

# Euphorium®

**ALLERGEN INFORMATION PACK  
2026**

Our food & drinks are handmade by real people every day. We use many ingredients and shared equipment, and whilst we do our best to manage allergens, we cannot guarantee that any of our food or drinks are allergen-free or suitable for those with allergies due to the risk of cross-contact. Our vegan food is made to a vegan recipe but is not suitable for those with milk or egg allergies.

#### CROSS CONTAMINATION

Due to the nature of how our teams handle our food and shared equipment / utensils, there is a risk of allergen cross contamination. We cannot guarantee any item is allergen free. Please remember to check this information regularly as we're always working on our recipes. This information is updated regularly to reflect our procedures instore. Please check our website for the most up to date information.

#### USING THE DECLARATION PACK

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

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

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

#### SYMBOL KEY



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



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

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## HOT DRINK INGREDIENTS

### **Cinnamon Powder – V001**

Ground Cinnamon

Suitable for vegetarians & vegans

### **Coffee – V001**

100% Espresso coffee

Suitable for vegetarians & vegans

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

## **Chocolate Powder – V001**

Cocoa Powder, Natural Sugar

Suitable for vegetarians & vegans

## **SWEETBIRD SYRUPS**

(all suitable for vegetarians & vegans)

### **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

### **Sweetbird Pistachio Syrup – V001**

Sugar, Water, Natural flavourings, Salt, Acidity Regulator: Citric Acid

### **Sweetbird Raspberry Syrup – V001**

Sugar, Water, Raspberry Juice from Concentrate, Natural flavouring, Acid: Citric Acid, Fruit & Vegetable Concentrates: Black Carrot & Elderberry

### **Sweetbird Speculoos Syrup – V001**

Sugar, Water, Flavourings, Colour: Plain Caramel, Acidity Regulator: Citric Acid

### Sweetbird Amaretto Syrup – V001

Sugar, Water, Natural Flavouring, Colour: Plain Caramel, 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

### **Iced Brown Sugar Latte – V001**

Whole **MILK**, Brown Sugar Syrup Demerara Sugar, Water, Colour: Plain Caramel, Acidity Regulator: Citric Acid, Double Cream (**MILK**), Roasted Coffee Beans, Brown Sugar

Suitable for vegetarians

## **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

## SEASONAL DRINK SPECIALS

### Berry Bakewell Oat Latte (Oat Milk) – V001

Oat Milk [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Raspberry Syrup (Sugar, Water, Raspberry Juice from Concentrate, Natural flavouring, Acid: Citric Acid, Fruit & Vegetable Concentrates: Black Carrot & Elderberry), Amaretto Syrup (Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid), Water, Ground Coffee, Pitaya Powder

Suitable for vegetarians & vegans

### Iced Berry Bakewell Oat Latte (Oat Milk) – V001

Oat Milk [Water, **OATS**(10%), Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide], Ice (Water), Raspberry Syrup (Sugar, Water, Raspberry Juice from Concentrate, Natural flavouring, Acid: Citric Acid, Fruit & Vegetable Concentrates: Black Carrot & Elderberry), Amaretto Syrup (Sugar, Water, Natural Flavouring, Colour: Plain Caramel, Acidity Regulator: Citric Acid), Water, Ground Coffee Pitaya Powder

Suitable for vegetarians & vegans

### Carrot Cake Chai Latte (Whole Milk) – V001

Whole **MILK**, Orange Juice from Concentrate [Mandarin Orange Juice from Concentrate (70%), Orange Juice from Concentrate (30%)], Chai (Sugar, Natural Spices (Cinnamon, Cardamom, Ginger, Clove, Black Pepper, Star Anise, Allspice), Black Tea Extract), Sweetbird Speculoos Syrup (Sugar, Water, Flavourings, Colour: Plain Caramel, Acidity Regulator: Citric Acid), Ground Cinnamon, Ground Mixed Spice (Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg), Ground Ginger, Ground Nutmeg

Suitable for vegetarians

### Iced Carrot Cake Chai Latte (Whole Milk) – V001

Whole **MILK**, Ice (Water), Orange Juice from Concentrate [Mandarin Orange Juice from Concentrate (70%), Orange Juice from Concentrate (30%)], Chai (Sugar, Natural Spices (Cinnamon, Cardamom, Ginger, Clove, Black Pepper, Star Anise, Allspice), Black Tea Extract), Sweetbird Speculoos Syrup (Sugar, Water, Flavourings, Colour: Plain Caramel, Acidity Regulator: Citric Acid), Ground Cinnamon, Ground Mixed Spice (Cinnamon

(Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg), Ground Ginger, Ground Nutmeg

Suitable for vegetarians

## SMOOTHIES

### Mango & Passion Fruit Smoothie – V001

Apple Juice (64.71%) (from concentrate), Mango (40%), Peach (28%), Pineapple (18%), Seeded Passionfruit (14%)

Suitable for vegetarians & vegans

### Banana & Spinach Smoothie – V001

Apple Juice (64.71%) (from concentrate), 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 Blueberry Smoothie – V001

Apple Juice (from concentrate), Strawberry (35%), Purple Dragon Fruit (29%), Pineapple (19%), Blueberry (14%), Chia Seeds (Salvia hispanica) (3%)

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

### Chicken Parm Hot Wrap

Flour Tortilla [**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Palm Oil, Palm Stearin, **WHEAT** Fibre, Sugar, Raising Agents (E500, E450) Salt, Acidity Regulator (E296), Dextrose, **WHEAT GLUTEN**, Preservative (E282)], Chicken [Chicken Breast, Salt, Stabiliser (Pentasodium Triphosphate)], Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Sundried Tomato Tapenade [Sundried Tomatoes, Rapeseed Oil, Garlic Powder, Salt, Dried Oregano, Chilli Flakes, Vinegar, Preservative: Potassium Sorbate], Tomato Sauce [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)], Parmesan Flakes [Thermized **MILK**, Salt, Rennet (Veg Culture), Preservative: Lysozyme Protein (from **EGG**)], Basil, Dried Mixed Herbs [Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)]

## 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

## SALADS

### Italian Chicken Salad – V001

Chicken [Chicken Breast, Salt], Roasted Red Peppers [Red Peppers, Water, Salt, Acidity Regulator: Citric Acid], Cherry Tomatoes , Mixed Garlic & Pepper Olives [Olive Mix (81%) [Pitted Green Olives (Olives, Salt, Acidity Regulators: Lactic Acid, Citric Acid; Antioxidant: Ascorbic Acid), Pitted Kalamata Olives (Olives, Salt, Wine Vinegar, Acidity Regulator: Lactic Acid)], Cold-Pressed Oils (Sunflower, Extra Virgin Olive), Red and Green Peppers (5.4%) (Peppers, Salt, Acidity Regulators: Acetic Acid, Citric Acid; **SULPHITES**), Garlic (1.1%), **MUSTARD** Seeds, Basil, Herbes de Provence], Baby Leaf Mix, Mayonnaise [Rapeseed Oil, Water, Spirit Vinegar, Pasteurised Free Range **EGG** Yolk , Sugar, Salt, Modified Potato Starch, Stabiliser (Guar gum, Xanthan gum), Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid), **MUSTARD** Flour, Lemon Juice Concentrate, Flavouring, Colour (Paprika, Carotene), Antioxidant: Calcium Disodium], Caesar Dressing [Rapeseed Oil, Water, Spirit Vinegar, Sugar, **EGG** Yolk, Cheese (**MILK**), Salt, Garlic Powder, Lemon Concentrate, Garlic Puree, Cheddar Cheese Powder (**MILK**), Xanthan gum, Cracked Black Pepper, Potassium Sorbate, Onion Powder, Garlic Powder, White Pepper, Clove], Parmesan Flakes [Thermized **MILK**, Salt, Rennet (Veg Culture), Preservative: Lysozyme Protein (from **EGG**)], Extra Virgin Olive Oil Extra Virgin Olive Oil, White wine vinegar [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**)), Vegetarian Parmesan [Whole Cow's **MILK**, Salt, Vegetarian

Rennet], Basil, **MUSTARD** [Water, **MUSTARD** Flour, Glucose-Fructose Syrup, Salt, **MUSTARD** Bran, Acidity Regulator (Acetic Acid), Turmeric, Stabiliser (Xanthan Gum)], Parsley, Sugar.

## Beetroot Falafel Buddha Bowl

Couscous Salad Base [Vegetables (Cucumber, Grilled Zucchini, Tomatoes, Grilled Red Pepper, Grilled Yellow Pepper, Black Olives (Olives, Salt, Water, Acidity Regulator: Ferrous Gluconate)), Giant Couscous 32% (Giant couscous (**WHEAT**), Sauce (Olive Oil, Tomato Paste, Mint, Parsley, Lemon Juice, Agave Syrup, Herbs and Spices, Garlic Puree (Garlic, Water, Vinegar, Salt), Salt)], Beetroot Falafel [Beetroot (31%), Chickpeas, Red Pepper, Potato Flake, Onion, Rapeseed Oil, Garlic Puree (Water, Garlic Granules), Ground Coriander, Ground Cumin, Lemon Juice from Concentrate (Concentrated Lemon Juice, Water), Paprika, Salt, Chilli Flakes], Cucumber, Houmous [Chickpeas (46%)(Water,Chickpeas),Rapeseed Oil,Water,Tahini (**SESAME** Seeds) (14%)(**SESAME** Seed Paste),Salt,Garlic Powder,Acidity Regulator(Citric Acid), Concentrated Lemon Juice, Preservative(Potassium Sorbate)], Red Onion, Water, Tahini Roasted Hulled **SESAME** Seeds, Mint, Maple Syrup [100% Pure Canadian Maple Syrup], Lemon Juice [Lemon Juice (from concentrate), Sodium Metabisulphite (**SULPHITE**)], White wine vinegar [White Wine, Water, Antioxidant (Sodium Metabisulphite (**SULPHITE**))], Garlic Puree [Garlic, Citric Acid], Salt, Icing Sugar [Icing Sugar, Maize Starch]

Suitable for vegetarians & vegans

## POTS

### Very Berry Bircher – V001

Coconut Milk Water, Gluten Free **OATS** (13%), Coconut (2%), Sunflower Oil, Sea Salt, Natural Coconut Flavour, Gellan Gum, Porridge **OATS (GLUTEN)**, Coconut Yoghurt [Coconut Milk (71%) Coconut Water, Cornflour, Potato Starch, Stabiliser (Fruit Pectin), Corn Fibre, Cultures (*S. thermophilus* + *L.bulgaricus*, *Lactobacillus acidophilus*, *Bifidobacterium lactis*)], Mixed Berries [Raspberries, Redcurrants, Blackcurrants, Blueberries, Blackberries, Strawberries], Apple Juice (from concentrate), Pink Lady Apple, Sultanas [Sultanas, Vegetable Oil], Blueberries, Super Seeds Mix [Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil], Icing Sugar [Icing Sugar, Maize Starch]

Suitable for vegetarians & vegans

### Carrot Cake Overnight Oats – V001

Water, Orange Juice from Concentrate [Mandarin Orange Juice from Concentrate (70%), Orange Juice from Concentrate (30%)], Greek Style Yoghurt (**MILK**), Porridge **OATS (GLUTEN)**, Sultanas (Sultanas, Vegetable Oil), Carrot, Cottage Cheese (Cream (**MILK**), Skimmed **MILK**, Salt E535), Pea Protein Isolate, Maple Syrup, Chia Seeds [Black Sachia Chia Seed (100%)], Ground Cinnamon, Ground Mixed Spice (Cinnamon (Cassia), Coriander, Clove, Pimento, Ginger, Nutmeg), Ground Ginger, Ground Nutmeg]

Suitable for vegetarians

### Berry Bakewell Overnight Oats – V001

Water, Raspberry Compote [Raspberries (62.9%), Sugar, Water, Maize Starch, Lemon Juice, Vanilla Moroni Paste (Glucose Syrup, Invert Sugar Syrup, Extracted Vanilla Pods, Powdered Natural Bourbon Vanilla Flavouring, Concentrate (Pumpkin, Carrot), Citric Acid], Organic Gluten Free Porridge **OATS, ALMOND** Milk (Water, Gluten free **OATS, ALMONDS (NUTS)**, Sunflower Oil, Sea Salt, Gellan Gum), Greek Style Yoghurt (**MILK**), Maple Syrup, Almond Essence Water, Monopropylene Glycol, Flavourings, Pea Protein Isolate, **ALMOND** Butter (**ALMONDS**, Sea Salt), Flaked **ALMONDS**

Suitable for vegetarians

## TRAYBAKES AND CAKES

### Victoria Sponge – V001

Vegan Victoria Mini Cake Sugar, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raspberry Jam (Sugar, Water, Raspberry Purée, Citric Acid, Gelling Agent (Pectin), Acidity Regulator (Trisodium Citrate), Preservative (Potassium Sorbate), Margarine (Vegetable Oils (Palm, Rapeseed), Water, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Humectant (Glycerol), Sweet Dusting (Dextrose, **WHEAT** Starch, Vegetable Oils (Palm, Rapeseed), Salt, Natural Flavouring), Pea Protein, Raising Agents (Disodium Diphosphate, Potassium Carbonate, Sodium Carbonate), White Wine Vinegar, Natural Flavouring, **WHEAT** Protein, Cornflour, Rice Starch, Dextrose, **OAT** Fibre, Stabiliser (Xanthan Gum), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Acidity Regulator (Citric Acid), Colour (Algal Carotenes, Beta-Carotene).

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

### 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



## 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

### Berry & Chia Muffin – V001

Mississippi Muffin Mix [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, Rapeseed Oil Rapeseed Oil, Anti-foaming Agent (Dimethyl Polysiloxane), Blueberries, Raspberries, Icing Sugar (Icing Sugar, Maize Starch), Super Seeds Mix (Sunflower Seeds, Pumpkin Seeds, Golden Linseed, Goji Berries (Preservative Sulphur Dioxide (**SULPHITE**), Sunflower Oil), Chia Seeds [Black Sachia Chia Seed (100%)], Apple Juice

Suitable for vegetarians

# PASTRIES

## Raspberry Croissant

Raspberry Filled Vegan Croissant [**WHEAT** Flour, Water, Vegetable Fat (Non-Hydrogenated Palm Oil, Water, Non-Hydrogenated Coconut Oil, Non-Hydrogenated Rapeseed Oil, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Lactic Acid), Natural Flavouring)], Raspberry Filling (16%) (Glucose-Fructose Syrup, Raspberries 5%, Sugar, Gelling Agent (Pectin), Acid (Citric Acid), Hydrogenated Palm Oil, Radish, Blackcurrant and Apple Concentrate), Spelt (**WHEAT**) **WHEAT** Flour, **WHEAT GLUTEN**, Salt, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid)]

Suitable for vegetarians & vegans

## 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

### Pistachio Croissant – V001

Butter Croissant [**WHEAT** Flour, Charentes-Poitou PDO Butter (**MILK**) 23%, Water, Sugar, Yeast, Whole **MILK** Powder, Salt, **WHEAT** Gluten, **EGGS**, Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Ascorbic Acid), **PISTACHIO** Spread Sugar, Vegetable Fats and Oils (Sunflower Oil, Palm Oil), **PISTACHIO (NUTS)** Paste (15%), Skimmed **MILK** Powder, Whey (**MILK**), Lactose (**MILK**), Emulsifier: Sunflower Lecithin (E322), Natural Flavouring, Colouring: E141, Chopped **PISTACHIO (NUTS)** Nibs

Suitable for vegetarians

### Cinnamon Knot – V001

**WHEAT** Flour, Butter (**MILK**), Sugar, Water, Pasteurized **EGG**, Yeast, Cinnamon, Whole **MILK** Powder, Modified Starch, Rapeseed Oil, Salt, Vegetable Pea Protein, Vegetable Emulsifiers (E472e), Stabilizers (E412), Flour Treatment Agents (Xylanase (**WHEAT**), Amylase (**WHEAT**), E300), Modified Corn Starch, Dextrose

Suitable for vegetarians

## SAVOURY PASTRIES & BAGELS

### 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

### British Sausage Roll – V001

Pork Sausage Roll [Flour (**WHEAT** Flour, Calcium Carbonate (E170), Iron, Niacin, Thiamine), Butter (**MILK**) (Butter Fat, Water, **MILK** Solids), Water, Salt, Outdoor Bred British Pork, Rusk (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Thiamin) Salt (contains E535 anticaking agent) Ammonium Bicarbonate (E503ii) (process aid), Black Pepper, Red Onion Chutney (Re-hydrated Red Onions, Sugar, Red Grape Vinegar, Re-hydrated Onions, Thickening Agent (Modified Maize Starch), Colouring (Plain Caramel) (1%), Sea Salt, Ginger, Preservative (Potassium Sorbate), Cinnamon, Nutmeg, Potato Starch, Sage, White Pepper, Nutmeg

### 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

## 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

### 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

### 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)

Suitable for vegetarians & vegans

### 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)

## HOT BREAKFAST

### Bacon, Egg & Smashed Avo Roll – V002

Smoked Rindless Back Bacon (35.09%) Pork (87%), Water, Salt Preservatives; E252 (Potassium Nitrate), E250 (Sodium Nitrite), Anti-Oxidant; E301 (Sodium Ascorbate), **WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 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, 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** Milk (Spring Water, Organic Gluten Free **OATS**, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282), Free Range **EGGS** (20.35%), Avocado (12.98%), Cold Pressed Rapeseed Oil (3.51%)

### Halloumi, Avocado, Rose Harissa & Spinach Roll – V002

**WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 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, 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** Milk (Spring Water, Organic Gluten Free **OATS**, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282), 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 – V002

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 (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 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, 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** Milk (Spring Water, Organic Gluten Free **OATS**, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)

### 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 – V002

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 (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), 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, 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** Milk (Spring Water, Organic Gluten Free **OATS**, Sunflower Oil, Sea Salt), Rapeseed Oil, Preservative: Calcium Propionate (E282)

## PORRIDGE

### Coconut & Chia Seed Porridge – V001

Coconut Milk (Water, **OATS**, Coconut, Sunflower Oil, Organic Rice, Sea Salt, Natural Coconut Flavour, Calcium Carbonate, Gellan Gum), Porridge **OATS** (**GLUTEN**), Chia Seeds [Black Sachia Chia Seed (100%)]

Suitable for vegetarians & vegans



## Whole Milk Porridge – V001

Whole **MILK**, Porridge **OATS (GLUTEN)**

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 vegetarian

# 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

## 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 & vegan

## 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]