

Euphorium®

**ALLERGEN INFORMATION 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	6
Biscoff® Crumb – V001	6
Biscoff® Topping Sauce – V001	6
Cinnamon Powder – V001	6
Coffee – V001	6
Gold Chocolate Powder – V001	6
Hot Chocolate – V001	6
Matcha Powder – V001	6
Mumbai Chai – V001	6
Turmeric Powder – V001	6
Whipped Cream – V001	7
SWEETBIRD SYRUPS	7
Sweetbird Butterscotch Syrup – V001	7
Sweetbird Caramel Flavour Syrup – V001	7
Sweetbird Vanilla Flavour Syrup – V001	7
Sweetbird Hazelnut Syrup – V001	7
Sweetbird Sugar Free Caramel Flavour Syrup – V001	7
Sweetbird Sugar Free Vanilla Flavour Syrup – V001	7
Sweetbird Vanilla Flavour Syrup – V001	7
Sweetbird White Chocolate Syrup – V001	7
MILKS & ALTERNATIVE MILKS	7
Alpro Almond Milk – V001	7
Alpro Coconut Milk – V001	8
Oatly Oat Milk – V001	8
Semi-Skimmed Milk -V001	8
Skimmed Milk – V001	8
Soya Milk – V001	8
Whole Milk – V001	8
ICED COFFEE	8
Iced Chai Latte – V001	8
Iced Latte – V001	8
Iced Mocha – V001	8
Long Black – V001	8
SPECIALITY DRINKS	9
Mumbai Railway Chai – V001	9
Turmeric Latte – V001	9
Matcha Latte – V001	9
Vanilla Oat Matcha Latte – V001	9
Iced Oat Matcha Latte – V001	9
Iced Vanilla Oat Matcha Latte – V001	9
Strawberries & Cream Oat Matcha Latte (Made with Rude Health Milk)	9
Iced Strawberries & Cream Oat Matcha Latte (Made with Rude Health Milk)	10
SEASONAL AND FESTIVE DRINK SPECIALS	10
Biscoff® Blondie Hot Chocolate – V001	10
SMOOTHIES	10
Caribbean Crush Smoothie – V001	10
Spinach, Banana & Mango Smoothie – V001	10
Strawberry and Banana Smoothie – V001	10
Very Berry Smoothie – V001	10
HOT WRAPS	11

Falafel & Halloumi Hot Wrap	11
Veggie Meatball Marinara Hot Wrap	11
SOURDOUGH TOASTIES	11
Brie, Bacon & Onion Marmalade Toastie – V001	11
Ham & Cheese Toastie – V001	12
Houmous & Roasted Vegetable Toastie – V001	12
POTS	12
Blueberry Chia Yoghurt – V001	12
Peach Melba Overnight Oats – V001	12
SALADS	12
Roasted Beetroot, Butternut Squash & Feta Salad – V001	12
Salmon Nicoise Salad – V001	13
TRAYBAKES AND CAKES	13
Pecan & Cornflake Tart – V001	13
Red Velvet Mini Cake – V001	13
Carrot Cake Slice – V001	13
Chocolate Caramel Shortcake – V001	13
Salted Caramel Pecan Brownie – V001	14
Raspberry Ripple Tray Cake – V001	14
Chocolate Eclair – V001	14
Pear & Cardamom Cake – V001	14
Sea Salt Caramel Brownie – V001	15
COOKIES & BISCUITS	15
Double Chocolate Cookie – V001	15
White Chocolate Cookie – V001	15
MUFFINS	15
Blueberry Muffin – V001	15
Chocolate Chip Muffin – V001	16
CRODOTS	16
Biscoff® Crodot -V001	16
PASTRIES	16
Almond Croissant – V001	16
Chocolate Twist – V001	16
Pain Au Chocolat – V001	16
Croissant – V002	17
Pain aux Raisins – V002	17
SAVOURY PASTRIES & BAGELS	17
Hog Roast Sausage Roll – V001	17
Chorizo Sausage Roll – V001	17
Prosciutto & Cheese Croissant – V001	17
Salmon & Cream Cheese Bagel – V001	17
Sausage Roll – V001	18
Pork Sausage Roll (new)– V001	18
Tomato & Cheese Croissant – V001	18
Cheese & Onion Roll – V001	18
Cheese & Onion Roll – V001	18
BBQ Pulled Pork Pasty – V001	18
TOAST & CONDIMENTS	19
Butter – V001	19
Honey – V001	19
HP Brown Sauce – V001	19
Marmalade – V001	19

Peanut Butter – V001	19
Sourdough Toast – V001	19
Tiptree Strawberry Jam – V001	19
Tomato Ketchup Sauce – V001	19
HOT BREAKFAST	20
Bacon, Egg & Smashed Avo Roll – V001	20
Halloumi, Avocado, Rose Harissa & Spinach Roll – V001	20
Lincolnshire Sausage Roll – V001	20
Smashed Avocado, Salsa & Toasted Seeds – V001	20
Smoked Salmon & Scrambled Eggs – V001	20
The Full Vegetarian Breakfast – V001	20
The Full Euphorium Breakfast – V001	21
Triple Bacon Roll – V001	21
Toasted Banana Bread – V001	21
POACHED EGG DISHES	21
Eggs Benedict – V001	21
Eggs Florentine – V001	21
Eggs Royale – V001	22
PORRIDGE	22
Superseed & Peanut Porridge – V001	22
Strawberries & Cream Porridge – V001	22
NEW Banana & Honey Porridge – V002	22
Granola Bowl with Natural Yoghurt – V001	22
SOUPS	23
Cauli Cheese Soup with Bacon, Parmesan Breadcrumbs & Parsley – V001	23
Spiced Chickpea Dhal Soup with Coconut Yoghurt, Pink Pickled Onions & Fresh Parsley – V001 ...	23
Cauli Cheese Soup (Side Portion, Without Topping) – V001	23
Spiced Chickpea Dhal Soup (Side Portion, Without Topping) – V001	23
Granary Sourdough and Butter – V001	23
BAGUETTES	24
Egg, Spinach and Tomato on White Baguette – V001	24
Tuna Mayonnaise & Cucumber on White Baguette – V001	24
HOT FOOD ADD-ONS	24
Bacon – V001	24
Greek Yoghurt – V001	24
Halloumi – V001	24
Hash Browns – V001	24
Sausage – V001	24
Smoked Salmon – V001	24
DELI SANDWICHES	25
Roasted Red Pepper, Mozzarella & Pesto Sandwich – V001	25
Tuna & Jalepeño Sandwich – V001	25
Spicy Chicken Sandwich – V001	25
SIDE SALADS	25
Butternut Squash Side Salad – V001	25
ROLLS	26
Mature Cheddar & Tomato Roll – V001	26
Gammon Ham & Mature Cheddar Roll – V001	26
QUICHE	26
Goats Cheese, Spinach & Red Pepper Quiche V001	26

HOT DRINK INGREDIENTS

Biscoff® Crumb – V001

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

Suitable for vegetarians & vegans

Biscoff® Topping Sauce – V001

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

Suitable for vegetarians & vegans

Cinnamon Powder – V001

Ground Cinnamon

Suitable for vegetarians & vegans

Coffee – V001

100% Espresso coffee

Suitable for vegetarians & vegans

Gold Chocolate Powder – V001

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

Suitable for vegetarians

Hot Chocolate – V001

Cocoa Powder, Sugar

Suitable for vegetarians & vegans

Matcha Powder – V001

100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Mumbai Chai – V001

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

Suitable for vegetarians & vegans

Turmeric Powder – V001

Ground Turmeric, Natural Flavouring, Ground Ginger, Natural Orange Flavouring

Suitable for vegetarians & vegans

Whipped Cream – V001

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

Suitable for vegetarians

SWEETBIRD SYRUPS

(all suitable for vegetarians & vegans)

Sweetbird Butterscotch Syrup – V001

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

Sweetbird Caramel Flavour Syrup – V001

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

Sweetbird Vanilla Flavour Syrup – V001

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

Sweetbird Hazelnut Syrup – V001

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

Sweetbird Sugar Free Caramel Flavour Syrup – V001

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

Sweetbird Sugar Free Vanilla Flavour Syrup – V001

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

Sweetbird Vanilla Flavour Syrup – V001

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

Sweetbird White Chocolate Syrup – V001

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

MILKS & ALTERNATIVE MILKS

(all suitable for vegetarians)

Alpro Almond Milk – V001

Water, **ALMOND (NUTS)** (2.5%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Natural flavourings, Stabilisers (Gellan gum, Guar gum), Sea salt

Suitable for vegetarians & vegans

Alpro Coconut Milk – V001

Water, Coconut Milk (3.5%) (Coconut Cream, Water), Hulled **SOYA** Beans (2.9%), Sugar, Fructose, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea salt, Flavouring, Stabiliser (Gellan gum)

Suitable for vegetarians & vegans

Oatly Oat Milk – V001

Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide

Suitable for vegetarians & vegans

Semi-Skimmed Milk -V001

Pasteurised Cow's **MILK**

Skimmed Milk – V001

Pasteurised Cow's **MILK**

Soya Milk – V001

SOYA base (Water, Hulled **SOYA** Beans (8.7%)), Apple extract, Acidity regulators (Potassium phosphates), Calcium (Calcium carbonate), Sea Salt, Stabiliser (Gellan gum), Vitamins (B2, B12, D2)

Suitable for vegetarians & vegans

Whole Milk – V001

Pasteurised Cow's **MILK**

ICED COFFEE

Iced Chai Latte – V001

Pasteurised Organic Cow's **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, Ice

Suitable for vegetarians

Iced Latte – V001

MILK, Ice Cubes, Espresso Coffee

Suitable for vegetarians

Iced Mocha – V001

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

Suitable for vegetarians

Long Black – V001

Ice Cubes, Espresso Coffee, Water

Suitable for vegetarians & vegans

SPECIALITY DRINKS

Mumbai Railway Chai – V001

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

Suitable for vegetarians

Turmeric Latte – V001

MILK, Turmeric Powder (Ground Turmeric, Natural Flavouring, Ground Ginger, Natural Orange Flavouring)

Suitable for vegetarians

Matcha Latte – V001

Oat Milk (89.93%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Vanilla Oat Matcha Latte – V001

Oat Milk (83.22%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Sweetbird Vanilla Syrup (6.71%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Iced Oat Matcha Latte – V001

Oat Milk (85.96%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Matcha Powder (0.88%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

Iced Vanilla Oat Matcha Latte – V001

Oat Milk (83.22%) [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Sweetbird Vanilla Syrup (6.71%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Matcha Powder (0.63%) 100% Green Tea (Camellia Sinensis)

Suitable for vegetarians & vegans

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

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%)

Suitable for vegetarians & vegans

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

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%)

Suitable for vegetarians & vegans

SEASONAL AND FESTIVE DRINK SPECIALS

Biscoff® Blondie Hot Chocolate – V001

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

Suitable for vegetarians

SMOOTHIES

Caribbean Crush Smoothie – V001

Apple Juice (64.71%) (from concentrate)

Great Defender Smoothie Pouch (35.29%) [Mango (40%), Peach (28%), Pineapple (18%), Seeded Passionfruit (14%)]Suitable for vegetarians & vegans

Spinach, Banana & Mango Smoothie – V001

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

Suitable for vegetarians & vegans

Strawberry and Banana Smoothie – V001

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

Suitable for vegetarians & vegans

Very Berry Smoothie – V001

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

Suitable for vegetarians & vegans

HOT WRAPS

Falafel & Halloumi Hot Wrap

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%)

Suitable for vegetarians

Veggie Meatball Marinara Hot Wrap

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%)]

Suitable for vegetarians

SOURDOUGH TOASTIES

Brie, Bacon & Onion Marmalade Toastie – V001

Granary Sourdough (48%) (**WHEAT** Flour (**GLUTEN**) (Calcium Carbonate (E170), Iron, Niacin, Thiamine), Water, Malted **BARLEY**(**GLUTEN**), Granary Mix (Gluten)(Golden & Brown Linseeds, Millet, **WHEAT** Grains & Sunflower seeds), Salt, Brie (Pasteurised Cow's **MILK**) (28%), Red Onion Marmalade (10%) (Red Onions (24%), Demerara Sugar, Red Wine Vinegar, Muscovado Sugar, Dehydrated Red Onions (6%), Modified Tapioca Starch, Spirit Vinegar, Salt, Ground Black Pepper), Streaky Bacon (10%) (Pork Meat, Salt (E535), Acidity Regulator (E326), Antioxidants (E301, E331), Sodium Triphosphate, Preservatives (E250, E251, E252, E262), Spice Extracts, Smoke (Polysorbate 80), Sugar), Rocket (4%)

Ham & Cheese Toastie – V001

Granary Sourdough (54.55%) (**WHEAT** Flour (**GLUTEN**) (Calcium Carbonate (E170), Iron, Niacin, Thiamine), Water, Malted **BARLEY**(**GLUTEN**), Granary Mix (**GLUTEN**)(Golden & Brown Linseeds, Millet, **WHEAT** Grains & Sunflower seeds), Salt, Gammon Ham (27.27%) (Pork Leg, Water, Salt, Dextrose, Stabilisers E451, E452, E450, Preservative E250, E252, E325, E262, Antioxidant (E301, E331), Yeast Extract, Sugar, Modified Waxy Maize Starch), Mature Cheddar (**MILK**) (18.18%)

Houmous & Roasted Vegetable Toastie – V001

Granary Sourdough (39.34%) (**WHEAT** Flour (**GLUTEN**) (Calcium Carbonate (E170), Iron, Niacin, Thiamine), Water, Malted **BARLEY**(**GLUTEN**), Granary Mix (**GLUTEN**)(Golden & Brown Linseeds, Millet, **WHEAT** Grains & Sunflower seeds), Salt, Houmous (16.39%) (Cooked Chickpeas, Rapeseed Oil, Water, Tahini (**SESAME SEED** Paste), Salt, Garlic Granules, Acidity Regulator: Citric Acid. Preservative: Potassium Sorbate)), Red Peppers (15.57%), Yellow Peppers (15.57%), Sunblush Tomatoes (8.2%) (Semi-Dried Tomatoes, Rapeseed Oil, Salt, Garlic, Oregano), Spinach (1.64%), Balsamic Glaze (1.64%) (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)), Cold Pressed Rapeseed Oil (1.41%), Salt (0.16%), Cracked Black Pepper (0.07%)

Suitable for vegetarians & vegans

POTS

Blueberry Chia Yoghurt – V001

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

Suitable for vegetarians

Peach Melba Overnight Oats – V001

Peach Slices (24.97%) Peach Slices, Grape Juice from Concentrate, Citric acid, **SOYA** Milk (19.8%)[Water, Organic Soybean (**SOYA**) (13%), Organic Rice syrup, Sea Salt], **SOYA** Yoghurt (16.36%) [**SOYA** base (Water, Hulled **SOYA** beans), Sugar, Calcium (Tri-calciumcitrate), Stabiliser (Pectins), Acidity regulators (Sodium citrates, Citric acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty acid esters of ascorbic acid), Vitamins (B12, D2), Yogurt cultures (S. thermophilus, L. bulgaricus)], Organic Gluten Free Porridge **OATS** (12.27%), Raspberries (8.74%), Sweetbird Vanilla Syrup (7.6%) [Sugar, Water, Natural flavouring, Colour: Plain Caramel, Acidity regulator: Citric Acid], Apple Juice (6.82%) (from concentrate), Red Apple (2.08%), Icing Sugar (1.25%) [Icing Sugar, Maize Starch], Freeze Dried Raspberries (0.12%)

Suitable for vegetarians & vegans

SALADS

Roasted Beetroot, Butternut Squash & Feta Salad – V001

Beetroot (28%), Butternut Squash (27.65%), Greek Feta Cheese (12%) [Pasteurised Sheep and Goats **MILK**], Balsamic Vinegar (12%) [Wine Vinegar, Concentrated Grape Must, **SULPHITE** Ammonia Caramel], Balsamic Glaze (8%) [Aceto Balsamico di Modena IGP (40%) (Wine Vinegar (Wine, Water, Antioxidant: **SULPHITES**), Concentrated Grape Must and Juice, Colouring: Caramel E150d (Contains **SULPHITES**)), Thickener (Modified Starch)] Orange Juice from Concentrate (5.4%), Cold Pressed Rapeseed Oil (2.16%), Rocket (2%), Super Seeds Mix (2%) [Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil], Garlic Puree (0.58%) [Garlic, Citric Acid], Salt (0.14%), Cracked Black Pepper (0.07%)

Suitable for vegetarians

Salmon Nicoise Salad – V001

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

TRAYBAKES AND CAKES

Pecan & Cornflake Tart – V001

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

Suitable for vegetarians

Red Velvet Mini Cake – V001

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]

NOT Suitable for vegetarians

Carrot Cake Slice – V001

WHEAT flour (calcium carbonate, iron, niacin, thiamin), icing sugar, brown sugar, carrots 10%, oranges 9%, rapeseed oil, **SOYA** drink (water, **SOYA** beans, apple extract, acidity regulators (monopotassium phosphate, dipotassium phosphate), calcium carbonate, sea salt, gellan gum, vitamins B2, B12, D2), sultanas 4%, violife creamy (water, coconut oil, starch, sea salt, acidity regulator (glucono-delta-lactone), flavourings, olive extract, vitamin B12), **WALNUTS** 3%, plant butter (plant oils (sustainable palm, sunflower, rapeseed), water, sea salt, fava bean preparation, emulsifier (sunflower lecithin), natural flavourings), lemon juice, flax seeds, coconut 1%, raising agent (diphosphates, sodium carbonates, **WHEAT** flour (calcium carbonate, iron, niacin, thiamin)), mixed spices 1%, candied **HAZELNUTS** (sugar, **HAZELNUTS**), pumpkin seeds, sodium bicarbonate, salt, Madagascan vanilla paste, cornflower petals

Suitable for vegetarians & vegans

Chocolate Caramel Shortcake – V001

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

Suitable for vegetarians

Salted Caramel Pecan Brownie – V001

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

Suitable for vegetarians

Raspberry Ripple Tray Cake – V001

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

Suitable for vegetarians

Chocolate Eclair – V001

Creme Patisserie (Sugar, Modified Starch, Whey (**Milk**) Power, Skimmed **MILK** Powder, Dextrose, Vegetable Oil, Vegetable Fat, Stabiliser, Starch, Thickener, Lactose (**Milk**), **MILK** Protein, Glucose Syrup, Salt, Emulsifier, Flavour, Colour, Water, Fully Hydrogenated Palm Kernel Oil, Sugar, Stabiliser (Sorbitol Syrup (E402II), Guar Gum (E412)), **SOYABEAN** Protein, Emulsifier (Sodium Stearoyl-2-Lactylate (E481), **SOYA** Lecithin (E322), Lactic Acid, Esters of Mono-and Diglycerides of Fatty Acids (E472B)), Natural Flavouring, Salt, Colour (Plant Carotenes (E160A(II))), **SOYABEANS**, Whole **EGG**, Acidity Regulator (E330), Preservatives (E202)), Fondant (White Sugar Paste, Glucose Syrup, Water), 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], Dark Chocolate (Cocoa Mass 70%), Sugar, Fat-Reduced Cocoa Powder, Emulsifier (**SOYA** Lecithin, Natural Vanilla Flavouring), Pasteurised Whole **MILK**, Flour T55 (**WHEAT** Flour, **GLUTEN**), Dark Chocolate 56% (Cocoa Mass, Sugar, Cocoa Butter, (**MILK**), **SOYA** Lecithin, Natural Vanilla), Cocoa Powder, Caster Sugar, Salt

Suitable for vegetarians

Pear & Cardamom Cake – V001

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

Suitable for vegetarians

Sea Salt Caramel Brownie – V001

Caster sugar, dark chocolate (cocoa mass 70%, sugar, fat reduced cocoa powder, emulsifier: **SOYA** lecithin, natural vanilla flavouring (**MILK**), margarine (vegetable oils (palm, rapeseed), water, salt, acid (citric acid), emulsifier (mono- and diglycerides of fatty acids), antioxidant (tocopherol-rich extract, ascorbyl palmitate), flavouring, colour (beta carotene)), whole **EGG** (**EGG**, acidity regulator(e330), preservatives(e202)), icing sugar(sugar, anti-caking agent(e341)), Gluten Free flour blend (rice, potato, tapioca, maize, buckwheat), pasteurised whipping cream (100% cream) (**MILK**), glucose syrup, sea salt, vanilla (water, (propylene glycol 14.2 %), caramel sugar syrup, thickener (xanthan gum), acidity regulator (citric acid), preservative (potassium sorbate), glycerol)

Suitable for vegetarians

COOKIES & BISCUITS

Double Chocolate Cookie – V001

WHEAT Flour (**WHEAT** Flour Calcium Carbonate, Iron, Niacin, Thiamin), Milk Chocolate 18% (Sugar, Whole **MILK** Powder, Cocoa Butter, Cocoa Mass, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Vegetable Oils (Palm, Rapeseed), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Water, Fat Reduced Cocoa Powder 3%, Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Salt, Natural Flavouring, Emulsifier (Mono- and Diglycerides of Fatty Acids), Stabiliser (Xanthan Gum)

Suitable for vegetarians

White Chocolate Cookie – V001

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Oils (Palm, Rapeseed), White Chocolate 19% (Sugar, Cocoa Butter, Whole **MILK** Powder, Emulsifier (**SOYA** Lecithin), Natural Vanilla Flavouring), Soft Light Brown Sugar (Sugar, Cane Molasses), Sugar, Invert Sugar Syrup, Whole **EGG** Powder, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Skimmed **MILK** Powder, Salt, Natural Flavouring, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Xanthan Gum)

Suitable for vegetarians

MUFFINS

Blueberry Muffin – V001

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

Suitable for vegetarians

Chocolate Chip Muffin – V001

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)]

Suitable for vegetarians

CRODOTS

Biscoff® Crodot -V001

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

Suitable for vegetarians

PASTRIES

Almond Croissant – V001

WHEAT Flour (**GLUTEN**), {**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin}, Butter (**MILK**), **MILK**, Water, Sugar, **ALMONDS** (25%), Eggs, Custard Powder (Starch of maize (E1422), carotene (E160a), Vanilla, Yeast, Salt, **ALMOND** Extract (**ALMOND** oil, water), Sugar (97%), Maize Starch.

Suitable for vegetarians

Chocolate Twist – V001

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

Suitable for vegetarians

Pain Au Chocolat – V001

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)]

Suitable for vegetarians

Croissant – V002

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

Suitable for vegetarians

Pain aux Raisins – V002

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

Suitable for vegetarians

SAVOURY PASTRIES & BAGELS

Hog Roast Sausage Roll – V001

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, Breadcrumbs (**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)).

Chorizo Sausage Roll – V001

Pork (26%), **WHEAT** flour (WHEAT flour, calcium carbonate, iron, niacin, thiamine), water, vegetable fat (RSPO palm, rapeseed oil, water, salt, lemon juice concentrate), chorizo (pork, salt, paprika, dextrose, saccharose, dextrin, garlic, vegetable protein, emulsifier (E-450iii), preservatives (E-250, E-252), antioxidants (E-331,E-301), rosemary extract (E-392) (7%), butter (**MILK**), rusk (**WHEAT** flour, salt, raising agent (E503)), onions, seasoning (salt, white pepper, sage, pimento (allspice), nutmeg, coriander leaf), salt, dried sage, glaze (water, vegetable protein (pea), dextrose), smoked paprika)

Prosciutto & Cheese Croissant – V001

WHEAT flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), Prosciutto (Pork leg, Salt, Preservative: potassium nitrate (E252)

Salmon & Cream Cheese Bagel – V001

Multiseed Bagel (**WHEAT** Flour (**GLUTEN**) (**WHEAT** Flour, Calcium carbonate, iron, niacin & thiamin), Water, Golden Linseeds (2.51%), Wholemeal Flour (**GLUTEN**) (Wheat, Calcium Carbonate (E170), Iron, Niacin,

Thiamin), Malted **BARLEY (GLUTEN)**) Brown Linseeds (0.42%), Millet (0.42%), **WHEAT** Grains (0.42%) (**GLUTEN**), Sunflower Seeds (0.42%), Yeast, Salt), Salmon (**FISH** (96%), Salt, Sugar), Lemon, Black Pepper, Cucumber, Cream Cheese (Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt), Chives

Sausage Roll – V001

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

Pork Sausage Roll (new)– V001

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

Tomato & Cheese Croissant – V001

WHEAT Flour, fine butter (**MILK**) 23%, water, yeast, sugar, **EGGS**, salt, **WHEAT** gluten, flour treatment agents (alpha-amylases, hemicellulases, ascorbic acid), Tomato, Mature Cheddar (**MILK**)

Suitable for vegetarians

Cheese & Onion Roll – V001

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

Suitable for vegetarians

Cheese & Onion Roll – V001

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

Suitable for vegetarians

BBQ Pulled Pork Pasty – V001

BBQ Pulled Pork Pasty (100%) **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, **SOYA**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 Pepper

TOAST & CONDIMENTS

Butter – V001

Butter (**MILK**), Salt

Suitable for vegetarians

Honey – V001

Honey (100%)

Suitable for vegetarians

HP Brown Sauce – V001

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

Suitable for vegetarians & vegans

Marmalade – V001

Sugar, Seville Oranges, Gelling Agent: Citrus Pectin

Suitable for vegetarians & vegans

Peanut Butter – V001

Roasted **PEANUTS**, Palm Oil, Brown Cane Sugar, Salt, **PEANUT** Oil

Suitable for vegetarians & vegans

Sourdough Toast – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt

Tiptree Strawberry Jam – V001

Sugar, Strawberries, Gelling Agent: Citrus Pectin, Acidity Regulator: Citric Acid

Suitable for vegetarians & vegans

Tomato Ketchup Sauce – V001

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)

Suitable for vegetarians & vegans

HOT BREAKFAST

Bacon, Egg & Smashed Avo Roll – V001

Smoked Rindless Back Bacon (35.09%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (28.07%) **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, Free Range **EGGS** (20.35%), Avocado (12.98%), Cold Pressed Rapeseed Oil (3.51%)

Halloumi, Avocado, Rose Harissa & Spinach Roll – V001

Breakfast Roll (40.1%) **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, Halloumi Cheese (31.33%) Cow, sheep and goat's **MILK**, salt, rennet (non animal), Avocado (18.55%), Baby Leaf Spinach (5.01%), Rose Harissa (Eu) (5.01%) Rehydrated Red Peppers, Vegetable Oils (Sunflower Oil and Rapeseed Oil in Varying Proportions), Spices, Garlic, Salt, rose Petals, Acidity Regulator: Citric Acid

Suitable for vegetarians

Lincolnshire Sausage Roll – V001

Lincolnshire Sausage (63.64%) 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 (36.36%) **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

Smashed Avocado, Salsa & Toasted Seeds – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Avocado, Lime, Salt, Pumpkin Seeds, Sunflower Seeds, Glucose-Fructose Syrup, Diced Tomatoes, Tomato Paste, Water, Acidity Regulator (Acetic Acid), Rapeseed Oil, Green Jalapeno Peppers (Green Jalapeno Peppers, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Preservatives (Sodium Benzoate, Sodium **METABISULPHITE**)), Salt, Minced Onion, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate), Dried Garlic, Dried Onion, Black pepper, Chilli Powder, Dried Parsley

Suitable for vegetarians & vegans

Smoked Salmon & Scrambled Eggs – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Salmon (**FISH** (96%), Salt, Sugar), Lemon, Cream Cheese (Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch, Salt), Chives, Salt, Pepper, Rapeseed Oil

The Full Vegetarian Breakfast – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Halloumi ((Pasteurised **MILK** Blend (Cow's, Goat's and Sheep's **MILK**), Salt, Vegetarian Rennet), Heinz Beans (Beans (51%), Tomatoes (34%), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract), Hash Browns (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper), Tomato, **EGGS**, Chives, Salt, Pepper, Rapeseed Oil, Butter ((**MILK**), Salt)

Suitable for vegetarians

The Full Euphorium Breakfast – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Smoked Rindless Back Bacon (48.79%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Lincolnshire Sausage (28.46%) Pork (65%), Water, Rusk (**WHEAT** Flour (Fortified with Calcium Carbonate, Iron, Niacin, Thiamin), 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)), Pork Fat, Salt, Dextrose, Heinz Beans (Beans (51%), Tomatoes (34%)), Water, Sugar, Spirit Vinegar, Modified Cornflour, Salt, Spice Extracts, Herb Extract), Hash Browns (Potatoes, Sunflower Oil, Salt, Onion Powder, Stabiliser (E450), White Pepper), Tomato, **EGGS**, Chives, Salt, Pepper, Rapeseed Oil, Butter ((**MILK**), Salt).

Triple Bacon Roll – V001

Smoked Rindless Back Bacon (65.22%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), Breakfast Roll (34.78%) **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

Toasted Banana Bread – V001

Banana Loaf Cake (38.46%) Banana (23%), Rapeseed Oil [Rapeseed Oil, Antifoaming Agent (E900)], Flour [**WHEAT** Flour, Calcium, Iron, Niacin, Thiamin], Sugar, Free Range Pasteurised Whole **EGG**, Pasteurised Whole **MILK**, **WHEAT** Bran, Light Muscovado Sugar, Banana Chips [Banana, Coconut Oil, Refined Cane Sugar, Banana Flavour], Baking Powder [Raising Agents (E500(ii), E450(i)), **WHEAT** Flour (contains calcium, iron, niacin, thiamin)], Salt, Banana (33.46%), Toffee Dessert Sauce (9.62%) [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)], Mascarpone (8.65%) Cream (**MILK**), **MILK** Solids, Potassium Sorbate (E202), Citric Acid (E330), Nisin (E234), Full Fat Soft Cheese (6.92%) Cream (**MILK**), Skimmed **MILK**, **MILK** Solids, Modified Starch (E1442), Salt (E535), Potassium Sorbate (E202), Culture, Icing Sugar (1.73%) [Icing Sugar, Maize Starch], Organic Cacao Nibs (0.77%) [Cocoa Beans], Mint (0.38%)

Suitable for vegetarians

POACHED EGG DISHES

Eggs Benedict – V001

Free Range **EGGS** (29.37%), Smoked Rindless Back Bacon (25.32%) [Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)], Hollandaise Sauce (25.32%) [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)], English Muffin (18.23%) [Wheat Flour, (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**WHEAT**), Salt, Yeast, **SOYA** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (E472e), Preservative (E282), Flour Treatment Agent (E300)], Rocket (1.27%), Smoked Paprika (0.25%), Vegetable Oil (0.25%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

Eggs Florentine – V001

Free Range **EGGS** (32.68%), Hollandaise Sauce (28.17%) [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)], English Muffin (20.28%) [**WHEAT** Flour, (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**WHEAT**), Salt, Yeast, **SOYA** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (E472e), Preservative (E282), Flour Treatment Agent (E300)], Baby Leaf Spinach (16.9%), Rocket (1.41%), Smoked Paprika (0.28%), Vegetable Oil (0.28%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

Suitable for vegetarians

Eggs Royale – V001

Free Range **EGGS** (33.62%), Hollandaise Sauce (28.99%) [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)], English Muffin (20.87%) [**WHEAT** Flour, (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**WHEAT**), Salt, Yeast, **SOYA** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (E472e), Preservative (E282), Flour Treatment Agent (E300)], Salmon (14.49%) **SALMON** (Salmo salar) (**FISH**) (9.6%), salt, Sugar, Rocket (1.45%), Smoked Paprika (0.29%), Vegetable Oil (0.29%) [Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)]

Suitable for vegetarians

PORRIDGE

Superseed & Peanut Porridge – V001

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]

Suitable for vegetarians & vegans

Strawberries & Cream Porridge – V001

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%)

Suitable for vegetarians

NEW Banana & Honey Porridge – V002

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

Suitable for vegetarians

Granola Bowl with Natural Yoghurt – V001

Oatflakes (**OATS**), Sugar, Raisins, Palm Oil, **ALMONDS** (**NUTS**), Honey, Desiccated Coconut, Maple Syrup, Ground Cinnamon), Greek Style Yoghurt (**MILK**), Banana, Blueberries, Mixed Berries (Raspberries, Redcurrants, Blackcurrants, Blueberries, Blackberries, Strawberries), Maple Syrup (100% Pure Maple Syrup).

Suitable for vegetarians

SOUPS

Cauli Cheese Soup with Bacon, Parmesan Breadcrumbs & Parsley – V001

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%)]

Spiced Chickpea Dhal Soup with Coconut Yoghurt, Pink Pickled Onions & Fresh Parsley – V001

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%)

Suitable for vegetarians & vegans

Cauli Cheese Soup (Side Portion, Without Topping) – V001

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%).

Suitable for vegetarians

Spiced Chickpea Dhal Soup (Side Portion, Without Topping) – V001

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%).

Suitable for vegetarians & vegans

Granary Sourdough and Butter – V001

Granary Sourdough (**WHEAT** Flour (**GLUTEN**) (Calcium carbonate (E170), iron, niacin, thiamine), Water, Malted **BARLEY** (**GLUTEN**), Malted **BARLEY** (**GLUTEN**) Brown Linseeds (30%), Millet (25%), **WHEAT** Grains (25%) & Sunflower seeds (20%)), Salt), Butter ((**MILK**), Salt).

Suitable for vegetarians

BAGUETTES

Egg, Spinach and Tomato on White Baguette – V001

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

Suitable for vegetarians

Tuna Mayonnaise & Cucumber on White Baguette – V001

White Baguette (44.49%) (**WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (E300)) Tuna (**FISH**) (31.78%) (Tuna (**FISH**), Water, Salt) Cucumber (12.71%) Mayonnaise (10.59%) (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, Paprika) Cracked Black Pepper (0.42%)

HOT FOOD ADD-ONS

Bacon – V001

Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate)

Greek Yoghurt – V001

Greek Style Yoghurt (**MILK**)

Suitable for vegetarians

Halloumi – V001

Cow, Sheep and Goat's **MILK**, Salt, Rennet (Non-animal) 'may contain traces of mint'

Suitable for vegetarians

Hash Browns – V001

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

Suitable for vegetarians & vegans

Sausage – V001

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

Smoked Salmon – V001

SALMON (*Salmo salar*) (**FISH**) (96%), Salt, Sugar

DELI SANDWICHES

Roasted Red Pepper, Mozzarella & Pesto Sandwich – V001

Focaccia (37.8%) (**WHEAT** Flour (**GLUTEN**) (**WHEAT** Flour, Calcium carbonate, iron, niacin & thiamin), Water, Blended Oil (Sunflower 65% & Olive Oil 35%), Salt, Yeast, Rosemary), Red Roasted Peppers (28.35%) Red Peppers (60%), Water, Salt, Sugar, Acidity Regulator: Citric Acid, Mozzarella Cheese (**MILK**) (19.69%), Green Pesto (9.45%) (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), Rocket (4.72%)

Suitable for vegetarians

Tuna & Jalepeño Sandwich – V001

Focaccia (40.68%) (**WHEAT** Flour (**GLUTEN**) (**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%), 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

Spicy Chicken Sandwich – V001

Focaccia (36.92%) (**WHEAT** Flour (**GLUTEN**) (**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%)

SIDE SALADS

Butternut Squash Side Salad – V001

Butternut Squash (44.75%), Chickpeas (30.35%) (Chickpeas, Ascorbic Acid), Orange Juice from Concentrate (8.74%), Red Onion (7.59%), Cold Pressed Rapeseed Oil (3.5%), Coriander (1.9%), Parsley (1.9%), Garlic Puree (0.93%) (Garlic, Citric Acid), Salt (0.23%), Cracked Black Pepper (0.12%)

Suitable for vegetarians & vegans

ROLLS

Mature Cheddar & Tomato Roll – V001

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

Suitable for vegetarians

Gammon Ham & Mature Cheddar Roll – V001

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

QUICHE

Goats Cheese, Spinach & Red Pepper Quiche V001

Goats Cheese, Spinach & Red Pepper Quiche (100%) [Red Pepper (20%), Spinach (15%), **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Iacin, Thiamin), **EGGS**, Double Cream (**MILK**), Single Cream (**MILK**), Goats Cheese (**MILK**), **MILK**, Butter (**MILK**) (**MILK**), Water, Salt, Pepper]