

## **ALLERGEN DISCLAIMER**

At Noah's Ark Zoo Café, we take allergens seriously and strive to provide safe food options for our customers. While no **NUTS** are used within our food barn or kiosks, some of our products come with a **MAY CONTAIN** warning from the manufacturer. This applies to certain items such as bread, dried spices, and herbs, which may have been processed in facilities that handle **NUTS**.

For our gluten-free offerings, we source a variety of gluten-free ingredients and products; however, please note that these items are not prepared in a separate kitchen. Our kitchen does handle gluten-containing ingredients, including in cakes and other food items. While we take every precaution to prevent cross-contamination, we cannot guarantee that any dish is completely free from trace amounts of gluten.

We do our best to list the information provided by our suppliers, but we may not always have full details available.

If you have any allergies or dietary concerns, please speak to a member of our team before ordering.

# BREAKFAST

## BACON BAP:

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

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

**ALLERGENS: WHEAT, GLUTEN.**

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

## FARMSHOP USES BUTTER, SO CHECK WITH YOUR SERVER.

**Margarine:** Plant Oils (Rapeseed, Sunflower, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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.**

**OPTIONAL BROWN SAUCE:** Malt Vinegar (from BARLEY), Unrefined Raw Cane Sugar, Tomato Puree, Date Puree (9%) (Dates, Water), Black Treacle (8%), Cornflour, Seasoning (Coriander, Ginger, Clove, Cinnamon, Pepper, Cayenne Pepper), Sea Salt, Preservative: Sorbic Acid.

**ALLERGENS: BARLEY, WHEAT.**

## **SAUSAGE BAP:**

### **SAUSAGE IS GF**

**MOATWELL FARM SAUSAGE:** Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol.

**ALLERGENS: SULPHITE**

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

**ALLERGENS: WHEAT, GLUTEN.**

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

**Margarine:** Plant Oils (Rapeseed, Sunflower, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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.**

**OPTIONAL BROWN SAUCE:** Malt Vinegar (from **BARLEY**), Unrefined Raw Cane Sugar, Tomato Puree, Date Puree (9%) (Dates, Water), Black Treacle (8%), Cornflour, Seasoning (Coriander, Ginger, Clove, Cinnamon, Pepper, Cayenne Pepper), Sea Salt, Preservative: Sorbic Acid.

**ALLERGENS: BARLEY, WHEAT.**

## VEGAN SAUSAGE BAP:

Veggie Sausage cooked in Rapeseed Oil.

**Devils Kitchen Plant:** Rehydrated Pea Protein, Rapeseed Oil, Coconut Oil, Shea Oil, Diced Onions, Potato Starch, Oyster Mushrooms, Seasoning: (Onion Powder, Ground White Pepper, Rubbed Sage, Yeast Extract, Tomato Powder, Ground Rosemary, Ground Fennel, Ground Black Pepper, Ground Bay, Smoked Paprika, Ground Nutmeg, Ground Sage, Ground Mace, Ground Marjoram). Methylcellulose, Broad Bean Powder, Apple Juice Concentrate, Citrus Fibre, Carrot Powder, Pumpkin Powder, Fine Sea Salt, Ground Ginger, Pimento, Natural Flavouring, Calcium Alginate Casing.

**Breakfast 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: NUTS, WHEAT/ RYE, EGGS, MILK, SESAME.**

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

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

**GLUTEN FREE ROLL AVAILABLE (NOT VEGAN):** 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.**

**HASH BROWN BAP:** Hash Brown: Potatoes (88%), Potato starch, Vegetable oils (Rapeseed, Sunflower, in varying proportions), Diced onions, Potato flakes, Pea starch, Dextrose, Salt, White pepper, Glucose syrup, Onion oil.

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

**ALLERGENS: WHEAT, GLUTEN.**

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

**Margarine:** Plant Oils (Rapeseed, Sunflower, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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.**

## PASTIES, PIES & SAUSAGE ROLLS:

**SAUSAGE ROLL Celtic Pie Brand:** Puff Pastry [**WHEAT** Flour (Calcium Carbonate, Thiamine, Niacin, Iron), Pastry Fat [Vegetable Oils and Fats (Palm, Rapeseed, Sunflower), Water; Salt, Emulsifiers (E322, E471), Citric Acid, Flavouring, Colour (E160i)], Water, Margarine [Palm & Rapeseed Oil, Water, Salt, Emulsifier (E475), Colours (E100, E160ii), Flavouring]], Filling [Water, Pork (19%), Rusk [**WHEAT** Flour (Calcium Carbonate, Thiamine, Niacin, Iron), Salt], Potato Starch, Sugar, Stabilisers (E450, E412, E407), Yeast Extract (**SULPHITES**), Preservative (Sodium **SULPHITE**), Flavourings, Antioxidant (E300), Spice Extracts, Dextrose, Modified Maize Starch, Dried Onion, Herb Extracts, Colour (E120)], **EGG** Glaze.

**ALLERGENS: WHEAT, SULPHITE, EGG. MILK.**

**MATY CONTAIN: SOYA.**

**TRADITIONAL CORNISH STEAK PASTIES:** **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Potato, Beef (12.5%), Vegetable Margarine (Vegetable Oils and Fats [Palm], Water, Salt, Lemon Juice), Water, Swede, Onion, White Shortening (Vegetable Oils and Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Salt, Cornflour, Black Pepper, Glaze (**MILK** Protein, Dextrose, Vegetable Oil), White Pepper.

**ALLERGENS: WHEAT, MILK.**

**CHEESE & ONION PASTY:** Potato, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Onion (10%), Vegetable Margarine (Vegetable Oils and Fats [Palm], Water, Salt, Lemon Juice), Water, Cheddar Cheese [**MILK**] (8%), White Shortening (Vegetable Oils and Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Salt, Dehydrated Potato Flake (Potato, Emulsifier [Mono and Diglycerides]), Modified Potato Starch, Glaze (**MILK** Protein, Dextrose, Vegetable Oil), Black Pepper, White Pepper.

**ALLERGENS: WHEAT, MILK.**

**CHICKEN, BACON & LEEK PASTY:** **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, White Sauce [Skimmed **MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herbs), Palm Oil, Modified Maize Starch, Salt, Emulsifier: **SOYA** Lecithin], Vegetable Margarine (Vegetable Oils and Fats [Palm], Water, Salt, Lemon Juice), Potato, Smoked Bacon (7%) (Pork, Water, Salt, Sugar, Dextrose, Preservatives [Sodium Nitrite, Potassium Nitrate], Antioxidant [Sodium Ascorbate]), Chicken (5%) (Chicken, Water), Leeks (5%), Onion, Cheddar Cheese [**MILK**], White Shortening (Vegetable Oils and Fats [Palm, Rapeseed], Water, Salt, Lemon Juice), Cornflour, Salt, Carboxy Methyl Cellulose, Glaze (**MILK** Protein, Dextrose, Vegetable Oil), Black Pepper, Oregano.

**ALLERGENS: WHEAT, MILK, SOYA.**

**NOAH'S ALE & JALAPENO SAUSAGE ROLL:** 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**). Filling: (Pork Mince, Sage & Onion Stuffing Mix: (Bread Rusk (**WHEAT**) (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Folic acid, Thiamine), Water, Salt, Yeast) Fried Onions (3%) [**WHEAT** Flour, (Calcium Carbonate, Iron, Niacin, Thiamin) Palm Oil, Salt], Dried Onion (2.5%), Salt, Sunflower Oil, Dried Sage (0.9%), Rubbed Parsley, Flavouring (Salt, Sage Extract, Anticaking Agent E551) Black Ground Pepper). Chef's Larder Cider Vinegar 2 Litres: (100% Apple Cider Vinegar (**SULPHITES**). Dark brown Sugar, Marmite Yeast Extract: (Yeast Extract (contains **BARLEY, WHEAT, OATS, RYE**), Salt, Vegetable Juice Concentrate, Vitamins (Thiamin, Riboflavin, Niacin, Vitamin B12 and Folic Acid), Natural Flavouring (contains **CELERY**)). Jalapeno: (Sliced Green Jalapeno pepper, Water, Salt, Vinegar, Acetic Acid, Potassium Sorbate, Calcium Chloride). Ale: Bishops Finger Shepherd Neame Kentish Strong Ale 500ml: (Water, Malted **BARLEY**, Glucose Syrup, **HOPS**). Glaze: (Whole **EGG**, Sea Salt). **ALLERGENS: WHEAT, OATS, RYE, MILK, EGG, BARLEY, SULPHITES, CELERY.**

## **NOAH'S PORK, HONEY & MUSTARD SAUSAGE ROLL:**

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**). Filling: (Pork Mince, Sage & Onion Stuffing Mix: (Bread Rusk (**WHEAT**) (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Folic acid, Thiamine), Water, Salt, Yeast) Fried Onions (3%) [**WHEAT** Flour, (Calcium Carbonate, Iron, Niacin, Thiamin) Palm Oil, Salt], Dried Onion (2.5%), Salt, Sunflower Oil, Dried Sage (0.9%), Rubbed Parsley, Flavouring (Salt, Sage Extract, Anticaking Agent E551) Black Ground Pepper). Chef's Larder Cider Vinegar 2 Litres:(100% Apple Cider Vinegar: (**SULPHITES**). Sunflower Oil. Honey, Colemans **MUSTARD** Powder. Glaze: (Whole **EGG**, Sea Salt). **ALLERGENS: WHEAT, MILK, EGG, SULPHITES, BARLEY, MUSTARD.**

**MAY CONTAIN: SESAME, CELERY, MUSTARD.**

## **NOAH'S PORK & CAMELISED RED ONION SAUSAGE ROLL:**

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**). Filling: (Pork Mince, Sage & Onion Stuffing Mix: (Bread Rusk (**WHEAT**) (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Folic acid, Thiamine), Water, Salt, Yeast) Fried Onions (3%) [**WHEAT** Flour, (Calcium Carbonate, Iron, Niacin, Thiamin) Palm Oil, Salt], Dried Onion (2.5%), Salt, Sunflower Oil, Dried Sage (0.9%), Rubbed Parsley, Flavouring (Salt, Sage Extract, Anticaking Agent E551) Black Ground Pepper).Caramelised Red Onion: (Re-hydrated Red Onions (68%), Sugar, Re-hydrated Onions, Red Wine Vinegar (15%), Colour (Plain Caramel) (2%), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg). Chef's Larder Cider Vinegar 2 Litres: (100% Apple Cider Vinegar (**SULPHITES**). Glaze: (Whole **EGG**, Sea Salt).

**ALLERGENS: WHEAT, MILK, EGG, BARLEY, SULPHITES.**

**MAY CONTAIN: SESAME, CELERY, MUSTARD.**

**NOAH'S CHORIZO SPICED SAUSAGE ROLL:** 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**). Filling: (Pork Mince, Sage & Onion Stuffing Mix: (Bread Rusk (**WHEAT**) (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Folic acid, Thiamine), Water, Salt, Yeast) Fried Onions (3%) [**WHEAT** Flour, (Calcium Carbonate, Iron, Niacin, Thiamin) Palm Oil, Salt], Dried Onion (2.5%), Salt, Sunflower Oil, Dried Sage (0.9%), Rubbed Parsley, Flavouring (Salt, Sage Extract, Anticaking Agent E551) Black Ground Pepper). Smoked Paprika, Gr. Cumin, Gr. Coriander, Dried oregano, Chilli Flakes, Sea Salt, Chef's Larder Cider Vinegar 2 Litres:(100% Apple Cider Vinegar (**SULPHITES**). Tomato Puree: (Tomatoes, Salt). Glaze: (Tomato Puree: (Tomatoes, Salt), **EGGS**, Chef's Larder Cider Vinegar 2 Litres: (100% Apple Cider Vinegar (**SULPHITES**). Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)). Smoked Paprika, Garlic Powder, Sea Salt, Black Pepper).

**ALLERGENS: WHEAT, MILK, EGG, BARLEY, SULPHITES.**

**MAY CONTAIN: NUTS, SPELT, BARLEY, CELERY, SESAME, MUSTARD, SOYA.**

**NOAH'S LEEK & CHEDDAR SAUGAGE ROLL:** 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**). Filling: Sage & Onion Stuffing Mix: (Bread Rusk (**WHEAT**) (**WHEAT** Flour (Calcium Carbonate, Iron, Niacin, Folic acid, Thiamine), Water, Salt, Yeast) Fried Onions (3%) [**WHEAT** Flour, (Calcium Carbonate, Iron, Niacin, Thiamin) Palm Oil, Salt], Dried Onion (2.5%), Salt, Sunflower Oil, Dried Sage (0.9%), Rubbed Parsley, Flavouring (Salt, Sage Extract, Anticaking Agent E551) Black Ground Pepper). Chef's Larder Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**). **EGGS**. Grated Dragon White Mild Cheddar: White Mild Cheddar Cheese (**MILK**), Anti-caking Agent: Potato Starch. Butter (**MILK**). Leeks. Sea Salt. Glaze: (Whole **EGG**, Sea Salt).

**ALLERGENS: WHEAT, MILK, BARLEY, SULPHITES, EGG.**

**MAY CONTAIN: SESAME, CELERY, MUSTARD.**

## QUICHES / BASKETS:

**VERY FULL & MATURE CHEDDAR TART:** Pastry: (**WHEAT** Flour, Vegetable Oils: (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol: (evaporates during baking), Inactivated Yeast Extract), **EGG**. Double Cream: (**MILK**), Natural Flavourings, Salt, Colour (Beta-Carotene)). Roasted Vegetables: (Peppers 33.3% Courgettes 33.3% Aubergines 33.3%, Garlic, Dried Oregano), WYKE Farm Mature Cheddar: (Cheddar Cheese (**MILK**), Potato Starch). Salt, Pepper.

**ALLERGENS: WHEAT, EGG, MILK.**

**CARAMELIZED RED ONION & STILTON TART:** Pastry: (**WHEAT** Flour, Vegetable Oils: (palm oil, rapeseed oil), Water, **WHEAT** Starch, Concentrated Lemon Juice, Salt, Alcohol: (evaporates during baking), Inactivated Yeast Extract), **EGG**. Double Cream: (**MILK**). Caramelized Red Onion: (Re-hydrated Red Onions (68%), Sugar, Re-hydrated Onions, Red Wine Vinegar (15%), Colour (Plain Caramel) (2%), Modified Maize Starch, Sea Salt, Ground Ginger, Cinnamon Powder, Ground Nutmeg), Blue Stilton: (Cheese (**MILK**)). Salsify, Salt, Pepper.

**ALLERGENS: WHEAT, EGG, MILK.**

# LUNCH MENU

## LOADED NACHOS:

**TORTILLA CHIPS:** Doritos Lightly Salted: (Corn (Maize), Rapeseed Oil, Salt, Antioxidants (Rosemary Extract, Ascorbic Acid, Tocopherol Rich Extract, Citric Acid).

**ALLERGENS:**

**MAY CONTAIN: GLUTEN (WHEAT, BARLEY), MILK, SOYA.**

**SALSA:** Rapeseed oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Onions, Mixed Bell Peppers, Garlic, Lime Juice, Roquito Sliced Candied Green Jalapenos: (Jalapeno Pepper (43%), Sugar, Water, Vinegar, Salt, Acidity Regulator: Citric acid), Apple Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**), Rapeseed Oil, Dried Oregano, Sea Salt, Ginger, Smoked Paprika, Black Pepper, Parsley, Coriander.

**ALLERGENS: SULPHITES.**

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

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

**ALLERGENS: MILK**

**SOUR CREAM:** Skimmed **MILK**. Cream (**MILK**), **MILK** Solids, Modified Starch E1442, Culture.

**SOUR CREAM IS NOT CEOLIAIC CERTIFIED**

**ALLERGENS: MILK**

**GUACAMOLE:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

**SMASHED AVOCADO IS NOT CEOLIAIC CERTIFIED**

**JALAPENOS:** Roquito Sliced Candied Green Jalapenos: (Jalapeno Pepper (43%), Sugar, Water, Vinegar, Salt, Acidity Regulator: Citric acid)

## **NACHOS UPGRADES:**

### **SQUASH & CHARRED SWEETCORN CHILLI:** Rapeseed oil:

(Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Butternut Squash, Sweetcorn, Onions, Mixed Bell Peppers, Garlic, Tomato Puree: (Tomato, Salt). Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), 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), Kikkoman Tamari: (Water, **SOYBEANS**, Salt, Spirit vinegar). Chilli Powder, Gr. Cumin, Smoked Paprika, Paprika, Onion Powder, Garlic Powder, Dried Oregano, Coco Powder: (Cocoa Powder, Acidity Regulator E501), Sea Salt, Pepper.

**ALLERGENS: SOYA.**

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

### **SMOKY BEEF CHILLI:** Beef joint, Onions, Garlic, Mixed Bell Peppers, Kidney Beans

(Red Kidney Beans, Water, Calcium Chloride). Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Tomato paste: (Tomato), , 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), Apple Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Coco Powder: (Cocoa Powder, Acidity Regulator E501), Fresh Black Coffee, Kikkoman Tamari: (Water, **SOYBEANS**, Salt, Spirit vinegar). Gr. Cumin, Gr. Coriander, Smoked Paprika, Chilli Powder, Dried Oregano, Onion Powder, Garlic Powder, Dark Brown Sugar, Salt, Pepper.

**ALLERGENS: SOYA, SULPHITES.**

**MAY CONTAIN: NUTS, WHEAT, SPELT, BARLEY, CELERY, SESAME, MUSTARD.**

## **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), Thickeners (E415), Spice extract (Turmeric)], Dextrose.

**FRIES cooked in rapeseed oil.**

**LOADED 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), Thickeners (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).

**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.**

# 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).

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

**ALLERGENS:** MILK

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

# THE OX 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.

**SMOKY PEPPER MAYO:** Colemans **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: (Dehydrated Smoked Paprika 97%, Sunflower Oil), 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.

**ALLERGENS: MUSTARD, SULPHITES.**

**MAY CONTAIN: WHEAT, SPELT, BARLEY, CELERY, SESAME, MUSTARD, SOY, SULPHUR DIOXIDE, SULPHITES, PEANUTS, NUTS.**

**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), Thickeners (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).

**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.

**ALLERGENS:** SOYA, OATS.

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

**SWEET SOY & GARLIC MAYO:** Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA). Kikkoman Tamari: (Water, SOYBEANS, Salt, Spirit vinegar). 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). 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.

**ALLERGENS:** CELERY, SOYA, SULPHITES.

**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).

# THE STELLAR 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.

**CURRY KETCHUP:** Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)). Onion, Garlic, Sea Salt, 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). Pizza Sauce: (Tomatoes (99%), Salt, Acidity Regulator (Citric Acid). Hendersons Relish: (Hendersons Relish: (Water, Spirit Vinegar, Sugar, Colour: Caramel E150c, Sugar Syrup, Salt, Tamarinds, Acetic Acid: Acid, Cayenne Pepper, Cloves, Sweetener- Saccharin, Garlic Oil), Chef's Larder Cider Vinegar: (100% Apple Cider Vinegar (SULPHITES). Vegetable Paste Bouillon: (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). Dark Brown Sugar, Gr. Paprika, Smoked Paprika: (Dehydrated Smoked Paprika 97%, Sunflower Oil). Curry Powder: (Coriander, Turmeric (23.5%), MUSTARD, Cumin, Chickpea, Chilli (5%), Salt, Fennel, Fenugreek, Green Cardamom, Garlic (2.1%), Black pepper (2.1%), Cloves). Chilli Powder, Onion Powder: Onion (98%), Anti-Caking Agent (Magnesium Carbonate). Garlic Powder, Sea Salt, Gr. Black Pepper, Gr. Cinnamon.

**ALLERGENS:** CELERY, SULPHITES, MUSTARD.

**MAY CONTAIN:** PEANUTS, NUTS, WHEAT/ RYE, SPELT, BARLEY, SOY, SULPHUR DIOXIDE, EGGS, MILK, SESAME.

**SALAD:** Lettuce, Tomato.

**PICKLED SALAD GARNISH:** Cucumber, Red Onion, Sea salt, Cider Vinegar: (100% Apple Cider Vinegar (SULPHITES). Sugar, MUSTARD seeds, Gr. Tumeric, Gr. Cinnamon, Gr. Paprika.

**ALLERGENS:** SULPHITES, MUSTARD.

**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), Thickeners (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).

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

**ALLERGENS:** MILK

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

## THE MEADOW 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.**

**HALLOUMI CHEESE:** Pasteurised (Cow's, Goat's. Sheep's MILK), Salt, Rennet(non-anima), Mint.

**ALLERGENS: MILK.**

**SMASHED AVOCADO:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

## SMASHED AVOCADO IS NOT CEOLIA CERTIFIED

**SWEET CHILLI & LIME MAYO:** Stokes Chilli Jam: (Unrefined Raw Cane Sugar (36%), Sweet Chilli Peppers (18%) (Sweet Chilli Peppers, Water, Sugar, Spirit Vinegar), Red Pepper, Onion, Red Wine Vinegar, Dried Red Peppers, Lemon Juice, Red Chillies, Garlic Puree, Sea Salt). Lime, Water, Cider Vinegar: (100% Apple Cider Vinegar (SULPHITES). Sea Salt, Franks Red Hot Original Cayenne Pepper Sauce: (Aged cayenne red peppers, distilled vinegar, water, salt, garlic powder). Mayonnaise: Rapeseed Oil (70%), Water, Sugar, Spirit Vinegar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum. Flavouring, Colour: Carotene. Antioxidant: Calcium Disodium (EDTA).

**ALLERGENS: SULPHITES.**

**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).

## **OPEN BURRITOS:**

### **TORTILLA WRAP:**

**TORTILLA WRAP:** Fortified **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Rapeseed Oil, Emulsifier (Mono- and Diglycerides of Fatty Acids), Sugar, Raising Agent (Sodium Carbonate), Acidity Regulator (Malic Acid), Salt, **WHEAT** Starch.

**ALLERGENS: WHEAT.**

**KATERBAKE GLUTEN FREE WRAP 10.5in:** Water, Wholegrain Flours (Sorghum Flour, Cornflour, Buckwheat Flour, Millet Flour, Teff Flour, Rice Flour), Chickpea Flour, Rice Flour, Psyllium Husk Powder, Cellulose Fibre, Tapioca Starch, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Potato Fibre, Yeast, Raising Agents (Sodium Carbonate, Calcium Phosphate), Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Salt, Thickeners (Xanthan Gum, Guar Gum), Preservatives (Potassium Sorbate, Sorbic Acid), Fermented Maize Starch, Flavouring.

**ALLERGENS:**

**MAY CONTAIN: MUSTARD.**

## ZESTY LAMB BAM BURRITO:

**TORTILLA WRAP: WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamine), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

**ALLERGENS: WHEAT.**

**SALAD:** Lettuce, Tomato, Cucumber.

**CHOPPED SALAD:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip).

**RICE:** Long Grain Rice.

**SMASHED AVOCADO:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

## SMASHED AVOCADO IS NOT CEOLIA CERTIFIED

**MERGUEZ STYLE SPICED LAMB:** Lamb, Gluten Free Rusk: (Pea Flakes), Potato Starch, Spices: ( Paprika, Gr. Cumin, Chill, Gr. Cinnamon, Fennel) Salt, Onion powder, Garlic powder, Herb, Natural Colour (E160c), Stabiliser (E451), Antioxidant (E301), Preservative (E223) (**SULPHITES**), Natural Flavouring, Spice Extract.

**ALLERGENS: SULPHITES.**

**LEMON AND DATE SAUCE:** Preserved Lemon: (Sea Salt, Gr. Black Pepper, Dried Bay leaf, Gr. Coriander), Rapeseed oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane). Garlic Powder, Onion Powder, Gr. Cumin, Gr. Coriander, Smoked Paprika, Gr. Tumeric, Chilli Powder, Dried Thyme, Parsley, Marjoram, Sea Salt, Sugar, Water.

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

## JAMMIN FALAFEL BURRITO:

**TORTILLA WRAP: WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamine), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

**ALLERGENS: WHEAT.**

**SALAD:** Lettuce, Tomato, Cucumber.

**CHOPPED SALAD:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip).

**RICE:** Long Grain Rice.

**SMASHED AVOCADO:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

## SMASHED AVOCADO IS NOT CEOLIAK CERTIFIED

**FALAFEL:** Soaked Chickpea (67%) (Water, Chickpeas), Onion (26%), Rapeseed Oil, Garlic Purée, Salt, Citrus Fibre, Spices, Parsley, Raising Agent (Sodium Bicarbonate).

**APPLE, TOMATO & CHILLI JAM:** Apples, Onion, Chopped Tomatoes: Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid). Garlic, Stokes Chilli Jam: (Unrefined Raw Cane Sugar (36%), Sweet Chilli Peppers (18%) (Sweet Chilli Peppers, Water, Sugar, Spirit Vinegar), Red Pepper, Onion, Red Wine Vinegar, Dried Red Peppers, Lemon Juice, Red Chillies, Garlic Puree, Sea Salt). Apple Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Onion Powder, Garlic Powder, Gr. Ginger, Gr. Cumin, sea Salt.

**ALLERGENS: SULPHITE.**

**MAY CONTAIN: NUTS, MUSTARD, WHEAT.**

## CARIBBEAN KICK ROAST CHICKEN BURRITO:

**TORTILLA WRAP: WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamine), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

**ALLERGENS: WHEAT.**

**SALAD:** Lettuce, Tomato, Cucumber.

**CHOPPED SALAD:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependent: Swede, Parsnip).

**RICE:** Long Grain Rice.

**SMASHED AVOCADO:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

## SMASHED AVOCADO IS NOT CEOLIA CERTIFIED

**JERK ROAST CHICKEN:** Chicken, Gr. Allspice, Dried Thyme, Parsley, Marjoram, Garlic Powder, Onion Powder, Smoked Paprika, Chilli Flakes, Gr. Black Pepper, Sea Salt, Soft Brown Sugar, Lime, Rapeseed Oil: (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

**ALLERGENS:**

**MAY CONTAIN: NUTS**

**CORIANDER & LIME CREAM:** Sour Cream: (Skimmed MILK. Cream (MILK), MILK Solids, Modified Starch E1442, Culture). Coriander, Lime, Water.

## SOUR CREAM IS NOT CEOLIA CERTIFIED

**ALLERGENS: MILK.**

## THE MOJO'D SLOW ROAST PORK BURRITO:

**TORTILLA WRAP: WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamine), Water, Palm Oil, Humectant (Glycerine), Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Rapeseed Oil, Acidity Regulators (Citric Acid, Malic Acid), Sugar, Preservatives (Potassium Sorbate, Calcium Propionate), Stabiliser (Sodium Carboxymethylcellulose), Emulsifier (Mono- and Di-Glycerides of Fatty Acids).

**ALLERGENS: WHEAT.**

**SALAD:** Lettuce, Tomato, Cucumber.

**CHOPPED SALAD:** Red onion, White Cabbage, Red Cabbage, Carrots, (Alternate veg, season dependant Swede, Parsnip).

**RICE:** Long Grain Rice.

**SMASHED AVOCADO:** Avocado (82%), Water, Red Bell Pepper, Jalapeno Puree, Salt, Sugar, Antioxidant (Ascorbic Acid), Onion Powder, Stabiliser (Xanthan Gum), Garlic Powder, Acidity Regulator (Citric Acid), Dehydrated Coriander.

## SMASHED AVOCADO IS NOT CEOLIAI CERTIFIED

**ROAST PORK:** Pork Joint, Salt & Pepper.

**MOJO'D SAUCE:** Preserved Lemons (Lemon, Salt, Black Pepper, Bay Leaf, Dried Coriander), French's Classic Mustard Water, Spirit Vinegar, **MUSTARD** Seed (13%), Salt, Spices, Flavouring), Apple Cider Vinegar (**SULPHITES**), Rapeseed Oil (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)), Garlic, Dried Oregano, Ground Cumin, Brown Sugar, Ground Black Pepper

**ALLERGENS: MUSTARD, SULPHITES.**

**MAY CONTAIN: NUTS, WHEAT, SPELT, BARLEY, SESAME, MUSTARD, SOYA.**

# 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, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora is committed to sustainable palm oil. Separate margarine used for gluten free.

**ALLERGENS: EGG.**

**VEGAN 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.**

## **CHEESE:**

### **PLEASE ASK WHICH BREAD WE ARE USING:**

#### **WHITE BREAD OR BROWN MALTED SLICED BREAD**

**Margarine:** Plant Oils (Rapeseed, Sunflower, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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).

**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.**

# **TOMATO, CHILLI JAM AND CHEESE:**

## **PLEASE ASK WHICH BREAD WE ARE USING:**

### **WHITE BREAD OR BROWN MALTED SLICED BREAD**

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

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

**CHILLI JAM:** Stokes Chilli Jam: (Unrefined Raw Cane Sugar (36%), Sweet Chilli Peppers (18%) (Sweet Chilli Peppers, Water, Sugar, Spirit Vinegar), Red Pepper, Onion, Red Wine Vinegar, Dried Red Peppers, Lemon Juice, Red Chillies, Garlic Puree, Sea Salt). Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Sea Salt.

**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).

**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.**

## **VEGAN CHEESE TOASTIE: OUR GLUTEN FREE ROLL CONTAINS EGG, WHICH IS NOT VEGAN:**

**VEGAN 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.**

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

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

**HELLO-V VEGAN CLASSIC YELLOW CHEESE SLICES:** Water, Vegetable Fat (Coconut Oil 24%), Modified Potato Starch, Tapioca Starch, Salt, Olive Extract (1%), acidity regulator: tricalcium, Natural Flavourings, Colour: Carotene b, Vitamin B12.

**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).

**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, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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).

**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.**

# CUBS MENU

## FISH FINGER MEAL:

Chips and Fish Fingers cooked in Rapeseed Oil, (Separate Oil).

**WHITBY BREADED MSC COD GOUJONS (Castle Howell):** (Cod (FISH) 50%, Breadcrumbs (WHEAT Flour [WHEAT FLOUR, Calcium, Iron, Niacin, Thiamin], Rapeseed Oil, Yeast, Salt), Batter (Water, WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Garlic Powder, Onion Powder, Yeast Extract).

**ALLERGENS: FISH, WHEAT.**

**MAY CONTAIN: CRUSTACEA, MOLLUSCS.**

**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.**

**GARDEN PEAS:** Peas.

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

**CUCUMBER:** Cucumber.

# VEGAN SAUSAGE MEAL:

## Chips and Sausages Cooked in Rapeseed Oil

**Devils Kitchen Plant:** Rehydrated Pea Protein, Rapeseed Oil, Coconut Oil, Shea Oil, Diced Onions, Potato Starch, Oyster Mushrooms, Seasoning: (Onion Powder, Ground White Pepper, Rubbed Sage, Yeast Extract, Tomato Powder, Ground Rosemary, Ground Fennel, Ground Black Pepper, Ground Bay, Smoked Paprika, Ground Nutmeg, Ground Sage, Ground Mace, Ground Marjoram). Methylcellulose, Broad Bean Powder, Apple Juice Concentrate, Citrus Fibre, Carrot Powder, Pumpkin Powder, Fine Sea Salt, Ground Ginger, Pimento, Natural Flavouring, Calcium Alginate Casing.

**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.**

**GARDEN PEAS:** Peas.

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

**CUCUMBER:** Cucumber.

## **PENNE PASTA, WITH CHEESE AND GARLIC BREAD:**

**5 A DAY PASTA SAUCE:** Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane), Fresh Tomatoes, Carrots, Potato, Red Onions, Pizza Sauce: (Tomatoes (99.5%), Salt, Acidity Regulator: Citric Acid). Fire Roasted Red Peppers: (Red Peppers (60%), Water, Salt, Acidity Regulator: Citric Acid).

**GRATED CHEDDAR CHEESE:** Mature grated cheese: (**MILK**), Anti- Caking agent (Potato Starch).

**ALLERGENS: MILK**

**PASTA:** 100% Durum **WHEAT** Semolina.

**GARLIC BREAD: WHEAT** Flour, Water, Palm Fat, Rapeseed Oil, Garlic (4%), Yeast, Salt, Parsley, **WHEAT** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Flour Treatment Agent (Ascorbic Acid), Dextrose, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Natural Flavouring, Colour (Beta-Carotene)

**ALLERGENS: WHEAT.**

**May contain traces of SESAME & MILK.**

## **CHICKEN GOUJONS MEAL:**

Chips and Goujons cooked in rapeseed oil, (Separate Oil).

**CHICKEN STRIPS:** Chicken Inner Fillet (54%), **WHEAT** Flour, Water, Palm Oil, **WHEAT** Starch, Tapioca Starch, Salt, Modified Tapioca Starch, **WHEAT** Gluten, Yeast Extract, Sugar, Raisings Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yeast, Spice (Black Pepper).

**ALLERGENS: WHEAT, GLUTEN.**

**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.**

**GARDEN PEAS:** Peas.

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

**CUCUMBER:** Cucumber.

## **SAUSAGE MEAL:** Sausages are Gluten\_free.

Chips and Sausages Cooked in Rapeseed Oil, (Separate Oil).

**SAUSAGE:** Pork, Rice Flour, Salt, Hydroxypropyl Methyl Cellulose E464, Spice Extracts (Pepper, Nutmeg, Coriander, Cayenne, Paprika), Dextrose, Stabilisers: Sodium Tripolyphosphate E451, Sodium Diphosphate EA50; Preservative Sodium **SULPHITE** E221; Flavour Enhancer: Monosodium Glutamate E621; Ground Spices (White Pepper, Ginger), Sage Extract, Colour: E120; Propylene Glycol.

### **ALLERGENS: SULPHITES**

**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.**

**GARDEN PEAS:** Peas.

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

**CUCUMBER:** Cucumber.

# SOUP

**SUPER THAI GREEN & COCONUT SOUP:** Sliced onions, Garlic, Fresh Ginger, Tinned Coconut Milk: (Coconut Extract 81.82%, Water, Stabilizers: Guar Gum (E412), Carboxy Methyl Cellulose (E466), Emulsifier: Polysorbate 60 (E435), Antioxidant: Citric Acid (E330)). Pea, Basil, Coriander, Spinach. Butter Beans: (Butter Beans, Water, Antioxidant (Ascorbic Acid). **SESAME** Oil, Kikkoman Tamari Soy Sauce (Gluten Free): Water, **SOYBEANS**, Salt, Spirit vinegar. 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). 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). Chefs Larder Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)).

**ALLERGENS: SOYA, SESAME, MUSTARD, SULPHITES.**

**HARISSA SPICED BUTTERNUT & DATE SOUP:** Fresh Butternut, Onion, Fresh Garlic, Harissa Paste: (Hot Red Pepper (87%), Garlic, Coriander, Salt, Caraway, Acidifier: Citric acid). 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). 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, Tumeric, Gr. Black Pepper, Dried Parsley, Dried Mint, Lemon, Preserved Lemon: (Lemons, Sea Salt, Sugar, Dried Bay leaf, 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, 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, Vegetable Paste Bouillon: (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. Chef's Larder Cider Vinegar: (100% Apple Cider Vinegar (**SULPHITES**)). Mixed Herbs: (Dried Thyme, Parsley, Marjoram). Beer: (Water, **BARLEY, MALT**, Hops, Natural Flavouring, Yeast). Kikkoman Tamari Soy Sauce (Gluten Free): Water, **SOYBEANS**, Salt, Spirit vinegar. Salt. Water), Water, Gravy Browning: (Colour (Ammonia Caramel), Salt). Sea Salt, Gr. Black Pepper.

**ALLERGY ADVICE: WHEAT, BARLEY, SOYA, SULPHITES.**

**MAY CONTAIN:**

## 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:**

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

**Margarine:** Plant Oils (Rapeseed, Sunflower, Palm<sup>1</sup>), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A, <sup>1</sup>Flora 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.**

## DIP SAUCES:

### ALL OUR DIPS SAUCES ARE PACKAGED BY ONE COMPANY:

MAYCONTAIN DUE TO SITE HANDLES THESE PRODUCTS: CEREALS CONTAINING GLUTEN, EGGS, SOYBEANS, MILK, PEANUTS, ALMONDS, SESAMESEEDS, CELERY, SULPHUR DIOXIDE, LUPIN.

**TANGY TOMATO:** Water, Tomatoes (23%), Sugar, Spirit Vinegar, Acidity Regulator: Acetic Acid, Modified Starch, Salt, Spices (**MUSTARD**), Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum.

**MUSTARD.**

**MARVELOUS MAYO:** Rapeseed Oil (70%), Water, Spirit Vinegar, Sugar, Salt, Modified Waxy Maize Starch, Stabiliser: Xanthan Gum, Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA).

**GARLIC MAYO:** Rapeseed Oil, Water, Spirit Vinegar, Sugar, Salt, Modified Maize Starch, Garlic, Stabiliser: Xanthan Gum, Parsley, Flavouring, Colour: Carotene, Antioxidant: Calcium Disodium (EDTA).

**BBQ SAUCE:** Water, Sugar, Tomatoes (15%), Acidity Regulator: Acetic Acid, Modified Starch, Salt, Colour: Caramel, Spices, Smoke Flavouring, Preservative: Potassium Sorbate, Tamarind Extract, Molasses, Stabilisers: Xanthan Gum & Guar Gum.

**SRIRACHA MAYO:** Rapeseed Oil (50%), Water, Cayenne Peppers (15%) (Seedless Cayenne Peppers, Salt, Preservative: Acetic Acid); Sugar, Garlic Purée (Garlic Purée, Acidity Regulator: Citric Acid); Modified Starch, Acidity Regulator: Acetic Acid, Lime Concentrate, Salt, Dehydrated Red Bell Pepper, Yeast Extract, Stabiliser: Xanthan Gum, Preservative: Potassium Sorbate, Antioxidant: Calcium Disodium EDTA).

**BROWN SAUCE:** Water, Glucose-Fructose Syrup, Bramley Apple Purée (contains Preservative (Sodium **METABISULPHITE**)), Modified Maize Starch, Acidity Regulator (Acetic Acid), Molasses, Spirit Vinegar, Salt, Tomato Paste, **RYE** Flour, Caramelised Sugar Syrup, Apple Juice Concentrate, Dried Coriander, Dried Ginger, Preservative (Potassium Sorbate), Cloves, Cinnamon, Sweetener (Sodium Saccharin), Black Pepper.

**SULPHITE, RYE.**

**CHIPOTLE BBQ:** Water, Sugar, Acidity Regulator: Acetic Acid, Tomatoes (11%), Modified Starch, Salt, Malt Vinegar (**BARLEY**), Worcester Sauce (Malt Vinegar (**BARLEY**), Water, Spirit Vinegar, Tamarind Extract, Sugar, Molasses, Colour: Caramel, Onion Powder, Garlic Powder, White Pepper, Cloves, Paprika); Onion, Chipotle Chillies (1%), Lime Concentrate, Colour: Caramel, Spices, Smoke Flavouring, Stabilisers: Xanthan Gum & Guar Gum, Preservative: Potassium Sorbate.

**BARLEY.**

**BBQ MUSTARD:** **MUSTARD** (25%) (Water, Spirit Vinegar, **MUSTARD** Seeds, Salt, Spice, Caramel Sugar Syrup, Natural Flavouring); Cider Vinegar, Sugar, Water, Rapeseed Oil, Dark Brown Sugar, Modified Starch, Apple Concentrate, Salt, Spirit Vinegar, Citrus Fibre, Spices, Preservative: Potassium Sorbate, Stabiliser: Xanthan Gum, Colour: Paprika.

**MUSTARD.**

**SWEET CHILLI:** Water, Sugar, Acidity Regulator: Acetic Acid, Tomatoes, Modified Starch, Garlic Puree (2.5%) (Garlic Puree, Acidity Regulator: Citric Acid); Minced Onion, Salt, Chillies (1%), Stabiliser: Xanthan Gum, Antioxidant: Ascorbic Acid, Preservative: Potassium Sorbate, Ginger Puree (Ginger, Acidity Regulator: Citric Acid, Preservative: Potassium Sorbate