

CAKES & TARTS	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURAT ES(G)	CARBS (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
CARROT CAKE	655	36.6	10.9	71.8	42.4	3.4	8.4	1.05	Sugar · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Pasteurised Egg · Carrots · Rapeseed Oil · Full Fat Soft Cheese (Milk) · Walnuts (Nuts) · Butter (Milk) · Demerara Sugar · Maltodextrin · Desiccated Coconut · Pineapple · Cornflour · Golden Syrup (Invert Sugar Syrup) · Humectant: Glycerol · Raising Agent: Sodium Bicarbonate, E450 · Ground Cinnamon · Palm Oil · Glucose Syrup · Emulsifier: E471, Gum Arabic · Ground Nutmeg · Stabiliser: Xanthan Gum · Salt · Colour: Carotenes, Beetroot Red, Riboflavins, E171 · Spirulina Concentrate.	Wheat (contains Gluten), Egg, Milk, Walnuts (Nuts)	Yes
BAKEWELL TART	385	22.0	9.8	39.9	27.9	2.2	6.0	0.05	Sugar · Butter (Milk) · Almonds · Pasteurised Free Range Egg · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Raspberries · Water · Maize Flour · Palm Oil · Glucose-Fructose Syrup · Raspberry Puree · Modified Maize Starch · Rapeseed Oil · Concentrated Lemon Juice · Whipping Cream (Milk) · Cocoa Mass · Cocoa Butter · Flavourings (Lime, Vanilla) · Acidity Regulator: Citric Acid, E332, E333 · Gelling Agent: Pectin · Emulsifier: Soya Lecithin · Preservative: E202.	Wheat (contains Gluten), Milk, Egg, Soya, Almonds (Nuts)	Yes
BLUEBERRY MUFFIN	420	19.8	2.2	54.8	29.2	2.9	4.8	0.63	Wheatflour contains Gluten · Sugar · Rapeseed Oil · Blueberries (14%) · Blueberry Filling (12%) · Dried Free Range Egg · Water · Humectant: Glycerol · Modified Maize Starch · Emulsifier: E475, E481, E471 · Baking Powder (Raising Agent: Sodium Bicarbonate, E450, E541) · Palm Oil · Dried Free Range Egg White · Lemon Juice · Flavourings. Blueberry Filling contains Sugar Syrup · Blueberries · Glucose Syrup · Acidity Regulator: Citric Acid, E331 · Gelling Agent: Pectin (from Fruit), E440.	Wheat (contains Gluten), Egg	Yes
VICTORIA SPONGE MUFFIN	489	24.6	8.3	60.2	37.2	1.7	5.9	0.88	Wheat flour contains Gluten (with Wheat flour , Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Strawberry Jam (11%) (Sugar, Strawberries, Glucose Fructose syrup, Acidity regulator: Citric acid, E331, Gelling Agent: Pectin, E509), Clotted Cream Topping (8%) (Sugar, Butter (Milk), Clotted Cream (Milk), Maize Starch, Salt), Rapeseed oil, Butter (Milk), Free Range Dried Whole Egg , Dusting Powder (Dextrose, Wheat Starch, Palm Oil, Salt, Flavouring), Vegetable Glycerine, Maize Starch, Vegetable shortening (Palm Oil, Rapeseed Oil, Emulsifier: E471), Raising Agent: E450, Sodium Bicarbonate, E341; Emulsifier: E481, E475; Free Range Dried Egg White, Flavouring, Salt.	Wheat (contains Gluten), Egg, Milk Not suitable for nut, sesame or soya allergy sufferers due to manufacturing methods	Yes
CARAMEL DOUGHNUT	310	14.7	8.3	39.6	13.0	1.1	5.3	0.89	Wheat Flour contains Gluten , Water, Free Range Egg (Egg), Whole Milk (Milk), Unsalted Butter (Milk), Caster Sugar, Yeast, Water, Wheat Flour, Yeast, Salt, Water, Wheat Flour, Yeast, Salt, Baking Powder, Beta Carotene, Shredded Lemon Zest (White Sugar, Lemon Peel, Water), Salt), Palm Oil). Salted Caramel (sweetened Condensed Skimmed Milk , Salted Butter(milk), Glucose Syrup, Partially Inverted Sugar Syrup, Sugar, Dark Muscavado, Salt, Emulsifier: E471, Gelling Agent: Pectin E440(ii)).	Wheat (contains Gluten), Egg, Milk	Yes

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	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
ULTIMATE CHOCOLATE CAKE	588	32.3	14.7	64.5	49.6	3.4	8.1	0.93	Milk Chocolate (Sugar · Cocoa Butter · Cocoa Mass · Dried Skimmed Milk · Dried Whole Milk · Milk Fat · Lactose (Milk) · Dried Whey (Milk) · Palm Oil · Emulsifier: Soya Lecithin · Fat Reduced Cocoa Powder · Vanilla Flavouring) · Pasteurised Free Range Egg · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Sugar · Whipping Cream (Milk) · Rapeseed Oil · Glucose Syrup · Invert Sugar Syrup · Dextrose · Butter (Milk) · Fat Reduced Cocoa Powder · Cocoa Mass · White Chocolate (Sugar · Cocoa Butter · Dried Whole Milk · Dried Skimmed Milk · Emulsifier: Soya Lecithin · Vanilla Flavouring) · Humectant: Glycerol · Butter Oil (Milk) · Emulsifier: E472b, E481, E475, E471 · Raising Agent: E450, Sodium Bicarbonate · Dried Skimmed Milk · Salt · Colour: E171 · Palm Oil.	Wheat (contains Gluten), Milk, Egg, Soya	Yes
RAINBOW CAKE	645	36.2	22.3	75.2	54.3	0.8	4.2	0.88	Sugar · Butter (Milk) · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Pasteurised Egg · Assorted Coloured Sugar Sprinkles (Sugar · Wheat Starch (contains Gluten) · Glucose Syrup · Colour: Beetroot Red, Curcumin, Anthocyanins · Glazing Agent: Beeswax · Coconut Oil) · Humectant: Glycerol · Dried Skimmed Milk · Emulsifier: E481, E475, E471 · Raising Agent: E450, Sodium Bicarbonate · Salt · Modified Maize Starch · Colour: Anthocyanin (from Black Carrot), Paprika Extract, E120 · Palm Oil · Vanilla Flavouring · Rice Starch · Spirulina Concentrate · Stabiliser: Xanthan Gum.	Wheat (contains Gluten), Milk, Egg	No
VICTORIA SPONGE CAKE	575	19.0	10.3	97.1	72.3	0.5	4.3	0.40	Sugar · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Pasteurised Egg · Butter (Milk) · Strawberry Jam (Strawberry Purée · Glucose-Fructose Syrup · Sugar · Acid: Citric Acid · Gelling Agent: Pectin (from Fruit) · Acidity Regulator: E331 · Flavouring · Colour: Anthocyanins (from Grapes, Radish) · Palm Oil · Whole Milk · Dried Glucose Syrup · Humectant: Glycerol · Cornflour · Rapeseed Oil · Raising Agent: E450, Sodium Bicarbonate · Emulsifier: E471 · Dextrose · Flavouring · Colour: Carotenes, E171 · Salt · Vanilla Extract · Stabiliser: Xanthan Gum.	Wheat (contains Gluten), Milk, Egg Not suitable for nut allergy sufferers due to manufacturing methods	Yes
LEMON DRIZZLE CAKE	333	13.6	8.2	47.5	30.7	2.2	4.0	0.40	Sugar · Pasteurised Free Range Egg · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Lemon Juice · Double Cream (Milk) · Butter (Milk) · Cornflour · Lemon Zest · Water · Dried Glucose Syrup · Raising Agent: E500, Calcium Phosphate, E450 · Glucose-Fructose Syrup · Palm Oil · Wheat Starch (contains Gluten) · Rapeseed Oil · Flavourings (Lemon, Lime) · Acidity Regulator: Citric Acid, E332, E333 · Gelling Agent: Pectin · Preservative: E202.	Wheat (contains Gluten), Egg, Milk	Yes

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COFFEE & WALNUT CAKE	590	31.5	19.3	70.4	44.3	1.0	5.9	0.85	Sugar · Butter (Milk) · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Pasteurised Egg · Dark Chocolate (Cocoa Mass · Sugar · Cocoa Butter · Butter Oil (Milk) · Emulsifier: Soya Lecithin · Vanilla Flavouring) · Whole Milk · Walnuts · Dextrose · Humectant: Glycerol · Maltodextrin · Cornflour · Colombian Dried Coffee · Raising Agent: E450, Sodium Bicarbonate · Emulsifier: E471 · Salt · Palm Oil · Stabiliser: Xanthan Gum.	Wheat (contains Gluten), Milk, Egg, Soya, Walnuts (Nuts)	Yes
MILLIONAIRES SHORTBREAD	330	14.5	3.9	47	30.1	0.6	2.4	0.38	Salted Caramel (Sugar · Glucose Syrup · Sweetened Condensed Milk (Whole Milk · Sugar · Lactose (Milk)) · Butter (Milk) · Golden Syrup (Invert Sugar Syrup) · Palm Oil · Emulsifier: Rapeseed Lecithin, E491 · Salt · Flavouring) · Milk Chocolate (Sugar · Cocoa Butter · Cocoa Mass · Dried Skimmed Milk · Milk Fat · Lactose (Milk) · Emulsifier: Soya Lecithin) · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Butter (Milk) · Rice Flour · Sugar · Dark Brown Sugar · Salt.	Wheat (contains Gluten), Milk, Soya	Yes
STRAWBERRY & CLOTTED CREAM CAKE	530	27.1	12.3	66.9	45.4	0.5	4.7	0.68	Sugar · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Pasteurised Egg · Butter (Milk) · British Strawberry Jam (9%) (Strawberry Purée · Glucose-Fructose Syrup · Sugar · Acidity Regulator: Citric Acid, E331 · Gelling Agent: Pectin (from Fruit) · Flavouring · Colour: Anthocyanins (from Radish, Grapes)) · Rapeseed Oil · Whole Milk · Humectant: Glycerol · Dextrose · Cornish Clotted Cream (Milk) (2%) · Glucose Syrup · Raising Agent: E450, Sodium Bicarbonate · Salt · Cornflour · Palm Oil · Emulsifier: E471 · Dried Egg White · Colour: E120 · Flavouring.	Wheat (contains Gluten), Egg, Milk	No
WHITE CHOCOLATE & PASSIONFRUIT CAKE	515	23.2	9.5	70.3	41.8	0.9	6.2	0.68	Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Sugar · Pasteurised Egg · Passion Fruit Jam (Glucose-Fructose Syrup · Passion Fruit Purée · Sugar · Acidity Regulator: Citric Acid, E331 · Gelling Agent: Pectin (from Fruit) · Flavouring) · Palm Oil · Rapeseed Oil · Butter (Milk) · Whole Milk · Dried Glucose Syrup · Humectant: Glycerol · White Chocolate (Sugar · Cocoa Butter · Dried Whole Milk · Dried Skimmed Milk · Emulsifier: Soya Lecithin · Vanilla Flavouring) · Cornflour · Raising Agent: E450, Sodium Bicarbonate · Glucose Syrup · Emulsifier: E471 · Salt · Stabiliser: Xanthan Gum · Dried Egg White.	Wheat (contains Gluten), Egg, Milk, Soya	Yes

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	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARB S (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
SMOKED BACON ROLL	440	19.5	8.4	39.7	4.8	4.3	24.8	2.48	Smoked British Bacon 38% (Pork (Pork (Made with 140g Raw Pork per 100g Cooked Bacon) · Curing Salt (Salt · Preservative: Sodium Nitrite)) · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Unsalted Butter (Milk) · Rapeseed Oil · Yeast (Yeast · Vitamin D Yeast) · Wheat Fibre (contains Gluten) · Durum Wheat Semolina (contains Gluten) · Sugar · Salt · Wheat Gluten · Palm Oil · Emulsifier: E471, E472e · Pasteurised Egg · Dried Skimmed Milk · Palm Fat · Flour Treatment Agent: Ascorbic Acid, E920 · Acidity Regulator: Acetic Acid · Wheat Starch (contains Gluten).	Wheat (Gluten), Milk, Egg	No
CUMBERLAND SAUSAGE BUN	510	23.9	8.0	49.3	5.3	3.6	22.3	1.95	Cooked Cumberland Pork Sausage (50%) (Pork (83%) · Dextrose · Potato Starch · Rusk (Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Salt · Raising Agent: E503) · Rapeseed Oil · Ground Spices (Black Pepper · Coriander · Ginger · Mace · Nutmeg · Red Chillies) · Salt · Stabiliser: E450 · Preservative: E223 (Sulphites) · Ground Bay Leaves) · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Unsalted Butter (Milk) · Rapeseed Oil · Yeast (Yeast · Vitamin D Yeast) · Wheat Fibre (contains Gluten) · Durum Wheat Semolina (contains Gluten) · Sugar · Salt · Wheat Gluten · Palm Oil · Emulsifier: E471, E472e · Pasteurised Egg · Dried Skimmed Milk · Palm Fat · Flour Treatment Agent: Ascorbic Acid, E920) · Acidity Regulator: Acetic Acid · Wheat Starch (contains Gluten). Sausages filled into pork collagen casings.	Wheat (contains Gluten), Milk, Sulphites, Egg	No
TOASTED TEACAKE & BUTTER	373	15.8	8.5	59.3	5.2	6.9	26.6	1.82	<u>Teacake contains:</u> Wheatflour contains Gluten · Moistened Dried Vine Fruits (34%) (Sultanas · Currants) · Water · Rapeseed Oil · Orange and Lemon Peel (2%) · Sugar · Dried Wheat Gluten · Invert Sugar Syrup · Palm Oil · Yeast · Emulsifier: E471, E472e · Salt · Anti-caking Agent: Calcium Carbonate · Flour Treatment Agent: Ascorbic Acid · Acidity Regulator: Acetic Acid. <u>Butter portion contains:</u> Butter (Milk) · Salt (1.7%).	Wheat (contains Gluten), Milk	Yes
WHOLEMEAL TOAST & BUTTER	290	13.7	7.9	31.8	1.7	3.6	8.5	1.06	<u>Wholemeal Toast contains:</u> Wholemeal Wheatflour · Water · Wheat Gluten · Salt · Yeast · Wheat Bran · Molasses · Rapeseed Oil · Palm Oil · Clear Honey · Emulsifier: E472e, E471 · Malted Wheatflour · Wheatflour · Flour Treatment Agent: Ascorbic Acid · Anti-caking Agent: E552. <u>Butter portion contains:</u> Butter (Milk) · Salt (1.7%).	Wheat (contains Gluten), Milk, Soya Not suitable for milk, nut or sesame allergy sufferers due to manufacturing methods	Yes

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	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
WHITE TOAST & BUTTER	290	13.0	7.7	37.2	1.7	3.1	7.3	0.97	<p><i>White Bloomer Bread contains:</i> Wheat flour contains Gluten (with Wheat flour, Calcium Carbonate, Iron, Niacin, Thiamine) · Water · Salt · Yeast · Palm Oil · Rapeseed Oil · Emulsifier: E471 · Acid: Ascorbic Acid. <i>Butter Portion contains:</i> Butter (Milk) · Salt (1.7%).</p>	Wheat (contains Gluten), Milk, Soya Not suitable for milk, nut or sesame allergy sufferers due to manufacturing methods	Yes
SCRAMBLED EGG ON TOAST	535	25.0	11.7	37.2	1.7	3.1	31.3	2.91	<p><i>Bloomer Bread:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Sugar Beet Fibre · Yeast (Yeast · Vitamin D Yeast) · Salt · Palm Oil · Rapeseed Oil · Emulsifier: E471 · Flour Treatment Agent: Ascorbic Acid. <i>Eggs</i> <i>Butter:</i> Butter (Milk) · Salt (1.7%). <i>Salt</i></p>	Wheat (contains Gluten), Egg, Milk	Yes
SCRAMBLED EGG WITH SMOKED SALMON ON TOAST	610	28.8	12.7	37.4	1.8	3.2	41.2	4.21	<p><i>Bloomer Bread:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Sugar Beet Fibre · Yeast (Yeast · Vitamin D Yeast) · Salt · Palm Oil · Rapeseed Oil · Emulsifier: E471 · Flour Treatment Agent: Ascorbic Acid. <i>Eggs</i> <i>Smoked Salmon:</i> Scottish Lochmuir™ Salmon (Fish) (97%) · Salt. <i>Butter:</i> Butter (Milk) · Salt (1.7%). <i>Salt</i></p>	Wheat (contains Gluten), Egg, Milk, Fish	No
EGG, CHEESE & MUSHROOM BREAKFAST ROLL	391	15.1	4.9	45.1	3.7	3.3	16.9	1.45	<p>Pasteurised Egg (21%) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Portobello Mushrooms (12%) · Water · Durum Wheat Semolina contains (Gluten) · Medium Fat Soft Cheese (Milk) · Spinach · Pasteurised Egg Yolk · Emmental Cheese (Milk) (2%) · Rapeseed Oil · Farmhouse Cheddar Cheese (Milk) (1.5%) · Medium Fat Hard Cheese (Milk) (1.5%) · Olive Oil · Salt · Yeast · Sugar · Dried Skimmed Milk · Dried Whole Milk · Lemon Juice · Cracked Black Pepper · Cornflour · Coarse Black Pepper · Broad Bean Flour · Wheat Gluten · Dried Yeast · Flavouring · Flour Treatment Agent: Ascorbic Acid · Ground White Pepper.</p>	Wheat (contains Gluten), Egg, Milk	Yes

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BREAKFAST

ALL DAY BREAKFAST

	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARB S (G)	SUGAR S (G)	FIBRE (G)	PROTEI N (G)	SALT (G)			
	920	53.9	22.8	58.2	6.8	7.2	49.2	3.78	<p>Poached Egg: Water · Poached Egg (38%) · Salt.</p> <p>Scrambled Egg: Egg, Salt</p> <p>Back Bacon: Smoked British Back Bacon (100%) (Pork Back (Made 140g of Raw Pork per 100g of Cooked Bacon) · Curing Salt (Salt · Preservative: Sodium Nitrite) · Rosemary Extract · Antioxidant: E301)</p> <p>White Bloomer Bread: Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Sugar Beet Fibre · Yeast (Yeast · Vitamin D Yeast) · Salt · Palm Oil · Rapeseed Oil · Emulsifier: E471 · Flour Treatment Agent: Ascorbic Acid.</p> <p>Tomato: Tomato</p> <p>Portobello Mushroom: Portobello Mushrooms · Olive Oil · Salt · Virgin Olive Oil · Cracked Black Pepper · Anticaking Agent: E535.</p> <p>Sausage: British Outdoor Bred Pork (78%) · Water · Gluten Free Crumb (Rice Flour · Chickpea Flour · Cornflour · Salt · Dextrose) · Potato Starch · Salt · Ground Spices (Black Pepper · Nutmeg · Ginger · Mace · White Pepper · Cayenne Chilli) · Stabiliser: E450 · Dried Herbs (Sage · Parsley) · Yeast Extract · Dextrose · Preservative: E223 (Sulphites) · Antioxidant: Ascorbic Acid. Sausages filled into vegetable based casings.</p> <p>Butter: Butter (Milk) · Salt (1.7%). Minimum 80% Milk Fat.</p> <p>Substitutions where ingredients differ</p> <p>Soft White Farmhouse 246231: Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Yeast (Yeast · Vitamin D Yeast) · Palm Oil · Salt · Chicory Fibre · Dried Fermented Wheatflour (contains Gluten) · Rapeseed Oil · Soya Flour · Emulsifier: E471, E472e · Palm Fat · Flour Treatment Agent: Ascorbic Acid · Wheat Starch (contains Gluten).</p> <p>Butchers Choice Sausages 0060738: British Outdoor Bred Pork (78%) · Water · Rice Flour · Potato Starch · Chickpea Flour · Salt · Ground Spices (Black Pepper · Coriander · Cumin · Pimentoes · Turmeric · Cardamom · Nutmeg · Ginger · Cloves · Cassia · Cayenne Pepper) · Dried Herbs (Sage · Bay) · Stabiliser: E450 · Flavouring · Cornflour · Preservative: E223 (Sulphites) · Dextrose · Antioxidant: Ascorbic Acid. Sausages filled into casings made from pork protein.</p> <p>Premium Pork Sausages 0085236: British Outdoor Bred Pork (93%) · Water · Rice Flour · Salt · Chickpea Flour · Dextrose · Ground Spices (Mace · Coriander · Nutmeg · Ginger) · Cracked Black Pepper · Preservative: E223 (Sulphites) · Ground Bay Leaves · Cornflour. Sausages filled into casings made from pork protein.</p> <p>Mushrooms 854887: Cheshunt Mushrooms, Butter Portion (Milk)</p>	<p>Egg, Gluten, Wheat, Milk, Soya, Sulphites</p> <p>Please note - The sausages are not gluten free as they are pre-cooked in the same oven as gluten/wheat containing sausages.</p>	No

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	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGAR (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
JACKET POTATO WITH BUTTER	400	12.2	7.7	62.3	6.6	5.8	7.8	0.64	<p><u>Jacket Potato with Butter and Salad contains:</u> Potato (100%) , Cherry Tomatoes , Cucumber, Salad Leaves, Honey Mustard Dressing, Salted Butter.</p> <p><u>Honey Mustard Dressing contains:</u> Water · Honey (16%) · Rapeseed Oil · Cold Pressed Rapeseed Oil · White Wine Vinegar · Wholegrain Mustard (4.5%) (Water · Mustard Seeds · White Wine Vinegar · Salt · Cinnamon · Ground Pimentoes) · Dijon Mustard (4.5%) (Water · Mustard Seeds · Vinegar · Salt) · English Mustard (3%) (Water · Dried Mustard · Salt · Turmeric · Ground Pimentoes) · Sugar · Garlic Puree · Stabiliser: Xanthan Gum · Preservative: E202 · Salt · Black Pepper · Colour: Curcumin.</p> <p><u>Salted Butter contains:</u> Butter (Milk) · Salt (1.7%).</p>	Milk, Mustard	Yes
JACKET POTATO WITH BAKED BEANS	480	2.3	0.1	85.2	12.1	14.3	15.8	1.16	<p><u>Jacket Potato with Baked Beans and Salad contains:</u> Potato (100%) ,Baked Beans, Cherry Tomatoes , Cucumber, Salad Leaves, Honey Mustard Dressing</p> <p><u>Baked Beans contain:</u> Beans (49%) . Tomatoes (32%) . Water . Sugar . Modified Maize Starch . Salt . Onion Powder . Sunflower Oil . Paprika Extract . Paprika . Spices & Herb Extracts.</p> <p><u>Substitute Beans contains:</u> Haricot Beans (49%) · Tomatoes (31%) · Water · Sugar · Cornflour · Salt · Dried Onions · Paprika Extract · Paprika · Flavouring</p> <p><u>Honey Mustard Dressing contains:</u> Water · Honey (16%) · Rapeseed Oil · Cold Pressed Rapeseed Oil · White Wine Vinegar · Wholegrain Mustard (4.5%) (Water · Mustard Seeds · White Wine Vinegar · Salt · Cinnamon · Ground Pimentoes) · Dijon Mustard (4.5%) (Water · Mustard Seeds · Vinegar · Salt) · English Mustard (3%) (Water · Dried Mustard · Salt · Turmeric · Ground Pimentoes) · Sugar · Garlic Puree · Stabiliser: Xanthan Gum · Preservative: E202 · Salt · Black Pepper · Colour: Curcumin.</p>	Mustard	Yes
JACKET POTATO WITH GRATED CHEESE	605	26.4	17.6	62.4	6.7	5.8	24.7	1.80	<p><u>Jacket Potato with Grated Cheese and Salad contains:</u> Potato (100%) , Grated Farmhouse Cheese, Cherry Tomatoes , Cucumber, Salad Leaves, Honey Mustard Dressing</p> <p><u>Grated Farmhouse Cheese contains:</u> Mature Cheddar Cheese (milk) (67%) · Mature Coloured Cheddar (milk) (33%) . Mature Coloured Cheddar contains Colour: Annatto.</p> <p><u>Honey Mustard Dressing contains:</u> Water · Honey (16%) · Rapeseed Oil · Cold Pressed Rapeseed Oil · White Wine Vinegar · Wholegrain Mustard (4.5%) (Water · Mustard Seeds · White Wine Vinegar · Salt · Cinnamon · Ground Pimentoes) · Dijon Mustard (4.5%) (Water · Mustard Seeds · Vinegar · Salt) · English Mustard (3%) (Water · Dried Mustard · Salt · Turmeric · Ground Pimentoes) · Sugar · Garlic Puree · Stabiliser: Xanthan Gum · Preservative: E202 · Salt · Black Pepper · Colour: Curcumin.</p>	Milk, Mustard	Yes

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JACKETS

	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
JACKET POTATO WITH TUNA & SWEETCORN	485	10.9	2.6	68.9	8.3	6.9	24.1	0.89	<p><i>Jacket Potato with Tuna & Sweetcorn Filling and Salad contains:</i> Potato (100%) , Tuna & Sweetcorn Filling, Cherry Tomatoes , Cucumber, Salad Leaves, Honey Mustard Dressing, <i>Tuna & Sweetcorn Filling:</i> Skipjack Tuna Flakes (Fish) (47%) · Mayonnaise (26%) (Water · Rapeseed Oil · Cornflour · Cold Pressed Rapeseed Oil · Pasteurised Egg Yolk · Vinegar · Pasteurised Egg · Salt · Concentrated Lemon Juice · Black Mustard Seeds · Dried Mustard) · Sweetcorn (22%) · Salt · Stabiliser: Xanthan Gum · Cracked Black Pepper. <i>Honey Mustard Dressing contains:</i> Water · Honey (16%) · Rapeseed Oil · Cold Pressed Rapeseed Oil · White Wine Vinegar · Wholegrain Mustard (4.5%) (Water · Mustard Seeds · White Wine Vinegar · Salt · Cinnamon · Ground Pimentoes) · Dijon Mustard (4.5%) (Water · Mustard Seeds · Vinegar · Salt) · English Mustard (3%) (Water · Dried Mustard · Salt · Turmeric · Ground Pimentoes) · Sugar · Garlic Puree · Stabiliser: Xanthan Gum · Preservative: E202 · Salt · Black Pepper · Colour: Curcumin.</p>	Mustard, Egg, Fish	No
JACKET POTATO WITH CHILLI CON CARNE	475	9.3	3.6	72.1	11.1	8.8	20.7	1.59	<p><i>Jacket Potato with Chilli Con Carne and Salad contains:</i> Potato (100%) , Chilli Con Carne, Cherry Tomatoes , Cucumber, Salad Leaves, Honey & Mustard Dressing <i>Chilli Con Carne</i> Minced Beef (30%) · Tomatoes (20%) · Water · Red Peppers (10%) · Onions · Black Beans (5%) · Red Kidney Beans (5%) · Tomato Paste · Cornflour · Ground Spices (Paprika · Cumin · Coriander) · Roast Beef Stock (Water · Beef Bones · Yeast Extract · Salt · Sugar) · Green Chilli Purée · Salt · Rapeseed Oil · Garlic Purée · Demerara Sugar · Dried Red Chillies · Dried Chipotle Chillies · Sherry Vinegar · White Wine Vinegar · Firming Agent: E509 · Dried Garlic · Acidity Regulator: Citric Acid · Dried Oregano. <i>Honey Mustard Dressing contains:</i> Water · Honey (16%) · Rapeseed Oil · Cold Pressed Rapeseed Oil · White Wine Vinegar · Wholegrain Mustard (4.5%) (Water · Mustard Seeds · White Wine Vinegar · Salt · Cinnamon · Ground Pimentoes) · Dijon Mustard (4.5%) (Water · Mustard Seeds · Vinegar · Salt) · English Mustard (3%) (Water · Dried Mustard · Salt · Turmeric · Ground Pimentoes) · Sugar · Garlic Puree · Stabiliser: Xanthan Gum · Preservative: E202 · Salt · Black Pepper · Colour: Curcumin.</p>	Mustard	No

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<u>TOASTIES & FLATBREADS</u>	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
HAM & CHEESE TOASTIE	511	22.1	12.6	47.6	4.3	1.4	29.6	2.95	Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Water · British Ham (19%) (Pork Leg (99%) · Curing Salt (Salt · Preservative: Sodium Nitrite) · Sugar · Stabiliser: E451 · Antioxidant: E301) · Farmhouse Cheddar Cheese (Milk) (13%) · Emmental Cheese (Milk) (8%) · Unsalted Butter (Milk) · Dried Skimmed Milk · Rapeseed Oil · Double Cream (Milk) · Salt · Dried Mustard · Wheat Fibre (contains Gluten) · Vinegar · Yeast (Yeast · Vitamin D Yeast) · Ground Spices (White Pepper · Pimentoes · Turmeric) · Yellow Mustard Bran · Potato Starch · Calcium Sulphate · Palm Fat · Flour Treatment Agent: Ascorbic Acid · Wheat Starch (contains Gluten).	Wheat, Barley (contain Gluten), Milk, Mustard Not suitable for egg or soya allergy sufferers due to manufacturing methods	No
CHICKEN & BACON TOASTIE	515	21.5	11.4	47.2	3.9	3.7	31.5	2.48	Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Roast British Chicken Breast (18%) · Farmhouse Cheddar Cheese (9%) (Milk) · Smoked British Bacon (6%) (Pork Belly (Made with 265g of Raw Pork per 100g of Cooked Bacon) · Curing Salt (Salt · Preservative: Sodium Nitrite) · Antioxidant: E301) · Medium Fat Hard Cheese (Milk) · Unsalted Butter (Milk) · Dried Skimmed Milk · Rapeseed Oil · Double Cream (Milk) · Single Cream (Milk) · Emmental Cheese (Milk) · Salt · Wheat Fibre (contains Gluten) · Yeast (Yeast · Vitamin D Yeast) · Dried Mustard · Vinegar · Chicken Stock (Water · Chicken Bones · Seaweed · Yeast Extract · Shiitake Mushrooms) · Cornflour · Potato Starch · Ground Spices (White Pepper · Turmeric · Pimentoes) · Yellow Mustard Bran · Sugar · Calcium Sulphate · Palm Fat · Flour Treatment Agent: Ascorbic Acid · Acidity Regulator: Citric Acid · Wheat Starch (contains Gluten).	Wheat, Barley (contain Gluten), Milk, Mustard Not suitable for egg or soya allergy sufferers due to manufacturing methods	No
EMMENTAL & MUSHROOM TOASTIE	517	25.4	13.5	48.0	4.3	2.7	22.8	1.90	Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Emmental Cheese (Milk) (17%) · Portobello Mushrooms (11%) · Unsalted Butter (Milk) · Farmhouse Cheddar Cheese (Milk) · Dried Skimmed Milk · Olive Oil · Medium Fat Hard Cheese (Milk) · Rapeseed Oil · Double Cream (Milk) · Salt · Wheat Fibre (contains Gluten) · Dried Mustard · Vinegar · Yeast (Yeast · Vitamin D Yeast) · Parsley · Cracked Black Pepper · Mustard Bran · Potato Starch · Ground Pimentoes · Turmeric · Calcium Sulphate · Palm Fat · Flour Treatment Agent: Ascorbic Acid · Wheat Starch (contains Gluten).	Wheat, Barley (contain Gluten), Milk, Mustard Not suitable for egg or soya allergy sufferers due to manufacturing methods	Yes

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TOASTIES & FLATBREADS	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
SAUSAGE & ONION TOASTIE	593	26.6	12.2	63.2	13.3	3.7	23.1	2.03	Cumberland Pork Sausage (30%) (Pork (83%) · Dextrose · Potato Starch · Rusk (Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Salt · Raising Agent: E503) · Ground Spices (Black Pepper · Coriander · Ginger · Mace · Nutmeg · Red Chillies · Bay Leaves) · Salt · Stabiliser: E450 · Preservative: E223 (Sulphites)) · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Caramelised Red Onion Chutney (6%) (Red Onions · Sugar · Barley Malt Vinegar (contains Gluten) · Balsamic Vinegar · Olive Oil · Unsalted Butter (Milk) · Roasted Garlic · Red Chillies) · Farmhouse Cheddar Cheese (Milk) (4.5%) · Onions (4.5%) · Medium Fat Hard Cheese (Milk) · Unsalted Butter (Milk) · Rapeseed Oil · Dried Skimmed Milk · Salt · Spring Onions · Double Cream (Milk) · Wheat Fibre (contains Gluten) · Wheat Gluten · Yeast (Yeast · Vitamin D Yeast) · Sunflower Oil · Calcium Sulphate · Cracked Black Pepper · Potato Starch · Palm Fat · Flour Treatment Agent: Ascorbic Acid · Wheat Starch (contains Gluten).	Wheat, Barley (contain Gluten), Milk, Sulphites Not suitable for egg or soya allergy sufferers due to manufacturing methods	No
PESTO, TOMATO & MOZZARELLA FLATBREAD	334	13.7	4.0	36.7	5.7	4.8	13.5	1.50	Tomato and Basil Sauce (17%) (Tomatoes · Onions · Tomato Paste · Muscovado Sugar · Water · Cornflour · Salt · Olive Oil · Basil · Garlic Purée · Cracked Black Pepper · Oregano) · Water · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Mozzarella Cheese (Milk) (11%) · Chargrilled Peppers (11%) (Red Peppers · Yellow Peppers) · Medium Fat Cream Cheese (Milk) · Wholemeal Wheatflour (contains Gluten) · Spinach · Rapeseed Oil · Rye Flour (contains Gluten) · Wholemeal Spelt Flour (Wheat contains Gluten) · Medium Fat Hard Cheese (Milk) · Basil · Extra Virgin Olive Oil · Salt · Yeast · Dried Skimmed Milk · Wheat Gluten · Parsley · Sugar Beet Fibre · Cracked Black Pepper · Flour Treatment Agent: Ascorbic Acid.	Wheat, Spelt, Rye (contain Gluten), Milk	Yes
CHICKEN MOZZARELLA & TOMATO FLATBREAD	374	13.7	2.8	38.7	3.4	4.7	21.7	1.55	Roast British Chicken (20%) · Water · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Mozzarella Cheese (Milk) (6%) · Tomatoes · Chargrilled Red Peppers (5%) · Wholemeal Wheatflour (contains Gluten) · Tomato Juice · Reduced Fat Soft Cheese (Milk) · Rapeseed Oil · Spinach · Slow Roasted Tomatoes · Rye Flour (contains Gluten) · Wholemeal Spelt Flour (Wheat contains Gluten) · Red Onions · Tomato Puree · Medium Fat Hard Cheese (Milk) · Olive Oil · Salt · Extra Virgin Olive Oil · Garlic Puree · Basil · Yeast · Dried Skimmed Milk · Wheat Gluten · Cornflour · Chicken Stock (Water · Chicken Bones · Seaweed · Yeast Extract · Shiitake Mushrooms) · Potato Starch · Sugar Beet Fibre · Garlic · Flour Treatment Agent: Ascorbic Acid · Red Chillies · Smoked Paprika · Oregano · Cracked Black Pepper · Acidity Regulator: Citric Acid.	Wheat, Spelt, Rye (contain Gluten), Milk	No

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<u>TOASTIES & FLATBREADS</u>	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
CHICKEN & CHORIZO PANINI	391	11.2	3.8	46.2	3.6	3.4	24.9	1.68	Roast Chicken Breast (23%) · Durum Wheat Semolina (contains Gluten) · Water · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Medium Fat Soft Cheese (Milk) · Chorizo Pork Sausage (5%) (Pork (made with 134g Raw Pork per 100g Chorizo) · Pork Fat · Curing Salt (Salt · Preservative: Sodium Nitrite) · Ground Spices (Paprika · Cayenne Pepper · Smoked Paprika) · Dextrose · Sage · Barley Malt Vinegar (contains Gluten) · Rosemary Extract · Stabiliser: E450 · Antioxidant: E301) · Chargrilled Red Peppers · Spinach · Slow Roasted Tomatoes · Monterey Jack Cheese (Milk) · Farmhouse Cheddar Cheese (Milk) · Extra Virgin Olive Oil · Mozzarella Cheese (Milk) · Yeast · Salt · Rapeseed Oil · Cornflour · Chicken Stock (Water · Chicken Bones · Seaweed · Yeast Extract · Shiitake Mushrooms) · Potato Starch · Dried Garlic · Sunflower Oil · Dried Oregano · Flour Treatment Agent: Ascorbic Acid.	Wheat, Barley (contains Gluten), Milk	No
HAM & MOZZARELLA PANINI	405	13.9	3.9	44.2	3.5	3.3	23.9	2.10	Smoked British Ham (22%) (Pork Leg (Made from 106g of Raw Pork per 100g of Ham) · Curing Salt (Salt · Preservative: Sodium Nitrite) · Brown Sugar · Antioxidant: E301) · Durum Wheat Semolina (contains Gluten) · Water · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Mozzarella Cheese (Milk) (12%) · Slow Roasted Tomatoes (5%) · Spinach · Basil · Olive Oil · Medium Fat Hard Cheese (Milk) · Extra Virgin Olive Oil · Pine Kernels · Yeast · Salt · Rapeseed Oil · Garlic Purée · Cornflour · Garlic · Oregano · Flour Treatment Agent: Ascorbic Acid.	Wheat (contains Gluten), Milk	No
TOMATO & MOZZARELLA PANINI	444	18.0	5.9	47.3	4.0	4.0	21.2	1.88	Mozzarella Cheese (Milk) (22%) · Vine Ripened Tomatoes (16%) · Durum Wheat Semolina (contains Gluten) · Water · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Slow Roasted Tomatoes · Spinach · Basil · Olive Oil · Medium Fat Hard Cheese (Milk) · Extra Virgin Olive Oil · Pine Kernels · Yeast · Salt · Rapeseed Oil · Garlic Purée · Cornflour · Garlic · Oregano · Flour Treatment Agent: Ascorbic Acid.	Wheat (contains Gluten), Milk	Yes

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SOUP	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
TOMATO & BASIL SOUP WITH BREAD ROLLS AND BUTTER OR FLORA	387	20.4	8.8	40.0	14.9	6.3	9.2	2.01	<p><u>Tomato & Basil Soup:</u> Water · Tomato (34%) · Carrot · Tomato Puree · Leeks · Onion · Rapeseed Oil · Sugar · Basil · Cornflour · Salt · Garlic Puree · Ground Black Pepper.</p> <p><u>Seeded rolls contain:</u> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Millet Seeds (7%) · Sunflower Seeds (6%) · Golden Linseed (4%) · Brown Linseed (4%) · Pasteurised Free Range Egg · Poppy Seeds (2.5%) · Pumpkin Seeds (2%) · Rapeseed Oil · Salt · Dried Fermented Wheatflour (contains Gluten) · Invert Sugar Syrup · Yeast (Yeast · Vitamin D Yeast) · Malted Barley Flour (contains Gluten) · Palm Oil · Emulsifier: E471, E472e · Palm Fat.</p> <p><u>Bran topped wholemeal rolls contain:</u> Wholemeal Wheatflour (contains Gluten) · Water · Wheat Bran (contains Gluten) · Pasteurised Free Range Egg · Rapeseed Oil · Dried Whole Milk · Salt · Dried Fermented Wheatflour (contains Gluten) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Yeast (Yeast · Vitamin D Yeast) · Palm Oil · Emulsifier: E471, E742e · Palm Fat.</p> <p><u>Flour topped white rolls contain:</u> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Rapeseed Oil · Dried Fermented Wheatflour (contains Gluten) · Salt · Yeast (Yeast · Vitamin D Yeast) · Dried Whole Milk · Emulsifier: E471, E472e · Palm Oil · Palm Fat.</p> <p><u>Butter:</u> Butter (Milk) · Salt (1.7%).</p> <p><u>Flora :</u> Vegetable oils in varying proportions (59%) (sunflower, palm, linseed, rapeseed), water, salt (1.38%), buttermilk (Milk), emulsifier (mono-and diglycerides of fatty acids), preservative (potassium sorbate), acid (citric acid), natural flavouring, vitamins A and D, colour (carotenes).</p>	Wheat, Barley (contains Gluten), Egg, Milk Not suitable for sesame allergy sufferers due to manufacturing methods Please note – Flora contains Milk	Yes
GLUTEN FREE TOMATO & BASIL SOUP WITH WRAPPED GLUTEN FREE ROLL & BUTTER OR FLORA	440	25.9	9.5	40.3	13.5	11.3	7.2	2.39	<p><u>Tomato & Basil Soup:</u> Water · Tomato (34%) · Carrot · Tomato Puree · Leeks · Onion · Rapeseed Oil · Sugar · Basil · Cornflour · Salt · Garlic Puree · Ground Black Pepper.</p> <p><u>Gluten Free Bread Roll:</u> Water · Gluten Free Flour (Rice Flour · Fermented Brown Rice Flour · Brown Rice Flour) · Tapioca Starch · Potato Starch · Bamboo Fibre · Dried Egg White · Yeast (Yeast · Vitamin D Yeast) · Rapeseed Oil · Psyllium Husk Powder · Cornflour · Sugar · Humectant: Glycerol · Thickener: E464, Xanthan Gum · Salt · Calcium Carbonate · Quinoa · Vitamins (Niacin · Pantothenic Acid · Riboflavin · B6 · Folic Acid).</p> <p><u>Butter:</u> Butter (Milk) · Salt (1.7%).</p> <p><u>Flora :</u> Vegetable oils in varying proportions (59%) (sunflower, palm, linseed, rapeseed), water, salt (1.38%), buttermilk (Milk), emulsifier (mono-and diglycerides of fatty acids), preservative (potassium sorbate), acid (citric acid), natural flavouring, vitamins A and D, colour (carotenes).</p>	Egg, Milk Please note – Flora contains Milk	Yes

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SOUP	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
CHICKEN MUSHROOM & RICE SOUP WITH ROLLS AND BUTTER OR FLORA	473	22.9	10.2	48.0	6.5	5.5	15.6	2.29	<p><i>Chicken, Mushroom and Rice Soup contains:</i> Roast Chicken Stock (Water · Chicken Bones · Onions · Carrots · Leeks · Garlic · Parsley · Bay Leaves · White Peppercorns) · Onions · Mushrooms (9%) · Carrots · British Chicken (8%) · Basmati Rice (4%) · Single Cream (Milk) · Rapeseed Oil · Cornflour · Celery · Salt · Parsley · Thyme · Ground Black Pepper · Ground Bay Leaves.</p> <p><i>Seeded rolls contain:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Millet Seeds (7%) · Sunflower Seeds (6%) · Golden Linseed (4%) · Brown Linseed (4%) · Pasteurised Free Range Egg · Poppy Seeds (2.5%) · Pumpkin Seeds (2%) · Rapeseed Oil · Salt · Dried Fermented Wheatflour (contains Gluten) · Invert Sugar Syrup · Yeast (Yeast · Vitamin D Yeast) · Malted Barley Flour (contains Gluten) · Palm Oil · Emulsifier: E471, E472e · Palm Fat.</p> <p><i>Bran topped wholemeal rolls contain:</i> Wholemeal Wheatflour (contains Gluten) · Water · Wheat Bran (contains Gluten) · Pasteurised Free Range Egg · Rapeseed Oil · Dried Whole Milk · Salt · Dried Fermented Wheatflour (contains Gluten) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Yeast (Yeast · Vitamin D Yeast) · Palm Oil · Emulsifier: E471, E742e · Palm Fat.</p> <p><i>Flour topped white rolls contain:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Rapeseed Oil · Dried Fermented Wheatflour (contains Gluten) · Salt · Yeast (Yeast · Vitamin D Yeast) · Dried Whole Milk · Emulsifier: E471, E472e · Palm Oil · Palm Fat.</p> <p><i>Butter:</i> Butter (Milk) · Salt (1.7%).</p> <p><i>Flora :</i> Vegetable oils in varying proportions (59%) (sunflower, palm, linseed, rapeseed), water, salt (1.38%), buttermilk (Milk), emulsifier (mono-and diglycerides of fatty acids), preservative (potassium sorbate), acid (citric acid), natural flavouring, vitamins A and D, colour (carotenes).</p>	Wheat, Barley (contain Gluten), Celery, Egg, Milk	No
GLUTEN FREE CHICKEN, MUSHROOM & RICE SOUP WITH WRAPPED GLUTEN FREE ROLLS & BUTTER OR FLORA	496	27.3	10.3	44.5	5.5	9.2	13.2	2.3	<p><i>Chicken, Mushroom and Rice Soup:</i> Roast Chicken Stock (Water · Chicken Bones · Onions · Carrots · Leeks · Garlic · Parsley · Bay Leaves · White Peppercorns) · Onions · Mushrooms (9%) · Carrots · British Chicken (8%) · Basmati Rice (4%) · Single Cream (Milk) · Rapeseed Oil · Cornflour · Celery · Salt · Parsley · Thyme · Ground Black Pepper · Ground Bay Leaves.</p> <p><i>Gluten Free Bread Roll:</i> Water · Gluten Free Flour (Rice Flour · Fermented Brown Rice Flour · Brown Rice Flour) · Tapioca Starch · Potato Starch · Bamboo Fibre · Dried Egg White · Yeast (Yeast · Vitamin D Yeast) · Rapeseed Oil · Psyllium Husk Powder · Cornflour · Sugar · Humectant: Glycerol · Thickener: E464, Xanthan Gum · Salt · Calcium Carbonate · Quinoa · Vitamins (Niacin · Pantothenic Acid · Riboflavin · B6 · Folic Acid).</p> <p><i>Butter:</i> Butter (Milk) · Salt (1.7%).</p> <p><i>Flora :</i> Vegetable oils in varying proportions (59%) (sunflower, palm, linseed, rapeseed), water, salt (1.38%), buttermilk (Milk), emulsifier (mono-and diglycerides of fatty acids), preservative (potassium sorbate), acid (citric acid), natural flavouring, vitamins A and D, colour (carotenes).</p>	Egg, Milk, Celery	No

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SOUP	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
PEA & MINT SOUP WITH ROLLS & BUTTER OR FLORA	525	33.4	10.4	40.3	10.2	8.7	12.5	2.4	<p><i>Pea and Mint Soup</i> Water · Peas (27%) · Whole Milk · Onions · Fennel (3.5%) · Celery · Rapeseed Oil · Olive Oil · Butter (Milk) · Cornflour · Salt · Mint · Garlic Puree · Sugar · Ground Black Pepper.</p> <p><i>Seeded rolls contain:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Millet Seeds (7%) · Sunflower Seeds (6%) · Golden Linseed (4%) · Brown Linseed (4%) · Pasteurised Egg · Poppy Seeds (2.5%) · Pumpkin Seeds (2%) · Rapeseed Oil · Salt · Dried Fermented Wheatflour (contains Gluten) · Invert Sugar Syrup · Yeast (Yeast · Vitamin D Yeast) · Malted Barley Flour (contains Gluten) · Palm Oil · Emulsifier: E471, E472e · Palm Fat.</p> <p><i>Bran topped wholemeal rolls contain:</i> Wholemeal Wheatflour (contains Gluten) · Water · Wheat Bran (contains Gluten) · Pasteurised Egg · Rapeseed Oil · Dried Whole Milk · Salt · Dried Fermented Wheatflour (contains Gluten) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Yeast (Yeast · Vitamin D Yeast) · Palm Oil · Emulsifier: E471, E742e · Palm Fat.</p> <p><i>Flour topped white rolls contain:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Rapeseed Oil · Dried Fermented Wheatflour (contains Gluten) · Salt · Yeast (Yeast · Vitamin D Yeast) · Dried Whole Milk · Emulsifier: E471, E472e · Palm Oil · Palm Fat.</p> <p><i>Butter portions:</i> Butter (Milk) · Salt (1.7%).</p> <p><i>Flora :</i> Vegetable oils in varying proportions (59%) (sunflower, palm, linseed, rapeseed), water, salt (1.38%), buttermilk (Milk), emulsifier (mono-and diglycerides of fatty acids), preservative (potassium sorbate), acid (citric acid), natural flavouring, vitamins A and D, colour (carotenes).</p>	Wheat, Barley (contain Gluten), Milk, Egg, Celery Rolls not suitable for sesame allergy sufferers due to manufacturing methods Please note – Flora contains Milk	Yes
GLUTEN FREE PEA & MINT SOUP WITH WRAPPED GLUTEN FREE ROLLS & BUTTER OR FLORA	520	35.2	10.5	35.4	8.9	11.7	9.3	2.58	<p><i>Pea & Mint Soup:</i> Water · Peas (27%) · Whole Milk · Onions · Fennel (3.5%) · Celery · Rapeseed Oil · Olive Oil · Butter (Milk) · Cornflour · Salt · Mint · Garlic Puree · Sugar · Ground Black Pepper.</p> <p><i>Gluten Free Bread Roll:</i> Water · Gluten Free Flour (Rice Flour · Fermented Brown Rice Flour · Brown Rice Flour) · Tapioca Starch · Potato Starch · Bamboo Fibre · Dried Egg White · Yeast (Yeast · Vitamin D Yeast) · Rapeseed Oil · Psyllium Husk Powder · Cornflour · Sugar · Humectant: Glycerol · Thickener: E464, Xanthan Gum · Salt · Calcium Carbonate · Quinoa · Vitamins (Niacin · Pantothenic Acid · Riboflavin · B6 · Folic Acid).</p> <p><i>Butter Portion:</i> Butter (Milk) · Salt (1.7%). Minimum 80% Milk Fat.</p> <p><i>Flora :</i> Vegetable oils in varying proportions (59%) (sunflower, palm, linseed, rapeseed), water, salt (1.38%), buttermilk (Milk), emulsifier (mono-and diglycerides of fatty acids), preservative (potassium sorbate), acid (citric acid), natural flavouring, vitamins A and D, colour (carotenes).</p>	Egg, Milk, Celery Please note – Flora contains Milk	Yes

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SOUP	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
CHICKEN, CHORIZO & RICE SOUP WITH ROLLS & BUTTER OR FLORA	430	21.0	8.8	43.9	4.7	4.2	14.3	2.84	<p><i>Chicken, Chorizo & Rice Soup:</i> Roast Chicken Stock (Water · Chicken Bones · Onions · Carrots · Leeks · Garlic Purée · Parsley · Bay Leaves · White Peppercorns) · Tomatoes · British Chicken Thigh (7%) · White Wine · Ariete Rice (4.5%) · Peas · Red Peppers · Cornflour · Onions · Rapeseed Oil · Celery · Chorizo Pork Sausage (1%) (Pork (90%) · Water · Curing Salt (Salt · Preservative: Sodium Nitrite, Potassium Nitrate) · Dried Whole Milk · Ground Paprika · Dextrose · Antioxidant: E301 · Ground Nutmeg · Dried Oregano) · Salt · Ground Spices (Smoked Paprika · Turmeric · Bay Leaves · Cayenne Pepper · Black Pepper · Fennel) · Parsley · Lemon Juice · Garlic Purée · Red Chillies.</p> <p><i>Seeded rolls contain:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Millet Seeds (7%) · Sunflower Seeds (6%) · Golden Linseed (4%) · Brown Linseed (4%) · Pasteurised Free Range Egg · Poppy Seeds (2.5%) · Pumpkin Seeds (2%) · Rapeseed Oil · Salt · Dried Fermented Wheatflour (contains Gluten) · Invert Sugar Syrup · Yeast (Yeast · Vitamin D Yeast) · Malted Barley Flour (contains Gluten) · Palm Oil · Emulsifier: E471, E472e · Palm Fat.</p> <p><i>Bran topped wholemeal rolls contain:</i> Wholemeal Wheatflour (contains Gluten) · Water · Wheat Bran (contains Gluten) · Pasteurised Free Range Egg · Rapeseed Oil · Dried Whole Milk · Salt · Dried Fermented Wheatflour (contains Gluten) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Yeast (Yeast · Vitamin D Yeast) · Palm Oil · Emulsifier: E471, E742e · Palm Fat.</p> <p><i>Flour topped white rolls contain:</i> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Rapeseed Oil · Dried Fermented Wheatflour (contains Gluten) · Salt · Yeast (Yeast · Vitamin D Yeast) · Dried Whole Milk · Emulsifier: E471, E472e · Palm Oil · Palm Fat.</p> <p><i>Butter:</i> Butter (Milk) · Salt (1.7%).</p> <p><i>Flora :</i> Vegetable oils in varying proportions (59%) (sunflower, palm, linseed, rapeseed), water, salt (1.38%), buttermilk (Milk), emulsifier (mono-and diglycerides of fatty acids), preservative (potassium sorbate), acid (citric acid), natural flavouring, vitamins A and D, colour (carotenes).</p>	<p>Wheat, Barley (contain Gluten), Milk, Egg, Celery</p> <p>Not suitable for sesame allergy sufferers due to manufacturing methods</p> <p>Please note – Flora contains Milk</p>	No

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FRUIT & SALAD	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
STRAWBERRY POT	45	0.3	<0.1	9.5	9.5	1.1	0.9	<0.01	<u>Strawberries (100%)</u>	None	Yes
SIDE SALAD WITH DRESSING	30	0.5	0.1	5.2	4.4	0.9	0.9	0.34	<u>Salad, Tomato & Cucumber contains:</u> Cherry Tomatoes , Cucumber, Salad Leaves <u>Honey Mustard Dressing contains:</u> Water · Honey (16%) · Rapeseed Oil · Cold Pressed Rapeseed Oil · White Wine Vinegar · Wholegrain Mustard (4.5%) (Water · Mustard Seeds · White Wine Vinegar · Salt · Cinnamon · Ground Pimentoes) · Dijon Mustard (4.5%) (Water · Mustard Seeds · Vinegar · Salt) · English Mustard (3%) (Water · Dried Mustard · Salt · Turmeric · Ground Pimentoes) · Sugar · Garlic Puree · Stabiliser: Xanthan Gum · Preservative: E202 · Salt · Black Pepper · Colour: Curcumin.	Mustard	Yes
CHICKEN CAESAR SALAD	320	18.2	4.2	8.9	2.8	2.0	23.9	1.90	<u>Caesar Salad Bowl contains:</u> Cos Lettuce · Caesar Dressing (17%) · Croutons (8%) · Parmesan Cheese (Milk) (4%). <u>Caesar Dressing contains:</u> Rapeseed Oil · Single Cream (Milk) · Sherry Vinegar · Water · White Wine Vinegar · Parmesan Cheese (Milk) · Grana Padano Cheese (Grana Padano Cheese (Milk) · Preservative: Lysozyme (Egg)) · Pasteurised Egg · Pasteurised Egg Yolk · Sugar · Salt · Anchovies (Fish) · Garlic · Ground White Pepper · Olive Oil. <u>Extra Caesar Dressing contains</u> Water · Rapeseed Oil · Vinegar · Sugar · Egg Yolk · Parmesan Cheese (Milk) (2%) · Worcester Sauce (Water · Sugar · Vinegar · Molasses · Onion Purée · Salt · Tamarind Paste · Ground Cloves · Ginger Purée · Garlic Purée) · Garlic Purée · Concentrated Lemon Juice · Cornflour · Salt · Full Fat Hard Cheese (Full Fat Hard Cheese (Milk) · Preservative: Lysozyme (Egg)) · Anchovy Paste (Fish) · Black Pepper · Preservative: E202 · Stabiliser: Xanthan Gum · Sunflower Oil. <u>Croutons contain:</u> Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Olive Oil · Dried Skimmed Milk · Sugar · Yeast · Salt · Wheatflour (contains Gluten) · Cracked Black Pepper · Emulsifier: E472e · Flour Treatment Agent: Ascorbic Acid · Sunflower Oil. <u>Salad Leaves contain:</u> Baby Lambada® Lettuce · Spinach · Rosini® Lettuce · Chard. <u>Just Add Chargrilled Chicken contains:</u> Chicken (98%) · Salt · Brown Sugar. <u>Crispy Smoked Bacon Strips contain:</u> British Pork (Made with 270g of Raw Pork per 100g of Smoked Bacon Strips) · Curing Salt (Salt · Preservative: Sodium Nitrite) · Antioxidant: E301.	Wheat (contains Gluten), Milk, Egg, Fish	No

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	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
HOT SMOKED SALMON & PRAWN SALAD	345	14.9	5.0	32.8	4.8	4.5	18.2	2.86	<p><u>Salad Kit Pack contains:</u> New Potatoes (66%) · Crème Fraîche and Dill Dressing (13%) · King Prawns (Crustacean) (10%) · Spring Onions · Sunflower Oil · Lemon Juice · Salt · Dill · Garlic Purée · Ground Black Pepper.</p> <p><u>Crème Fraiche and Dill Dressing contains</u> Reduced Fat Crème Fraîche (Milk) · Lemon Juice · Sunflower Oil · Dill · Salt · Cornflour · Ground Black Pepper.</p> <p><u>Hot Smoked Salmon contains:</u> Hot Smoked Scottish Salmon (91%) (Salmon (Fish) (98%) · Salt) · Honey (5%) · Demerara Sugar.</p> <p><u>Salad Leaves contain:</u> Baby Lambada® Lettuce · Spinach · Rosini® Lettuce · Chard.</p> <p>Substitution where ingredients differ</p> <p><u>Charlotte Potato Salad</u> Charlotte Baby Potatoes (71%) · Rapeseed Oil · Soured Cream (Milk) · Onions · Salad Onions · Pasteurised Egg Yolk · Vinegar · Chives · Sugar · Salt · Potato Starch · Citrus Fibre · Dried Mustard · Dried Egg White · Mustard Husk · Sea Salt · Ground Pimentoes · Ground Turmeric.</p>	Milk, Fish, Crustacean, Egg, Mustard	No

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	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
BEER BATTERED FISH WITH CHUNKY CHIPS & MUSHY PEAS	960	35.2	4.2	115.5	2.1	12.1	39.9	2.10	<p><i>Beer Battered Fish:</i> Haddock or Cod (Fish) • Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) • Rapeseed Oil • Amarillo Golden Ale (contains Barley, Gluten) • Wheat Starch (contains Gluten) • Salt • Raising Agent: E450, Sodium Bicarbonate, E503 • Cornflour • Maize Flour • Palm Fat • Flavouring • Yeast Extract • Sunflower Oil • Chilli Powder • Dextrose • Yeast.</p> <p><i>Chips:</i> Potatoes • Wheatflour (contains Gluten) • Sunflower Oil • Maize Flour • Salt • Rice Flour • Black Pepper Extract • Dextrose.</p> <p><i>Mushy Peas:</i> Water • Marrowfat Peas • Acidity Regulator: Sodium Bicarbonate • Salt • Ground White Pepper.</p>	Wheat, Barley (contain Gluten), Fish Caution - If served with tartare sauce, also contains milk, egg & mustard	No
BEEF IN BLACK BEAN SAUCE	685	27.6	3.6	71.2	6.8	5.2	35.2	3.30	Beef in Black Bean Sauce (58%) (Chicken Stock (Water · Chicken Bones) · Cooked Beef (28%) · Red Peppers (9%) · Onions · Rapeseed Oil · Water Chestnuts (3.5%) · Fermented Black Soybeans (2.5%) · Dark Soy Sauce (Water · Soybeans · Wheat (contains Gluten) · Salt) · Ginger Purée · Sugar · Cornflour · Shaoxing Rice Wine (contains Wheat, Gluten) · Red Chillies · Salt · Garlic Purée · Sunflower Oil · Vinegar · Soybeans · Colour: Plain Caramel · Sesame Oil · Concentrated Mushrooms · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Gelling Agent: Pectin · Acidity Regulator: Acetic Acid · Dried Mushrooms) · Egg Fried Rice (42%) (Cooked Long Grain Rice (78%) (Water · Long Grain Rice) · Peas (8%) · Rapeseed Oil · Pasteurised Egg (4%) · Whole Milk · Sesame Oil · Salt · Emulsifier: Soya Lecithin · Stabiliser: Xanthan Gum · Ground White Pepper).	Wheat (contains Gluten), Egg, Milk, Soya, Sesame	No

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	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEI N (G)	SALT (G)			
GREEN VEG THAI CURRY	555	21.2	9.6	73.6	18.8	6.4	14.0	1.60	Cooked Jasmine Rice (34%) (Water · Jasmine Rice) · Water · Coconut Cream (12%) (Coconut Extract · Water) · Sweet Potatoes (12%) · Edamame Soybeans (8%) · Tenderstem® Broccoli (5%) · Water Chestnuts (3.5%) · Rapeseed Oil · Onions · Toban Jhan (Red Chillies · Soybeans · Salt · Rapeseed Oil · Water · Ginger Purée · Dried Red Chillies · Acidity Regulator: Citric Acid · Wheat (contains Gluten)) · Ginger Purée · Lemongrass · Lime Juice · Lime Leaves · Green Chilli Puree · Garlic Purée · Desiccated Coconut · Ground Spices (Coriander · White Pepper · Turmeric · Cinnamon · Chilli Powder · Star Anise · Chipotle Chilli Powder) · Coriander · Thai Basil · Salt · Red Chillies · Galangal · Concentrated Lime Juice · Gelling Agent: Pectin · Dark Soy Sauce (Water · Soybeans · Wheat (contains Gluten) · Salt) · Cornflour · Whole Roasted Cumin Seeds.	Wheat (contains Gluten), Soya	Yes
CRISPY CHICKEN BURGER	600	32.5	4.7	49.8	12.7	5.2	25.6	2.56	<u>Chicken Fillet contains:</u> Chicken Breast (67%) · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Water (10%) · Rapeseed Oil · Rice Flour · Salt · Wheat Starch (contains Gluten) · Ground Fennel · Sunflower Oil · Ground Black Pepper · Vinegar · Concentrated Lemon Juice · Yeast Extract · Dried Garlic · Ground Paprika · Dried Onions · Wheat Gluten · Ground White Pepper · Red Chilli Peppers · Black Pepper Extract · Thyme Extract · Yeast. <u>Posh Burger Bun contains:</u> Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Pasteurised Egg · Water · Unsalted Butter (Milk) · Sugar · Dried Whole Milk · Rapeseed Oil · Invert Sugar Syrup · Yeast (Yeast · Vitamin D Yeast) · Salt · Palm Fat · Emulsifier: E472e, E471, E470a · Wheat Starch (contains Gluten). <u>Mayonnaise contains:</u> Water · Rapeseed Oil · Cornflour · Pasteurised Egg Yolk · Spirit Vinegar · Sugar · Pasteurised Egg · Concentrated Lemon Juice · Dijon Mustard (Water · Mustard Seeds · Spirit Vinegar · Salt.) · Salt. <u>Coleslaw contains:</u> White Cabbage (45%) · Rapeseed Oil · Carrots (15%) · Water · Pasteurised Free Range Egg Yolk · Vinegar · Sugar · Potato Starch · Onions · Salt · Citrus Fibre · Dried Mustard · Dried Free Range Egg White. <u>Salad Leaves contains:</u> Baby Lambada® Lettuce · Spinach · Rosini® Lettuce · Red Chard. <u>Gherkin:</u> Water · Gherkins (contain Sulphites) · Sugar · Vinegar · Dill Seeds · Mustard Seeds.	Wheat (contains Gluten), Milk, Egg, Mustard, Sulphites	No
CHIPS	335	7.7	0.8	56.9	2.3	5.3	4.9	0.68	Potatoes (91%) · Sunflower Oil · Wheatflour contains Gluten (with Wheatflour , Calcium Carbonate, Iron, Niacin, Thiamin) · Cornflour · Rice Flour · Salt · Dextrose.	Wheat (contains Gluten)	Yes

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	ENERG Y (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEI N (G)	SALT (G)			
FISH FINGER SANDWICH	680	31.4	2.8	72.1	13.3	5.2	26.1	2.58	<p><u>Fish Fingers:</u> Cod (Fish) (60%) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Durum Wheat Semolina (contains Gluten) · Rapeseed Oil · Salt · Rice Flour · Yeast · Sunflower Oil · Colour: Paprika Extract · Turmeric. Cod is sourced from the North East or North West Atlantic.</p> <p><u>Bloomer Bread:</u> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Sugar Beet Fibre · Yeast (Yeast · Vitamin D Yeast) · Salt · Palm Oil · Rapeseed Oil · Emulsifier: E471 · Flour Treatment Agent: Ascorbic Acid.</p> <p><u>Gherkins:</u> Water · Gherkins (contain Sulphites) · Sugar · Vinegar · Dill Seeds · Mustard Seeds.</p> <p><u>Traditional Coleslaw:</u> White Cabbage (45%) · Rapeseed Oil · Carrots (15%) · Water · Pasteurised Free Range Egg Yolk · Vinegar · Sugar · Potato Starch · Onions · Salt · Citrus Fibre · Dried Mustard · Dried Free Range Egg White.</p> <p><u>Mayo:</u> Water · Rapeseed Oil · Cornflour · Pasteurised Free Range Egg Yolk · Spirit Vinegar · Sugar · Pasteurised Free Range Egg · Concentrated Lemon Juice · Dijon Mustard (Water · Mustard Seeds · Spirit Vinegar · Salt.) · Salt.</p> <p><u>Salad Leaves</u></p> <p>Substitutions where ingredients differ</p> <p>Lemon Sole Goujons: Lemon Sole (Fish) (60%) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Rapeseed Oil · Wheat Starch (contains Gluten) · Salt · Yeast · Barley Malt Flour (contains Gluten) · Sunflower Oil · Black Pepper Extract · Colour: Paprika Extract · Rice Flour.</p> <p>Haddock Fillets: Haddock (Fish) (52%) · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Rapeseed Oil · Water · Wheat Starch (contains Gluten) · Sunflower Oil · Yeast · Salt · Palm Fat · Raising Agent: E450, Sodium Bicarbonate · Maize Flour · Dried Skimmed Milk · Wheat Gluten · Ground Black Pepper.</p>	Wheat, Barley (contains Gluten), Fish, Mustard, Egg, Sulphites, Milk	No

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PLOUGHMAN'S PLATTER	860	38.6	19.8	79.8	20.3	5.8	47.1	5.18	<p>Ploughman's Pickle: Sugar · Carrots · Barley Malt Vinegar (contains Gluten) · Onions · Swede · Courgette · Gherkins · Tomato Paste · Cornflour · Barley Malt Extract (contains Gluten) · Bramley Apples · Dates · Salt · Garlic Puree · Concentrated Lemon Juice · Rice Flour · Ground Spices (Cinnamon · Ginger · Nutmeg · Black Pepper · Cayenne Pepper · Clove · Coriander · Cumin · Paprika · Pimentoes · Fenugreek).</p> <p>Ploughmans Chutney Substitution: Sugar · Vinegar · Carrots (11%) · Water · Apples (7%) · Cauliflower (7%) · Swede (6%) · Onions · Molasses · Chopped Dates · Tomato Paste · Cornflour · Gherkins · Salt · Concentrated Lemon Juice · Garlic Puree · Barley Malt Extract · Ginger Puree · Ground Black Pepper · Ground Cardamom · Ground Cinnamon.</p> <p>Cornish Cove Cheese: Mature Cheddar Cheese (Milk)</p> <p>Red Leicester Cheese: Red Leicester Cheese (Red Leicester Cheese (Milk) · Colour: Annatto).</p> <p>Pork Pies: British Pork · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Pork Lard · Pork Fat · Palm Oil · Rapeseed Oil · Potato Starch · Salt · Pork Stock (Pork · Pork Bones · Pork Fat · Water) · Pasteurised Egg · Pork Gelatine · Ground White Pepper · Ground Nutmeg.</p> <p>Scotch Eggs: Cooked Egg · British Pork · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Rapeseed Oil · Pork Fat · Onions · Potato Starch · Sage · Salt · Sea Salt · Ground Nutmeg · Ground White Pepper · Ground Black Pepper · Yeast.</p> <p>Wiltshire Ham contains: British Pork · Curing Salt (Salt, Preservative: Sodium Nitrite, Potassium Nitrate).</p> <p>Honey Mustard Dressing contains: Water · Honey (16%) · Rapeseed Oil · Cold Pressed Rapeseed Oil · White Wine Vinegar · Wholegrain Mustard (4.5%) (Water · Mustard Seeds · White Wine Vinegar · Salt · Cinnamon · Ground Pimentoes) · Dijon Mustard (4.5%) (Water · Mustard Seeds · Vinegar · Salt) · English Mustard (3%) (Water · Dried Mustard · Salt · Turmeric · Ground Pimentoes) · Sugar · Garlic Puree · Stabiliser: Xanthan Gum · Preservative: E202 · Salt · Black Pepper · Colour: Curcumin.</p> <p>Salad Leaves, Tomatoes & Cucumber contain: Baby Lambada® Lettuce · Spinach · Rosini® Lettuce · Chard, Tomatoes and Cucumber</p> <p>Butter portions: Pasteurised sweet cream (contains milk), salt.</p> <p>Bloomer bread contains: Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Sugar Beet Fibre · Yeast (Yeast · Vitamain D Yeast) · Salt · Palm Oil · Rapeseed Oil · Emulsifier: E471 · Flour Treatment Agent: Ascorbic Acid.</p>	Wheat, Barley (contains Gluten), Milk, Egg, Mustard	No

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	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
TAPAS PLATTER	580	32.1	18.8	48.6	11.3	5.8	25.7	3.82	<p><u>Chorizo</u> Chorizo Pork Sausage (Pork (Made with 134g Raw Pork per 100g Chorizo) · Pork Fat · Curing Salt (Salt · Preservative: Sodium Nitrite) · Ground Spices (Paprika · Cayenne Pepper · Smoked Paprika) · Dextrose · Barley Malt Vinegar (contains Gluten) · Rosemary Extract · Stabiliser: E450 · Antioxidant: E301).</p> <p><u>Pepper Mix</u> Chargrilled Yellow Peppers · Chargrilled Red Peppers · Sunflower Oil · Parsley.</p> <p><u>Mozzarella Mix</u> Mozzarella (Milk) · Sunflower Oil · Parsley</p> <p><u>Parma Ham contains:</u> Pork (made with 140g of Raw Pork per 100g of Parma Ham) · Salt.</p> <p><u>Balsamic Dressing contains:</u> Balsamic Vinegar (contains Sulphites) · Water · Extra Virgin Olive Oil · Sugar · Rapeseed Oil · Salt · Stabiliser: Xanthan Gum · Black Pepper.</p> <p><u>Salad Leaves, Tomatoes & Cucumber contain:</u> Baby Lambada® Lettuce · Spinach · Rosini® Lettuce · Chard, Tomatoes and Cucumber</p> <p><u>Butter portions:</u> Pasteurised sweet cream (contains milk), salt.</p> <p><u>Bloomer bread contains:</u> Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Sugar Beet Fibre · Yeast (Yeast · Vitamain D Yeast) · Salt · Palm Oil · Rapeseed Oil · Emulsifier: E471 · Flour Treatment Agent: Ascorbic Acid.</p>	Wheat, Barley (contains Gluten), Sulphites, Milk	No

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	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
MEZZE VEGETARIAN PLATTER	690	38.3	10.5	59.1	9.0	9.9	22.0	3.60	<p>Halloumi Contains: Halloumi (Milk) · Olive Oil · Pasteurised Lemon Juice · Red Chillies · Parsley · Mint · Virgin Olive Oil.</p> <p>Tabbouleh contains: Bulgar Wheat (contains Gluten) · Tomatoes · Parley Barley (contains Gluten) · Red Onions · Pasteurised Lemon Juice · Parsley · Spring Onions · Sunflower Oil · Coriander · Sugar · Red Peppers · Garlic Puree · Salt · Water · Cracked Black Pepper · Ground Coriander · Red Wine Vinegar · Smoked Paprika · Red Chillies · Cornflour · Garlic · Cumin · Dried Chillies · Carway Seeds · Ground Clove.</p> <p>Chickpea Mix Contains: Chickpeas · Water · Sunflower Oil · Sunblush TM Red Peppers · Pasteurised Lemon Juice · Tomato Concentrate · Salt · Parsley · Smoked Paprika · Olive Oil · Sea Salt · Cracked Black Pepper · Cumin · Concentrated Lemon Juice · Dried Garlic · Sugar.</p> <p>Falafel Contains: Chickpeas (Water · Chickpeas) · Onions · Broad Beans · Rapeseed Oil · Chickpea Flour · Rice Flour · Coriander · Parsley · Garlic Purée · Ground Spices (Cumin · Coriander · Black Pepper · Ginger · Cayenne Pepper) · Salt · Lemon Zest · Green Chilli Purée · Cornflour · Dextrose.</p> <p>Houmous Contains: Cooked Chickpeas (Water · Chickpeas) (42%) · Rapeseed Oil · Water · Tahini (Sesame Seed Paste) (13%) · Concentrated Lemon Juice · Extra Virgin Olive Oil · Salt · Garlic.</p> <p>Salad Leaves, Tomatoes & Cucumber contain: Baby Lambada® Lettuce · Spinach · Rosini® Lettuce · Chard, Tomatoes and Cucumber</p> <p>Pitta Breads Contain: Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Yeast (Yeast · Vitamin D Yeast) · Dried Fermented Wheatflour (contains Gluten) · Salt.</p> <p><u>Olive oil</u></p> <p>Substitutions where ingredients differ Roasted vegetable Couscous: Cooked Couscous (42%) (Water · Durum Wheat Semolina (contains Gluten)) · Roasted Vegetables (37%) (Aubergines · Courgette · Red Peppers · Red Onions · Sunflower Oil · Salt) · Tomatoes · Lemon Juice · Basil Infused Sunflower Oil · Sugar · Parsley · Salt · White Wine Vinegar · Garlic Purée · Mustard Seeds · Vinegar · Ground Black Pepper. Fruit Moroccan Couscous: Cooked Couscous (51%) (Water · Durum Wheat Semolina (contains Gluten)) · Chickpeas · Oranges (6%) · Red Onions · Raisins · Sweetened Dried Cranberries (5%) (Sugar · Cranberries) · Orange Juice from Concentrate · Dried Apricots (contain Sulphites) (4%) · Lemon Juice · Honey · Sunflower Oil · Coriander · Salt · Ground Spices (Cinnamon · Turmeric · Black Pepper · Cumin · Coriander · Smoked Paprika · Cayenne Pepper) · Garlic Purée · Ginger Purée.</p>	Wheat, Barley (contain Gluten), Milk, Sesame, Mustard, Sulphites	Yes

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KIDS	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGAR (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
PIZZA	260	10.2	3.6	30.9	2.3	1.8	10.4	0.90	Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · Vegetarian Mozzarella Cheese (Milk) (15%) · Tomatoes · Wheat Semolina (contains Gluten) · Vegetarian Cheddar Cheese (Milk) (6%) · Rapeseed Oil · Tomato Purée · Yeast · Salt · Sugar · Basil · Potato Starch · Sunflower Oil.	Wheat (contains Gluten), Milk	Yes
KIDS MIGHTY MEATY PASTA	279	8.3	2.7	31.1	5.2	5.4	17.3	0.68	Cooked Pasta (40%) (Durum Wheat Semolina (contains Gluten) · Water) · Minced Beef (28%) · Tomatoes (10%) · Water · Carrots · Tomato Puree · Onions · Courgettes · Rapeseed Oil · Garlic Puree · Salt · Cornflour · Oregano · Ground Black Pepper.	Wheat (contains Gluten)	No
KIDS YOGURT POT	90	3.4	2.3	10.2	10.0	<0.5	4.5	0.05	Organic Strawberry Yogurt INGREDIENTS Yogurt (Milk) · Strawberry Purée (8%) · Sugar · Tapioca Starch · Flavourings · Concentrated Lemon Juice. Organic Raspberry Yogurt INGREDIENTS Yogurt (Milk) · Raspberry Purée (8%) · Sugar · Tapioca Starch · Flavourings · Concentrated Lemon Juice. Organic Apricot Yogurt INGREDIENTS Yogurt (Milk) · Apricot Purée (8%) · Sugar · Tapioca Starch · Flavourings · Concentrated Lemon Juice. Organic Banana Yogurt INGREDIENTS Yogurt (Milk) · Banana Purée (8%) · Sugar · Tapioca Starch · Concentrated Lemon Juice · Flavourings · Antioxidant: Ascorbic Acid.	Milk	Yes
KIDS HAM & CHEESE TOASTIE	208	7.7	4.5	24.3	2.1	1.7	9.5	1.08	Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Water · British Pork (15%) (Pork Leg (99%) · Curing Salt (Salt · Sodium Nitrite) · Sugar · Stabiliser: E451 · Antioxidant: E301) · Farmhouse Cheddar Cheese (Milk) (13%) · Unsalted Butter (Milk) · Rapeseed Oil · Dried Skimmed Milk · Salt · Double Cream (Milk) · Wheat Fibre (contains Gluten) · Yeast (Yeast · Vitamin D Yeast) · Potato Starch · Calcium Sulphate · Palm Fat · Flour Treatment Agent: Ascorbic Acid · Wheat Starch (contains Gluten).	Wheat (contains Gluten), Milk	No

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SUNDAES	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
ETON MESS SUNDAE	370	14.6	9.6	51.5	46.0	4.8	6.0	1.00	<p><u>Raspberry Ripple Dairy Ice-cream contains:</u> Whole Milk · Raspberry Sauce (15%) (Raspberry Purée · Sugar · Cornflour · Concentrated Raspberry Juice · Lemon Juice · Concentrated Elderberry Juice) · Sugar · Dried Skimmed Milk · Butter Oil (Milk) · Dried Glucose Syrup · Clotted Cream (Milk) (3%) · Dextrose · Emulsifier: E471 · Stabiliser: Locust Bean Gum, Guar Gum.</p> <p><u>Mini Meringues contain:</u> Sugar · Pasteurised Egg White.</p> <p><u>Really Raspberry Sauce contains:</u> Invert Sugar Syrup · Concentrated Raspberry Puree (26%) · Water · Concentrated Lemon Juice · Cornflour · Acidity Regulator: Citric Acid · Preservative: Potassium Sorbate</p> <p><u>Strawberries</u></p>	Milk, Egg	Yes
TRIPLE CHOCOLATE SUNDAE	610	32.5	20.8	69.2	54.9	1.6	9.3	0.71	<p><u>Cornish Clotted Cream Chocolate Ice-Cream contains:</u> Cornish Whole Milk · Sugar · Cornish Clotted Cream (Milk) (7%) · Double Cream (Milk) · Dried Skimmed Milk · Dried Glucose Syrup · Dark Chocolate (3.5%) (Cocoa Mass · Sugar · Cocoa Butter · Fat Reduced Cocoa Powder · Emulsifier: Soya Lecithin) · Fat Reduced Cocoa Powder · Butter Oil (Milk) · Emulsifier: E471 · Stabiliser: Locust Bean Gum, Guar Gum · Cornish Sea Salt.</p> <p><u>Gigantic Milk Chocolate Buttons contain:</u> Sugar · Dried Whole Milk · Cocoa Butter · Cocoa Mass · Emulsifier: Soya Lecithin · Vanilla Flavouring.</p> <p>Milk Chocolate contains Cocoa Solids 30% minimum, Milk Solids 20% minimum.</p> <p><u>Belgian Chocolate Sauce contains:</u> Glucose Syrup · Water · Belgian Milk Chocolate (10%) (Sugar · Cocoa Butter · Dried Whole Milk · Cocoa Mass · Emulsifier: Soya Lecithin · Vanilla Extract) · Single Cream (Milk) · Sweetened Condensed Skimmed Milk (Skimmed Milk · Sugar · Lactose (Milk)) · Cocoa Mass · Skimmed Milk · Cornflour · Vanilla Flavouring.</p> <p><u>Chocolate Brownie Mini Bites contain:</u> Sugar · Butter (Milk) · Pasteurised Egg · Cocoa Mass · Wheatflour contains Gluten (with Wheatflour, Calcium Carbonate, Iron, Niacin, Thiamin) · Fat Reduced Cocoa Powder · Glucose Syrup · Humectant: Glycerol · Cocoa Butter · Salt · Emulsifier: Soya Lecithin · Raising Agent: E450, Sodium Bicarbonate · Flavouring.</p>	Wheat (contains Gluten), Milk, Soya, Egg	Yes
STICKY TOFFEE SUNDAE	560	22.8	13.8	79.1	62.6	1.8	8.7	0.75	<p><u>Honeycomb Dairy Ice-Cream contains:</u> Whole Milk · Sugar · Honeycomb Pieces (6%) (Sugar · Glucose Syrup · Shea Oil · Palm Oil · Raising Agent: Sodium Bicarbonate) · Dried Glucose Syrup · Dried Skimmed Milk · Butter Oil (Milk) · Clotted Cream (Milk) (3%) · Dextrose · Emulsifier: E471 · Stabiliser: Locust Bean Gum, Guar Gum · Flavouring · Colour: Carotenes.</p> <p><u>Salted Caramel Popcorn contains:</u> Glucose Syrup · Sugar · Belgian Milk Chocolate (18%) (Sugar · Dried Whole Milk · Cocoa Butter · Cocoa Mass · Emulsifier: Soya Lecithin · Vanilla Flavouring) · Popcorn (17%) · Dark Brown Sugar · Unsalted Butter (Milk) · Rapeseed Oil · Salt · Emulsifier: Soya Lecithin · Flavouring.</p> <p><u>Mini Fudge Chunks contain:</u> Sugar · Sweetened Condensed Milk (Whole Milk · Sugar) · Glucose Syrup · Butter (Milk) (6%) · Salt · Emulsifier: Soya Lecithin.</p> <p><u>Sticky Toffee Sauce contains:</u> Invert Sugar Syrup · Golden Syrup · Sweetened Condensed Milk · Double Cream · Maltodextrin · Salted Butter · E331 · Pectin.</p> <p>Sweetened Condensed Milk contains Skimmed Milk · Sugar.</p> <p>Salted Butter contains Butter (Milk) · Salt.</p>	Milk, Soya	Yes

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BEVERAGES	NUTRITION INFORMATION PER PORTION								INGREDIENTS	ALLERGENS	SUITABLE FOR VEGETARIANS
	ENERGY (KCAL)	FAT (G)	SATURATE S(G)	CARBS (G)	SUGAR S (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
TROPICAL VITAMIN C BOOST SMOOTHIE	196	0.7	0.2	43.9	43.4	3.4	1.5	0.05	<u>Apple Juice (from concentrate)</u> <u>Tropical Vitamin C Boost Smoothie Mix</u> Mango (80%) · Coconut Milk (10%) (Coconut Extract · Water) · Passion Fruit (10%).	None	Yes
SUPERBERRY SMOOTHIE	180	0.7	0.0	39.1	36.5	3.7	2.0	0.01	<u>Apple Juice (from concentrate)</u> <u>Superberry Smoothie Mix Contains:</u> Blackberries (31%), Banana · Raspberries (22%) · Blueberries (22%).	None	Yes
FRAPPELATTE	240	11.0	6.9	27.0	22.7	0.2	8.1	0.34	<u>Semi Skimmed Milk</u> <u>Coffee Beans</u> <u>Frappe Powder</u> Sugar · Dried Skimmed Milk · Dried Whey (Milk) · Vanilla Flavouring · Anti-caking Agent: Calcium Phosphate. <u>Whipped Spray Cream</u> Whipping Cream (Milk) (95%) · Propellant Gas: E942 · Sugar · Emulsifier: E471 · Stabiliser: Carrageenan.	None	Yes
STRAWBERRIES & CREAM FRAPPE	410	16.0	10.4	56.8	56.5	0.2	9.2	0.40	<u>Coffee Beans</u> <u>Semi Skimmed Milk</u> <u>Whipped Cream Spray</u> Whipping Cream (Milk) (95%) · Propellant Gas: E942 · Sugar · Emulsifier: E471 · Stabiliser: Carrageenan <u>Strawberry Puree</u> Sugar · strawberry puree · natural strawberry flavour with other natural flavour · acid: citric acid · colour: anthocyanins · preservative: potassium sorbate · thickener: pectin. <u>Frappe Powder</u> Sugar · Dried Skimmed Milk · Dried Whey (Milk) · Vanilla Flavouring · Anti-caking Agent: Calcium Phosphate. <u>Strawberry Crunch contains:</u> Sugar, Water, Glucose Syrup, Colour: Beetroot Concentrate, Natural Flavouring, Acidity Regulator: Citric Acid (E330), Glazing Agent: Beeswax (E901), Vegetable Oil.	Milk	Yes
FRESHLY SQUEEZED ORANGE JUICE	140	0.0	0.0	34.0	34.0	0.4	2.5	0.0	<u>Freshly Squeezed Orange Juice</u>	None	Yes
CUCUMBER & MINT INFUSION WATER	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	<u>Scottish Still Water</u> <u>Cucumber</u> <u>Mint</u>	None	Yes
LEMON, LIME & GRAPEFRUIT INFUSION WATER	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	<u>Scottish Still Water</u> <u>Lemon</u> <u>Lime</u> <u>Grapefruit</u>	None	Yes
ORANGE & MINT WATER INFUSION	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	<u>Scottish Still Water</u> <u>Orange</u> <u>Mint</u>	None	Yes

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	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGAR (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
CHOCOLATE MILKSHAKE	316	9.7	3.8	45.4	41.0	1.6	11.0	0.38	<u>Chocolate Milk:</u> Whole Milk (85%) · Sugar · Belgian Dark Chocolate (5%) (Sugar · Cocoa Mass · Fat Reduced Cocoa Powder · Vanilla Flavouring) · Dried Skimmed Milk · Cocoa Powder · Stabiliser: Carrageenan, Xanthan Gum. <u>Frappe Powder:</u> Sugar · Dried Skimmed Milk · Dried Whey (Milk) · Vanilla Flavouring · Anti-caking Agent: Calcium Phosphate.	Milk	Yes
STRAWBERRY MILKSHAKE	262	7.26	4.84	38.4	35.2	1.36	10.6	0.38	<u>Strawberry Milk:</u> Whole Milk (89%) · Sugar · Dried Skimmed Milk · Strawberries (2%) · Cornflour · Stabiliser: Cellulose, E466, Guar Gum · Concentrated Strawberry Purée · Strawberry Flavouring · Colour: Beetroot Red · Concentrated Elderberry Juice · Gelling Agent: Pectin (from Fruit) · Acidity Regulator: E331. <u>Frappe Powder:</u> Sugar · Dried Skimmed Milk · Dried Whey (Milk) · Vanilla Flavouring · Anti-caking Agent: Calcium Phosphate.	Milk	Yes
CLOUDY LEMONADE OVER ICE	65	0	0	15.1	15.1	0	0	0	<u>Cloudy Lemonade:</u> Water, sugar, acid: citric acid, concentrated lemon juice, natural lemon-lime flavouring with other natural flavourings, natural flavouring, emulsifiers: acacia gum, E445, sweetener: steviol glycosides, preservative: potassium sorbate. Lemon juice: 7%. <u>Lemon</u>	None	Yes
STRAWBERRY LEMONADE OVER ICE	135	0	0	32.5	32.3	0	0.2	0	<u>Cloudy Lemonade:</u> Water, sugar, acid: citric acid, concentrated lemon juice, natural lemon-lime flavouring with other natural flavourings, natural flavouring, emulsifiers: acacia gum, E445, sweetener: steviol glycosides, preservative: potassium sorbate. Lemon juice: 7%. <u>Lemon</u> <u>Strawberry Puree:</u> Sugar, strawberry puree, natural strawberry flavour with other natural flavours	None	Yes
PASSIONFRUIT LEMONADE	100	0	0	24.2	24.0	0	0	0.01	<u>Passionfruit Syrup contains:</u> Sugar, water, concentrated lemon juice, concentrated passion fruit juice, concentrated orange juice, colour: E161b, natural flavouring, emulsifiers: acacia gum, E445. Total fruit juice: 36%, including 10% passion fruit juice. <u>Cloudy Lemonade Syrup contains:</u> Water, sugar, acid: citric acid, concentrated lemon juice, natural lemon-lime flavouring with other natural flavourings, natural flavouring, emulsifiers: acacia gum, E445, sweetener: steviol glycosides, preservative: potassium sorbate. Lemon juice: 7%. <u>Lemon</u>	None	Yes
MOCHALATTE	290	12.9	8.2	32.8	32.2	2.2	9.1	0.39	<u>Coffee Beans</u> <u>Semi Skimmed Milk</u> <u>Chocolate Powder contains:</u> Sugar (59%) · Cocoa Powder (40%) · Salt <u>Aerosol Cream contains:</u> Whipping Cream (Milk) (95%) · Propellant Gas: E942 · Sugar · Emulsifier: E471 · Stabiliser: Carrageenan. <u>Frappe Powder contains:</u> Sugar · Dried Skimmed Milk · Dried Whey (Milk) · Vanilla Flavouring · Anti-caking Agent: Calcium Phosphate.	Milk	Yes

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	ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGAR (G)	FIBRE (G)	PROTEIN (G)	SALT (G)			
SALTED CARAMEL CRUNCH FRAPPE	374	16.0	10.4	47.8	47.7	0.2	9.0	0.40	<u>Semi Skimmed Milk</u> <u>Gold Bronze Crunch</u> contains: Sugar, Water, Glucose Syrup, Colours: Titanium Dioxide and Iron Oxides (E171, E172), Glazing Agent: Shellac (E904). <u>Aerosol Cream</u> contains: Whipping Cream (Milk) (95%) · Propellant Gas: E942 · Sugar · Emulsifier: E471 · Stabiliser: Carrageenan. <u>Salted Caramel Syrup</u> contains: Sugar · Water · Flavouring · Salt · Colour: Plain Caramel. <u>Frappe Powder</u> contains: Sugar · Dried Skimmed Milk · Dried Whey (Milk) · Vanilla Flavouring · Anti-caking Agent: Calcium Phosphate.	Milk	Yes
ICED LATTE	98	3.4	2.0	10.0	10.0	0.0	6.8	0.28	<u>Coffee Beans</u> <u>Cow's Milk</u>	Milk	Yes
ICED LATTE SKINNY	70	0.2	0.2	10.0	10.0	0.0	6.8	0.28	<u>Coffee Beans</u> <u>Cow's Milk</u>	Milk	Yes
ICED LATTE SOYA	94	4.4	0.6	5.4	5.2	1.2	7.4	0.28	<u>Coffee Beans</u> <u>Soya Drink</u> contains: Water · Soybeans (6%) · Sugar · Calcium Phosphate · Stabiliser: E418 · Flavouring · Salt · Vitamin D.	Soya	Yes
ICED WHITE AMERICANO	12	0.4	0.3	1.3	1.3	0.0	0.9	0.04	<u>Coffee Beans</u> <u>Cow's Milk</u>	Milk	Yes
ICED SKINNY AMERICANO	8	<0.1	<0.1	1.3	1.3	0.0	0.9	0.04	<u>Coffee Beans</u> <u>Cow's Milk</u>	Milk	Yes
ICED SOYA AMERICANO	12	0.6	0.1	0.7	0.7	0.0	1.0	0.04	<u>Coffee Beans</u> <u>Soya Drink</u> contains: Water · Soybeans (6%) · Sugar · Calcium Phosphate · Stabiliser: E418 · Flavouring · Salt · Vitamin D.	Soya	Yes
ICED FLAT WHITE	61	2.1	1.3	6.3	6.3	0.0	4.3	0.18	<u>Coffee Beans</u> <u>Cow's Milk</u>	Milk	Yes
ICED SKINNY FLAT WHITE	44	0.1	0.1	6.3	6.3	0.0	4.3	0.18	<u>Coffee Beans</u> <u>Cow's Milk</u>	Milk	Yes
ICED SOYA FLAT WHITE	59	2.8	0.4	3.4	3.3	0.0	4.6	0.18	<u>Coffee Beans</u> <u>Soya Drink</u> contains: Water · Soybeans (6%) · Sugar · Calcium Phosphate · Stabiliser: E418 · Flavouring · Salt · Vitamin D.	Soya	Yes

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