

VEGETARIAN QUICHE WITH NEW POTATO AND PEAS

Filling (72%)(Tomatoes (36%), **Egg** (18%), Water, Mozzarella Cheese (11%)(**Milk**), Soft Cheese (6%)(**Milk**), Cream (**Milk**) (3%), Rice Starch, Cream (**Milk**) (3.0%), Skimmed **Milk** Powder, Sunflower Oil, Modified Maize Starch, Salt, Basil, Parsley, White Pepper), Pastry (28%)(**Wheat** Flour, Water, Rapeseed Oil, Potato Starch, **Egg** (3.5%), Rice Flour, Salt).POTATO, GARDEN PEAS

Allergens are shown in Bold

Contains: Gluten, Egg, Milk and Wheat

May contain: Almonds, Brazil Nut, Cashew Nut, Hazelnut, Macadamia/Queensland Nut, Mustard, Pecan Nut, Pistachio, Soya and Walnut

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 product100% Brown Parboiled Long Grain Rice

Contains : None of the 14 Food Allergens

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

PASTA BOLOGNESE & GARLIC SLICE

BEEF TRIM, 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 .**Wheat** Flour(Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Water,Rapeseed Oil,Garlic,Raising Agent(Monocalcium Phosphates,Sodium Bicarbonate),Yeast,Salt,Kalonji Seeds,Coriander,Dextrose. Durum WHOLE **Wheat** Semolina (100%).

Allergens are shown in Bold

Contains : Gluten and Wheat

May contain : Barley, Milk, Oats, Rye and Soya

VEGETARIAN BOLOGNESE & GARLIC SLICE

Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar; Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract. 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. **Wheat** flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Garlic, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds, Coriander, Dextrose. Durum WHOLE **Wheat** Semolina

Allergens are shown in Bold

Contains : Gluten and Wheat, barley, egg

May contain : Barley, Milk, Oats, Rye and Soya

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 TRIM Potato, 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 CHICKEN DINNER

WITH BROCCOLI, CARROTS, ROAST POTATOES & GRAVY

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 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).

NONE OF THE 14 ALLERGENS

ROAST QUORN FILLET

WITH ROAST POTATO, SEASONAL VEG, YORKY PUD, GRAVY

Mycoprotein (88%), Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, **Wheat** Gluten. Allergy Advice: For allergens, including cereals containing gluten, 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. Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Palm Oil, Acid (Citric Acid).

Allergens are shown in Bold

Contains: wheat, Egg and Milk

BEEF CHOW MEIN

Soy Sauce (Water, Salt, **SOYBEANS**, **WHEAT** Flour). Sugar, Water, Colour (Plain Caramel). Fermented Soybean Paste (Water, Salt, **SOYBEANS**, **WHEAT** Flour). Yeast Extract (Yeast Extract, Water, Salt). **SOYBEAN** Oil, Modified Corn Starch, **SESAME SEED** Paste, Salt, Dehydrated Garlic, Ginger, Rice Vinegar, Shallots. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Egg** (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid). Green Cabbage (50%), Carrot (25%), Onion (15%), Bell Pepper (10%).BEEF STRIPS

Allergens are shown in Bold

Contains: Gluten, Sesame, Soya and Wheat. EGG

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

MOUSAKA SERVED WITH PITTA AND SALAD

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) Wholemeal **Wheat** Flour, Water, Yeast, Salt. MIXED LEAF, TOMATO, CUCUMBER, ONION

Allergens are shown in Bold

Contains: Gluten and Wheat, MILK

May contain Soya

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

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

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