

CAKE SELECTION

MINI BLUEBERRY MUFFIN Fortified British **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Rapeseed Oil, **Egg**, Blueberries (6%), Water, Whey Powder (Cows' **Milk**), Cornflour, **Wheat Starch**, Raising Agents: Diphosphates, Potassium Hydrogen Carbonate; Humectant: Vegetable Glycerine; Flavouring, Cows' **Milk** Proteins, Preservative: Potassium Sorbate (V)

MINI CHOCOLATE CHIP MUFFINS - Sugar, Fortified British **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, **Milk** Chocolate Chips (14%) (Sugar, Whole Cows' **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin; Flavouring), **Egg**, Whey Powder (Cows' **Milk**), Cornflour, **Wheat Starch**, Raising Agents: Diphosphates, Potassium Hydrogen Carbonate; Water, Cows' **Milk** Proteins, Humectant: Vegetable Glycerine; Flavouring (V)

LEMON CAKE - Sugar, Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Lemon Icing (12%) (Sugar, Lemon Juice, Humectant: Vegetable Glycerine; Acidity Regulator: Citric Acid), Pasteurised **Egg**, Lemon Buttercream (9%) (Butter (Cows' **Milk**), Sugar, Lemon Curd (10%) (Sugar, Glucose Syrup, Butter (Cows' **Milk**), **Wheat Starch**, Maize Starch, Dried **Egg**, Concentrated Lemon Juice, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Flavouring, Salt), Glucose Syrup, Modified Maize Starch, Humectant: Vegetable Glycerine; Preservative: Citric Acid), Lemon Curd (9%) (Sugar, Glucose Syrup, Butter (Cows' **Milk**), **Wheat Starch**, Maize Starch, Dried **Egg**, Concentrated Lemon Juice, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Flavouring, Salt), Rapeseed Oil, Pasteurised **Egg** White, Pasteurised Lemon Juice, Palm Oil, Humectant: Vegetable Glycerine; Palm Stearin, Palm Kernel Oil, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Lemon Zest, Emulsifier: Mono- and Diglycerides of Fatty Acids; Acidity Regulator: Citric Acid; Colour: Carotenes.

CARROT CAKE - Cream Cheese Buttercream (27%) (Sugar, Butter (Cows' **Milk**), Cream Cheese (Cows' **Milk**), Dried Glucose Syrup, Pasteurised Lemon Juice, Cornflour), Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Carrot (12%), Dark Brown Sugar, Pasteurised Free Range **Egg**, Rapeseed Oil, Sugar, Sultanas, Walnuts (4.0%), Humectant: Vegetable Glycerine; Dried Glucose Syrup, Invert Sugar Syrup, Pineapple, Cornflour, Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate; Nutmeg, Cinnamon, Palm Oil. (V)

VICTORIA SPONGE - Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised **Egg**, Sugar, Buttercream (12%) (Sugar, Butter (Cows' **Milk**), Dried Glucose Syrup, Cornflour, Preservative: Potassium Sorbate), Raspberry Jam (12%) (Raspberries, Glucose-Fructose Syrup, Sugar, Gelling Agent: Pectin; Acidity Regulators: Citric Acid, Sodium Citrate; Colour: Anthocyanins; Preservative: Potassium Sorbate; Flavouring), Rapeseed Oil, Cows' **Milk**, Humectant: Vegetable Glycerine; Dried Glucose Syrup, Salted Butter (Butter (Cows' **Milk**), Salt), Cornflour, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; Palm Oil, Dextrose, Preservative: Potassium Sorbate.

CHOCOLATE CHIP COOKIES - Fortified British **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, **Milk** Chocolate Chips (18%) (Sugar, Whole Cows' **Milk** Powder, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin; Flavouring), Rapeseed Oil, Fructose, Butter (Cows' **Milk**), Vegetable Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavouring), Partially Inverted Refiners Syrup, Palm Oil, Skimmed Cows' **Milk** Powder, Dried Free Range **Egg**, Maltodextrin, Salt, Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; Water, Stabiliser: Guar Gum; Flavouring (V)

ROCKY ROAD - **Wheat Flour** (Wheat Flour with Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)), Vegetable Oil (Palm and Rapeseed Oil), Sugar, Golden Syrup, Marshmallow (20%) (Sugar, Glucose Syrup (Wheat), Water, Maize Starch, Beef Gelatine, Natural Flavouring, Natural Colour, Beetroot Red), Oatmeal, Dried Whey (**Milk**), Emulsifiers (E471, E322 **Soya** Lecithin), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate) (**Wheat**), Skimmed **Milk** Powder, Fat Reduced Cocoa Powder (3%), Salt, Flavouring, Natural Flavouring (V)

VEGAN CARAMEL SHORTCAKE Sugar, Vegetable Oil (Rapeseed, Sustainable Palm, Palm Kernel), **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Glucose Syrup, Water, Wholemeal Flour, Cocoa Powder, Partially Invert Sugar Syrup, Salt, Caramelised Sugar Syrup, Emulsifiers (Soya Lecithin, E471, E322, E492, E332, E476, E475), Natural Flavourings, Stabiliser (Agar), Preservative (Potassium Sorbate), Raising Agent (E500, E503), Colour (E160b, E100) (Vegan)

MACAROONS - Coconut (25%), Sugar, Glucose Syrup, Rice Flour, Humectants: sorbitol, vegetable glycerol; potato starch, water, vegetable fat (Palm Kernel, Palm) dextrose, Fat Reduced Cocoa Powder (1%), Modified Starch, Stabiliser: Sorbitan Triesterate, Emulsifier: **Soya** Lecithin (Vegan) (GF)

CARAMEL SHORTCAKE - Biscuit Base (34%): Fortified **Wheat Flour** (Wheat Flour with Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Vegetable Oil (Palm Oil, Palm Fractions, Rapeseed Oil), Wholemeal **Wheat Flour**, Sugar, Oatmeal, Dried Whey (from **Milk**), Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate), Salt, Emulsifier (E471), Caramel Filling (45%): Sweetened Condensed **Milk** (**Milk**, Sugar), Invert Sugar Syrup, Vegetable Oil (Palm Oil, Rapeseed Oil), Salt, Emulsifier (E471), Natural Flavouring, Chocolate Flavoured Topping (21%): Sugar, Vegetable Oil (Palm Oil), Whey Powder (from **Milk**), Fortified **Wheat Flour** (Wheat Flour, with Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)), Fat Reduced Cocoa Powder, Emulsifier (E322 **Soya** Lecithin), Natural Flavouring (V)

CHOCOLATE BROWNIES - Sugar, **Wheat Flour**, semi-sweet plain chocolate chips (10.2%)

(sugar, chocolate liquor, cocoa butter, whole **milk** powder, emulsifier: **soya** lecithin ; vanilla flavouring), cocoa powder, **soybean oil**, bitersweet dark chocolate chips (3.2%) (chocolate liquor, sugar, cocoa butter, **milk** fat, emulsifier **soya** lecithin ,vanilla flavouring) , **milk** chocolate chips (1.6%) (sugar, cocoa butter, chocolate liquor, whole **milk** powder, emulsifier : **soya** lecithin ; vanilla flavouring) salt, raising agent : sodium bicarbonate, **Eggs**, vegetable oil Chocolate topping - Sugar, Palm Fat, Water, Invert Sugar Syrup, Fat-Reduced Cocoa Powder (6.5%), Emulsifiers (E471, E435, E481), Salt, Preservative (E202), Acidity Regulators (E330, E524), Stabiliser (E450), Natural Flavouring (V)

CRISPY CAKE - Puffed Rice (30%) (Rice, Sugar, Salt, **Barley** Malt Flavouring, Niacin, Iron, Vitamin B6, Vitamin B2, Vitamin B1, Folic Acid, Vitamin D, Vitamin B12) Chocolate Flavour coating (Sugar, Vegetable Oil (Palm Oil, Hydrogenated Palm Oil, Hydrogenated Coconut Oil) Whey Powder (from **Milk**) Fat reduced Cocoa Powder, **Wheat Flour** (with added Calcium Carbonate, Iron, Niacin, Thiamin) Skimmed **Milk** Powder, Emulsifier (**Soya** Lecithin) Flavouring) Invert Sugar Syrup, Vegetable Margarine (Palm Oil, Rapeseed Oil, Salt, Emulsifier (E471), Flavouring)

FLAP JACKS Oats (40%), Sweetened Condensed **Milk** (from Cows' **Milk**) (Cows' **Milk**, Sugar), Sugar, Butter (Cows' **Milk**) (12%), Partially Inverted Refiners Syrup, Glucose Syrup, Margarine (Palm Oil, Rapeseed Oil, Water, Salt, Flavouring) (V) (GF)

TABLET - Sugar, Sweetened Condensed **Milk** (Whole **Milk**, Skimmed **Milk** Powder, Sugar), Water, Butter (**Milk**), Skimmed **Milk** Powder (V) (GF)

GLUTEN FREE CHOCOLATE BROWNIES Chocolate (23%) (Cocoa Mass, Sugar Cane, Cocoa Butter, Emulsifier: Sunflower Lecithin), **Egg**, Rice Chocolate (16%) (Sugar, Cocoa Butter, Cocoa Mass, Rice Flour, Rice Syrup, Rice Starch, Emulsifier: Sunflower Lecithin), Rapeseed Oil, Sugar, Rice Flour, Humectant (Glucose Syrup, Water, Acidity Regulator: Acetic Acid), Tapioca Starch, Maize, Maize Starch, Water, Gram Flour, Cocoa Powder, Raising Agents: Calcium Phosphate, Sodium Hydrogen Carbonate; Acidity Regulator: Ascorbic Acid; Citrus Fibre, Preservatives: Potassium Sorbate, Calcium Propionate (V) (GF)

VEGAN CARAMEL SHORTCAKE *NO KNOWN NUTS* Sugar, Vegetable Oil (Rapeseed, Sustainable Palm, Palm Kernel), **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Nicotin, Thiamin), Glucose Syrup, Water, Wholemeal Flour, Cocoa Powder, Partially Invert Sugar Syrup, Salt, Caramelised Sugar Syrup, Emulsifiers (Soya Lecithin, E471, E322, E492, E332, E476, E475), Natural Flavourings, Stabiliser (Agar), Preservative (Potassium Sorbate), Raising Agent (E500, E503), Colour (E160b, E100) (Vegan)

COCONUT, CHOCOLATE, FRUIT & NUT BAR Dark Chocolate 20% (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin), **Peanuts** 18%, Shredded Coconut 14%, Dried Apricots 12%, Glucose Syrup, Coconut Blossom Nectar 6%, Pumpkin Seeds, Crisped Rice (Rice, Sugar), Sunflower Seeds, Roasted Chickpeas (Vegan/GF)

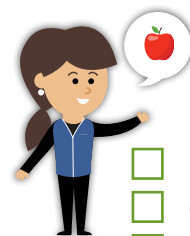
PAIN AU CHOCOLATE *NO KNOWN NUTS* Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Plain Chocolate (18%) (Sugar, Cocoa Mass, Cocoa Butter, Cows' **Milk** Fat, Emulsifier: **Soya** Lecithin), Butter (Cows' **Milk**) (18%), Water, Sugar, Yeast, Salt, Whole **Egg**, Flour Treatment Agent: Ascorbic Acid.

VEGAN VICTORIA SPONGE - Sugar, Vegetable Oil (Rapeseed, Sunflower, Sustainable Palm), **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Raspberry Jam (Raspberries (3.7%), Sugar, Apple Puree, Thickener: Pectin), Aquafaba (Water, Chickpea Extract, Antioxidant: Ascorbic Acid), Humectant: Glycerine, **Wheat** Gluten, **Oats**, Faba Bean Protein, Raising Agents: Disodium Diphosphate, Potassium Bicarbonate, Sodium Bicarbonate, Modified Potato Starch, **Wheat Starch**, Dextrose, Acidity Regulators: Citric Acid, E339, E341, Emulsifiers: E471, E475, E477, E481, Salt, Stabilisers: Xanthan Gum, E516, Maize Starch, Preservative: Potassium Sorbate, Cornflour, Vanilla Flavouring, Flavourings, Colours: Annatto Bixin, Curcumin (Vegan)

APRICOT & ALMOND PASTRY - Fortified British **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Sugar, Apricot (13%), Apricot Kernel Paste (5%), Rapeseed Oil, Glucose Syrup, Water, Yeast, Whole **Barn Egg**, Maize Starch, Glazing Agent: Isomalt; **Wheat Flour**, Salt, Tapioca Starch, Emulsifier: Mono- and Diglycerides of Fatty Acids; Lemon Juice from Concentrate, Flavouring, Stabiliser: Tara Gum; Lactose (Cows' **Milk**), Pasteurised Free Range **Egg** White, Acidity Regulator: Citric Acid; Emulsifiers: Citric Acid Esters of Mono- and Diglycerides of Fatty Acids, Polysorbate 60; Preservative: Potassium Sorbate; Processing Aids: Enzymes, Ascorbic Acid, Vitamin A; Colour: Carotenes; Gelling Agent: Agar; Acid: Citric Acid.

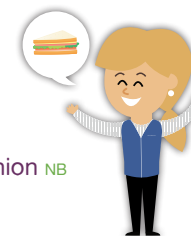
MAPLE & PECAN PLAIT - Fortified **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Water, Sugar, Rapeseed Oil, **Pecan Nuts** (6%), Yeast, Whole **Barn Egg**, Coconut Oil, **Wheat Flour**, Maple Flavoured Syrup (1.5%), Glazing Agent: Isomalt; Sugar Cane Syrup, Salt, Maize Starch, Emulsifier: Mono- and Diglycerides of Fatty Acids; Gelling Agents: Sodium Alginate, Pectin, Agar; Flavouring, Stabilisers: Tara Gum, Calcium Alginate; Whey Powder (Cows' **Milk**), Whole Cows' **Milk** Powder, Maple Syrup (0.1%), Sucrose, Glucose Syrup, Acidity Regulator: Citric Acid; Preservative: Potassium Sorbate; Milk Protein Concentrate (Cows' **Milk**), Colour: Carotenes.

SCAN HERE FOR
OUR ONLINE
INGREDIENTS LIST



- Egg Mayonnaise NB
- Cheese & Pickle/Tomato B
- Brie & Grape
- Houmous Salad NB
- Avocado & Tomato B
- Cous Cous Salad NB
- Wensleydale & Rocket NB
- Cheese Savoury & Rocket NB
- Smoked Salmon, Cream Cheese & Cucumber NB

Our Delicious Menu Options



- Tuna Mayo & Red Onion NB
- Honey Roast Ham B
- Ham & Cheese
- BBQ Pork / Chicken & Salad NB
- Chicken Mayo Salad NB
- Roast Beef, Tomato, Mustard & Rocket
- Coronation Chicken Salad NB
- Chicken Bacon/Chorizo & Tomato
- Pastrami and Swiss Cheese

Savoury Selection

- Oatcakes & Cheese
- Vegetable Baja (Vegan)
- Cheese & Onion Rolls
- Mediterranean Vegetable Quiche
- Quiche Lorraine
- Pork Pie
- Sausage Rolls
- Chicken Satay

Sweet Selection

- Coconut Slice / Macaroons (GF/Vegan)
- Caramel Shortcake
- Mini Blueberry/Choc Muffins
- Scottish Tablet
- Chocolate Cake / Brownies
- Carrot Cake
- Pain au Choc
- Apricot and Almond Pastry
- Vegan Victoria Sponge
- Lemon Cake / Victoria Sponge
- Rocky Road
- Chocolate Chip Cookies
- Coconut, Chocolate, Fruit & Nut Bar (GF, Vegan)
- Crispy Cake
- Jam Tart (GF/Vegan)
- Maple & Pecan Plait

ALLERGENS: Please always notify us of any specific dietary requirements. Every care will be taken to identify and prepare a suitable menu for you. A full list of our current menu items and known allergens can be provided on request. Subject to availability.



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BREADS

WHITE BREAD - Wheat Flour (with added calcium, iron, niacin and thiamine), Water, Yeast, Salt, Emulsifier: E472e, Preservative: E282, Rapeseed Oil, Flour Treatment Agent: E300.(V)(Vegan)

BROWN BREAD - Wheat Flour (with added calcium, iron, niacin and thiamine), Water, Malted Wheat Grains (6.5%), Yeast, **Barley** Malt Flour (1.0%), Salt, Toasted Wheat (0.7%), **Wheat** Gluten, Emulsifiers: E472e, E471 (from sunflower and palm), Sugar, Preservative: Calcium Propionate (to inhibit mould growth), **Buckwheat** Flour (0.1%), Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid (Vitamin C).(V)(Vegan)

PLAIN WRAPS - INGREDIENTS: Fortified British **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Palm Oil, Humectant: Glycerol; Raising Agents: Disodium Diphosphate, Sodium Hydrogen Carbonate; Sugar, Acidity Regulator: Citric Acid; Emulsifier: Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Salt, **Wheat** Starch, Flour Treatment Agent: L-Cysteine.(V)(Vegan)

WHOLEMEAL WRAPS -INGREDIENTS: Wholemeal British **Wheat** Flour (62%), Water, **Wheat** Bran, Palm Oil, Humectant: Glycerol; Raising Agents: Disodium Diphosphate, Sodium Hydrogen Carbonate; Sugar, Acidity Regulator: Citric Acid; Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt, Preservative: Calcium Propionate; **Wheat** Starch, Flour Treatment Agent: L-Cysteine.(V)(Vegan)

CROISSANTS - INGREDIENTS:Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (Cows' **Milk**) (20%), Water, Sugar, Yeast, Salt, Whole **Egg**, Flour Treatment Agent: Ascorbic Acid. **Wheat** Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Malted **Wheat** Flour, **Wheat** Gluten, Sugar, Dextrose, Maize, Yeast, Salt, Rice Flour, **Soya** Flour, Preservative: Calcium Propionate, Gelling Agent: E466, Acidity Regulator: Citric Acid, Emulsifiers: E472e, E481, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (Vegetarian)

BAGELS (PLAIN)-Wheat Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Malted **Wheat** Flour, **Wheat** Gluten, Sugar, Dextrose, Maize, Yeast, Salt, Rice Flour, **Soya** Flour, Preservative: Calcium Propionate, Gelling Agent: E466, Acidity Regulator: Citric Acid, Emulsifiers: E472e, E481, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (V)(Vegan)

BAGELS (PROTEIN)- **Wheat** Flour [with Calcium, Iron, Niacin (B3) and Thiamin (B1)], Water, Pulse Blend (11%)(Navy Bean Flour, Chickpea Flour, Pea Protein, Pea Fibre), Seed Mix (4.5%)(**Sesame** Seed, Sunflower Seed, Brown Linseed, Millet Seed, Poppy Seed), **Wheat** Gluten, Yeast, Malted **Wheat** Flour, **Soya** Flour, Malted **Barley** Flour, Salt, Maize, Emulsifiers: E472e, E481, Rice Flour, Preservative: Calcium Propionate, Gelling Agent: E466, Acidity Regulator: Citric Acid, Flour Treatment Agents: Ascorbic Acid (Vitamin C), E920 (V)(Vegan)

ROLLS (WHITE)- Fortified British **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Dextrose, Palm Oil, Palm Stearin, Salt, **Soya** Flour, Rapeseed Oil, Flour Treatment Agent: Ascorbic Acid; Emulsifier: Sunflower Lecithin.(V)(Vegan)

ROLLS (WHOLEMEAL)-. Wholemeal British **Wheat** Flour, Water, Yeast, Dextrose, Palm Oil, Palm Stearin, Salt, **Soya** Flour, Rapeseed Oil, Emulsifier: Sunflower Lecithin; Flour Treatment Agent: Ascorbic Acid.(V)(Vegan)

BREAD (GLUTENFREE) - Starches (Maize, Potato, Tapioca), Water, Mixed Seeds (11%) (Sunflower, Brown Linseeds, Millet, Poppy), Rapeseed Oil, Humectant (Vegetable Glycerol), Psyllium Husk, Yeast, Stabilisers (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Golden Flaxseed, Free Range Dried **Egg** White, Rice Flour, Dextrose, Iodised Salt (Salt, Potassium Iodate), Fermented Maize Starch, Partially Inverted Sugar Syrup, Vitamins & Minerals: Calcium Carbonate, Niacin,

Iron, Riboflavin, Thiamine, Folic Acid

ROLLS (GLUTEN FREE WHITE)- Water, Rice Flour, Tapioca Starch, Maize Starch, Rapeseed Oil, Thickeners: Cellulose, Hydroxypropyl Methyl Cellulose, Sodium Carboxymethylcellulose, Methyl Cellulose, Xanthan Gum; Yeast, Psyllium Husk Powder, Potato Starch, **Egg** White Powder, Sugar, Humectant:Glycerine; Iodised Salt (Salt, Potassium Iodate), Maize Flour, Spirit Vinegar, Preservatives:Calcium Propionate, Sorbic Acid; Flavouring, Concentrated Grape Juice, Rice Starch, Rice Bran, Acidity Regulators: Acetic Acid;Sodium carbonate

ROLLS (GLUTEN FREE MULSEED) - Water, Mixed Seeds (14.9%) (Millet Seed, Sunflower Seed, Brown Linseed, Quinoa, Poppy Seed), Rice Flour, Tapioca Starch, Maize Starch, Yeast, Sugar Cane Fibre, Potato Starch, Rapeseed Oil, Psyllium Husk Powder, **Egg** White Powder, Spirit Vinegar, Thickeners: Hydroxypropyl Methyl Cellulose, Sodium Carboxymethylcellulose, Xanthan Gum, Methyl Cellulose; Humectant: Glycerine; Plum Purée (Plum Concentrate, Plums), Black Treacle (Sulphites), Sugar Beet Fibre, Pea Protein, Iodised Salt (Salt, Potassium Iodate), Preservatives: Calcium Propionate, Sorbic Acid; Sugar, Concentrated Grape Juice, Rice Starch, Wholegrain Maize Flour, Rice Bran, Acidity Regulators: Sodium Carbonate, Acetic Acid

SALADS & ACCOMPLISHMENTS

Lettuce - N/A, Tomato - N/A, Peppers -N/A, Cucumber - N/A, Red Onion - N/A Rocket - N/A, Avocado -N/A

BUTTER (DAIRY FREE) - Vegetable Oils (Sunflower 21%, Rapeseed, Sustainable Palm), Water, Salt, Emulsifiers-E471, Sunflower Lecithin, Preservative: Potassium Sorbate, Acid - Lactic Acid, B Vitamins (Niacin, B6, B2, Folic Acid & B12), Flavourings, Colours - Annatto Bixin, Curcumin (V)(Vegan)(GF)

BUTTER - Vegetable Oils in varying proportions (Sustainable Palm, Rapeseed), **Buttermilk** (20%), Water, Salt, Natural Flavouring, Colour (Carotenes) (V)(GF)

MAYONNAISE - Rapeseed oil (78%), water, pasteurised free range **EGG** & **EGG** Yolk (7.9%), spirit vinegar, salt, sugar, lemon juice concentrate, antioxidant (calcium disodium EDTA), flavourings, paprika extract (V)(GF)

MUSTARD -Water, **MUSTARD** flour (21%), sugar, salt, **WHEAT** flour, turmeric, citric acid, stabiliser (xanthan gum) (V)(Vegan)

PICKLE - Vegetables in variable proportions (51%) (Carrot, Rutabaga, Onion, Cauliflower), Sugar, **Barley** Malt Vinegar, Spirit Vinegar, Water, Tomato Purée, Date Paste (Dates, Rice Flour), Apple Pulp, Salt, Modified Maize Starch, Colour (Sulphite Ammonia Caramel), Onion Powder, Concentrated Lemon Juice, Spices, Colouring Food (Roasted **Barley** Malt Extract), Herb and Spice Extract.(V)(Vegan)(GF)

SALAD CREAM - Water, Spirit Vinegar, Rapeseed Oil (22%), Sugar, Mustard Powder, Modified Cornflour, Pasteurised **Egg** Yolks (3%), Salt, Colour (Riboflavin) (V)(GF)

BBQ SAUCE - Tomato Puree, Spirit Vinegar, Sugar, Molasses, Water, Salt, Spices, Thickener (Xanthan Gum), Garlic, Smoked Flavouring, Natural Flavouring (V)(Vegan)

CREAM CHEESE - Full Fat Soft Cheese (**Milk**), Salt, Stabiliser (Locust Bean Gum), Acid (Citric Acid) (V)

CRANBERRY SAUCE - Cranberry (45%), Sugar, Water.(V)(Vegan)

SWEET CHILLI SAUCE Water, Red Chilli (20%), Sugar, Glucose - Fructose Syrup, Fresh Garlic (6%), Pickled Garlic (Fresh Garlic, Water, Salt, Acetic Acid) (5%), Thickener: Modified Tapioca Starch, Acetic Acid, Salt.(V)(Vegan)

FILLINGS

EGG MAYONNAISE - Chopped boiled **eggs** (74%) (Barn **Egg**, Water, Acidity Regulator:Citric Acid;, Preservative:Trisodium Citrate;), Mayonnaise (21%)(Water, Rapeseed Oil, Thickener:Corn flour;, Granulated Sugar, **Egg** Yolk, White Wine Vinegar, Salt, Mustard Seed, Spirit Vinegar), Rapeseed Oil, Salt, White Pepper.(V)

CHEESE - Cheddar, Brie, Swiss (Cows **Milk**). (V)

HOUMOUS - Cooked Chickpeas (50%) (Water, Chickpeas), Roasted Red Pepper (20%) (Red Pepper, Rapeseed Oil), Rapeseed Oil, Tahini **Sesame** Seed Paste (7%), Water, Concentrated Lemon Juice, Red Chilli Purée, Salt, Garlic.(V)(Vegan)

COUS COUS - Rehydrated Couscous (31%) (Durum **Wheat** Semolina), Water, Chickpeas (Sulphites) (14%), Granulated Sugar, Raisins (5%), Rapeseed Oil, Apricots (Sulphites) (3%), Cranberries (2.5%), Red Wine Vinegar, Parsley, Spices, Salt, Lemon Juice, Honey, Coriander, Tomato Puree, Rice Flour, Garlic Puree, Ginger Puree, Red Chilli, Cornflour, Sunflower Oil, Mustard Seeds, Stabiliser: Pectin (V)(Vegan)

WENSLEYDALE - Wensleydale Cheese (Cows' **Milk**), Sweetened Dried Cranberries (13%) (Sugar, Cranberry, Sunflower Oil) (V)

COLESLAW - Cabbage, Carrot (19%), Rapeseed Oil, Water, British Single Cream (Cows' **Milk**) (3%), Sugar, Pasteurised **Egg** Yolk, Lemon Juice, Spirit Vinegar, Onion (1%), Salt, Chive, Potato Starch, Citrus Fibre, Potato Fibre, Dried **Egg** White, Stabilisers: Guar Gum, Xanthan Gum; Mustard Seed (V)

CHEESE SAVOURY - Mayonnaise (47%) (Water, Rapeseed Oil, Thickener: Cornflour; Sugar, Pasteurised **Egg** Yolk, White Wine Vinegar, Spirit Vinegar, Salt, Mustard Flour, Mustard Seed), Cheddar Cheese (24%) (Cows' **Milk**), Red Leicester Cheese (16%) (Cows' **Milk**) (Contains Colour: Annatto Norbixin), Onion (10%), Water, Chives, Rapeseed Oil, Thickener: Cornflour.(V)

HAM - Pork (96%), Honey (4.0%), Salt, Sugar, Stabilisers:Triphosphates; Antioxidant:Sodium Ascorbate; Preservative:Sodium Nitrite.(GF)

CHICKEN - British Chicken Breast Fillet (98%), Potato Starch, Natural Mineral Salt, Stabiliser: Sodium Triphosphate, Potassium Triphosphate.(GF)

CHORIZO - Pork, Salt, Lactose (Cows' **Milk**), Paprika (1.5%), Dextrose, Sugar, Caseinates (Cows' **Milk**), Garlic, Paprika Extract, Acidity Regulator:Sodium Citrate;, Antioxidant:Sodium Erythorbate;, Preservatives:Sodium Nitrite, Potassium Nitrate;., Extracts of Rosemary, Black Pepper, Oregano.(GF)

BACON - British Pork, Salt, Antioxidant:Sodium Ascorbate; Preservative:Sodium Nitrite (GF)

PASTRAMI - British Beef (94%), Salt, Water, Sugar, Spices (Coriander, Black Pepper, Paprika), Stabiliser:Tetrapotassium Diphosphate; Preservative:Sodium Nitrite; Spice Extracts (Pimento Extract, Chilli Extract), Flavouring.(GF)

SMOKED SALMON - Salmon (Salmo salar) (Fish) (97%), Sea Salt.(GF)

TUNA - Skipjack Tuna (Katsuwonus pelamis) (Fish), Spring Water.(GF)

ROAST BEEF - Beef, Salt, Pepper.(GF)

SHREDDED PORK - Boneless Pork Shoulder (76%), Sweet Barbecue Honey Sauce (19%) [Sugar, Water, Spirit Vinegar, Tomato Paste, Molasses, Honey, Corn Starch, Smoked Maltodextrin, Caramelised Sugar Syrup, Salt, Colour (Paprika Extract)], Sugar, Spices, Dried Vegetables [Red Pepper Flakes, Tomato Flake, Onion, Green Pepper], Onion Powder, Garlic Powder, Salt, Dextrose, Corn Starch, Rice Flour, Oregano, Colour (Paprika Extract).(GF)

CORONATION CHICKEN - Mayonnaise (41%) (Water, Rapeseed Oil, Thickener:Corn flour;, White Wine Vinegar, Granulated Sugar, **Egg** Yolk, Spirit Vinegar, Salt, Mustard Seed, Mustard Flour), Chicken (38%) (Chicken Breast (87%), Water, Chicken Carcass, Corn flour, Salt), Water, Dried Apricot (5%) (Apricot (Sulphites), Rice Flour), Sultanas (5%) (Sultanas, Sunflower Oil), Mango Chutney (Mango, Sugar, Spirit Vinegar, Glucose Syrup, Salt, Paprika, Cardamom, Cumin, Coriander), Curry Paste (Rapeseed Oil, Water, Malt Vinegar, Tomato Paste, Coriander, Turmeric, Fenugreek, Cumin, Paprika, Salt, Ginger, Cardamom), Salt, White Pepper.(GF)

VEGAN CHEESE - Water, Coconut Oil (23%), Modified Starch*, Starch, Sea Salt, Flavourings, Olive Extract, Colour: B-Carotene, Vitamin B12, *Not to be confused with GMO (Genetically Modified) Ingredients (Vegan)(GF)

VEGAN HAM - Mycoprotein (78%), Water, Natural Flavourings (contain Smoked Flavourings, Colour: Iron Oxide), Gelling Agents: Agar, Locust Bean Gum, Potato Protein, Salt, Pea Fibre, Preservative: Potassium Sorbate (Vegan)(GF)

SAVOURIES SELECTION

SAUSAGE ROLLS:Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Pork (27%), Water, Palm Oil, Potato Starch, Onion, **Wheat** Flour, Salt, Rapeseed Oil, Skimmed Cows' **Milk** Powder, Black Pepper, Sugar, Nutmeg, Yeast Extract, Parsley, Mace, Onion Powder, White Pepper, Garlic Powder.

CHICKEN SATAY CHICKEN (87%), Vegetable Oil (Rapeseed Oil, Sunflower Oil), Mustard Flour, Sugar, Dextrose, Salt, Yeast Extract, Stabilisers (Diphosphates, Polyphosphates), **Soya** Sauce (Water, Soybeans, Salt, Spirit Vinegar), Garlic Powder, Cayenne Pepper, Ginger Powder, Ginger Extract (GF)

CHEESE & ONION SAVOURY ROLLS (V) Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Onion (13%), Full Fat Soft Cheese (Cows' **Milk**) (10%) (Cheese (Cows' **Milk**), Water, Cheese Powder (Cows' **Milk**), Stabiliser:Methyl Cellulose), Potato, Palm Oil, Red Cheddar Cheese (Cows' **Milk**) (with Colour: Annatto Norbixin) (6%), Mature Cheddar Cheese (Cows' **Milk**) (5.0%), Cornflour, Water, **Wheat** Flour, Dried Potato, Rapeseed Oil, Salt, Stabiliser:Methyl Cellulose; Skimmed Cows' **Milk** Powder, Garlic Purée, White Wine Vinegar, White Pepper.(V)

VEGETABLE BAJIAS ONION (86%), Rapeseed Oil, Rice Flour, Cornflour, Potato Starch, Maize Flour, Yellow Split Peas, Chickpeas, Fresh Coriander, Lemon Juice from Concentrate, Turmeric, Salt, Green Chillies, Fresh Mint, Cumin Seeds, Black Onion Seeds, Fennel, Chilli Powder, Mango Powder, Fenugreek, Black Salt, Granulated Sugar, Curmin Powder, White Pepper, Coriander Powder, Ginger Powder, Citric Acid, Turmeric, Mint, Asafoetida. (V)(Vegan)(GF)

VEGETABLE QUICHE (V) Cows' **Milk**, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Tomato, Vegetable Shortening (Palm Oil, Rapeseed Oil), Red Pepper (6%), Yellow Pepper (6%), Courgette (5%), Pasteurised British Free Range **Egg** (5%), Cornflour, Mozzarella Cheese (4%) (Cows' **Milk**), Cheddar Cheese (4%) (Cows' **Milk**), Spinach (4.0%), Cherry Tomato (2.5%), Single Cream (Cows' **Milk**), Onion, Dextrose, Basil, Dijon Mustard (Water, Brown Mustard Seeds, Spirit Vinegar, Salt), Garlic Purée, Demerara Sugar, Oregano, Black Pepper, White Pepper.(V)

QUICHE LORRAINE Cows' **Milk**, Smoked Reformed British Bacon with Added Water (19%) (Pork (80%), Water, Tapioca Starch, Salt, Dextrose, Antioxidant:Sodium Ascorbate, Preservative:Sodium Nitrite), Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Cheese Blend (15%) (Medium Fat Hard Cheese (Cows' **Milk**), Mature Cheddar Cheese (Cows' **Milk**)), Pasteurised British Free Range **Egg** (9%), Vegetable Shortening (Palm Oil, Rapeseed Oil), Cornflour, Single Cream (Cows' **Milk**), Dextrose, Dijon Mustard (Water, Brown Mustard Seeds, Spirit Vinegar, Salt), White Pepper.

VEGAN SAUSAGE ROLLS: Puff Pastry (50%): **Wheat** Flour, Margarine (Sustainable Palm Oil, Sunflower Oil, Water, Salt, Emulsifiers: Mono- and Diglycerides of Fatty Acids, **Soya** Lecithin, Citric Acid, Sugar), Sausage Filling (50%): Vegetable Protein (**Soya**, **Wheat**), Sunflower Oil, **Wheat** Flour, Potato Starch, Flavourings (Onion, Nutmeg, Coriander, Cloves, Savoury Flavour), Coriander, Basil, Marjoram, Oregano, Rosemary, Thyme, Sage, Sea Salt, Gelling Agent: Carrageenan, Colour: Caramel IV (V)(Vegan)

OATCAKES WHOLEGRAIN OATS (90%), Sunflower Oil, Sustainable Palm Fruit Oil, Sea Salt, Raising Agent: Sodium Bicarbonate (V)(Vegan)(GF)

GLUTEN FREE SAUSAGE ROLLS Pastry 50 % (Margarine (Palm Oil, Water, Rapeseed Oil, Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt), Tapioca Starch, Maize Starch, Water, Free Range **Egg**, Stabilisers: Guar Gum, Xanthan Gum; Salt, Rice Flour), Sausage Meat Filling (Pork 36%, Water, Rice Flour, Gram Flour, Salt, Potato Starch, Ground White Pepper, Maize Starch, Ground Coriander, Ground Nutmeg, Preservative: Sodium Metabisulphite; Ground Mace, Stabiliser: Sodium Tri-Polyphosphate; Dextrose, Antioxidant: Sodium Ascorbate) (V)(GF)

VEGETARIAN SPRING ROLLS - **Wheat** Flour, Water, Yam Bean (15%), Fully Refined Soya Bean Oil, Cabbage (4.5%), Carrot (4.5%), **Wheat** Starch, Bean Sprout, Spring Onion, Garlic, Red Chilli, Salt, Coriander, Sugar, **Sesame** Oil, Tapioca Starch, White Pepper, **Soya** Bean, Yeast.(V)

PORK PIE - Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), British Pork (26%), Pork Lard, Water, Potato Starch, Salt, Pasteurised Free Range **Egg**, Pork Gelatine, Pork Stock (Water, Pork Juices, Salt, Brown Sugar, Cornflour, Onion Concentrate, Tomato Paste, Garlic Concentrate), White Pepper, Nutmeg, Sage, Preservative:Sodium Nitrite.

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