

CARIBBEAN JERK CHICKEN & BROWN RICE

Sugar, Dextrose, Salt, Modified Maize Starches, Tomato Powder, Yeast Extract (contains Salt), Garlic Powder, Onion Powder, Spice (Black Pepper), Colour (Plain Caramel), Thickening Agent (Guar gum), Smoke Flavouring, Potato Starch, Paprika Extract. Chicken Breast *, Rice Starch, Salt, Dextrose, D-Xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate, Sodium Citrates). Made using 108g of raw Chicken Breast per 100g of cooked product 100% Brown Parboiled Long Grain Rice

Contains : None of the 14 Food Allergens

JOLLOF RICE

Banana (76%), Coconut Oil, Sugar, Flavouring. CHILLI, tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil. PEPPERS, 100% Brown Parboiled Long Grain Rice

Contains : None of the 14 Food Allergens

COTTAGE PIE - SERVED WITH SEASONAL VEG

Beef Trim. Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Palm Oil, Acid (Citric Acid). 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. Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2.0%).

Allergens are shown in Bold

Contains : Milk

MOUSAKA - SERVED WITH SEASONAL VEG

Tomatoes (63%), Tomato Paste, Onion (8%), Water, Carrot Purée, Onion Purée, Modified Maize Starch, Basil (1%), Rapeseed Oil, Garlic Purée, Sun Dried Tomato Paste (Sunflower Oil, Sun Dried Tomatoes, Water, White Wine Vinegar, Sugar, Salt), Salt, Sugar, Oregano, Acidity Regulator (Citric Acid), Ground Fennel Seeds, Dried Parsley, Ground Black Pepper, Thyme, Vitamin C, Ground Bay Leaf, Vitamin D, Onion Powder, Natural Flavouring, Natural Basil Flavouring, Onion Oil. **ABUBERGINES**, **POTATO**, **RED LENTILS**, Potato (96%) (Origin: EU), Sunflower Oil. **BUTTERMILK** (70%), palm oil (15%), water, modified potato starch, emulsifier (polysorbate 60), thickeners (methyl cellulose, xanthan gum), acidity regulator (sodium citrate). Cheese (98%)**(Milk)**, Anti-caking Agent(Potato Starch).

Allergens are shown in Bold

Contains : Milk

ROAST BEEF DINNER - SERVED WITH SEASONAL VEG/ ROAST POTATO AND GLUTEN FREE YORKSHIRE PUDDING

Beef (80%), Water, Pea Protein, Salt, Stabilisers (Diphosphates, Triphosphates)

CARROTS, BROCCOLI, Potato (97%),Sunflower Oil,Rice Flour,Potato Starch,Dextrin,Salt,Dextrose,Turmeric. Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Palm Oil, Acid (Citric Acid). Pasteurised **Egg** White, Skimmed **Milk**, Maize Starch, Pasteurised Whole **Egg**, Potato Starch, Rapeseed Oil, Maize Flour, Tapioca Starch, Emulsifiers: (Mono and Diglycerides of Fatty Acids); Salt, Stabiliser: Xanthan Gum.

Allergens are shown in Bold

Contains : Egg and Milk

VEGAN SAUSAGES - SERVED WITH SEASONAL VEG/ROAST POTATO AND GLUTEN FREE YORKSHIRE PUDDING

Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Oregano, Nutmeg Extract, Mace Extract], **Wheat** Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Stabiliser: Methylcellulose, Sodium Alginate. Allergy Advice: For allergens, including cereals containing gluten, . CARROTS, BROCCOLI, Potato (97%), Sunflower Oil, Rice Flour, Potato Starch, Dextrin, Salt, Dextrose, Turmeric. Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Palm Oil, Acid (Citric Acid). Pasteurised **Egg** White, Skimmed **Milk**, Maize Starch, Pasteurised Whole **Egg**, Potato Starch, Rapeseed Oil, Maize Flour, Tapioca Starch, Emulsifiers: (Mono and Diglycerides of Fatty Acids); Salt, Stabiliser: Xanthan Gum.

Allergens are shown in Bold

Contains : Gluten and Wheat, EGG , MILK

SALMON & ASPARAGUS HOTPOT - SERVED WITH SEASONAL VEGETABLES

Pink Salmon (**Fish**) (*Oncorhynchus gorbuscha*) (100%). Asparagus Spears Potato (96%) (Origin: EU), Sunflower Oil. Maltodextrin, potato starch, asparagus¹ (9.1%), palm fat, sunflower oil, salt, glucose syrup, yeast extract, **WHEAT** flour, flavourings, modified starch, sugar, spinach, chives, turmeric. ¹Made from sustainably grown ingredients, BROCCOLI, CARROTS

Allergens are shown in Bold

Contains : Gluten and Wheat, FISH

May contain : Celery, Egg, Milk, Mustard and Soya

FALAFEL WITH JAMAICAN RICE

Sugar, Dextrose, Salt, Modified Maize Starches, Tomato Powder, Yeast Extract (contains Salt), Garlic Powder, Onion Powder, Spice (Black Pepper), Colour (Plain Caramel), Thickening Agent (Guar gum), Smoke Flavouring, Potato Starch, Paprika Extract. Red Kidney Beans, Water, Firming Agent: Calcium chloride. 100% Brown Parboiled Long Grain Rice DICED ONION Chick Peas (53%), Onion (32%), **WHEAT** Flour, Rapeseed Oil, Cumin, Garlic Puree, Salt, Ground Coriander, Coriander Leaf, Chilli Powder, Concentrated Lemon Juice, Thickener (Methylcellulose), Black Pepper, Turmeric.

Allergens are shown in Bold

Contains : Gluten and Wheat

BATTERED FISH & CHIPS - SERVED WITH EITHER PEAS OR BEANS

Alaska Pollock (**Fish**) (50%), **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, Wheat Starch, Raising Agent (Sodium Polyphosphate, Sodium Carbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Yeast, Dextrose, Sunflower Oil, Sunflower Lecithin. Potato, Sunflower Oil Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring. GARDEN PEAS

Allergens are shown in Bold
Contains : Gluten, Fish and Wheat

VEGAN FISHLESS FINGERS - SERVED WITH EITHER PEAS OR BEANS

extruded Rice Flake (40%), **WHEAT Flour**, Water, Rapeseed Oil, **WHEAT** Gluten, Potato Starch, Natural Flavouring, Salt, **WHEAT** Fibre, Spices, Yeast. Potato, Sunflower Oil Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring. GARDEN PEAS

Allergens are shown in Bold
Contains : Gluten and Wheat

CHEESE & TOMATO PIZZINI

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal **WHEAT** Flour, Yeast, Salt, Rapeseed Oil, Tomato Sauce (25%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules, Mozzarella **Cheese** (MILK) (18%) SOURCE OF FIBRE.

Allergens are shown in Bold
Contains : Gluten, Milk and Wheat

SPICY CHICKEN PIZZINI

WHEAT Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, **Wholemeal** WHEAT Flour, Yeast, Salt, Rapeseed Oil, Spicy Tomato Sauce (30%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Onion Powder, Coriander Powder, Chilli Powder, Oregano, Garlic Granules, Cumin Powder), Diced Chicken Breast (11%) (Chicken (98%), Salt), Mozzarella Cheese (**MILK**) (9%). Source of Fibre.

Allergens are shown in Bold

Contains : Gluten, Milk and Wheat

SALMON & DILL FISHCAKES - SERVED WITH NEW POTATO AND PEAS

Salmon (**Fish**) (37%), Mashed Potato(Potato, Water, **Skimmed** Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabiliser(Guar Gum), Milk, Pepper, Pepper Extract), Rapeseed Oil, **Wheat** Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Mozzarella (6%)(Milk, Anti-caking Agent(Potato Starch)), Onion, Dried Potato, Water, Salt, Yeast, Dill (0.5%), Maize Starch, Pepper, Lemon Zest, Emulsifier(Mono- and Diglycerides of Fatty Acids), Raising Agents(Disodium Diphosphate, Sodium Carbonate).NEW POTATO, GARDEN PEAS

Allergens are shown in Bold

Contains : Gluten, Fish, Milk and Wheat