

CHICKEN TIKKA & RICE

Water, Tomatoes (15%), Tomato Purée from Concentrate (12%), Onion (10%), Yogurt (**Milk**) (6%), Single Cream (**Milk**) (4%), Modified Maize Starch, Rapeseed Oil, Sugar, Lemon Juice from Concentrate, Dried Onion, Coriander Leaf, Ground Cumin, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Cardamom, Paprika, Chilli Powder, Dried Fenugreek, Ground Cassia, Ground Fenugreek. 100% Brown Parboiled Long Grain Rice 100% CHICKEN thigh

Allergens are shown in Bold

Contains: Milk

QUORN TIKKA & RICE

Water, Tomatoes (15%), Tomato Purée from Concentrate (12%), Onion (10%), Yogurt (**Milk**) (6%), Single Cream (**Milk**) (4%), Modified Maize Starch, Rapeseed Oil, Sugar, Lemon Juice from Concentrate, Dried Onion, Coriander Leaf, Ground Cumin, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Cardamom, Paprika, Chilli Powder, Dried Fenugreek, Ground Cassia, Ground Fenugreek. 100% Brown Parboiled Long Grain Rice Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract). Allergy Advice: For allergens,

Allergens are shown in Bold

Contains: Milk

MAY CONTAIN MUSTARD

SHICKEN KEBAB WITH SALAD AND PITTA

Shicken® Pieces [Water, Textured Pea Protein, Pea Fibre, Pea Starch, Rapeseed Oil, Natural Flavourings, Thickeners (Methyl Cellulose), Salt], Tikka Marinade [Onion, Water, Ground Melon Seeds, Tomato Paste, Rapeseed Oil, Bell Pepper, Garlic, Ginger, Salt, Ground Spices, (Paprika, Turmeric, Fenugreek Leaves, Black Cardamom, Cumin Seeds, Coriander Seeds), Tamarind, Coriander Leaves]. Water, Sugar, Tomato Paste, Spirit Vinegar, **Barley** Malt Vinegar, Soy Sauce (Water, **Soya** extract (Water, **Soya** Beans, Salt, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic acid, Thiamin))), Salt, Glucose, Spirit Vinegar, **Barley** Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain **Wheat**, **Celery**), Smoked Maltodextrin, preservative (Potassium Sorbate), Garlic Powder, Onion Powder. mixed leaf, tomato, cucumber, red onion. Wholemeal **Wheat** Flour, Water, Yeast, Salt.

Allergens are shown in Bold

Contains: Barley, Celery, Gluten, Soya and Wheat

May contain milk

TUNA MELT PANINI

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (3.5%), Malted **Barley** Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley** Flour, Flour Treatment Agent (Ascorbic Acid). Skipjack Tuna (**Fish**), Water, Salt. Cheddar Cheese (**Milk**), Anti-caking Agent (Potato Starch)

Allergens are shown in Bold

Contains: Barley, Gluten and Wheat, FISH, MILK

CHEESE AND TOMATO PANINI

Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (3.5%), **Malted** Barley Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley Flour**, Flour Treatment Agent (Ascorbic Acid) Cheese (98%)(**Milk**), Anti-caking Agent(Potato Starch). 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.

Allergens are shown in Bold

Contains : Milk, WHEAT, BARLEY, GLUTEN

BEEF LASAGNE WITH GARLIC CORRIANDER CHOTA & SALAD

Beef Trim. Wheat Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Garlic, Raising Agent(Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds, Coriander. Durum **WHEAT** semolina Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Modified Maize Starch, Salt, Basil, Rapeseed Oil, Garlic Puree, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Dried Oregano, Ground Black Pepper. Butter**MILK**, Water, Vegetable Oil (Sunflower), Cream (3.3%) (**MILK**), Modified Starch, Emulsifier (Sodium stearyl-2-lactylate) , Stabiliser (Guar Gum), Acidity Regulators (Trisodium Citrate, Disodium Phosphate), Colour (Beta Carotene). Cheddar Cheese (**Milk**), Anti-caking Agent(Potato Starch).

Allergens are shown in Bold

Contains: Wheat and Gluten, MILK

May contain: Soya, Egg, Mustard

QUORN MINCE LASAGNE WITH GARLIC CORRIANDER CHOTA & SALAD

Wheat Flour(**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Garlic, Raising Agent(Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds, Coriander. Durum **WHEAT** semolina Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Modified Maize Starch, Salt, Basil, Rapeseed Oil, Garlic Puree, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Dried Oregano, Ground Black Pepper. Butter**MILK**, Water, Vegetable Oil (Sunflower), Cream (3.3%) (**MILK**), Modified Starch, Emulsifier (Sodium stearoyl-2-lactylate) , Stabiliser (Guar Gum), Acidity Regulators (Trisodium Citrate, Disodium Phosphate), Colour (Beta Carotene). Cheddar Cheese (**Milk**), Anti-caking Agent(Potato Starch). Mycoprotein (91%), Rehydrated Free Range **Egg** White, Pea Fibre, Gluten Free **Barley** Malt Extract. Allergen Advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

Allergens are shown in Bold

Contains: Wheat and Gluten, MILK, BARLEY,EGG

May contain: Soya, Mustard

CHILLI BEEF WITH POTATO WEDGES

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.100% BEEF TRIMPotato, Sunflower Oil.

NO ALLERGENS

BBQ CHICKEN PANINI

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (3.5%), Malted **Barley** Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley** Flour, Flour Treatment Agent (Ascorbic Acid).

Chicken Breast, Salt, Stabiliser(Pentasodium Triphosphate). Water, Sugar, Tomato Paste, Spirit Vinegar, **BARLEY** Malt Vinegar, Soy Sauce (Water, **SOYA** Extract (Water, **SOYA** Beans, Salt, **WHEAT** Flour), Salt, Glucose, Spirit Vinegar, **BARLEY** Malt Extract), Modified Maize Starch, Salt, Caramelised Sugar Syrup, Flavourings (Contain **WHEAT**, **CELERY**), Smoked Maltodextrin, Preservative (Potassium Sorbate), Garlic Powder, Onion Powder.

Allergens are shown in Bold

Contains : Barley, Celery, Gluten, Soya and Wheat

MOZZERELLA, PESTO, TOMATO PANINI

Mozzarella Cheese (**MILK**), Potato starch. Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (3.5%), Malted **Barley** Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley** Flour, Flour Treatment Agent (Ascorbic Acid). Rapeseed Oil, Basil (26%), Sunflower seeds (6%), Sugar, Potato flakes, Garlic, Sea salt, Acidity Regulators: Acetic acid, Citric acid.TOMATO

Allergens are shown in Bold

Contains: Barley, Gluten and Wheat

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

MEXICAN CHILLI CHICKEN BURRITO SERVED WITH SALAD

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.CHICKEN 100% THIGH. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt. 100% Brown Parboiled Long Grain Rice MIXED LEAF, TOMATO, CUCUMBER, ONION Mozzarella Cheese (69%)(**Milk**),Cheddar Cheese (29%)(**Milk**),Anti-caking Agent(Potato Starch).

Allergens are shown in Bold

Contains: Wheat MILK

MEXICAN VEGETARIAN CHILLI BURRITO SERVED WITH SALAD

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.. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Acidity Regulators(Citric Acid, Malic Acid), Rapeseed Oil, Sugar, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Raising Agent (Sodium Bicarbonate), Preservatives (Potassium Sorbate, Calcium Propionate), Salt. 100% Brown Parboiled Long Grain Rice MIXED LEAF, TOMATO, CUCUMBER, ONION Mycoprotein (91%), Rehydrated Free Range **Egg** White, Pea Fibre, Gluten Free **Barley** Malt Extract. Allergen Advice: For allergens, including cereals containing gluten, see ingredients in **bold**. Mozzarella Cheese (69%)(**Milk**),Cheddar Cheese (29%)(**Milk**),Anti-caking Agent(Potato Starch).

Allergens are shown in Bold

Contains: Wheat, BARLEY, EGG, MILK

CHICKEN TIKKA PANINI

Chicken Breast, Salt, Stabiliser(Pentasodium Triphosphate). **Wheat** Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (3.5%), Malted **Barley** Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten, Barley Flour**, Flour Treatment Agent (Ascorbic Acid). Water, Tomatoes (15%), Tomato Purée from Concentrate (12%), Onion (10%), Yogurt (Milk) (6%), Single Cream (**Milk**) (4%), Modified Maize Starch, Rapeseed Oil, Sugar, Lemon Juice from Concentrate, Dried Onion, Coriander Leaf, Ground Cumin, Salt, Ginger Purée, Garlic Purée, Ground Coriander, Acidity Regulator (Lactic Acid), Colour (Paprika Extract), Turmeric, Cardamom, Paprika, Chilli Powder, Dried Fenugreek, Ground Cassia, Ground Fenugreek.

Allergens are shown in Bold

Contains : Barley, Gluten and Wheat, MILK

CHEESE AND TOMATO PANINI

Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (3.5%), **Malted** Barley Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley Flour**, Flour Treatment Agent (Ascorbic Acid) Cheese (98%)(**Milk**), Anti-caking Agent(Potato Starch). 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.

Allergens are shown in Bold

Contains : Milk, WHEAT, BARLEY, GLUTEN

CHICKEN SWEET N SOUR NOODLES

Chicken Breast (97%), Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate). Water, Tomato Purée from Concentrate, Onion (10%), Sugar, Carrot (8%), Pineapple Juice from Concentrate, Pineapple (4%), Green Pepper (3.5%), Spirit Vinegar, Modified Maize Starch, Red Pepper (2%), Bamboo Shoot (1.5%), Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Egg** (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid).
Ingredients: Green Cabbage (50%), Carrot (25%), Onion (15%), Bell Pepper (10%).

Allergens are shown in Bold

Contains : Gluten, Egg and Wheat, celery

SWEET N SOUR NOODLES

Water, Tomato Purée from Concentrate, Onion (10%), Sugar, Carrot (8%), Pineapple Juice from Concentrate, Pineapple (4%), Green Pepper (3.5%), Spirit Vinegar, Modified Maize Starch, Red Pepper (2%), Bamboo Shoot (1.5%), Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring. Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract). Allergy Advice: For allergens, see ingredients in **bold**. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Egg** (5%), Salt, Colour (Carotenoids), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid). Ingredients: Green Cabbage (50%), Carrot (25%), Onion (15%), Bell Pepper (10%).

Allergens are shown in Bold

Contains : Gluten, Egg and Wheat, celery

May contain : Mustard

TANGY BBQ CHICKEN WINGS

Chicken, Sugar, Maize Starch, Tomato Powder, Caramelised Sugar Powder, Salt, Dextrose, Brown Sugar, Yeast Extract, Smoke Flavouring, Garlic Powder, Stabiliser (Pentasodium Triphosphate), Onion Powder, Black Pepper, Paprika Extract, Cayenne Extract. MIXED LEAF, TOMATO, CUCUMBER, ONION White Cabbage (46%), Mayonnaise (34%) (Rapeseed Oil, Water, Sugar Syrup [Sugar, Water], Salted **Egg** Yolk (**Egg** Yolk, Salt), Spirit Vinegar, Stabilisers (Guar Gum, Xanthan Gum), Salt), Carrot (15%), Water, Onion, Sugar Syrup [Sugar, Water], Spirit Vinegar, Salt, Preservative (Potassium Sorbate), Rapeseed Oil, Stabilisers (Guar Gum, Xanthan Gum).

Allergens are shown in Bold

Contains: Egg

CHEESE & HAM PANINI

Wheat Flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Malted **Wheat** Flakes (3.5%), **Malted** Barley Flour, Salt, **Wheat** Bran, Yeast, **Wheat Gluten**, **Barley Flour**, Flour Treatment Agent (Ascorbic Acid) Cheese (98%)(Milk), Anti-caking Agent(Potato Starch). Pork (80%), Water, Salt, Dextrose, Potato Starch, Stabilisers(Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Allergens are shown in Bold

Contains : Milk, WHEAT, GLUTEN,BARLEY