

## **CHICKEN HOT 'N' KICKIN' STRIPS**

### **SLAW.WEDGES**

Chicken Breast Fillet (64%), Water, **Wheat** Flour, Vegetable Oil (Palm), Salt, Spices (Chilli Powder, Black Pepper, White Pepper, Paprika Powder), Modified Maize Starch, Maize Starch, Rice Flour, Garlic Powder, Coarse Black Pepper, Onion Powder, Raising Agent (Ammonium Hydrogen Carbonate), Spices Extract (Capsicum, Cayenne), Sugar, Yeast Extract, Acidity Regulators (Sodium Acetates, Citric Acid), Crushed Chilli, Thickener (Guar Gum), Maltodextrin, Tomato Powder, Stabiliser (Sodium Tripolyphosphat. Potato, Sunflower Oil. Carrot (25%), White Cabbage (20%), Red Cabbage (20%), Savoy Cabbage (20%), (15%).red onion

**Allergens are shown in Bold**

**Contains : Gluten and Wheat**

**May contain : Celery, Egg, Fish, Milk, Molluscs, Mustard, Sesame, Soya and Sulphites >10ppm**

## **PLANT-BASED KOFTA**

### **CHAPATI, SLAW.WEDGES**

Ingredients: Water, Pea Protein (13%), Vegetable Suet(Palm Oil, Sunflower Oil, **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin)), **Wheat** Protein, Pea Fibre (3.0%), Stabiliser(Methyl Cellulose), Kibbled Onion, Cumin Powder, Salt, Coriander Powder, Garlic Powder, Flavouring, Colour(Beetroot Red), Malted Barley Flour, Sugar, Cinnamon, Turmeric, Chilli Powder, Black Pepper, Sunflower Oil, Yeast Extract, Clove, Rapeseed Oil. Potato, Sunflower Oil. Ingredients: Water, **Wheat Flour**(**Wheat Flour**, Calcium Carbonate, Niacin, Iron, Thiamin), **Wholemeal Wheat Flour**(**Wheat Flour**, Wheat Gluten), Rapeseed Oil, Salt.

**Allergens are shown in Bold**

**Contains : Barley, Gluten and Wheat**

**May contain : Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Peanuts, Pecan Nut, Pistachio, Sesame and Walnut**

## CHICKEN SUPREME

### SERVED WITH MASH AND MUSHY PEAS

Potato (83%), Water, Palm Oil, Butteroil (Milk), Flavouring, Salt, Glucose Syrup, Whole **Milk** Powder, Lactose (Milk), **Milk** Proteins, Dextrose, Dried Cream (**Milk**), Onion, White Pepper. Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Copper Complexes of Chlorophyllins, Carotenes). Skimmed **Milk** (59%) [Reconstituted (Water, Skimmed **Milk** Powder)], Reconstituted Vegetable Stock (21%)(Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion Powder, Carrot Powder, Tomato Powder, Lovage), Palm Oil, Modified Maize Starch, Salt, Emulsifier(**Soya** Lecithin) De-alcoholised Wine from Concentrate, Chardonnay (40%), Salt, Preservative (Potassium Metabi**SULPHITE**).100% CHICKEN

Allergens are shown in Bold

Contains : Milk SOYA Sulphites >10ppm

## QUORN SUPREME

### SERVED WITH MASH AND MUSHY PEA

Potato (83%), Water, Palm Oil, Butteroil (Milk), Flavouring, Salt, Glucose Syrup, Whole **Milk** Powder, Lactose (Milk), **Milk** Proteins, Dextrose, Dried Cream (**Milk**), Onion, White Pepper. Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Copper Complexes of Chlorophyllins, Carotenes). Skimmed **Milk** (59%) [Reconstituted (Water, Skimmed **Milk** Powder)], Reconstituted Vegetable Stock (21%)(Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion Powder, Carrot Powder, Tomato Powder, Lovage), Palm Oil, Modified Maize Starch, Salt, Emulsifier(**Soya** Lecithin) De-alcoholised Wine from Concentrate, Chardonnay (40%), Salt, Preservative (Potassium Metabi**SULPHITE**). **S** Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract). Allergy Advice: For allergens, see ingredients in **bold**.

Allergens are shown in Bold

Contains : Milk SOYA Sulphites >10ppm,

**MAY CONTAIN MUSTARD**

## **QUORN SAUSAGE SERVED WITH ROAST POTATOS/CARROTS/BROCCOLI/GRAVY**

Mycoprotein (37%) Textured **WHEAT** Protein (**WHEAT** Flour, Stabiliser: Sodium Alginate.), Water, Vegetable Oils (Rapeseed, Palm) Onions, Rusk (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine) Salt, Yeast, Potato Protein, **WHEAT Gluten**, Casing (Stabiliser: Sodium Alginate, Cellulose, Modified Starch.), Tapioca Starch, Potato Starch, Natural Flavouring, Seasoning [Dextrose, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Spices (Coriander, White Pepper, Nutmeg) Yeast Extract, Roast Garlic Powder, Salt, Rapeseed Oil, Natural Flavouring] Pea Fibre, Firming Agent: Calcium Chloride.

**Allergens are shown in Bold**

Contains : **Gluten, Egg, Milk and Wheat**

## **ROAST OF THE DAY SERVED WITH ROAST POTATOS/CARROTS/BROCCOLI/GRAVY AND YORKSHIRE PUDDING**

Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Whole **EGG**, **EGG** White, Water, Rapeseed Oil, Skimmed **MILK** Powder, Salt.

**Allergens are shown in Bold**

Contains : **Gluten, Egg, Milk and Wheat**

## **CHILLI BEEF WITH A TWIST**

Beef Trim. Potatoes (80%), Coating (12%) [**Wheat** Flour, Salt, Modified Starch, Spices (Black Pepper, Chilli Pepper, Cayenne Pepper), Garlic Powder, Onion Powder, Raising Agents (E4501, E500II), Yeast Extract, Spice Extracts (Black Pepper), Dextrose], Vegetable oils (Sunflower, Rapeseed, In varying proportions) (8%), Dextrose. Tomato Purée from Concentrate (36%), Tomatoes (34%), Red Kidney Beans (7%), Water, Onion, Red Pepper (3%), Modified Maize Starch, Sugar, Salt, Ground Cumin, Acidity Regulator (Lactic Acid), Paprika, Ground Coriander, Garlic Powder, Chilli Powder, Fat Reduced Cocoa Powder, Black Pepper.

**Allergens are shown in Bold**

Contains : **Gluten and Wheat**

## VEGETARIAN CHILLI WITH A TWIST

Potatoes (80%), Coating (12%) [**Wheat** Flour, Salt, Modified Starch, Spices (Black Pepper, Chilli Pepper, Cayenne Pepper), Garlic Powder, Onion Powder, Raising Agents (E4501, E500II), Yeast Extract, Spice Extracts (Black Pepper), Dextrose], Vegetable oils (Sunflower, Rapeseed, In varying proportions) (8%), Dextrose. Tomato Purée from Concentrate (36%), Tomatoes (34%), Red Kidney Beans (7%), Water, Onion, Red Pepper (3%), Modified Maize Starch, Sugar, Salt, Ground Cumin, Acidity Regulator (Lactic Acid), Paprika, Ground Coriander, Garlic Powder, Chilli Powder, Fat Reduced Cocoa Powder, Black Pepper. Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar; Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract.

**Allergens are shown in Bold**

**Contains : Gluten and Wheat, barley, egg**