

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, Water, 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 (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Puree (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT** Flour.

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.

MILD CREAMY CURRY MEAL:

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

ALLERGENS: SULPHITES.

MAY CONTAIN: WHEAT, MUSTARD.

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)

ALLERGENS: SOYA.

MAY CONTAIN:

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.

CUCUMBER: Cucumber.