) Water (2.04%) Vanilla Syrup (1.19%) (Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid)

v001

Café Con Miel

 **Suitable for vegetarians**

Whole **MILK** (72%) Clear Honey (16%) Honey Ground Coffee (11.2%) Mumbai Railway Chai (0.8%) Sugar, natural Chai Spice flavouring, Black Tea extract, ground Spices (Cinnamon, Cardamom, Ginger, Clove, Black pepper, Star Anise), Guar Gum

v001

Cortado

 **Suitable for vegetarians**

 **Vegan substitution available**

Whole **MILK** (92.78%) Ground Coffee (7.22%)

v001

Dirty Chai Piccolo

 **Suitable for vegetarians**

 **Vegan substitution available**

Whole **MILK** (86.02%) Mumbai Railway Chai (8.96%) Sugar, natural Chai Spice flavouring, Black Tea extract, ground Spices (Cinnamon, Cardamom, Ginger, Clove, Black pepper, Star Anise), Guar Gum. Coffee (5.02%) maltodextrin, Thickener: Carboxy methyl cellulose, natural flavouring

v001

Piccolo

 **Suitable for vegetarians**

 **Vegan substitution available**

Whole **MILK** (94.49%) Coffee (5.51%)

v001

Vanilla Bonbon

 **Suitable for vegetarians**

Double Cream (**MILK**) (50.72%) Vanilla Syrup (28.99%) (Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid) Ground Coffee (20.29%)

v001

SEASONAL DRINK SPECIALS

Biscoff® Blondie Hot Chocolate

 Suitable for vegetarians

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)

V001

ICED FRAPPS & SHAKES

Biscoff® Shake

 Suitable for vegetarians

 Vegan substitution available

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)

V001

Double Chocolate Shake

 Suitable for vegetarians

 Vegan substitution available

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]

V002

Caramel Coffee Shake (Made with Whole Milk)

✔ Suitable for vegetarians

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]

V001

SANDWICHES

Chicken Club

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, Salt, Smoke flavouring, Preservative (Sodium Triphosphate, Sodium Nitrite, Potassium Nitrate), Acidity Regulator (Sodium Bicarbonate), Antioxidant (Sodium Ascorbate), Sugar), Cracked Black Pepper (0.39%)

V001

Barbers Mature Cheddar Ploughman's

✔ Suitable for vegetarians

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%)

V001

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

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]

V001

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

✓ Suitable for vegetarians

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]

V001

Smoked Salmon & Cream Cheese Sandwich

Malted Grain Bread (43.35%) [Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted **WHEAT** Flakes, **WHEAT BRAN**, Yeast, Spirit Vinegar, Salt, **WHEAT GLUTEN**, Malted **BARLEY** Flour, Emulsifier; Mono- and Diglycerides of Fatty Acids and Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Vegetable Fat (Rapeseed Oil, Palm Fat), **WHEAT** Starch, Treatment Agent: Ascorbic Acid, Preservative: Calcium Propionate], Salmon (22.17%) **SALMON** (*Salmo salar*) (**FISH**) (96%), Salt, Sugar, Full Fat Soft Cheese (22.17%) Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch (E1442), Salt (E535), Potassium Sorbate (E202), Culture, Cucumber (9.85%), Dill (2.46%)

V001

Simply Egg Mayo

✓ Suitable for vegetarians

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%)

V001

Tuna, Red Onion and Rocket with Malted Grain Bread

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%)

V001

WRAPS

Chicken Caesar Wrap

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, Salt, Smoke flavouring, Preservative (Sodium Triphosphate, Sodium Nitrite, Potassium Nitrate), Acidity Regulator (Sodium Bicarbonate), Antioxidant (Sodium Ascorbate), 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%)

V001

Chickpea Falafel & Houmous Wrap

 **Suitable for vegetarians & vegans**

Flour Tortilla (37.5%) [**WHEAT** flour (66%) (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), water, rapeseed oil, **WHEAT** fibre, raising agents (E500, E450) salt, acidity regulator (E296), dextrose, **WHEAT gluten**, preservative (E282)], Chickpea Falafel (20.83%) [Chickpeas (53%), Onion (32%), Rapeseed Oil, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cumin, Garlic Puree (Garlic, Acidity Regulator (Citric Acid)), Salt, Sugar, Kibbled Onion, Rice Starch, Ground Coriander, Coriander Leaf, Parsley, Chilli Powder, Concentrated Lemon Juice, Stabiliser (Methylcellulose), Black Pepper, Turmeric, Raising Agent (Ammonium Carbonates)], Cucumber (15.08%), Houmous (12.5%) [Chickpeas (46%)(Water,Chickpeas),Rapeseed, Oil,Water, Tahini (**SESAME** Seeds)(14%)(**SESAME** Seed Paste),Salt,Garlic Powder,Acidity Regulator(Citric Acid), Concentrated Lemon Juice, Preservative(Potassium Sorbate)], **SOYA** Yoghurt (8.81%) [**SOYA** base (Water, Hulled **SOYA** beans), Sugar, Calcium (Tri-calciumcitrate), Stabiliser (Pectins), Acidity regulators (Sodium citrates, Citric acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty acid esters of ascorbic acid), Vitamins (B12, D2), Yogurt cultures (S. thermophilus, L. bulgaricus)], Spinach (2.08%), Rocket (2.08%), Lemon Juice (0.44%) [Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)], Mint (0.35%), Garlic Puree (0.25%) [Garlic, Citric Acid], Salt (0.04%), Cracked Black Pepper (0.04%)

V003

Korean Chicken Wrap

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%)

V001

SOURDOUGH TOASTIES

BBQ Chicken & Bacon Sourdough Toastie

Sourdough (50.85%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt], Chicken (15.78%) [Chicken Breast, Salt], Cheddar and Mozzarella Analogue (8.16%) [Mozzarella (**MILK**), Pasteurised Full Fat **Milk**, Cheddar (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Starter Culture, Vegetarian Rennet, (Microbial) Acidity Regulator (E270), Colour: Beta Carotene (E160a), Potato Starch (anti-caking agent), Annatto], Mature Cheddar (6.78%) [Pasteurised Cow's **MILK**, Non Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Bechamel Sauce (6.67%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Reconstituted Whole **MILK**, Cheddar Cheese (10%) (**MILK**), Modified Starch (Waxy Maize), Cheese Powder (2%) (**MILK**), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (SOYA Lecithin E322), Colour (Beta- Carotene)], 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] Streaky Bacon (4.07%) [Pork, Salt, Smoke flavouring, Preservative (Sodium Triphosphate, Sodium Nitrite, Potassium Nitrate), Acidity Regulator (Sodium Bicarbonate), Antioxidant (Sodium Ascorbate), Sugar], Rapeseed Oil (1.02%) [Rapeseed Oil, Antifoaming Agent (E900)], **MUSTARD** (0.43%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)]

V002

Ultimate Ham & Cheese Sourdough Toastie

Sourdough (55.97%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt], 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 (11.19%) [Pasteurised Cow's **MILK**, Non Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Cheddar and Mozzarella Analogue (8.98%) [Mozzarella (**MILK**), Pasteurised Full Fat Milk, Cheddar (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Starter Culture, Vegetarian Rennet, (Microbial) Acidity Regulator (E270), Colour: Beta Carotene (E160a), Potato Starch (anti-caking agent), Annatto], Bechamel Sauce (7.34%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Reconstituted Whole **MILK**, Cheddar Cheese (10%) (**MILK**), Modified Starch (Waxy Maize), Cheese Powder (2%) (**MILK**), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (**SOYA** Lecithin E322), Colour (Beta-Carotene)], Rapeseed Oil (1.12%) [Rapeseed Oil, Antifoaming Agent (E900)], **MUSTARD** (0.47%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)]

V002

Simply Cheese Sourdough Toastie

✓ Suitable for vegetarians

Sourdough (63.03%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt], Cheddar and Mozzarella Analogue (10.12%) [Mozzarella (**MILK**), Pasteurised Full Fat **MILK**, Cheddar (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Starter Culture, Vegetarian Rennet, (Microbial) Acidity Regulator (E270), Colour: Beta Carotene (E160a), Potato Starch (anti-caking agent), Annatto], Red Leicester Cheese (8.4%) [Pasteurised Cow's **MILK**, Non-Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti-Caking Agent E535), Starter Culture, Annatto Norbixin] Mature Cheddar (8.4%) [Pasteurised Cow's **MILK**, Non Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Bechamel Sauce (8.26%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Reconstituted Whole **MILK**, Cheddar Cheese (10%) (**MILK**), Modified Starch (Waxy Maize), Cheese Powder (2%) (**MILK**), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (**SOYA** Lecithin E322), Colour (Beta- Carotene)], Rapeseed Oil (1.26%) [Rapeseed Oil, Antifoaming Agent (E900)], **MUSTARD** (0.53%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)]

V001

FOCACCIA

Pizza Focaccia

Rosemary Focaccia (53.33%) [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)], Fresh Mozzarella Cheese (16%) (**MILK**, Salt, Rennet, Starter Cultures], Italian Sliced Salami (10.67%) Pork, Salt, Dextrose, Saccharose, Flavouring, Spices, Antioxidant : E301, Preservative: Sodium Nitrite, Preservative: Potassium Nitrate, Tomato Sauce (6.63%) 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), Sundried Tomato Paste (6.63%) [Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Pepperoni (5.33%) [Pork Meat, Pork Fat, Salt, Dextrose, Paprika, Beetroot, Acerola, Garlic, Rosemary, Oregano, Paprika Extract, Pepper, Onion, Coriander], Basil (1.33%), Dried Mixed Herbs (0.07%) [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

V001

Mozzarella, Tomato and Basil Focaccia

✓ Suitable for vegetarians

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%)

V001

RUSTIC WHITE ROLLS

Gammon Ham & Mature Cheddar Roll

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)]

V001

Mature Cheddar & Tomato Roll

 **Suitable for vegetarians**

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)]

V001

POTS

Fresh Fruit Pot

  **Suitable for vegetarians & vegans**

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

V001

SOHO Berry Granola

 **Suitable for vegetarians**

Greek Style Yoghurt (**MILK**) (58.97%), Granola (20.51%) [Oatflakes (**OATS**), Sugar, Raisins, Palm Oil (RSPO Certified), **ALMONDS (NUTS)**, Honey, Desiccated Coconut, Maple Syrup, Ground Cinnamon, Sunflower Seeds, Natural Flavour], Mixed Berries (18.67%) [Raspberries, Redcurrants, Blackcurrants, Blueberries, Blackberries, Strawberries], Icing Sugar (1.85%) [Icing Sugar, Maize Starch]

V001

Blueberry Chia Yoghurt

 **Suitable for vegetarians**

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%)

V001

Peach Melba Overnight Oats



Suitable for vegetarians & vegans

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%)

V001

MEDIUM SALADS

Roasted Beetroot, Butternut Squash & Feta Salad



Suitable for vegetarians

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%)

V001

LARGE SALADS

Chicken & Kimchi Noodle Salad

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%)

V001

Paprika Houmous & Chickpea Falafel Mezze Salad

 **Suitable for vegetarians & vegans**

Chickpea Falafel (26.6%) [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)]

Houmous (23.94%) [Chickpeas (46%)(Water, Chickpeas),Rapeseed Oil, Water, Tahini (**SESAME** Seeds) (14%)(**SESAME** Seed Paste), Salt, Garlic Powder, Acidity Regulator(Citric Acid), Concentrated Lemon Juice, Preservative(Potassium Sorbate)], Red Roasted Peppers (Chef's Brigade) (15.96%) [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Black Olives (7.98%) [Pitted Black Olives, Water, Salt, Stabiliser (Ferrous Gluconate)], Sourdough Flatbread (7.98%) [**WHEAT** Flour (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Yeast, Salt, Sugar, Dextrose], Five Grain Mix (5.32%) [Red Quinoa, White Quinoa, Bulgar **WHEAT**, Buckwheat, SPELT (**WHEAT**)], Water (3.47%), Red Onion (2.79%), Rocket (2.66%), White wine vinegar (1.4%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)), Super Seeds Mix (1.33%) [Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil)], Smoked Paprika (0.27%), Icing Sugar (0.2%) [Icing Sugar, Maize Starch], Salt (0.12%)

v001

KIDS

Jelly Baby Jelly

NOT Suitable for vegetarians or vegans

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

v001

Simply Cheese Sandwich

 **Suitable for vegetarians**

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

v001

Simply Ham Sandwich

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

v001

TRAYBAKES AND CAKES

Rainbow Cake

NOT Suitable for vegetarians or vegans

Rainbow Cake (100%) Sugar, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Whole **EGG**, Rapeseed Oil, Water, Butter (**MILK**), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Humectant (Glycerol), **WHEAT** Starch, Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate, Potassium Carbonate), Whey (**MILK**) Powder (**MILK**), Modified Potato Starch, Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-Lactylate), Colours (Carmine, Anthocyanins, Paprika Extract, Lutein, Copper Complexes of Chlorophylls), **WHEAT GLUTEN**, Salt, Stabilisers (Sodium Carboxy Methyl Cellulose, Guar Gum), Spirulina

V001

Pecan & Cornflake Tart

Suitable for vegetarians

Pecan & Cornflake Tart (100%) Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (**MILK**) (17%), Partially Inverted Refiners Syrup, Shortening (Palm Oil, Rapeseed Oil), Sugar Frosted Flakes of Corn (8%) (Maize, Sugar, **BARLEY** Malt Extract, Salt), **PECAN NUTS** (7.5%), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Maize Flour, Sugar, Water, Salt, Natural Flavouring

V001

Red Velvet Mini Cake

NOT Suitable for vegetarians or vegans

Red Velvet Mini Cake (100%) [Sugar, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Whole **EGG**, Rapeseed Oil, Strawberry Jam (9.0%) (Sugar, Strawberry Purée, Glucose-Fructose Syrup, Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Gelling Agent (Pectin)), Water, Full Fat Soft Cheese (**MILK**) (3.5%) (added ingredients: Cornflour, Sea Salt, Preservative (Potassium Sorbate)), Humectant (Glycerol), Butter (**MILK**), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Fat Reduced Cocoa Powder, Sweet Dusting (Dextrose, **WHEAT** Starch, Vegetable Oils (Palm, Rapeseed), Salt, Natural Flavouring), Modified Maize Starch, Whey Powder (**MILK**), **WHEAT** Gluten, Natural Flavourings, Colour (Carmine), Raising Agents (Disodium Diphosphate, Sodium Hydrogen Carbonate), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Sodium Stearoyl-2-lactylate, Propane- 1,2 Diol Esters of Fatty Acids), Lemon Juice]

V001

Carrot Cake Slice

Suitable for vegetarians & vegans

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

V001

Chocolate Caramel Shortcake

✓ Suitable for vegetarians

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]

V001

Salted Caramel Pecan Brownie

✓ Suitable for vegetarians

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

V001

Signature Espresso Tray Cake

✓ Suitable for vegetarians

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)

V001

Spiced Brioche Teacake (toasted with butter)

✓ Suitable for vegetarians

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

V001

Raspberry Ripple Tray Cake

✓ Suitable for vegetarians

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)

V001

COOKIES & BISCUITS

Frankie the Flamingo Biscuit

✓ Suitable for vegetarians

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

V001

Heart Biscuit

✓ Suitable for vegetarians

WHEAT flour (**WHEAT** flour, Calcium carbonate, Iron, Niacin, Thiamin), Sugar, Vegetable oil (Palm, Rapeseed), Water, Glucose syrup, Salt, Colours (E160a, E162, E153, E160d), Flavouring, **EGG** white powder, Stabilisers (E466, E412), Acidity regulator (E330)

V001

MUFFINS

Blueberry Muffin

✓ Suitable for vegetarians

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)

V001

Chocolate Chip Muffin

✓ Suitable for vegetarians

Mississippi Muffin Mix (51.88%) [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 (21.34%), Chocolate Chips (15.01%) [Sugar, Vegetable Oil (Palm), Dextrose, Cocoa Mass, Fat-Reduced, Cocoa Powder, Emulsifiers (**SOYA** Lecithin, Sorbitan Tristearate), Natural Flavouring], Vegetable Oil (11.77%), [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

V001

SONUTS

Biscoff® SOnut

✓ Suitable for vegetarians

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

V001

PASTRIES

Almond Croissant

✓ Suitable for vegetarians

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)

V002

Chocolate Twist

✓ Suitable for vegetarians

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

V001

Pain Au Chocolat

✓ Suitable for vegetarians

Pain Au Chocolat (100%) [**WHEAT** Flour, Butter (**MILK**), Water, Chocolate (Sugar, Cocoa Paste, Cocoa Butter, Emulsifier (**SOYA** Lecithins), Natural Flavouring, Yeast, Sugar, **EGGS**, Salt, Gluten (**WHEAT**), Antioxidant (Ascorbic Acid)]

V001

Croissant

 **Suitable for vegetarians**

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

V002

Pain aux Raisins

 **Suitable for vegetarians**

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

V002

TOAST & CONDIMENTS

HP Brown Sauce

 **Suitable for vegetarians & vegans**

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

V001

Multigrain Bloomer Bread

 **Suitable for vegetarians & vegans**

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

V001

Sourdough Toast

 **Suitable for vegetarians & vegans**

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

V001

Tomato Sauce

  **Suitable for vegetarians & vegans**

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

V001

White Bloomer Bread

  **Suitable for vegetarians & vegans**

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

V001

HOT BREAKFAST

Guacamole & Eggs on Toast

 **Suitable for vegetarians**

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

V001

Guacamole & Tomato on Toast

  **Suitable for vegetarians & vegans**

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

V001

Halloumi, Harissa & Spinach Breakfast Roll

 **Suitable for vegetarians**

Halloumi Cheese (42.86%) [Cow, Sheep and Goat's **MILK**, Salt, Rennet (Non-Animal)], Breakfast Roll (41.84%) [**WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour], Sundried Tomato Paste (8.5%) [Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Harissa Paste (4.25%) [Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil], Spinach (2.55%)

V001

Mushroom, Tomato & Egg Breakfast Wrap

✓ Suitable for vegetarians

Free Range **EGGS** (32.4%), Cherry Tomatoes (27.93%), Mozzarella and Cheddar Mix (16.76%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Mushrooms (13.97%), Baby Leaf Spinach (8.38%), Flour Tortilla (0.56%) [**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)]

V002

Sausage, Bacon & Egg Breakfast Wrap

Smoked Rindless Back Bacon (38.61%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Lincolnshire Sausage (27.03%) [Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], Free Range **EGGS** (22.39%), Mozzarella and Cheddar Mix (11.58%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Flour Tortilla (0.39%) [**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)]

V002

The Big Breakfast Roll

Smoked Rindless Back Bacon (26.81%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (21.45%) **WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted sugar Syrup, **WHEAT** Malt Flour, Lincolnshire Sausage (18.77%) Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)), Free Range **EGG** (15.55%), Hashbrown (14.75%) (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper), Cold Pressed Rapeseed Oil (2.68%)

V001

The Full SOHO

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

V001

Triple Bacon Roll

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

V001

Triple Bacon & Egg Roll

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

V001

Triple Sausage Roll

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

V001

PORRIDGE

Superseed & Peanut Porridge

 **Suitable for vegetarians & vegans**

Water (63.06%), Coconut Yoghurt (9.01%) [Coconut Milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S. thermophilus + L.bulgaricus, Lactobacillus acidophilus, Bifidobacterium lactis)], Peanut Butter (9.01%) [Argentinian Hi-Oleic **PEANUTS**, Roasted **PEANUTS**, Brown Cane Sugar, Sea Salt, Salt, **PEANUT** Oil], Gluten Free **OATS** (7.51%), Chopped Dates (4.5%) [Date, Rice Flour] Chia Seeds (3%) [Black Sachia Chia Seed (100%)], Maple Syrup (2.4%), Super Seeds Mix (1.5%) [Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil]

V001

Strawberries & Cream Porridge

 **Suitable for vegetarians**

Water (65.32%), Strawberries (12.44%), Gluten Free **OATS** (10.89%), Raspberry Jam (7.78%) [Raspberries, Cane Sugar, Lemons], Double Cream (**MILK**) (3.11%), Brown Sugar (0.31%), Freeze Dried Raspberries (0.16%)

V001

NEW Banana & Honey Porridge

 **Suitable for vegetarians**

Water (44.19%), Banana (40.7%), Gluten Free **OATS** (8.14%), Honey (4.65%), Double Cream (**MILK**) (2.33%)

V002

HOT WRAPS

Falafel & Halloumi Hot Wrap

✓ Suitable for vegetarians

Flour Tortilla (39.82%) [**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)], Halloumi Cheese (24.78%) [Cow, Sheep and Goat's **MILK**, Salt, Rennet (Non-Animal)], Chickpea Falafel (11.06%) [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)], Tomato Sauce (6.15%) [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)], Baby Leaf Spinach (4.42%), Red Peppers (4.2%), Yellow Peppers (4.2%), Sundried Tomato Paste (3.68%) [Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Harissa Paste (1.23%) [Red Peppers, Tomato Puree, Rapeseed Oil, Salt, Chillies, Garlic, Cider Vinegar, Coriander, Spices, Paprika, Lemon Juice, Caraway Seeds, Spirit Vinegar, Paprika Oil], Rapeseed Oil (0.38%) [Rapeseed Oil, Antifoaming Agent (E900)], Salt (0.04%), Cracked Black Pepper (0.02%)

V001

Veggie Meatball Marinara Hot Wrap

✓ Suitable for vegetarians

Flour Tortilla (43.58%) [**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)], Vegan Meatballs (24.7%) [Water, Oyster Mushrooms, Vegetable Oil (Coconut, Sunflower), 8.1% **SOYA** Protein (Concentrate, Isolate), 1.2% Pea Protein Isolate, Rice, **WHEAT** Gluten, **WHEAT** Starch, Thickeners (Methyl Cellulose, Sodium Alginate), Natural Flavouring, OAT Fibre, Sea Salt, Dextrose, Apple Vinegar, Lemon Juice, **BARLEY** Malt Extract, Preservative (Lactic Acid), Colour (Beetroot Red), Vitamin B12], Fresh Mozzarella Cheese (14.53%) [**MILK**, Salt, Rennet, Starter Cultures], Tomato Sauce (6.02%) 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), Sundried Tomato Paste (6.02%) [Slow Roast Tomatoes (50%), Tomato Concentrate (21%), Sunflower Oil, Olive Oil, Salt, Oregano, Sugar, Garlic], Red Onion (2.42%), Vegetarian Parmesan (1.45%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Basil (1.21%), Dried Mixed Herbs (0.06%) [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

V001

JACKET POTATOES

Cheese and Bacon Jacket Potato

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

V001

Cheese and Beans Jacket Potato

✓ Suitable for vegetarians

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%)

V001

Tuna Mayo Jacket Potato

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

V001

Cheese and Slaw Jacket Potato

 **Suitable for vegetarians**

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

V001

Smoky Bean Chilli Jacket Potato

  **Suitable for vegetarians & vegans**

Potato (71.43%), Vegan Chilli (28.57%) [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].

V001

SOUP

Cauli Cheese Soup with Bacon, Parmesan Breadcrumbs & Parsley

Cauli Cheese Soup (92.02%) [Water, Cauliflower Florets (30.6%), Whole (**MILK**), Potatoes, Onion, Vintage Cheese (3.6%) [Cheddar (**MILK**), Anti Caking Agent (Potato Starch)], Unsalted Butter (MILK), Rapeseed Oil, Cheddar Cheese (1.8%) [Cheddar Cheese (**MILK**), Anti Caking Agent Potato Starch], Vegetable Stock [Sea Salt, Maltodextrin, Rice Flour, Vegetables (Onions, Carrots, Parsnips), Yeast Extract, Sunflower Oil, Parsley, Turmeric], **MUSTARD**, Sea Salt, Maize Starch], Streaky Bacon (4.6%) [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate], Panko Breadcrumbs (1.11%) [Unbleached **WHEAT** flour, Yeast, Salt, Bread Improver (Corn Starch, Calcium Carbonate, Calcium Sulfate, L-Ascorbic Acid, Alpha Amylase)], Vegetarian Parmesan (1.11%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Extended Life Rapeseed Oil (0.79%) Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Parsley (0.31%), Salt (0.03%), Dried Mixed Herbs (0.02%) [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

V001

Spiced Chickpea Dhal Soup with Coconut Yoghurt, Pink Pickled Onions & Fresh Parsley

 **Suitable for vegetarians & vegans**

Spiced Chana Dhal Soup (90.63%) [Water, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Chana Dhal (23.2%), Onions (Rapeseed Oil), Lemon Juice (1%), Vegetable Bouillon (Sea Salt, Maltodextrin, Rice Flour, Vegetables (Onion, Carrot, Parsnip), Yeast Extract, Sunflower Oil, Parsley, Turmeric), Rapeseed Oil, Coriander Leaves, Ginger, Cumin, Turmeric, **MUSTARD** Seeds, Chillies, Curry Leaves, Black Pepper]

Coconut Yoghurt (4.53%) [Coconut Milk (71%) Coconut Water (24%), Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (S. thermophilus + L.bulgaricus, Lactobacillus acidophilus, Bifi dobacterium lactis)], Red Onion (4.27%), Parsley (0.3%), White wine vinegar (0.21%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Icing Sugar (0.03%) [Icing Sugar, Maize Starch], Salt (0.02%)

V001

Cauli Cheese Soup (Side Portion, Without Topping)

 **Suitable for vegetarians**

Cauli Cheese Soup (99.75%) [Water, Cauliflower Florets (30.6%), Whole (**MILK**), Potatoes, Onion, Vintage Cheese (3.6%) [Cheddar (**MILK**), Anti Caking Agent (Potato Starch)], Unsalted Butter (**MILK**), Rapeseed Oil, Cheddar Cheese (1.8%) [Cheddar Cheese (**MILK**), Anti Caking Agent Potato Starch], Vegetable Stock [Sea Salt, Maltodextrin, Rice Flour, Vegetables (Onions, Carrots, Parsnips), Yeast Extract, Sunflower Oil, Parsley, Turmeric], **MUSTARD**, Sea Salt, Maize Starch], Parsley (0.25%).

V001

Spiced Chickpea Dhal Soup (Side Portion, Without Topping)

 **Suitable for vegetarians & vegans**

Spiced Chana Dhal Soup (99.75%) [Water, Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Chana Dhal (23.2%), Onions (Rapeseed Oil), Lemon Juice (1%), Vegetable Bouillon (Sea Salt, Maltodextrin, Rice Flour, Vegetables (Onion, Carrot, Parsnip), Yeast Extract, Sunflower Oil, Parsley, Turmeric), Rapeseed Oil, Coriander Leaves, Ginger, Cumin, Turmeric, **MUSTARD** Seeds, Chillies, Curry Leaves, Black Pepper], Parsley (0.25%).

V001

PIES

Pieminister Steak & Ale Pie

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**)

V001

Pieminister Goats Cheese & Sweet Potato Pie

 **Suitable for vegetarians**

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)

Pieminister Chicken & Ham Pie

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

V001

Pieminister Gravy

 **Suitable for vegetarians & vegans**

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

V001

Pieminister Mashed Potato

 **Suitable for vegetarians**

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

V001

Pieminister Minty Mushy Peas

 **Suitable for vegetarians & vegans**

Processed Peas (70%) (Rehydrated Processed Peas, Water, Sugar, Salt, Colours [E101 - Riboflavin, E133 – Brilliant Blue]), Frozen Peas (26%), Mint Sauce (2%) (Water, Rehydrated Mint, Sugar, Acetic Acid, Modified Potato Starch, Salt, Colour [Copper Chlorophyll], Flavouring), Sugar

V001

Pieminister Cheddar Cheese Crumb

 **Suitable for vegetarians**

Cheddar Cheese (98%) (**MILK**), Starch

V001

PLATTERS

Chocoholic Box

 **Suitable for vegetarians**

See individual products in allergen pack.

V001

Fruit Platter

 **Suitable for vegetarians & vegans**

See individual products in allergen pack.

V001

Hot Breakfast Roll Box (Both sizes)

See individual products in allergen pack.

V001

Wrap Selection Platter

See individual products in allergen pack.

V001

Meat Sandwich Platter

See individual products in allergen pack.

V001

Mixed Muffin Box

 Suitable for vegetarians

See individual products in allergen pack.

V001

Pastry Box Platter

 Suitable for vegetarians

See individual products in allergen pack.

V002

SOnut Platter Box

 Suitable for vegetarians

See individual products in allergen pack.

V001

Veggie Sandwich Platter

 Suitable for vegetarians

See individual products in allergen pack.

V001

HOT FOOD ADD-ONS

Baked Beans

  Suitable for vegetarians & vegans

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

V001

Cheesy Scrambled Egg

 Suitable for vegetarians

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

V001

Streaky Bacon

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

V001

Grated Cheese Mix

 Suitable for vegetarians

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

V002

Guacamole

 **Suitable for vegetarians & vegans**

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
v001

Hash Browns

 **Suitable for vegetarians & vegans**

Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper
v001

Salsa

 **Suitable for vegetarians & vegans**

Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium **METABISULPHITE**)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley
v001

Sausage

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)
v001

SOHO Best Ever Slaw

 **Suitable for vegetarians**

Carrots (36.34%), Cabbage (30.31%), Mayonnaise (21.22%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Red Onion (6.06%), Set Sour Cream (4.55%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.61%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.61%) Cane Sugar, Salt (0.3%) Salt, Sodium Hexacyanoferrate (II)
v001

Tuna Mayo

Tuna (**FISH**) (75%) (Tuna (**FISH**), Water, Salt, Stabiliser (Xanthan Gum)), Mayonnaise (25%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein
v001

BRISTOL AIRPORT & BIRMINGHAM AIRPORT SPECIFIC

Bacon Roll

Smoked Rindless Back Bacon (55.87%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll (44.13%) [**WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour]

V003

Bacon & Egg Roll

Smoked Rindless Back Bacon (41.67%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Breakfast Roll (32.92%) [**WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour], Free Range Poached **EGG** (25.42%) [**EGG**, Sunflower Oil]

V003

Lincolnshire Sausage Roll

Lincolnshire Sausage (63.93%) [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 (36.07%) [**WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour]

V003

The Big Breakfast Roll

Breakfast Roll (25.32%) [**WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour], Lincolnshire Sausage (22.15%) [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** (19.3%) [**EGG**, Sunflower Oil]

Hashbrown (17.41%) [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper]

Smoked Rindless Back Bacon (15.82%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)]

V004

Cheese & Coleslaw on White Baguette

V Suitable for vegetarians

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)

V001

Chicken & Bacon on White Baguette

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%)

V001

Egg, Spinach and Tomato on White Baguette

✔ Suitable for vegetarians

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%)

V001

Ham & Mature Cheddar on White Baguette

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

V001

Posh Cheese & Tomato on White Baguette

✔ Suitable for vegetarians

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%)

V001

Tuna Mayonnaise & Cucumber on White Baguette

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%)

V001

Thai Green Chicken Curry Jacket Potato

Potato (74.85%), Thai Green Curry (22.46%) [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 (12%), Sweet Potato, Red Pepper, Baby Corn, Diced Carrot, Onion, Water, **FISH** Sauce (Anchovy (**FISH**), Salt, Sugar), Palm Sugar (Sugar, Palm Sugar, Glucose Syrup), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat)], Butter (**MILK**) (2.25%), Red Chilli (0.45%)

V002

Thai Green Chicken Curry & Rice Pot

Thai Green Curry (52.22%) [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 (12%), Sweet Potato, Red Pepper, Baby Corn, Diced Carrot, Onion, Water, **FISH** Sauce (Anchovy (**FISH**), Salt, Sugar), Palm Sugar (Sugar, Palm Sugar, Glucose Syrup), Gluten Free Flour (Rice, Potato, Tapioca, Maize, Buckwheat)], Greens Rice 4 x 2.5 kg (39.16%) White rice, grated carrots (3.92%), Edamame **SOY** Beans (3.92%), Red Chilli (0.78%)

V002

PASTIES (TRAVEL LOCATIONS ONLY)

Hog Roast Sausage Roll

Hog Roast Sausage Roll (100%) Pork Shoulder (21%), **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (**MILK**), Pork Shoulder Heart Muscle (12%), Diced Onion, Water, Bramley Apple (Ascorbic Acid, Citric Acid, Salt), Potato, Liquid **EGG**, Pork Rind, Breadcrumb (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Honey, White Wine Vinegar 6% Acidity, Salt, Garlic, Rubbed Sage, Parsley, Cracked Black Pepper, Caster Sugar, Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane))

V001

Pork Sausage Roll

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)

V002

BBQ Pulled Pork Pasty

WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (**MILK**), 85vl Pork Shoulder (16%), Pork Shoulder Heart Muscle (13%), Water, Smoked Bacon (7%) (Pork, Salt, Sugar, Preservatives (Sodium Nitrite, Sodium Nitrate), Antioxidant (Sodium Ascorbate)), Diced Onion, Potato, Tomato Ketchup (Water, Sugar, Tomato Paste, Spirit Vinegar, Modified Maize Starch, Salt, Acetic Acid, Potassium Sorbate, Black Carrot Extract, Sweeteners (Sodium Saccharin, Aspartame), Natural Clove Flavourings), Liquid **EGG**, Mature Cheese (**MILK**) (Anti-caking Agent: Potato Starch) (**MILK**), Red Cooking Wine (**SULPHITES**), Pineapple Juice, Demerara Sugar, White Wine Vinegar 6% Acidity, Paprika Flakes, Malt Vinegar (**GLUTEN**), Dark **SOY** Sauce (Water, Salt, Colour (E150a), Sugar, **SOY**beans, **WHEAT**), Worcester Sauce (Malt Vinegar (from **BARLEY**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**FISH**), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Breadcrumb (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Salt, Garlic, Cracked Black Pepper, Caster Sugar, Rapeseed Oil (Anti-foaming Agent (Polydimethylsiloxane)), Ground White Pepperv001

V001

Cheese & Onion Pastry Roll

V Suitable for vegetarians

Cheese & Onion Roll (100%) **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Onion (17%), Unsalted Butter (**MILK**), Potato, Mature Cheese (9%) (Anti-caking Agent: Potato Starch) (**MILK**), Water, Regato (Anti-caking Agent: Potato Starch) (**MILK**), Breadcrumb (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Liquid **EGG**, White Wine Vinegar 6% Acidity, Novation Starch, Salt, White Pepper

V001

Chicken Tikka Pasty

Chicken Tikka Pasty (100%) **WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Unsalted Butter (**MILK**), Chicken Breast (16%), Diced Onion, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Water, Natural Yoghurt (MILK), Breadcrumb (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast), Mango Chutney (Sugar, Mango Slices, Sugar Cane, Vinegar, Salt, Chili Powder, Ginger Powder, Garlic Powder, Turmeric Powder), Tikka Powder (Garlic Powder, Paprika, Salt, Coriander Powder, Sugar, Cumin, Ginger, Turmeric Powder, Black Pepper, **CELERY** Seed, Clove, Fennel, Ground Nutmeg, Chilli Powder), White Wine Vinegar 6% Acidity, Chicken Stock (Water, Chicken Carcass, Yeast Extract, Salt), Liquid **EGG**, Salt, Kalonji Seeds (Nigella Sativa), Garlic, Lemon Juice (**SULPHITES**), Tomato Puree (Tomatoes), IQF Coriander, Sweet Paprika Powder Steam Treated, Chilli Powder (Spices, Salt, Garlic, Herbs), Ground Coriander Seeds, Ground Cumin, Garam Masala (Coriander Seed, Cumin Seed, Fennel Seed, Ginger, Dill Seed, Clove, **CELERY** Seed), Ground Black Pepper
V001

WESTFIELD SPECIFIC MENU- FRESHLY PRESSED JUICES

The Green One

 **Suitable for vegetarians & vegans**

Golden Delicious (60.34%) Apples, Ice (16.76%) [Water], Cucumber (8.94%), Spinach (7.82%), Fresh Ginger (3.35%), Mint (2.23%), Lime Juice (0.56%) [100% Freshly Squeezed Lime Juice]
V001

The Red One

 **Suitable for vegetarians & vegans**

Orange (34.88%), Beetroot (23.26%), Carrot (19.77%), Ice (17.44%) [Water], Turmeric Root (3.49%), Lime Juice (1.16%) [100% Freshly Squeezed Lime Juice]
V001

The Orange One

 **Suitable for vegetarians & vegans**

Orange (88.89%), Ice (11.11%) [Water]
V001

The Tropic Shot

 **Suitable for vegetarians & vegans**

Pineapple (81.34%), Fresh Ginger (14.35%), Turmeric Root (3.35%), Red Chilli (0.96%)
V001

WESTFIELD SPECIFIC MENU- BREAKFAST

SOHO Eggs Benedict

Free Range **EGG** (29.97%), Hollandaise Sauce (23.26%) [Water, Vegetable Oil (Rapeseed, Palm), Butter (**MILK**) (7%), Modified Starch,, Reconstituted **EGG** Yolk (4.5%), Emulsifiers (Polysorbate 60, Mono- and diglycerides of fatty acids), Lemon Juice from Concentrate (1%), White Wine Vinegar, Sugar, Flavouring, Salt, Acidity Regulator (Citric acid), Dried Onion, Colour (Beta-Carotene)], Crumpet (19.38%) [Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Raising Agents (E450, E501(ii)), Sugar, Salt, Dextrose, Preservatives (E282, E200)], Smoked Rindless Back Bacon (12.92%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Streaky Bacon (5.17%) [Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar], Butter (**MILK**) (3.88%), Rapeseed Oil (3.88%) [Rapeseed Oil, Antifoaming Agent (E900)], Rocket (1.29%), Smoked Paprika (0.26%)
V001

Smoked Salmon & Scrambled Eggs

Sourdough (35.46%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Free Range **EGG** (27.42%), Mozzarella and Cheddar Mix (14.18%) [Pasteurised Cow's **MILK**, Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Lemon Juice (9.46%) [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (**SULPHITE**)], Salmon (9.46%) [**SALMON (FISH)** (96%), Salt, Sugar], Butter (**MILK**) (3.55%), Chives (0.47%)

V001

Bacon & Egg Maple Waffle

Waffle (41.28%) [**WHEAT** Flour, Sugar, Margarine (Vegetable Oils & Fats (Palm and Rapeseed)), Water, Emulsifiers **SOYA** Lecithin, Mono- and Diglycerides of Fatty Acids, Salt, Acid Regulator: Citric Acid, Natural Flavours, Colouring (Beta-Carotene), **EGGS**, Yeast, Invert Sugar Syrup, Stabilizer Sorbitol, **SOYA** Flour, Salt, Emulsifier **SOYA** Lecithin, Flavour], Free Range **EGG** (26.61%), Streaky Bacon (13.76%) [Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar], Maple Syrup (13.76%) [100% Pure Canadian Maple Syrup], Rapeseed Oil (4.59%) [Rapeseed Oil, Antifoaming Agent (E900)]

V001

The Full SOHO

Hashbrown (22.09%) [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Baked Beans (20.08%) [Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings], Sourdough (15.06%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Lincolnshire Sausage (14.06%) [Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Herbs (Lovage, Sage, Thyme), Dextrose, Spices (Black Pepper, Ginger, Mace, White Pepper), Salt, Yeast Extract, Stabilisers (E450), Preservative (Sodium **SULPHITE**), Onion Powder, Antioxidant (E300), Herb Extract (Sage)], Free Range **EGG** (11.65%), Smoked Rindless Back Bacon (10.04%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Butter (**MILK**) (3.01%), Rapeseed Oil (2.01%) [Rapeseed Oil, Antifoaming Agent (E900)], Streaky Bacon (2.01%) [Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar]

V001

WESTFIELD SPECIFIC MENU- HOT FOOD

Chunky Fish Finger Bap

Chunky Fish Fingers (74.84%) [Alaska Pollock (FISH) (56%), Breadcrumb Coating (**WHEAT** Flour, Water, Starch (Potato, **WHEAT**), Salt, Yeast, **EGG** White Powder, Dextrose, Sugar, Paprika, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil], Lemon Juice (8.32%) [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (**SULPHITE**)], Cos Lettuce (4.16%), Mayonnaise (3.74%) [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, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Gherkins (2.62%) [Gherkins, Spirit Vinegar, Sugar, Salt, Natural Flavouring, Sweetener (Saccharine), Colouring: Riboflavin], Red Onion (2.62%), Capers (2.62%) Capers, Water, Spirit Vinegar, Salt, Parsley (0.62%), Breakfast Roll (0.21%) [**WHEAT** Flour, Water, Beer (Water, **BARLEY** Malt, Rice, Hops), **WHEAT** Sourdough (Fermented **WHEAT** Flour, Water), **WHEAT** Semolina, Olive Oil, Yeast, Sugar, Salt, Inverted Sugar Syrup, **WHEAT** Malt Flour], Salt (0.12%), Black Pepper (0.12%)

V002

SOHO Hot Madame

Sourdough Bread (39.58%) [**WHEAT** Flour (fortified with Calcium, Iron, Niacin & Thiamin), Sourdough, Water, Salt, Malt Extract (**BARLEY**)], Free Range **EGG** (15.3%), Gammon Ham (10.55%) [Pork, Water, Cure (Modified Waxy Maize Starch, Salt, Stabiliser (Triphosphates), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, Preservatives (Sodium Lactate, Sodium Acetate)], Mature Cheddar (7.92%) [Pasteurised Cow's **MILK**, Non Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Mozzarella and Cheddar Mix (7.46%) [Pasteurised Cow's **MILK**, Salt, Starter Cultures, Vegetarian Microbial Rennet, Beta Carotene E160a], Bechamel Sauce (7.15%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Reconstituted Whole **MILK**, Cheddar Cheese (10%) (**MILK**), Modified Starch (Waxy Maize), Cheese Powder (2%) (**MILK**), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Acidity Regulator (Trisodium Citrate), Emulsifier (**SOYA** Lecithin E322), Colour (Beta- Carotene)], Cheddar and Mozzarella Analogue (4.18%) [Mozzarella (**MILK**), Pasteurised Full Fat **MILK**, Cheddar (**MILK**), Standard Analogue (Water, Palm Oil, Modified Potato Starch, Salt, Skimmed **MILK** Powder, Starter Culture, Vegetarian Rennet, (Microbial) Acidity Regulator (E270), Colour: Beta Carotene (E160a), Potato Starch (anti-caking agent), Annatto], Rapeseed Oil (2.81%) [Rapeseed Oil, Antifoaming Agent (E900)], Onions (1.73%), Sriracha Sauce (1.32%) [Water, Red Chillies, Sugar, Minced Garlic, Salt, Glucose-Fructose Syrup, Modified Maize Starch, Acid (Acetic Acid), Stabiliser (Xanthan Gum), Preservative (Sodium Benzoate), Colour (Paprika Extract), Chilli Extract], Spring Onion (0.98%), **MUSTARD** (0.33%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Smoked Paprika (0.26%), White wine vinegar (0.21%) [White Wine, Water, Antioxidant (Sodium Metabisulphite) (**SULPHITE**)], Salt (0.07%), Black Pepper (0.07%), Sugar (0.06%), Salt (0.01%), Cracked Black Pepper (0%)

V001

Chicken & Bacon Stack

Soft White Bread (34.11%) [**WHEAT** Flour (with Calcium, Iron, niacin (B3) and Thiamin (B1)), Water, Yeast, Salt, Vegetable Oils (Rapeseed, Sustainable Palm), Sustainable **SOYA** Flour, Vinegar, Preservative: Calcium Propionate. Emulsifier: E472e. Flour Treatment Agent: Ascorbic Acid (Vitamin C)], Roasted Chicken Skewer (28.42%) [Chicken Breast Fillets (95%), Water, Potato Starch, Salt, **SOYBEAN** Oil, Palm Oil, Xylose, Acidity Regulators (Sodium Carbonates, Sodium Citrates), Bulking Agents: (Trisodium Diphosphate, Pentasodium Triphosphate)], Tomatoes (15.5%), Mayonnaise (11.63%) [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, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Cos Lettuce (5.17%), Streaky Bacon (5.17%) [Pork Belly, Salt, Glucose, Antioxidant: Sodium Ascorbate, Preservative: Sodium Nitrate]

V002

SOHO 'Slaw Side

 Suitable for vegetarians

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

V001

Minted Mushy Peas Side

  Suitable for vegetarians & vegans

Minty Mushy Peas (100%) [Processed Peas (70%) (Rehydrated Processed Peas, Water, Sugar, Salt, Colours [E101 - Riboflavin, E133 - Brilliant Blue]), Frozen Peas (26%), Mint Sauce (2%) (Water, Rehydrated Mint, Sugar, Acetic Acid, Modified Potato Starch, Salt, Colour [Copper Chlorophyll], Flavouring), Sugar]

V001

WESTFIELD SPECIFIC MENU- SALADS

Teriyaki Chicken Noodle Salad

Noodles (23.53%) [**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)], Roasted Chicken Skewer (21.07%) [Chicken Breast Fillets (95%), Water, Potato Starch, Salt, **SOYBEAN** Oil, Palm Oil, Xylose, Acidity Regulators (Sodium Carbonates, Sodium Citrates), Bulking Agents: (Trisodium Diphosphate, Pentasodium Triphosphate)], Chinese Cabbage (19.98%), Red Onion (7.38%), Teriyaki Sauce (6.9%) [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)], Carrot (5.9%), Spring Onion (4.87%), Gochujang Paste (3.55%) [Miso Paste (Water, **SOYAB**, Rice, Salt), Golden Syrup, Soy Sauce (Water, **SOYA**, **WHEAT**, Salt), Water, Korean Red Pepper (10%), Garlic, Rice Vinegar (Water, Rice, Salt), Preservative: Potassium Sorbate], Red Chilli (2.3%), Coriander (1.86%), Garlic Puree (1.14%) [Garlic, Citric Acid], Ginger Puree (1.14%) Ginger, **SESAME** Seeds (0.19%), Nigella Seeds (0.19%)

V001

Mozzarella & Pesto Pasta Salad

✓ Suitable for vegetarians

Farfalle Pasta (44.44%) [Durum **WHEAT** Semolina], Fresh Mozzarella Cheese (30.86%) [**MILK**, Salt, Rennet, Starter Cultures, Acidity Regulator: Citric Acid], Green Pesto (17.28%) [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], Balsamic Glaze (4.94%) [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)], Cherry Tomatoes (1.23%), Rocket (1.23%)

V001

Halloumi Panzanella Salad

✓ Suitable for vegetarians

Tomatoes (50.84%), Halloumi Cheese (20.86%) [Cow, Sheep and Goat's **MILK**, Salt, Rennet (Non-Animal)], Sourdough (9.3%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Red Onion (7.63%), Rapeseed Oil (4.1%) [Rapeseed Oil, Antifoaming Agent (E900)], Garlic Puree (3.69%) [Garlic, Citric Acid], Rocket (2.33%), Basil (0.93%), Salt (0.16%), Black Pepper (0.16%), Vegetable Oil (0.01%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

V001

Chicken Caesar Salad

Cos Lettuce (34.88%), Roasted Chicken Skewer (25.58%) [Chicken Breast Fillets (95%), Water, Potato Starch, Salt, **SOYBEAN** Oil, Palm Oil, Xylose, Acidity Regulators (Sodium Carbonates, Sodium Citrates), Bulking Agents: (Trisodium Diphosphate, Pentasodium Triphosphate)], Sourdough (23.23%) [**WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Rapeseed Oil, Salt, Malt Extract (**BARLEY**)], Caesar Dressing (13.95%) [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], Chives (1.16%), Vegetarian Parmesan (1.16%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Vegetable Oil (0.03%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

V001

Smoked Salmon Nicoise Salad

New Potatoes (36.37%) Potato, Water, Citric Acid, Ascorbic acid, Calcium Chloride, Green Beans (16.37%) Salmon (12.63%) [**SALMON (FISH)** (96%), Salt, Sugar], Tomatoes (10.91%), Lemon Juice (8.42%) [Lemon Juice from Concentrate, Preservative: Potassium Metabisulphite (**SULPHITE**)], Rapeseed Oil (4.9%) [Rapeseed Oil, Antifoaming Agent (E900)], Black Olives (4.36%) [Pitted Black Olives, Water, Salt, Stabiliser (Ferrous Gluconate)], Rocket (3.16%), Parsley (1.45%), Garlic Puree (0.84%) [Garlic, Citric Acid], Salt (0.4%), Black Pepper (0.18%)

V001

WESTFIELD SPECIFIC MENU- DELI SANDWICHES

Tuna & Jalapeno Focaccia

Focaccia (40.68%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Blended Oil (Sunflower 65% & Olive Oil 35%), Salt, Yeast, Rosemary], Tuna (**FISH**) (30.51%) [Tuna (**FISH**), Water, Salt, Stabiliser (Xanthan Gum)], Mayonnaise (10.17%) [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], Jalapeños (6.78%) [Jalapeños, Water, Spirit Vinegar, Salt, Firming Agent: Calcium Chloride], Mature Cheddar Slices (**MILK**) (6.78%), Baby Leaf Spinach (3.39%), Sriracha Sauce (1.69%) [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]

V001

Spicy Chicken Focaccia

Focaccia (36.92%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Blended Oil (Sunflower 65% & Olive Oil 35%), Salt, Yeast, Rosemary], Chicken (27.69%) [Chicken Breast, Salt], Red Cabbage (9.23%), Mayonnaise (9.23%) [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], Rocket (4.62%), Water (4.02%), Red Onion (3.23%), Gochujang Paste (3.08%) [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], White wine vinegar (1.62%) [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Icing Sugar (0.23%) [Icing Sugar, Maize Starch], Salt (0.14%)

V001

Red Pepper, Mozzarella & Pesto Focaccia

 Suitable for vegetarians

Focaccia (37.8%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Blended Oil (Sunflower 65% & Olive Oil 35%), Salt, Yeast, Rosemary], Roasted Red Peppers (28.35%) [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Fresh Mozzarella Cheese (19.69%) [**MILK**, Salt, Rennet, Starter Cultures, Acidity Regulator: Citric Acid], Green Pesto (9.45%) 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, Rocket (4.72%)

V001

Tomato Side Salad

  Suitable for vegetarians & vegans

Tomatoes (78%), Red Onion (11.7%), Rapeseed Oil (5%) [Rapeseed Oil, Antifoaming Agent (E900)], Garlic Puree (4.8%) [Garlic, Citric Acid], Salt (0.25%), Black Pepper (0.25%)

V001

WESTFIELD SPECIFIC MENU- GELATO

Affogato

Suitable for vegetarians

Vanilla Gelato (78.95%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Sugar, Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Vanilla Moroni Paste (Invert Sugar Syrup, Fructose Syrup, Extracted Vanilla Pods, Powdered Extracted, Natural Bourbon Vanilla Flavouring, Concentrates Pumpkin, Carrot, Citric Acid), Thickening Agent: Carob Seed Flour, Guar Gum], Roasted Coffee Beans (21.05%)

V001

Snowflake Raspberry Sorbet

Suitable for vegetarians & vegans

Raspberry Sorbet (100%) [Spring Water, Fresh Raspberries 50%, Sugar, Dextrose, Vegetable Fibre, Pea Protein, Thickening Agent: Pectin]

V001

Snowflake Mango Sorbet

Suitable for vegetarians & vegans

Mango Sorbet (100%) [Spring Water, Fresh Mangos 30%, Mango Pulp 15%, Sugar, Dextrose, Grape Sugar, Pea Protein, Vegetable Fibre, Thickening Agent: Pectin]

V001

Snowflake Vanilla Gelato

Suitable for vegetarians

Vanilla Gelato (100%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Sugar, Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Vanilla Moroni Paste (Invert Sugar Syrup, Fructose Syrup, Extracted Vanilla Pods, Powdered Extracted, Natural Bourbon Vanilla Flavouring, Concentrates Pumpkin, Carrot, Citric Acid), Thickening Agent: Carob Seed Flour, Guar Gum]

V001

Snowflake Chocolate Gelato

Suitable for vegetarians

Chocolate Gelato (100%) [Organic Jersey **MILK**, organic Jersey cream (**MILK**), Cacao Powder (22/24%), Chocolate (62%) (Cocoa Beans, Sugar, Cocoa Butter, Emulsifier (Soya Lecithin), Natural Vanilla Extract, **MILK**), Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Emulsifying Agent: Soy Lecithin, Thickening Agent: Carob Seed Flour, Guar Gum]

V001

Waffle Cone

Suitable for vegetarians

Waffle Cone (100%) [**WHEAT** Flour, Sugar, Coconut fat, Emulsifier (**SOYA** Lecithin E322), Butter (**MILK**), Salt, Raising agent (Sodium bicarbonate E500ii), Natural flavouring, Flavouring]

V001

Snowflake Vanilla Shake

Suitable for vegetarians

Vanilla Gelato (53.45%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Sugar, Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Vanilla Moroni Paste (Invert Sugar Syrup, Fructose Syrup, Extracted Vanilla Pods, Powdered Extracted, Natural Bourbon Vanilla Flavouring, Concentrates Pumpkin, Carrot, Citric Acid), Thickening Agent: Carob Seed Flour, Guar Gum], Whole **MILK** (37.54%), Double Cream (**MILK**) (6.76%), Whole **MILK** (2.03%), Vanilla Syrup (0.23%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

V001

Snowflake Caramel Shake

✓ Suitable for vegetarians

Vanilla Gelato (48%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Sugar, Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Vanilla Moroni Paste (Invert Sugar Syrup, Fructose Syrup, Extracted Vanilla Pods, Powdered Extracted, Natural Bourbon Vanilla Flavouring, Concentrates Pumpkin, Carrot, Citric Acid), Thickening Agent: Carob Seed Flour, Guar Gum], Whole **MILK** (33.33%), Double Cream (**MILK**) (6%), Caramel Syrup (5.33%) Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator, Citric Acid, Toffee Dessert Sauce (5.33%) [Glucose Syrup, Reconstituted Skimmed **MILK**, Dextrose, Water, Humectant (Glycerol), Sugar, Vegetable Oil, Modified Starch, Butter (**MILK**), Colour (Plain Caramel), Salt, Stabilisers (Guar Gum, Xanthan Gum), Flavouring, Preservative (Potassium Sorbate), Whole **MILK** (1.8%), Vanilla Syrup (0.2%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

V001

Snowflake Chocolate Shake

✓ Suitable for vegetarians

Chocolate Gelato (50.7%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Cacao Powder (22/24%), Chocolate (62%) (Cocoa Beans, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin) Natural Vanilla Extract, **MILK**), Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Emulsifying Agent: **SOYA** Lecithin, Thickening Agent: Carob Seed Flour, Guar Gum], Whole **MILK** (35.21%), Double Cream (**MILK**) (6.34%), Chocolate Topping Sauce (5.63%) [Sugar, Water, Glucose Syrup, Humectant (Glycerol), Fat Reduced Cocoa Powder (6.5%), Chocolate (3.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Stabilisers (Guar Gum, Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Sorbic Acid)] Whole **MILK** (1.9%), Vanilla Syrup (0.21%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

V001

Snowflake Vanilla Frappe

✓ Suitable for vegetarians

Vanilla Gelato (59.8%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Sugar, Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Vanilla Moroni Paste (Invert Sugar Syrup, Fructose Syrup, Extracted Vanilla Pods, Powdered Extracted, Natural Bourbon Vanilla Flavouring, Concentrates Pumpkin, Carrot, Citric Acid), Thickening Agent: Carob Seed Flour, Guar Gum], Ice (16.61%) [Water], Whole **MILK** (8.31%), Double Cream (**MILK**) (7.48%), Ground Coffee (5.32%), Whole **MILK** (2.24%), Vanilla Syrup (0.25%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

V001

Snowflake Caramel Frappe

✓ Suitable for vegetarians

Vanilla Gelato (52.79%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Sugar, Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Vanilla Moroni Paste (Invert Sugar Syrup, Fructose Syrup, Extracted Vanilla Pods, Powdered Extracted, Natural Bourbon Vanilla Flavouring, Concentrates Pumpkin, Carrot, Citric Acid), Thickening Agent: Carob Seed Flour, Guar Gum], Ice (14.66%) [Water], Whole **MILK** (7.33%), Double Cream (**MILK**) (6.6%), Caramel Syrup (5.87%) Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator, Citric Acid, Toffee Dessert Sauce (5.87%) [Glucose Syrup, Reconstituted Skimmed **MILK**, Dextrose, Water, Humectant (Glycerol), Sugar, Vegetable Oil, Modified Starch, Butter (**MILK**), Colour (Plain Caramel), Salt, Stabilisers (Guar Gum, Xanthan Gum), Flavouring, Preservative (Potassium Sorbate),] Ground Coffee (4.69%), Whole **MILK** (1.98%), Vanilla Syrup (0.22%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid].

V001

Snowflake Chocolate Frappe

 **Suitable for vegetarians**

Chocolate Gelato (56.07%) [Organic Jersey **MILK**, Organic Jersey Cream (**MILK**), Cacao Powder (22/24%), Chocolate (62%) (Cocoa Beans, Sugar, Cocoa Butter, Emulsifier (**SOYA** Lecithin) Natural Vanilla Extract, **MILK**), Skimmed **MILK** Powder, Dextrose, Glucose (Sulphur Di-oxide), Emulsifying Agent: **SOYA** Lecithin, Thickening Agent: Carob Seed Flour, Guar Gum], Ice (15.58%) [Water], Whole **MILK** (7.79%), Double Cream (**MILK**) (7.01%) Chocolate Topping Sauce (6.23%) [Sugar, Water, Glucose Syrup, Humectant (Glycerol), Fat Reduced Cocoa Powder (6.5%), Chocolate (3.5%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Stabilisers (Guar Gum, Xanthan Gum), Acidity Regulator (Citric Acid), Preservative (Sorbic Acid)] Ground Coffee (4.98%), Whole **MILK** (2.1%), Vanilla Syrup (0.23%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

V001

ADDITIONAL THREADNEEDLE STREET JACKET MENU

Soho Slaw

 **Suitable for vegetarians**

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

V001

Tomato & Cucumber Salad

 **Suitable for vegetarians & vegans**

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

V001

THREADNEEDLE STREET - FRESHLY SQUEEZED JUICE

Freshly Squeezed Orange Juice

 **Suitable for vegetarians & vegans**

100% Orange Juice

V001

THREADNEEDLE STREET CARVERY - BASES

Semolina Topped Breakfast Roll

 **Suitable for vegetarians & vegans**

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

V001

Soft Flour Tortilla Wrap

 **Suitable for vegetarians & vegans**

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)

V001

Roasted Potatoes

 **Suitable for vegetarians & vegans**

Potato (93.7%), Cold Pressed Rapeseed Oil (6%), Salt (0.1%), Cracked Black Pepper (0.1%), Dried Thyme (0.1%)
v001

Mixed Leaf Salad

 **Suitable for vegetarians & vegans**

Cucumber (29.17%), Tomatoes (29.17%), Baby Leaf Mix (28.33%), Baby Leaf Spinach (13.33%)
v001

THREADNEEDLE STREET CARVERY - MEATS

Roasted Pork

Pork Loin (98.6%), Cold Pressed Rapeseed Oil (1%), Salt (0.3%), Cracked Black Pepper (0.1%)
v001

Roasted Turkey

Turkey Breast (96.88%), Cold Pressed Rapeseed Oil (2.77%), Salt (0.23%), Cracked Black Pepper (0.12%)
v001

Roasted Chicken

Chicken Breast, Cold Pressed Rapeseed Oil, Salt, Cracked Black Pepper
v001

Roasted Beef

Topside Beef, Cold Pressed Rapeseed Oil, Salt, Cracked Black Pepper
v001

THREADNEEDLE STREET CARVERY - SAUCES

Honey & Mustard Dressing

 **Suitable for vegetarians**

Water, Sunflower oil (30%), Spirit Vinegar, Sugar, Wholegrain **MUSTARD** (7%) [Spirit Vinegar, **MUSTARD** seeds, Water, Salt, White Wine, Sugar, Natural flavouring, Acid (Lactic Acid)], Honey (4%), **MUSTARD** (3%) (Water, **MUSTARD** Seeds, Spirit Vinegar, Salt, Flavourings, Spices), Free Range **EGG** Yolk (2.7%), Modified Corn Starch, Salt, Concentrated Juices (apples, lemon, carrot), Invert Sugar Syrup, Safflower Concentrate, Thickener (xanthan gum), Hibiscus, Antioxidant (Calcium Disodium EDTA), Molasses, Natural Flavourings. Rapeseed oil, Dijon Mustard (4%) Kuhne Mustard, Preservative (Potassium Sorbate) Paprika, Clove, Black Pepper
v001

Mayonnaise

 **Suitable for vegetarians**

Mayonnaise (100%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein
v001

Tomato Sauce

 **Suitable for vegetarians & vegans**

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)
v001

Gravy

 **Suitable for vegetarians & vegans**

Water, Potato Starch, Maltodextrin, Palm Fat, Salt, **WHEAT** Flour (with added Calcium, Iron, Niacin, Thiamin), Colour (Ammonia Caramel), Sugar, Flavourings, Flavour Enhancers (Monosodium Glutamate, Disodium 5'-ribonucleotides), Emulsifier (**SOYA** Lecithin), Black Pepper Extract, Rosemary Extract, Onion Oil
V001

BBQ Sauce

 **Suitable for vegetarians & vegans**

BBQ Sauce (100%) Sugar, Tomato Paste, Red Wine Vinegar, Water, Salt, Demerara Sugar, Modified Tapioca Starch, Black Treacle (cane molasses, inverted sugar syrup), Gravy Browning (Colour: SULPHITE Ammonia Caramel), Dijon **MUSTARD**, Onion Powder, Garlic Powder, Smoke Flavouring, Smoked Salt
V001

TNS Apple Sauce

 **Suitable for vegetarians & vegans**

Solid Apple Pack (97.96%) (Apples, Water, Acidity Regulator: Citric Acid), Icing Sugar (2.04%) (Icing Sugar, Anti-Caking Agent: Tricalcium Phosphate)
V001

Horseradish Sauce

 **Suitable for vegetarians & vegans**

Water, Acetic Acid, Rapeseed Oil, Sugar, Horseradish, Salt (Sodium Chloride, Sodium Hexacyanoferrate), **EGG** Yolk; Stabiliser (Xanthan Gum), **MUSTARD** Flour, Potassium sorbate, White Pepper, Calcium Disodium EDTA
V001

THREADNEEDLE STREET CARVERY - TOPPINGS

Stuffing Mix

 **Suitable for vegetarians & vegans**

Breadcrumbs (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage
V002

Jalapenos

 **Suitable for vegetarians & vegans**

Sliced Jalapeno Peppers, Water, Vinegar, Salt, Firming Agent: Calcium Chloride
V001

Soho Slaw

 **Suitable for vegetarians**

Grated Carrots (36.34%), Cabbage (30.31%), Mayonnaise (21.22%) Rapeseed Oil, Water, Spirit Vinegar, Sugar, Modified Maize Starch, Pasteurised Free Range **EGG** Yolk, Modified Potato Starch, Stabiliser (Guar Gum, Xanthan Gum), Salt, Preservatives: (Acetic Acid, Citric Acid), Potassium Sorbate, Colour: Lutein, Red Onion (6.06%), Set Sour Cream (4.55%) Cream @ 20% (**MILK**), Skim **MILK** Powder, Modified Starch, Lactic Cultures, Preservative (Potassium Sorbate), **MUSTARD** (0.61%) (Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)), Sugar (0.61%) Cane Sugar Salt (0.3%) Salt, Sodium Hexacyanoferrate (II)
V001

Roasted Red Onions

  **Suitable for vegetarians & vegans**

Red Onion (93.4%), Cold Pressed Rapeseed Oil (6%), Salt (0.5%), Cracked Black Pepper (0.1%)
V001

Sliced Gherkins

  **Suitable for vegetarians & vegans**

Gherkins, Water, Spirit Vinegar, Glucose-Fructose Syrup, Dill, **MUSTARD SEED**, Red Pepper, Onions, Salt, Sugar, Natural Flavouring
V001

Crispy Fried Onions

  **Suitable for vegetarians & vegans**

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

BRADLEY STOKE & YATE LEISURE CENTRE - TIDDLY FRAPPS

Strawberry

 **Suitable for vegetarians**

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

Banana

 **Suitable for vegetarians**

MILK, Bananas, Ice Cubes
V001

Chocolate

 **Suitable for vegetarians**

MILK, Ice Cubes, Organic Chocolate Syrup (Cocoa Powder, Sugar)
V001

White Chocolate

 **Suitable for vegetarians**

MILK, Ice Cubes, Sweetbird White Chocolate Syrup – Sugar, Water, Natural Flavouring, Acidity Regulator: Citric Acid
V001

BRADLEY STOKE & YATE LEISURE CENTRE - PROTEIN SHAKES

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

Vanilla made with Water

 **Suitable for vegetarians**

Water (82.64%), Vanilla Protein Powder (17.36%) [Whey Protein Concentrate (**Milk**), Flavouring, Thickener (Xanthan Gum), Sunflower Lecithin, Sweetener (Sucralose)]
V001

Vanilla made with Milk

 **Suitable for vegetarians**

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

V001

Strawberry made with Water

 **Suitable for vegetarians**

Water (82.64%), Strawberry Protein Powder (17.36%) [Whey Protein Concentrate (**Milk**), Flavouring, Colouring (Beetroot Red), Thickener (Xanthan Gum), Acid (Citric Acid), Sunflower Lecithin, Sweetener (Sucralose)]

V001

Strawberry made with Milk

 **Suitable for vegetarians**

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

V001

Chocolate made with Water

 **Suitable for vegetarians**

Water (82.64%), Chocolate Protein Powder (17.36%) [Whey Protein Concentrate (**Milk**), Reduced Fat Cocoa Powder, Flavouring, Thickener (Xanthan Gum), Sunflower Lecithin, Sweetener (Sucralose), Citric Acid (Chocolate Orange Favour Only)

V001

Chocolate made with Milk

 **Suitable for vegetarians**

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

V001

Add Oats

  **Suitable for vegetarians & vegans**

Mornflake Gluten Free Porridge **OATS** (100%)

V001

MORETON-IN MARSH (CO-OP) SPECIFIC

Spiced Caramel Apple Oat Matcha Latte (Made with Rude Health Milk)

  **Suitable for vegetarians & vegans**

OAT Milk (67.02%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Apple Juice (21.39%) (from concentrate), Water (10.02%), Caramel Syrup (0.71%) Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator, Citric Acid, Matcha Powder (0.67%) 100% Green Tea (Camellia Sinensis), Ground Cinnamon (0.18%)

V001

Iced Spiced Caramel Apple Oat Matcha Latte (Made with Rude Health Milk)

  **Suitable for vegetarians & vegans**

OAT Milk (52.22%) Water, Gluten Free **OATS** (13%), Sunflower Oil, Sea Salt, Gellan Gum, Apple Juice (30.95%) (from concentrate), Water (14.5%), Caramel Syrup (1.16%) Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator, Citric Acid, Matcha Powder (0.97%) 100% Green Tea (Camellia Sinensis), Ground Cinnamon (0.19%)

V001

Party Ring Shake (Made with Whole Milk)

  **Suitable for vegetarians**

Whole **MILK** (43.1%), Frappe Base Syrup (12.93%) [Water, Sugar, Thickener: Cellulose Gum, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate, Natural Flavouring], Double Cream (**MILK**) (9.7%), Sweetbird Vanilla Syrup (8.26%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Water (8.26%), White Chocolate Dessert Sauce (6.47%) [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**)], Party Ring Minis (6.03%) [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Glucose Syrup, Salt, Raising Agents (Ammonium Bicarbonates, Disodium Diphosphates, Sodium Bicarbonates), Partially Inverted Sugar Syrup, Hydrolysed **WHEAT** Gluten, Flavouring, Emulsifier (**SOYA** Lecithin), Plant, Fruit & Vegetable Concentrates (Radish, Safflower Apple, Carrot, Blackcurrant, Hibiscus), Acidity Regulator: Citric Acid; Vegetable Glycerine], Whole **MILK** (2.91%), Sugar Strands (1.29%) [Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins)], Pitaya Powder (0.72%), Vanilla Syrup (0.32%) [Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid]

V001

Mac & Cheese Sourdough Toastie

  **Suitable for vegetarians**

Macaroni Pasta (16.61%) [Durum **WHEAT** Semolina], Bechamel Sauce (9.72%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322)], Red Leicester Cheese (6.64%) [Pasteurised Cow's **MILK**, Non-Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti-Caking Agent E535), Starter Culture, Annatto Norbixin], Mature Cheddar (6.64%) [Pasteurised Cow's **MILK**, Non Animal Rennet (Sodium Benzoate Free), Salt (Contains Anti Caking Agent E535), Starter Culture], Mozzarella and Cheddar Mix (5.85%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Rapeseed Oil (1%) [Rapeseed Oil, Antifoaming Agent (E900)], Panko Breadcrumbs (0.96%) [Unbleached **WHEAT** flour, Yeast, Salt, Bread Improver (Corn Starch, Calcium Carbonate, Calcium Sulfate, L-Ascorbic Acid, Alpha Amylase)], Vegetarian Parmesan (0.96%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Barber's Farmhouse Mature Cheddar (0.83%) [Cheddar Cheese (Cow's **MILK**)], Extended Life Rapeseed Oil (0.69%) Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane)., Sriracha Sauce (0.13%) [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], **MUSTARD** (0.07%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Salt (0.03%) Salt, Sodium Hexacyanoferrate (II), Garlic Puree (0.02%) [Garlic (98%), Citric Acid], Dried Mixed Herbs (0.01%) [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

V001

Pink Lady Apple Slices & Peanut Butter

  **Suitable for vegetarians & vegans**

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**)]

V001

Slow Cooked Ham Hock, Potato & Egg Salad

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%)

V001

Prosciutto Crudo & Basil Pesto Pasta Salad

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%)

V001

Chocolate Mousse

 **Suitable for vegetarians**

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

V001

Raspberry Jam & Custard SOnut

 **Suitable for vegetarians**

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%)

V001

Honey and Banana Porridge

 **Suitable for vegetarians**

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

V001

Peanut Butter and Jam Porridge

V Suitable for vegetarians

Ve Vegan substitution available

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

V001

Mac & Cheese – Original

V Suitable for vegetarians

Macaroni Pasta (48.62%) [Durum **WHEAT** Semolina], Bechamel Sauce (28.44%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322)], Mozzarella and Cheddar Mix (17.12%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Barber's Farmhouse Mature Cheddar (2.43%) [Cheddar Cheese (Cow's **MILK**)], Panko Breadcrumbs (0.94%) [Unbleached **WHEAT** flour, Yeast, Salt, Bread Improver (Corn Starch, Calcium Carbonate, Calcium Sulfate, L-Ascorbic Acid, Alpha Amylase)], Vegetarian Parmesan (0.94%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Extended Life Rapeseed Oil (0.67%) Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Sriracha Sauce (0.39%) [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], **MUSTARD** (0.19%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Parsley (0.16%), Garlic Puree (0.05%) [Garlic (98%), Citric Acid], Salt (0.03%) Salt, Sodium Hexacyanoferrate, Dried Mixed Herbs (0.01%) [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

V001

Mac & Cheese - Truffle Mushroom

V Suitable for vegetarians

Macaroni Pasta (43.17%) [Durum **WHEAT** Semolina], Bechamel Sauce (25.25%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322)], Mozzarella and Cheddar Mix (15.19%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Mushrooms (10.07%), Vegetarian Parmesan (2.3%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Barber's Farmhouse Mature Cheddar (2.16%) [Cheddar Cheese (Cow's **MILK**)], Truffle Infused Olive Oil (1.15%) [Extra Virgin Olive Oil (96%), Natural Truffle Infusion (3%) (Extra Virgin Olive Oil, Truffle), Truffle Flavouring (1%)], Sriracha Sauce (0.35%) [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], **MUSTARD** (0.17%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Parsley (0.14%), Garlic Puree (0.04%) [Garlic (98%), Citric Acid]

V001

Mac & Cheese - BBQ, Bacon & Cheese

Macaroni Pasta (40.6%) [Durum **WHEAT** Semolina], Bechamel Sauce (23.75%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322)], Mozzarella and Cheddar Mix (22.41%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Streaky Bacon (6.5%) [Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar], BBQ Sauce (4.06%) [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], Barber's Farmhouse Mature Cheddar (2.03%) [Cheddar Cheese (Cow's **MILK**)], Sriracha Sauce (0.32%) [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], **MUSTARD** (0.16%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Parsley (0.14%), Garlic Puree (0.04%) [Garlic (98%), Citric Acid]

V001

Loaded Hash Browns - Mac & Cheese

✓ Suitable for vegetarians

Hashbrown (58.12%) [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Macaroni Pasta (19.82%) [Durum **WHEAT** Semolina], Bechamel Sauce (11.59%) [Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Skimmed **MILK**, Vegetable Oil (Palm - Segregated), Modified Starch (Waxy Maize), Butter(**MILK**) (5%), Whey(**MILK**) Protein Concentrate, Salt, Emulsifier (**SOYA** Lecithin E322)], Mozzarella and Cheddar Mix (6.97%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Barber's Farmhouse Mature Cheddar (0.99%) [Cheddar Cheese (Cow's **MILK**)], Panko Breadcrumbs (0.77%) [Unbleached **WHEAT** flour, Yeast, Salt, Bread Improver (Corn Starch, Calcium Carbonate, Calcium Sulfate, L-Ascorbic Acid, Alpha Amylase)], Vegetarian Parmesan (0.77%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Extended Life Rapeseed Oil (0.55%) Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Sriracha Sauce (0.16%) [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], Parsley (0.13%), **MUSTARD** (0.08%) [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Salt (0.02%) Salt, Sodium Hexacyanoferrate, Garlic Puree (0.02%) [Garlic (98%), Citric Acid, Dried Mixed Herbs (0.01%) [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

V001

Loaded Hash Browns - Truffle Mushroom

✓ Suitable for vegetarians

Hashbrown (82.24%) [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Mushrooms (13.08%), Vegetarian Parmesan (2.99%) [Whole Cow's **MILK**, Salt, Vegetarian Rennet], Truffle Infused Olive Oil (1.5%) [Extra Virgin Olive Oil (96%), Natural Truffle Infusion (3%) (Extra Virgin Olive Oil, Truffle), Truffle Flavouring (1%)], Parsley (0.19%)

V001

Loaded Hash Browns - BBQ, Bacon & Cheese

Hashbrown (68.86%) [Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper], Mozzarella and Cheddar Mix (18.78%) [Mozzarella - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, (Microbial), Cheddar - Pasteurised Full Fat **MILK**, Salt, Starter Culture, Vegetarian Rennet, Added - Potato Starch], Streaky Bacon (7.51%) [Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar], BBQ Sauce (4.69%) [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], Parsley (0.16%)

V001