

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)

CHOCOLATE CAKE - Belgian Chocolate Buttercream (33%) (Sugar, Butter (Cows' **Milk**), Salted Butter (Butter (Cows' **Milk**), Salt), Belgian Dark Chocolate (7%) (Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: **Soya** Lecithin; Flavouring), Fat Reduced Cocoa Powder, Dried Glucose Syrup), Sugar, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pasteurised Free Range **Egg**, Rapeseed Oil, Golden Syrup, Cows' **Milk**, Humectant: Vegetable Glycerine; Fat Reduced Cocoa Powder, Palm Oil, Raising Agents: Sodium Hydrogen Carbonate, Disodium Diphosphate; Emulsifier: Mono- and Diglycerides of Fatty Acids; Salt.(V)

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)

LEMON CAKE - Sugar, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Lemon Buttercream (15%) (Sugar, Butter (Cows' **Milk**), 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 (14%) (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), Pasteurised Free Range **Egg**, Rapeseed Oil, Pasteurised Free Range **Egg** White, Palm Oil, Humectant: Vegetable Glycerine; Pasteurised Lemon Juice, Raising Agents: Disodium Diphosphate, Sodium Hydrogen Carbonate; Emulsifier: Mono- and Diglycerides of Fatty Acids; Lemon Zest, Salt, Colour: Carotenes.(V)

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)

MERINGUE - Sugar, Egg white (free range & pasteurised),Chicory & Coffee Essence, (Sugar, water,25% Chicory Extract, 4% Dried Coffee Extract). Cream (**Milk**) (V)

COCONUT SLICE - Flour (55%) (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin),

Vegetable Oil (Palm), Wholemeal **Wheat** Flour (16%), Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt Whole **Milk**, Sugar, Minimum 8% **Milk** Fat, 20% **Milk** Solids Not Fat (V)

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)

CHERRIES (56%), Glucose-Fructose Syrup, Sugar, Fruit And Vegetable Concentrates:Carrot, Cherry,Apples, Radish, Sweet Potato;, Acidity Regulator:Citric Acid;; Preservative:Sulphur Dioxide; Desiccated Coconut, Preservative: Sulphur Dioxide.(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, **soyabean** oil, bittersweet 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 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)

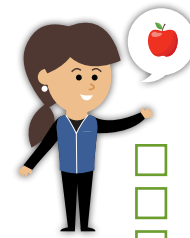
CARAMEL AND CHOCOLATE BARS (**Milk** Chocolate (Sugar, Cocoa, Whole **Milk** Powder, Cocoa Mass, Lactose (From **Milk**) Emulsifier (E22 **Soya** Lecithin) Salt, Vanilla Extract) Nougat (Sugar, Glucose Syrup, Palm Fat, **Barley** Malt Extract, Fat reduced Cocoa Powder, Skimmed **Milk** Powder, Caramelised Sugar Syrup, Dried **Egg** White, Salt) Caramel (Glucose Syrup, Sugar, Palm Fat, Condensed **Milk**, Caramelised Sugar Syrup, Salt, **Barley** Malt extract) (V)

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)

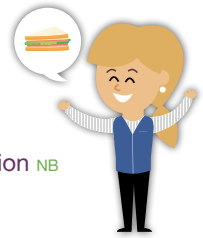
MACAROONS - Coconut (27%), Sugar, Glucose Syrup, **Egg** White, Potato Starch, Dextrose, Rice Flour, Palm Kernel Fat, Fat Reduced Cocoa Powder (1.5%), Palm Fat, Stabiliser: Sorbitan Tristearate, Emulsifier: **Soya** Lecithin (V) (GF)

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)



Our Delicious Menu Options



- | | |
|--|---|
| <input type="checkbox"/> Egg Mayonnaise NB | <input type="checkbox"/> Tuna Mayo & Red Onion NB |
| <input type="checkbox"/> Cheese & Pickle/Tomato B | <input type="checkbox"/> Honey Roast Ham B |
| <input type="checkbox"/> Brie & Grape | <input type="checkbox"/> Ham & Cheese |
| <input type="checkbox"/> Houmous Salad NB | <input type="checkbox"/> BBQ Pork & Salad NB |
| <input type="checkbox"/> Avocado & Tomato B | <input type="checkbox"/> Chicken Mayo Salad NB |
| <input type="checkbox"/> Cous Cous Salad NB | <input type="checkbox"/> Roast Beef, Tomato, Mustard & Rocket |
| <input type="checkbox"/> Wensleydale & Rocket NB | <input type="checkbox"/> Coronation Chicken Salad NB |
| <input type="checkbox"/> Cheese Savoury & Rocket NB | <input type="checkbox"/> Chicken Bacon/Chorizo & Tomato |
| <input type="checkbox"/> Smoked Salmon, Cream Cheese & Cucumber NB | <input type="checkbox"/> Pastrami and Swiss Cheese |

Savoury Selection

- | | |
|---|--|
| <input type="checkbox"/> Oatcakes, Rice Crackers & Cheese | <input type="checkbox"/> Quiche Lorraine |
| <input type="checkbox"/> Vegetable Bajia (Vegan) | <input type="checkbox"/> Assorted Quiche |
| <input type="checkbox"/> Cheese & Onion Rolls | <input type="checkbox"/> Sausage Rolls |
| <input type="checkbox"/> Mediterranean Vegetable Quiche | <input type="checkbox"/> Chicken Satay |

Sweet Selection

- | | |
|--|---|
| <input type="checkbox"/> Coconut Slice | <input type="checkbox"/> Caramel Shortcake |
| <input type="checkbox"/> Caramel Shortcake | <input type="checkbox"/> Lemon Cake |
| <input type="checkbox"/> Mini Blueberry/choc Muffins | <input type="checkbox"/> Rocky Road |
| <input type="checkbox"/> Scottish Tablet | <input type="checkbox"/> Chocolate Chip Cookies |
| <input type="checkbox"/> Chocolate Cake / Brownies | <input type="checkbox"/> Fresh Fruit Meringues |
| <input type="checkbox"/> Carrot Cake | <input type="checkbox"/> Crispy Cake |
| <input type="checkbox"/> Pain au Choc | <input type="checkbox"/> Jam Tart (GF/Vegan) |

NB - No Butter | B - Butter | GF - Gluten Free

**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.

SCAN HERE FOR OUR
ONLINE INGREDIENTS LIST



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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 MULTISEED)- 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 & ACCOMPLIMENTS

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.

RICE CHILLI CRACKERS (with Cream Cheese (**Milk**) and Salmon/Chorizo & Tomato) (Gluten Free) Rice (84.5%), Rice Bran Oil (Contains Antioxidant: Soy Tocopherols), Sugar (4.3%), Salt, **Milk** Powder, Hydrolysed Soy Protein, Tomato Powder, Garlic Powder, Yeast Extract, Soy Sauce Powder (Soy, Rice, Salt), Onion Powder, Acidity Regulators: Calcium Lactate, Sodium Acetates, Citric Acid, Malic Acid, Flavour Enhancers: Disodium Guanylate, Disodium Inosinate, Vinegar Flavour, Maltodextrin, Paprika Powder (0.1%), Chilli Powder (0.1%), Colouring: Paprika Extract, Anticaking: Silicon Dioxide, Antioxidant: Soy Tocopherol, Capsicum Extract (V)(GF)

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, Cumin 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)

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