

QUICHES / BASKETS:

VERY FULL CHARGRILLED VEGETABLE & MATURE CHEDDAR TART:

Pastry: (**WHEAT** Flour, Vegetable oils (palm, rapeseed), Water, **WHEAT** starch, Lemon Juice on concentrate basis, Salt, Alcohol (evaporates during baking), **WHEAT** gluten, Colouring Fruit and Vegetable Concentrates. (carrot, apple, lemon), Inactivated Yeast, Natural Flavouring (contains **MILK**) concentrated **BUTTER**). Custard Mix: (Double Cream: (**MILK**). **EGG**, Sea Salt, Gr. Black Pepper). Roasted Vegetables: (Peppers 33.3% Courgettes 33.3% Aubergines 33.3%, Garlic, Dried Oregano), Grated Mature Cheddar: (Cheddar Cheese (**MILK**), Potato Starch).

ALLERGENS: WHEAT, EGG, MILK.

SUITABLE FOR VEGETARIANS.

LEEK, HARISSA, GOATS CHEESE & HERB TART:

Pastry: (**WHEAT** Flour, Vegetable oils (palm, rapeseed), Water, **WHEAT** starch, Lemon Juice on concentrate basis, Salt, Alcohol (evaporates during baking), **WHEAT** gluten, Colouring Fruit and Vegetable Concentrates. (carrot, apple, lemon), Inactivated Yeast, Natural Flavouring (contains **MILK**) concentrated **BUTTER**). Leeks, Custard Mix: (Double Cream: (**MILK**). **EGG**, Sea Salt, Gr. Black Pepper, Fresh Mint, Dried Parsley, Fresh Parsley). Red Pepper Harissa: (Roasted Red Peppers: (Red Pepper (60%), Water, Salt, Acidity regulator: Citric Acid), Garlic, Tomato Paste: (Tomatoes, Salt), Gr. Cumin, Gr. Coriander, Caraway Seeds, Chilli Powder, Smoked Paprika, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethyl Polysiloxane). Lemon Juice, Sea Salt). Goats Cheese: (Pasteurised Goats **MILK**, Salt, Cheese Culture, Coagulant). **SESAME** Seeds, Onion Seeds.

ALLERGENS: WHEAT, EGG, MILK, SESAME.

MAY CONTAIN:

SUITABLE FOR VEGETARIANS.

LUNCH MENU

BREAD ROLL FOR SOUP

Breakfast Roll: **WHEAT** flour (Calcium Carbonate, Iron, Thiamin, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

ALLERGENS: WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

MARGARINE: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

GLUTEN FREE ROLL AVAILABLE: Warburtons Gluten Free Super Soft Sliced Square Rolls: (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, Vegetable Fibre (Psyllium), **EGG** White Powder, Sugar, Pea Protein, Stabiliser: E464, Fruit Extract (Carob and Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine, Preservative: Calcium Propionate, Rice Flour, Cornflour, Natural Flavouring, Iron).

ALLERGENS: EGG.

SOUP

THAI GREEN & COCONUT SOUP:

Sliced onions, Garlic, Fresh Ginger, Water, Creamed Coconut: (Desiccated Coconut, Sodium **METABISULPHITE** (E223). Pea, Lime Juice, Coriander, Spinach. Butter Beans: (Butter Beans, Water, Antioxidant (Ascorbic Acid). **SESAME** Oil, Dark Soy Sauce: (**SOYBEAN** 34%, Colour (E150), Salt, Water, Corn Starch, Sugar, Potassium Sorbate (E202).Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Sea Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Country Range Curry Powder: (Coriander, Turmeric (23.5%), **MUSTARD**, Cumin, Chickpea, Chilli, (5%), Salt, Fennel, Fenugreek, Green Cardamom, Garlic (2.1%), Black pepper (2.1%), Cloves). Country Range Chilli Powder, Roasted Vegetables; (Aubergine, Courgette, Red Pepper, Green Pepper). Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)).

ALLERGENS: SOYA, SESAME, MUSTARD, SULPHITES.

HARISSA SPICED BUTTERNUT & DATE SOUP:

Fresh Butternut, Onion, Fresh Garlic, Red Pepper Harissa: (Roasted Red Peppers: (Red Pepper (60%), Water, Salt, Acidity regulator: Citric Acid), Garlic, Tomato Paste: (Tomatoes, Salt), Gr. Cumin, Gr. Coriander, Caraway Seeds, Chilli Powder, Smoked Paprika, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Di-methyl Polysiloxane). Lemon Juice, Sea Salt). Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Sea Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Gr. Cumin, Gr. Coriander, Gr. Paprika, Gr. Turmeric, Gr. Ginger, Gr. Cinnamon, Sea Salt, Gr. Black pepper, Pumpkin Seeds, Chopped Dates: (Dates (95%), Rice Flour (5%). Water, Fresh Lemon.

ALLERGENS:

MAY CONTAIN: WHEAT, MUSTARD.

ROASTED RED PEPPER & TOMATO SOUP W/ TAHINI & CHICKPEAS:

Sliced Onions, Fresh Garlic, Aubergine, Water, Chopped Tomatoes: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Chefs Brigade Fire Roasted Red Peppers: (Red Pepper (60%), Water, Salt, Acidity regulator: Citric Acid), Caterers Pride Chick Peas in Water: (Chick Peas, Water), Tahini Paste: (Roasted hulled **SESAME**), 100% Hendersons Worcestershire Relish: (Water, Spirit Vinegar, Sugar, Colour Caramel E150C, Sugar Syrup, Salt, Tamarinds, Acetic Acid, Cayenne Pepper, Cloves, Sweetener Saccharin, Garlic Oil). Lemons juice, Dark Soft Brown Sugar, Sea Salt. Gr. Black Pepper, Dried Thyme, Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

ALLERGENS: SESAME.

MINTED LEEK & POTAO SOUP WITH PRESERVED LEMON:

Sliced onions, Sliced Leeks, Potato Garlic, Water, Butter Beans: (Butter Beans, Water. Firming Agent (Calcium Chloride)), Sea Salt, Gr. Cumin, Gr. Coriander, Turmeric, Gr. Black Pepper, Dried Parsley, Dried Mint, Lemon, Preserved Lemon: (Lemons, Sea Salt, Sugar, Dried Bay leaf, Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Sea Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane).

ALLERGENS:

MAY CONTAIN: WHEAT, MUSTARD.

PEA, MINT & CHARRED LEMON:

Peas, Sliced Onions, Garlic, Potato, Water, Water, Water, Vegetable Stock: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavourings, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients), Sea Salt. Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Fresh Mint, Fresh Lemon, Salt, Gr. Black Pepper.

BEER & ONION:

Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Onion, Garlic, Dried Thyme, Bay Leaf, Water, Vegetable Paste Bouillon: (Salt, Vegetable Oil (Palm, Sunflower), Starch, Sugar, Maltodextrin, Yeast Extract, Vegetable Powders (4%) (Carrot, Onion), Flavours, Spices (Lovage Root, Parsley Root Powder†, Turmeric), Tomato Puree Powder†, Parsley, †Made from sustainably grown ingredients. Chef's Larder Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**). Mixed Herbs: (Dried Thyme, Parsley, Marjoram). Beer: (Water, **BARLEY, MALT**, Hops, Natural Flavouring, Yeast). Dark Soy Sauce: (**SOYBEAN** 34%, Colour (E150), Salt, Water, Corn Starch, Sugar, Potassium Sorbate (E202). Water, Gravy Browning: (Colour (Ammonia Caramel), Salt). Sea Salt, Gr. Black Pepper.

ALLERGY ADVICE: WHEAT, BARLEY, SOYA, SULPHITES.

MAY CONTAIN:

GRILLED TOASTED SANDWICHES

PLEASE ASK WHICH BREAD WE HAVE IN STOCK:

WHITE BREAD:

WHEAT Flour: (Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, **WHEAT** Sourdough Sea Salt **RYE** Flour, Vitamin C. **MARGARINE**: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavours, Vitamin A, ¹Flora is committed to sustainable palm oil.

ALLERGENS: WHEAT, RYE.

MAY CONTAIN: NUTS, EGGS, MILK, SESAME, SOYA.

ALTERNATIVE BREAD:

BROWN MALTED SLICED BREAD:

WHEAT Flour: (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Malted **BARLEY**, Yeast, Sea Salt, **RYE**, Vitamin C). **MARGARINE**: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavours, Vitamin A, ¹Flora is committed to sustainable palm oil.

ALLERGENS: WHEAT, RYE, BARLEY.

MAY CONTAIN: NUTS, EGGS, MILK, SOYA, SESAME.

GLUTEN FREE ROLL AVAILABLE:

Warburtons Gluten Free Super Soft Sliced Square Rolls: (Water, Tapioca Starch, Potato Starch, Maize Starch, Rapeseed Oil, Yeast, Vegetable Fibre (Psyllium), EGG White Powder, Sugar, Pea Protein, Stabiliser: E464, Fruit Extract (Carob and Apple), Calcium Carbonate, Salt, Humectant: Vegetable Glycerine, Preservative: Calcium Propionate, Rice Flour, Cornflour, Natural Flavouring, Iron). **MARGARINE:** Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil. Separate margarine used for gluten free.

ALLERGENS: EGG.

CARMELISED ONION CHUTNEY, JALAPENO & CHEESE:

PLEASE ASK WHICH BREAD WE ARE USING:

WHITE BREAD OR BROWN MALTED SLICED BREAD

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

RELEASE SPRAY: Vegetable oils (Rape). Thickener (vegetable wax E903). Emulsifier (Sunflower lecithin E 322). Propellant (Propane, butane).

CARMELISED ONION CHUTNEY: Caramelised Onions 37% (contains Rapeseed Oil). Sugar, Muscovado Sugar, White Wine Vinegar **SULPHITES**, Balsamic Vinegar of Modena 7% (contains Wine Vinegar). Concentrated Grape Must, **SULPHITES**, Kibbled Red Onions, Concentrated Lemon Juice, Tapioca Starch, Olive Oil.

ALLERGENS: SULPHITES.

JALAPENOS: Sliced Green Jalapeno pepper, Water, Salt, Vinegar, Acetic Acid, Potassium Sorbate, Calcium Chloride.

ALLERGENS: SULPHITES.

CHEESE: Medium Cheddar Cheese (**MILK**).

ALLERGENS: MILK.

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Pumpkin Seeds, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Water, Hendersons Relish: (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil). Sea Salt, Caster Sugar, Gr. Black Pepper, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

ALLERGENS: SULPHITES.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

TUNA AND CHEESE:

PLEASE ASK WHICH BREAD WE ARE USING:

WHITE BREAD OR BROWN MALTED SLICED BREAD

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

RELEASE SPRAY: Vegetable oils (Rape). Thickener (vegetable wax E903). Emulsifier (Sunflower lecithin E 322). Propellant (Propane, butane).

TUNA MAYONNAISE: Skipjack Tuna (**FISH**), Water, Salt. Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA),

ALLERGENS: FISH.

CHEDDAR CHEESE: Medium Cheddar Cheese (**MILK**).

ALLERGENS: MILK.

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Pumpkin Seeds, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Water, Hendersons Relish: (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil). Sea Salt, Caster Sugar, Gr. Black Pepper, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

ALLERGENS: SULPHITES.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA), Lemon Juice, Caster Sugar, Sea Salt.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

CHEESE:

PLEASE ASK WHICH BREAD WE ARE USING:

WHITE BREAD OR BROWN MALTED SLICED BREAD

Margarine: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

RELEASE SPRAY: Vegetable oils (Rape). Thickener (vegetable wax E903). Emulsifier (Sunflower lecithin E 322). Propellant (Propane, butane).

CHEESE: Medium Cheddar Cheese (**MILK**).

ALLERGENS: MILK.

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Pumpkin Seeds, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Water, Hendersons Relish: (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil). Sea Salt, Caster Sugar, Gr. Black Pepper, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

ALLERGENS: SULPHITES.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

HAM AND CHEESE:

PLEASE ASK WHICH BREAD WE ARE USING:

WHITE BREAD OR BROWN MALTED SLICED BREAD

MARGARINE: Plant Oils (Rapeseed, Sunflower, Palm¹), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, ¹Flora is committed to sustainable palm oil.

RELEASE SPRAY: Vegetable oils (Rape). Thickener (vegetable wax E903). Emulsifier (Sunflower lecithin E 322). Propellant (Propane, butane).

HAM: Wessex Traditional Ham: Pork Leg, Water, Salt, Pork Bouillion, Preservatives E250 &E251, Antioxidant E301.

DUE TO SUPPLY ISSUES ALTERNATIVE HAM:

HAM: Houghton Traditional Ham: (Pork Leg, Salt, Water, Stabilisers: (Triphosphate, Diphosphates), Sugar, Yeast Extract, Dextrose, Antioxiadants: (Sodium Nitrate), Natural Flavourings, Pork Bouillion, Preservatives E250 &E251, Antioxidant E301). Moat Well Farm Ham (Only available limited times of the year): (Pork, Salt, Preservative mix (E251, E250), Propylene Glycol).

CHEDDAR CHEESE: Medium Cheddar Cheese (**MILK**).

ALLERGENS: MILK.

SALAD: Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Pumpkin Seeds, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Water, Hendersons Relish: (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil). Sea Salt, Caster Sugar, Gr. Black Pepper, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

ALLERGENS: SULPHITES.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

BUILD YOUR OWN BOWL:

Where possible, we use **gluten-free and vegan-certified products** in our **Build Your Own Bowl** range.

Our Thai Green, Korean and Indian sauces are made using ingredients that are vegan and gluten-free, subject to the specific products and ingredients used.

Please refer to the allergens below for the full allergen information for each ingredient and combination. If you have a food allergy or intolerance, please let the staff to a member know before ordering.

LONG GRAIN RICE: 100% Cooked Long Grain Rice.

ALLERGENS:

MAY CONTAIN:

EGG NOODLES: WHEAT Flour, Water, **EGG** Powder (3%), Salt.

ALLERGENS: WHEAT, EGG.

MAY CONTAIN:

VEG: Peppers 33.3%, Courgettes 33.3%, Aubergines 33.3%, Sliced beans (100%).

ROAST CHICKEN: Chicken, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)), Sea Salt, Ground Black Pepper.

ROASTED TOFU: Tofu* (Water, SOYA Beans* (36%), Nigari) (*denotes organic ingredients). Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

ALLERGENS: SOYA.

MAY CONTAIN:

BUILD YOUR OWN BOWL SAUCES:

THAI GREEN: Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)). Thai Green Curry Paste: (Green Chili, Water, Salt, Lemongrass, Shallot, Garlic, Galangal, Coriander powder, Cumin powder, Kaffir lime peel, Pepper powder, Yeast extract powder, Citric acid (E330)). Fresh Ginger, Mild Chilli Powder, Creamed Coconut: (Desiccated Coconut, Sodium **METABISULPHITE** (E223). Water, Kaffir lime Leaves, Dark Soy Sauce: (**SOYBEAN** 34%, Colour (E150), Salt, Water, Corn Starch, Sugar, Potassium Sorbate (E202). Light Brown Soft Sugar, Spinach, Limes.

ALLERGENS: SULPHITE, SOYA.

MAY CONTAIN:

KOREAN GOCHUJANG:

Dark Soy Sauce: (**SOYBEAN** 34%, Colour (E150), Salt, Water, Corn Starch, Sugar, Potassium Sorbate (E202). Light Brown Soft Sugar, Stokes Tomato Ketchup: (Tomatoes (200g in 100g Ketchup), Unrefined Raw Cane Sugar, Spirit Vinegar, Cornflour, Sea Salt, Garlic Powder, Onion Powder, Seasoning (Salt, Spice Extracts [contains **CELERY**], Onion Extract). Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Gochujang Paste: (Fermented **SOYBEAN** Paste (Water, **SOYBEAN**, Rice, Salt and Alcohol), Water, Sugar, Chilli Pepper Powder (7.3%), Sunflower oil, Tomato puree, Onion, Spirit vinegar, and Garlic, Salt). **SESAME** Oil: (Toasted **SESAME** Oil). Garlic Powder, Ground Ginger. Apple Juice: (Apple Juice from Concentrate (100%)). Cornflour: (Cornflour), Water.

ALLERGENS: SOYA, CELERY, SULPHITES, SESAME.

MAY CONTAIN: PEANUTS, NUTS (ALMOND, HAZELNUT, WALNUT, CASHEW, PECAN, BRAZIL, PISTACHIO, MACADAMIA)

INDIAN MASALA:

Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)). Diced Onions, Fresh Garlic, Ground Ginger, Ground Cumin, Ground Coriander, Mild Madras Curry Powder: (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel). Ground Turmeric, Chilli Powder, Tomato Puree: (Tomatoes, Salt). Pizza Sauce: (Tomatoes (99%), Salt, Acidity Regulator (Citric Acid)). Water, Creamed Coconut: (Desiccated Coconut, Sodium **METABISULPHITE** (E223). Sea Salt, Ground Black Pepper, Caster Sugar, Mango Chutney: (Sugar, Mango (46%), Salt, Spices (Ginger Powder, Chilli Powder, Garlic Powder), Acetic Acid). Fresh Coriander, Fresh Lemon.

ALLERGENS: SULPHITES.

MAY CONTAIN: WHEAT, MUSTARD.

BURGERS:

THE BEAR STACK BURGER:

BURGER ROLL: **WHEAT** flour (Calcium Carbonate, Iron, Thiamine, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

ALLERGENS: **WHEAT, SOYA.**

MAY CONTAIN: **NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

BEEF PATTY: Minced Beef, Salt, Pepper.

SALAD: Lettuce, Tomato.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

ADD CHEESE: Cheese (Medium Cheddar Cheese (**MILK**)).

ALLERGENS: **MILK**

ADD BACON: Pork (85%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate).

THE GAME ON BURGER:

BURGER ROLL: WHEAT flour (Calcium Carbonate, Iron, Thiamine, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

ALLERGENS: WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

VENISON PATTY: Minced Deer, Salt, Pepper.

SMOKY PEPPER MAYO: MUSTARD Powder: (**MUSTARD** Flour), Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Water, Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA). Smoked paprika: (100 % Smoked Paprika), Gr. Black Pepper, Hendersons Relish: (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil). Garlic Powder, Onion Powder: (Onion 98%, Anti-Caking Agent (Magnesium Carbonate)), Sea Salt, Caster Sugar, Water.

ALLERGENS: MUSTARD, SULPHITES.

MAY CONTAIN: GLUTEN: (RYE, BARLEY, OATS, SPELT, KAMUT).

CARAMELISED ONION CHUTNEY: Caramelised Onions 37% (contains Rapeseed Oil). Sugar, Muscovado Sugar, White Wine Vinegar **SULPHITES**, Balsamic Vinegar of Modena 7% (contains Wine Vinegar). Concentrated Grape Must, **SULPHITES**, Kibbled Red Onions, Concentrated Lemon Juice, Tapioca Starch, Olive Oil.

ALLERGENS: SULPHITES.

MAY CONTAIN: GLUTEN:

SALAD: Lettuce, Tomato.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

ADD CHEESE: Cheese (Medium Cheddar Cheese (**MILK**)).

ALLERGENS: MILK

ADD BACON: Pork (85%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate).

THE NO-BULL BURGER:

BURGER ROLL: WHEAT Flour (Fortified with Calcium Carbonate, Niacin, Iron, Thiamin), Water, Medium **RYE** Flour, Yeast, Salt, **WHEAT** Protein, Extra Virgin Rapeseed Oil, Flour Treatment Agent: E300, BARLEY Malt Flour.

ALLERGENS: WHEAT, RYE, BARLEY.

MAY CONTAIN: EGGS, MILK.

NOT VEGAN CERTIFIED, BUT BOX & WEBSITE STATE SUITABLE FOR VEGANS.

SMOKY MUSHROOM & BEAN BURGER: Black Beans, Tri-colour Quinoa, Rapeseed oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Field Mushrooms, Garlic, Onion, Kikkoman Tamari: (Water, **SOYBEANS**, Salt, Spirit vinegar). Smoked Paprika, Gr. Cumin, Gr. Coriander, Chilli powder, Tomato Puree: (Tomato, Salt). Sea Salt, Gr. Black Pepper, Gluten Free Oats: (100% Wholegrain Gluten Free **OATS**, Pumpkin Seeds, Water.

ALLERGENS: SOYA, OATS.

MAY CONTAIN: WHEAT, SPELT, BARLEY, CELERY, SESAME, MUSTARD, SULPHITES.

GARLIC & HERB MAYO: Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA). Rapeseed oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Garlic Raw & Roasted, Light Brown Sugar, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**), Gr. Black Pepper, Sea Salt, Water.

ALLERGENS: SULPHITES.

MAY CONTAIN:

PICKLED RED ONIONS: Sliced Red Onions, Water, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**), Light Soft Brown Sugar, Sea Salt, **MUSTARD** Powder: (**MUSTARD** Flour), Whole Bay Leaves, Ground Black Pepper.

ALLERGENS: SULPHITES, MUSTARD.

MAY CONTAIN:

SALAD: Lettuce, Tomato.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

THE MARMALADE MANE BURGER:

BURGER ROLL: WHEAT flour (Calcium Carbonate, Iron, Thiamine, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

ALLERGENS: WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

FRIES and Chicken Burger cooked in rapeseed oil, (Separate Oil).

CHICKEN BURGER: Chicken Breast (64%), **WHEAT** Flour, Water, Palm Oil, Modified Tapioca Starch, Salt, Sugar, Black Pepper, Wheat Gluten, Onion Powder, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Colours (Paprika Extract, Turmeric Extract), Dextrose, Garlic Powder.

ALLERGENS: WHEAT.

ORANGE MARMALADE BBQ SAUCE: Stokes Tomato Ketchup: (Tomatoes (200g in 100g Ketchup), Unrefined Raw Cane Sugar, Spirit Vinegar, Cornflour, Sea Salt, Garlic Powder, Onion Powder, Seasoning (Salt, Spice Extracts [contains **CELERY**], Onion Extract). Thin Cut Marmalade: (Sugar, Bitter Orange, Water, Lemon Juice, Gelling Agent (Pectin) Prepared with 31g fruit per 100g finished product. Total sugar content 63g per 100g). Water, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**), Light Brown Soft Sugar, Hendersons Relish: (Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil), Smoked Paprika: (100% Smoked Paprika). Garlic Powder, Onion Powder, Ground Black Pepper, Chilli Powder, Sea Salt.

ALLERGENS: CELERY, SULPHITES.

MAY CONTAIN: Peanuts, Nuts (Almond, Hazelnut, Walnut, Cashew, Pecan, Brazil, Pistachio, Macadamia).

SALAD: Lettuce, Tomato.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

ADD CHEESE: Medium Cheddar Cheese (**MILK**).

ALLERGENS: MILK

ADD BACON: Pork (85%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Sodium Nitrite, Potassium Nitrate).

THE FLOCK STAR BURGER:

BURGER ROLL: WHEAT flour (Calcium Carbonate, Iron, Thiamine, Niacin), Yeast, Sugar, Salt, Emulsifiers: (E47, E481), **SOYA** Flour, Vegetable Oil (Palm & Rapeseed), Deactivated Yeast.

ALLERGENS: WHEAT, SOYA.

MAY CONTAIN: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.

LAMB PATTY: Minced Lamb, Salt, Pepper.

TOMATO & PRESSERVED LEMON RELISH: Diced Onions, Tinned Chopped Tomatoes: (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid)), Water, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**), Light Soft Brown Sugar, Tomato Puree: (Tomatoes, Salt), Ground Ginger, Ground Cumin, Ground Coriander, Ground Black Pepper, Sea Salt. Preserved Lemon: (Sea Salt, Gr. Black Pepper, Dried Bay leaf, Gr. Coriander).

ALLERGENS: SULPHITES.

MAY CONTAIN: WHEAT, MUSTARD.

SALAD: Lettuce, Tomato.

FRIES: Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

COLESLAW: Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

SIDES:

SKIN-ON FRIES:

Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

FRIES cooked in rapeseed oil.

CHEESEY FRIES:

Potatoes (89%), Vegetable oils (Sunflower, Rapeseed, in varying proportions) (6%), Coating (5%) [Modified potato starch, Rice flour, Potato starch, Salt, Raising agents (E450i, E500ii), Thickener (E415), Spice extract (Turmeric)], Dextrose.

CHEDDAR CHEESE: Cheese (**MILK**), (Potato Starch).

ALLERGENS: MILK

FRIES cooked in rapeseed oil.

CLASSIC BAKED BEANS:

Haricot Beans (50%), Tomatoes (31%), Water, Sugar, Modified Maize Starch, Salt, Onion Powder, Ground Paprika, Natural Flavouring.

HOUSE COLESLAW:

Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip), Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA) Lemon Juice, Caster Sugar, Sea Salt.

HOUSE SIDE SALAD & DRESSING:

Lettuce, Tomato, Cucumber, Beetroot.

DRESSING: Pumpkin Seeds, Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Water, Hendersons Relish: (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil). Sea Salt, Caster Sugar, Gr. Black Pepper, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

ALLERGENS: SULPHITES.