

ALLERGENS MENU

BREAKFAST MENU

BACON BAP: Bacon, Bread Roll, Flora Spread.

Pork (88%), Water, Salt, Preservative: Sodium Nitrite.

Brioche Roll: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A

WHEAT, GLUTEN

GLUTEN FREE AVAILABLE

SAUSAGE BAP: Sausage, Bread Roll, Flora Spread.

SAUSAGE IS GF

Pork (84%), Water < Free Crumb (Rice flour, Gram flour, Maize, Starch, Salt, dextrose), Sea salt, Spices, Dextrose, rice flour, Stabiliser (Pentasodium triphosphate), Preservative (Sodium Metabisulphite). Filled into natural pork casings.

Brioche Roll: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A

WHEAT, GLUTEN

GLUTEN FREE AVAILABLE

Sausages Cooked in Rapeseed Oil

VEGGIE SAUSAGE BAP : Veggie Sausage, Bread Roll, Flora Spread.

Rehydrated SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural flavouring, Dextrose, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).

WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin),

Brioche Roll: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A

WHEAT, SOYA, GLUTEN

Veggie Sausage cooked in Rapeseed Oil

FARMHOUSE BAP: Bacon, Sausage, Egg, Bread Roll, Flora Spread.

Pork (88%), Water, Salt, Preservative: Sodium Nitrite.

Pork (84%), Water < Gluten Free Crumb (Rice flour, Gram flour, Maize, Starch, Salt, dextrose), Sea salt, Spices, Dextrose, rice flour, Stabiliser (Pentasodium triphosphate), Preservative (Sodium Metabisulphite). Filled into natural pork casings.

Brioche Roll: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A

WHEAT, GLUTEN, EGG

GLUTEN FREE AVAILABLE

Sausage and Egg Cooked In Rapeseed Oil

BREAKFAST BURRITO: Bacon, Eggs, Hash Browns and a Tortilla Wrap.

Pork (88%), water, salt, preservative: sodium nitrite.

EGG

Potato (83%), Sunflower Oil, Potato Flake, Onion, Flavouring, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper.

BRIOCHE ROLL: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

WHEAT, EGG, GLUTEN

VEGGIE OPTION: Veggie Sausage, Eggs and Hash Browns in a Tortilla Wrap.

Rehydrated SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural flavouring, Dextrose, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre).

EGG

Potato (83%), Sunflower Oil, Potato Flake, Onion, Flavouring, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper.

Brioche Roll: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

WHEAT, GLUTEN, EGG, SOYA

HASH BROWNS: Potato (83%), Sunflower Oil, Potato Flake, Onion, Flavouring, Salt, Stabiliser (Hydroxypropyl Methyl Cellulose), Dextrose, White Pepper.

FRIED EGGS: EGG

EGG

SAUSAGE: Pork (84%), Water, Gluten Free Crumb (Rice flour, Gram flour, Maize, Starch, Salt, dextrose), Sea salt, Spices, Dextrose, rice flour, Stabiliser (Pentasodium triphosphate), Preservative (Sodium Metabisulphite). Filled into natural pork casings.

BACON: Pork (88%), water, salt, preservative: sodium nitrite

VEGGIE SAUSAGE: Rehydrated SOYA Protein (71%), Water, Seasoning (Yeast Extract, Onion Powder, Natural flavouring, Dextrose, Herb, Smoke Flavouring, Red Beetroot Powder), Onion (4%), Rapeseed Oil, Stabiliser (Methyl Cellulose), Tomato Puree, Stabiliser (Bamboo Fibre). **SOYA**

JACKET POTATOES

Baking potato, Olive Pomace blend, Olive Pomace Oil (52%), Rapeseed Oil (48%) (Rapeseed Oil, Anti-Foaming Agent (Dimethylpolysiloxane)).

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

BEANS – Beans (49%), Tomatoes (30%), Water, Sugar, Glucose-Fructose syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings.

TUNA MAYONNAISE – Tuna, Water, Salt.

Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum. – **EGG, FISH**

CHILLI – Beef mince, Red Onion, Brown Skin Onion, Mixed Peppers, Tinned Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Tomato Paste, Mixed Chillies, Fresh Garlic, Chilli Flakes, Cumin, Turmeric, Coriander, Paprika, Salt, Pepper, Beef Stock (Dextrose, Salt, Potato Starch, Flavouring, Yeast extracts, Beef fat Powder (2%), Dried Vegetables (Onion, Carrot), Sun flower Oil, Garlic Powder, Spice Extract (Pepper powder).

3 BEAN CHILLI – Red Onions, Brown skin Onions, Fresh Garlic, Mixed Chillies, Mixed Peppers, Mixed Beans (51%), (in variable proportions: Red Kidney Beans, Pinto Beans, Black Turtle Beans, Cannellini Beans), Water, Tomatoes(5%), Red Pepper (4%), Tomato Puree, Spirit vinegar, Sugar, Rapeseed Oil, Modified Starch, Salt, Coriander, Jalapeno Pepper, Chilli Pepper, Paprika), Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Veg Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (CELERY, Turmeric, Black Pepper), Sunflower Oil, colour (Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract). - **CELERY**

SALAD LEAVES: Frisée, Lambs Lettuce, Radicchio.

CHOPPED SALAD: Peppers, Carrot, deseeded Cucumber

COLESLAW: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum). - **EGG**

PASTIES, PIES & SAUSAGE ROLLS

CORNISH PASTY

CONTAINS PORK

WHEAT Flour (contains: Calcium, Iron, Niacin, Thiamin), Potato, Beef (14%)Margarine (vegetable oil, (Palm oil, Rapeseed oil, Water, Salt, Emulsifiers: E471, colours: E160b, E100), Swede, Water, Onions, Lard (pork fat), Seasoning (salt, Dextrose, Onion Powder, Hydrolysed Vegetable protein (contains SOYA, Maize, Black pepper, rusk [contains WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin) Salt]ground white pepper, Rapeseed oil, Cayenne Extract), Salt, Modified maize Starch, Caster sugar, Ground Black pepper, Glaze: Water, Vegetable oil, (Rapeseed), Modified Starch, Emulsifiers: E471, E322), Dextrose, Vegetable Protein, MILK proteins, Acidity Regulator: E339 (iii), Colour: E160a(iii), Semi-skimmed MILK

WHEAT, SOYA, MILK, GLUTEN

CHEESE PASTY

Potato, WHEAT Flour (contains Calcium, Iron, Niacin, Thiamin), Margarine (Vegetable Oil (Palm oil, Rapeseed oil), Water, Salt, Emulsifiers:E471, Colours: E160b, E100), Onions (14%), Mature Cheese (12%) (Pasteurised Full Fat MILK, Salt, Starter Culture, Vegetarian Rennet, Water, Vegetable Oil, MILK Protein, Emulsifying Salts, Potato Starch, Colour: E160a)), Water, Seasoning (Salt, Dextrose, Onion Powder, Hydrolysed Vegetable Protein, (contains: SOYA, Maize), Black Pepper, Rusk [contains: WHEAT flour (Calcium Carbonate, Iron, Thiamin, Niacin), Salt], Ground White Pepper, Rapeseed Oil, Cayenne extract), Salt, Modified Maize Starch, Caster Sugar, Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Emulsifiers: (E471, E322), Dextrose, Vegetable Protein, MILK Proteins, Acidity Regulator: E339 (iii), Colour: E160a, Semi Skimmed MILK

WHEAT, GLUTEN, SOYA, MILK

LAMB AND MINT PASTY

CONTAINS PORK

WHEAT Flour (contains: Calcium, Iron, Niacin, Thiamin), Lamb (14%), Potato, Margarine (Vegetable Oil (Palm Oil, Rapeseed oil), Water, Salt, Emulsifiers: E471, Colours: E160b, E100), Swede, Water, Onions, Lard (Pork fat), Potato Flakes (Potatoes), Mint Glaze (1%)(Sugar, Acids (Sodium Diacetate, Malic Acid), Dried Glucose Syrup, Modified Starch, Salt, Dried Mint (3.6%), Yeast Extract, Natural Rosemary Flavouring, Beta Carotene, Natural Flavouring, Thickeners: Xanthan Gum, Guar Gum), Natural Garden Mint Flavouring), Seasoning (Salt, Dextrose, Onion Powder, Hydrolysed Vegetable Protein (contains SOYA, Maize), Black Pepper, Rusk [contains : WHEAT Flour (Calcium Carbonate, Iron, Thiamin, Niacin), Salt], Ground White Pepper, Rapeseed Oil, Cayenne Extract), Lamb Fat, Salt, Caster Sugar, Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Emulsifiers: E471, E332), Dextrose, Vegetable Protein, MILK Proteins, Acidity Regulator: E339 (iii), colour: E160a (iii), Semi-Skimmed MILK

WHEAT, GLUTEN, SOYA, MILK – MAY CONTAIN: CELERY, MUSTARD, SULPHUR DIOXIDE

RED THAI CHICKEN PASTY CONTAINS PORK

WHEAT Flour (contains: Calcium, Iron, Niacin, Thiamin), Potato, Chicken (14%) (Chicken Breast(99%), Salt), Margarine (Vegetable Oil (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifiers: E471, Colours:E160b, E100), Coconut Milk (Coconut, Water), Water, Red Peppers, Lard (Pork Fat), Green Beans, Red Thai Paste (1%) (Red Curry Paste (Dried Red Chilli, Garlic, Lemon Grass, salt, Shallot, Galangal, SHRIMP Paste(SHRIMP, Salt), Kaffir Lime Peel, Pepper) (CRUSTACEANS), Palm Sugar (Coconut Palm Sugar, Water, Preservative: Potassium Sorbate, Colour: Tartrazine), Modified Maize Starch, Salt, Caster Sugar, SOY Sauce with Mushroom (Water, Defatted SOY Bean, WHEAT, Salt, Sugar, Flavour Enhancer: Monosodium Glutamate, Mushroom, Preservative: (E211), Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Emulsifiers:(E471, E332), Dextrose, Vegetable Protein, MILK Proteins, Acidity Regulator: E339 (iii), Colour: E160a (iii), Semi-Skimmed MILK. Toppings: Ground Coriander

WHEAT, SOYA, MILK, GLUTEN, CRUSTACEANS – MAY CONTAIN MUSTARD

MAY CONTAIN BONES.

BEEF AND STILTON CONTAINS PORK

Potato, WHEAT Flour (contains: Calcium, Iron, Niacin, Thiamin), Beef (14%), Margarine (Vegetable Oil (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifiers: E471, Colours: E160b, E100), Water, Swede, Blue Stilton (4%), (Raw MILK, Coagulant, Starter, Salt, Blue Mould Spores, Anti-cake: Potato Starch), Lard (Pork fat), Onions, Seasoning (Salt, Dextrose, Onion Powder, Hydrolysed Vegetable Protein (contains: SOYA, Maize), Black Pepper, Rusk [contains: WHEAT (Calcium Carbonate, Iron, Thiamin, Niacin), Salt], Ground White Pepper, Rapeseed Oil, Cayenne Extract), Salt, Modified Maize Starch, Caster Sugar, Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch, Emulsifiers: (E471, E332), Dextrose, Vegetable Protein, MILK Proteins, Acidity Regulator: E339 (iii), Colour: E160a (iii), Semi-Skimmed MILK

WHEAT, GLUTEN, SOYA, MILK

STEAK SLICE

WHEAT Flour, Water, Beef (21%), Non-Hydrogenated Vegetable Fat (contains: Rapeseed Oil, Palm oil, Palm Oil Fractions, Coconut Oil, Water, Salt, Emulsifier E471, Colours: E100, E160b, Citric Acid), Seasoning (contains: Modified Corn Flour, WHEAT Flour, Potato, Salt, Flavour Enhancer E621, Flavourings, Colour: E150c, Pepper), Rusk (contains: WHEAT Flour, Salt, Raising agent (E503(ii)), Onion, Salt. Glaze: Water, MILK Proteins, Modified Maize Starch, Vegetable Oil, Emulsifiers: E322 (SOYA Lecithin), E471, Acidity Regulator: E339, Colour: E160a.

WHEAT, GLUTEN, SOYA, MILK – MAY CONTAIN MUSTARD, CELERY, EGG AND SULPHITES

OINKER SAUSAGE ROLL

Meat: Pork (30%), Water, Rusk (WHEAT Flour, Salt, E503ii as process aid), Rhostar (WHEAT Flour, Rusk (WHEAT), Starch, Potato, Salt), Seasoning (Salt, WHEAT Flour, Sugar, Preservative: E221, Stabilisers: E450 (i, iii), Dextrose, Yeast Extract, Antioxidant E300, Spices Extract, Herb Extract, Contains SULPHITE).

Pastry: (WHEAT Flour, Margarine (Palm and Rapeseed Oil), Water, Salt, Preservative: E202)

Glaze: Water, Vegetable Oil (Rapeseed), Modified Starch (Tapioca), Dextrose (Maize), Emulsifiers: E471, E322, Vegetable Protein, MILK Protein, Acidity Regulator: E339iii, Colour: E160a, Flour (WHEAT Flour).

WHEAT, GLUTEN, SULPHITES – MAY CONTAIN EGG, SOYA, MUSTARD

PORK, APPLE AND CIDER SAUSAGE ROLL

Meat: Pork (30%), Water, Rusk (WHEAT Flour, Salt, E503ii as process aid), Rhostar (WHEAT Flour, Rusk (WHEAT), Starch Potato, Salt), Seasoning (Salt, WHEAT Flour, Sugar, Preservative: E221, Stabilisers: E450 (i,ii), Dextrose, Yeast Extract, Antioxidant: E300, Spices Extract, Herb Extract, Contains: (SULPHITE), Dried Apple (0.89%), Dehydrated Apple, Preservative: E223, Cider(1.49% contains :SULPHITES)

Pastry: (WHEAT Flour, Margarine (Palm and Rapeseed Oil), Water, Salt, Preservative: E202)

Glaze: Water, Vegetable oil (rapeseed), Modified Starch (Tapioca), Dextrose (Maize), Emulsifiers: E471, E322, Vegetable protein, MILK Protein, Acidity Regulator: E339iii, Colour: E160a, Flour (WHEAT Flour)

WHEAT, GLUTEN, SULPHITES – MAY CONTAIN EGG, SOYA, MUSTARD

PORK, LUDLOW ALE AND MUSTARD SAUSAGE ROLL

Meat: Pork (31%), Water, Rusk (WHEAT Flour, Salt, E503ii), Rhostar (WHEAT Flour, Rusk (WHEAT), Starch, Potato, Salt), Seasoning (Salt, WHEAT Flour, Sugar, Preservative: E221, Stabilisers: E450 (i,ii), Dextrose, Yeast Extract, Antioxidant: E300, Spices Extract, Herb Extract, Contains: SULPHITE), Grain MUSTARD (1.55% MUSTARD Seed (30%), Water, White Wine Vinegar, Spirit Vinegar, Sugar, MUSTARD Flour (4%), Salt, Cinnamon, Pimento, Turmeric), Hobson Ale (1.43%), Water, Malted BARLEY, WHEAT, Hops, Traces of Yeast, Caramel, Finings, Vanilla (Contain: SULPHITE)

Pastry: (WHEAT Flour, Margarine (Palm and Rapeseed oil), Water, Salt, Preservative E202)

Glaze: Water, Vegetable oil (rapeseed), Modified Starch (Tapioca), Dextrose (Maize), Emulsifiers: E471, E322, Vegetable protein, MILK Protein, Acidity Regulator: E339iii, Colour: E160a

WHEAT, GLUTEN, SULPHITES, BARLEY – MAY CONTAIN EGG, SOYA, MUSTARD

SPICY VEGETABLE PASTY – VEGAN

WHEAT Flour (contains: Calcium, Iron, Niacin, Thiamin), Margarine (Vegetable Oil (Palm Oil, Rapeseed Oil), Water, Salt, Emulsifiers: E471, Colours: E160b, E100), Mixed Green and Red peppers (11%), Water, Potato (6%), Onions(5%), Swede(5%), Red Kidney Beans (5%) (Kidney Beans, Salt, Water, Calcium Chloride(5%), Carrots (5%), Peas(2%), Tomato Paste (Tomatoes), SOY sauce with Mushroom (Water, Defatted SOY Bean, WHEAT, Salt, Sugar, Flavour Enhancer: Monosodium Glutamate, Mushroom, Preservative: (E211), Rapeseed Oil (Rapeseed Oil , Antifoaming Agent (E900), potato Flakes (Potatoes), Salt, Seasoning (Salt, Dextrose, Onion Powder, Hydrolysed Vegetable Protein (contains: SOYA, Maize), Black Pepper, Rusk (contains: WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Ginger, Caster Sugar, Garlic Powder (Garlic), Chilli Powder (Chilli Powder (40%), Paprika, Cumin, Oregano, Garlic Powder).

WHEAT, GLUTEN, SOYA

VEGAN SAUSAGE ROLL

WHEAT Flour (contains: Calcium, Iron, Niacin, Thiamin), Water, Margarine (vegetable fat (Palm), Vegetable Oils (Rapeseed and Coconut), Water, Salt, Emulsifier: E471, E475, Acid:E330, Natural Flavour, Colours: E100, E160a, E160b), Vegan Sausage Roll Seasoning (WHEAT Protein (SULPHITE), Palm Fat, WHEAT Protein, Vegetable Oil (Rapeseed), Rusk (contains: WHEAT Flour [Calcium Carbonate, Iron, Niacin, Thiamin], Salt), Flavouring (Contains: Salt Maltodextrin, Yeast Extract, Process Flavouring), Stabiliser:E461, Salt, Herb (Sage), Flavour Enhancer:E621, Spices (White Pepper, Coriander, Chilli), Dextrose, Onion Powder, Colour E150c), Onions, Salt, Caster Sugar, Glaze: Water, Vegetable Oil (Rapeseed), Sugar, Cornflour, Vegetable Protein, Starch.

WHEAT, GLUTEN, SULPHITES

CAKES

AUSTRALIAN CRUNCH: GF DF

GF Plain flour: Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat))

GF Self Raising Flour: Flour Blend (Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agent (Mono-Calcium Phosphate, Sodium Bicarbonate), Thickener (Xanthan gum).GF Cornflakes: Maize Grits, Sugar, Salt, Iron, Vitamin B3, B5, B9, B6, B2. Dairy Free Margarine: Plant Oils (Sunflower, Rapeseed, Palm, Linseed), Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A. Cocoa Powder, Granulated Sugar, Dark Chocolate: Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, emulsifier: SOYA Lecithin, Natural Vanilla Flavouring, Desiccated Coconut: Desiccated Coconut (99%), Preservative (Sodium Metabisulphite (SULPHITES)).

SOYA, SULPHITES – MAY CONTAIN MILK

TIFFIN:

Golden Syrup (Partially Inverted Refiners Syrup), Butter: (Milk), Minimum 80% Milk Fat, , Dark Chocolate: Cocoa mass, Sugar, Fat Reduced Cocoa Powder, emulsifier: SOYA Lecithin, Natural Vanilla Flavouring, Digestive Biscuits: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm Oil, Wholemeal WHEAT Flour, Sugar, Partially inverted Sugar Syrup, Raising agents (Sodium Bicarbonate, Ammonium bicarbonate), Salt, Sultanas (Sultanas 99.5%), Sunflower Oil, Cherries (56%), Glucose-Fructose Syrup, Sugar (18%), Acidity Regulator (Citric Acid), Preservatives (Potassium Sorbate, SULPHUR DIOXIDE), Colour (Erythrosine), Vegetable Oil.

MILK, WHEAT, SULPHITES, SOYA

BROWNIE: GF DF

Caster Sugar, Dark Soft Sugar, Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier [sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), Vanilla extract (Invert Sugar Syrup, Glucose Syrup, Water, Vanilla extract), EGGS, Cocoa Powder, GF Plain Flour (Flour blend [Rice, Potato, Tapioca, Maize, Buckwheat]), Dark Chocolate (Cocoa mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring), Xanthan Gum.

EGGS, SOYA – MAY CONTAIN MILK

ROCKY ROAD: NOT VEGETARIAN CONTAINS PORK GELATINE

Digestive biscuits: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Palm oil, Wholemeal WHEAT Flour, Sugar, Partially In

Rice Krispies (Rice, Sugar, Salt, BARLEY Malt, Flavouring, Vitamins and Minerals: Niacin, Iron, Vitamin B6, Vitamin B2(riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin D, Vitamin B12.

Dark Chocolate (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring, White Chocolate (Sugar, Whole MILK Powder, Cocoa Butter, Skimmed MILK Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring, Growing Great Chocolate Ingredients: Cocoa, White Chocolate[min20%]), Cocoa Powder, Golden Syrup (Partially Inverted Refiners Syrup, Butter (Minimum 80% MILK Fat, Butter MILK), Marshmallows (Glucose Syrup, Sugar, Dextrose, Water, Stabiliser, Sorbitol, Gelatine, Flavouring, Colour Carmines).

WHEAT, GLUTEN, SOYA, MILK,

SHORTBREAD:

Butter (Minimum 80% MILK Fat, Butter MILK), Plain Flour (WHEAT Flour [Contains Calcium Carbonate, Iron, Nicotinamide, Thiamin]), Caster Sugar, Cornflour (Maize Starch), Salt.

WHEAT, GLUTEN, MILK – may contain cocoa if chocolate shortbread

MILLIONAIRES SHORTBREAD:

Butter (Minimum 80% MILK Fat, Butter MILK), Plain Flour (WHEAT Flour [Contains Calcium Carbonate, Iron, Nicotinamide, Thiamin]), Caster Sugar, Cornflour (Maize Starch), Demerara Sugar, Condensed MILK (Whole MILK, Sugar), Dark Chocolate (Cocoa Mass, Sugar, Fat Reduced Cocoa Powder, Emulsifier: SOYA Lecithin, Natural Vanilla Flavouring, Golden Syrup (Partially Inverted Refiners Syrup).

WHEAT, GLUTEN, SOYA, MILK

FLAPJACK: GF DF

Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier (Sunflower, Lecithin), Vinegar, Natural Flavourings, Vitamin A), Demerara Sugar, Golden Syrup (Partially Inverted Refiners Sugar), Oats

VICTORIA SPONGE:

Self-Raising Flour (WHEAT Flour (Contains Calcium Carbonate, iron, Nicotinamide, Thiamin) Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Vanilla Extract (Water, Monopropylene Glycol, colour (Caramel E150a), Flavourings, Caster Sugar, Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), EGGS, Strawberry Jam (Glucose-fructose Syrup, Strawberries, Gelling agent (Pectin), Acid (Citric Acid), Acidity Regulator (Sodium Citrates), Prepared with 35g of Fruit per 100g: total Sugar Content 66g per 100g.

BUTTER ICING:

Icing Sugar (Icing sugar, Anti-Caking Agent: Tricalcium Phosphate (E341(iii))), Butter (Minimum 80% MILK Fat, Butter MILK), Vanilla Essence (Water, Monopropylene Glycol, colour (Caramel E150a), Flavourings, MILK

MILK, WHEAT, GLUTEN, EGGS

CHOCOLATE CAKE:

Self-raising Flour (WHEAT Flour (Contains Calcium Carbonate, iron, Nicotinamide, Thiamin) Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Caster Sugar, Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed]), Water, Salt, Plant Based Emulsifier [Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), EGGS, Baking Powder (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cocoa Powder.

BUTTER ICING:

Icing Sugar (Icing sugar, Anti-Caking Agent: Tricalcium Phosphate (E341(iii))), Butter (Minimum 80% MILK Fat, Butter MILK), Vanilla Essence (Water, Monopropylene Glycol, colour (Caramel E150a), Flavourings, MILK, Cocoa,

WHEAT, GLUTEN, EGGS, MILK

LEMON CAKE:

Self-raising Flour (WHEAT Flour (Contains Calcium Carbonate, iron, Nicotinamide, Thiamin)
Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Caster Sugar, Margarine
(Plant Oils [Sunflower, Rapeseed, Palm, Linseed]), Water, Salt, Plant Based Emulsifier
[Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), EGGS, Lemon Juice and Zest,
Lemon Curd (Glucose Syrup, Water, Margarine (5%) (Palm Oil, Rapeseed Oil, Water),
Stabiliser (WHEAT Starch), Lemon Juice from Concentrate (1.5%), Whole EGG Powder
(1.3%), Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Sodium Citrates), Colour
(Curcumin), Flavourings).

BUTTER ICING:

Icing Sugar (Icing sugar, Anti-Caking Agent: Tricalcium Phosphate (E341(iii))), Butter
(Minimum 80% MILK Fat, Butter MILK), Vanilla Essence (Water, Monopropylene Glycol,
colour (Caramel E150a), Flavourings, MILK, Lemon Juice, Lemon Zest

WHEAT, GLUTEN, SULPHITES, EGGS, MILK

CARROT CAKE:

Self-Raising flour (WHEAT Flour (Contains Calcium Carbonate, iron, Nicotinamide, Thiamin)
Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Sugar, Baking Powder
(WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents
(Sodium Acid Pyrophosphate, Sodium Bicarbonate), Mixed Spice (Cinnamon, Ground
Coriander, Allspice, clove, Ginger, Nutmeg), Pumpkin Seeds, Sultanas, Grated Carrot, EGG,
Banana, Vegetable Oil, Coconut

BUTTER ICING:

Icing Sugar (Icing sugar, Anti-Caking Agent: Tricalcium Phosphate (E341(iii))), Butter
(Minimum 80% MILK Fat, Butter MILK), Vanilla Essence (Water, Monopropylene Glycol,
colour (Caramel E150a), Flavourings, MILK, Orange Juice, Orange Zest

WHEAT, GLUTEN, MILK, EGG, SULPHITES, MILK, COCONUT

BANANA BREAD: GF

Self-Raising flour GF (Flour blend [Rice, Potato, Tapioca, Maize, Buckwheat], Raising Agent [Mono-Calcium Phosphate, Sodium Bicarbonate], Thickener [Xanthan Gum]), Margarine (Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), Caster Sugar, EGGS, Banana, Xanthan Gum, Soft Dark Sugar

BUTTER ICING:

Icing Sugar (Icing sugar, Anti-Caking Agent: Tricalcium Phosphate (E341(iii))), Butter (Minimum 80% MILK Fat, Butter MILK), Vanilla Essence (Water, Monopropylene Glycol, colour (Caramel E150a), Flavourings, MILK

EGGS, SULPHITES, MILK

COFFEE CAKE:

Self-Raising Flour (WHEAT Flour (Contains Calcium Carbonate, iron, Nicotinamide, Thiamin) Raising Agents (Monocalcium Phosphate, Sodium Bicarbonate), Caster Sugar, Margarine (Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), EGGS, Coffee

BUTTER ICING:

Icing Sugar (Icing sugar, Anti-Caking Agent: Tricalcium Phosphate (E341(iii))), Butter (Minimum 80% MILK Fat, Butter MILK), Vanilla Essence (Water, Monopropylene Glycol, colour (Caramel E150a), Flavourings, MILK, Coffee

WHEAT, GLUTEN, EGGS, MILK

FRUIT CAKE:

Plain Flour (WHEAT Flour [Contains Calcium Carbonate, Iron, Nicotinamide, Thiamin]), Baking Powder (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Margarine (Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), Sugar, Mixed Fruit (raisins (30%), currants (30%), sultanas (30%), mixed peel (10%) (orange peel, glucose-fructose syrup, lemon peel, sugar, preservatives (potassium sorbate, sulphur dioxide (sulphites)), acidity regulator (citric acid)), sunflower oil, Mixed Spice ((Cinnamon, Ground Coriander, Allspice, clove, Ginger, Nutmeg), Cherries (Cherry (56%), Glucose-Fructose Syrup, Sugar (18%), Acidity Regulator (Citric Acid), Preservatives (Potassium Sorbate, SULPHUR DIOXIDE), Colour (Erythrosine), EGGS

WHEAT, GLUTEN, EGGS, SULPHITES

SCONES:

Plain Flour (WHEAT Flour[Contains Calcium Carbonate, Iron, Nicotinamide, Thiamin]), Baking Powder (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Margarine (Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A),

Butter (Minimum 80% MILK Fat, Butter MILK), EGGS, MILK, Vanilla Essence (Water, Monopropylene Glycol, colour (Caramel E150a), Flavourings.

WHEAT, GLUTEN, MILK, EGGS,

OPTIONS:

CHEESE – MILK

SULTANAS – SULPHITES

CHERRIES - SULPHITES

LEMON AND BLUEBERRY MUFFIN CAKE:

Self-Raising Flour (WHEAT Flour (Cereals containing GLUTEN), Calcium Carbonate, Iron, Niacin, Thiamin), Raising Agents (Acid Calcium Phosphate, Sodium Bicarbonate), Baking Powder (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Fresh Lemons, Caster Sugar, Blueberries, EGGS, Greek Yoghurt (MILK, MILK Solids, Cream (MILK), Oil (SOYA), Icing Sugar (Sugar (97%), Maize Starch)

WHEAT, GLUTEN, MILK, EGG, SOYA

PANINIS

ROASTED SUMMER VEG:

Red Onion, Mixed Peppers, Courgettes, Fresh Garlic, Salt, Pepper, Mixed Herbs (Thyme (40%), Marjoram (27%), Oregano (10%), Parsley (9%), Sage (9%), Basil (5%)), Pesto (Basil, (41%), Rapeseed oil, Olive oil (17%), medium fat hard cheese (MILK) (8%), Water, Sugar, Salt, Garlic (1%), Acidity Regulator (Lactic Acid), Potato Powder, (contains Preservative Sodium Metabisulphite (SULPHITES)), Black Pepper), Olive Oil, WHEAT flour, Water, RYE flour, Yeast, Iodized salt, WHEAT gluten, enzymes and flour treatment agent E300. Burts crisps (Potatoes, Sunflower Oil, Sea Salt)

Salad leaves: Frisée, Lambs Lettuce, Radicchio.

Chopped Salad: Peppers, Carrot, deseeded Cucumber

Coleslaw: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum). - **EGG**

WHEAT, RYE, GLUTEN, MILK, SULPHITES, EGG

ITALIANO PEPPERONI:

Pepperoni (Pork [Made with 137g of Raw Pork per 100g Salami Using Meat from Italy], Salt, Spices (Hot Paprika, Pepper, Garlic, Cumin), Dextrose, Antioxidant: E301, Preservatives: E250, E252), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Pesto (Basil, (41%), Rapeseed oil, Olive oil (17%), medium fat hard cheese (MILK) (8%), Water, Sugar, Salt, Garlic (1%), Acidity Regulator (Lactic Acid), Potato Powder, (contains Preservative Sodium Metabisulphite (SULPHITES)), Black Pepper), Sliced Fresh Tomato, Mozzarella (Cows MILK, Vegetarian Rennet, Salt, Acidity Regulator, Citric Acid), WHEAT flour, Water, RYE flour, Yeast, Iodized salt, WHEAT gluten, enzymes and flour treatment agent E300 Burts Crisps (Potatoes, sunflower Oil, Sea Salt).

Salad leaves: Frisée, Lambs Lettuce, Radicchio.

Chopped Salad: Peppers, Carrot, deseeded Cucumber

Coleslaw: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum). –

EGG, WHEAT, GLUTEN, SULPHITES, MILK, RYE

KIDS MENU

SAUSAGE AND CHIPS: Chips Cooked in Rapeseed Oil

Pork (84%), Water < Gluten Free Crumb (Rice Flour, Gram Flour, Maize, Starch, Salt, Dextrose), Sea Salt, Spices, Dextrose, Rice Flour, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Metasulphite), Filled into Natural Pork Casings. Margarine (Plant Oils [Sunflower, Rapeseed, Palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower Lecithin], Vinegar, Natural Flavourings, Vitamin A), Potato (Palm Oil).

CHICKEN GOUJONS AND CHIPS:

Chicken Breast Fillet (62%), Water, WHEAT Flour, Thickeners (Modified Tapioca Starch, Xanthan Gum, Guar Gum), Salt, Corn Starch, Sugar, Yeast, Fully Refined SOYA Oil, Potato (Palm Oil).

WHEAT, GLUTEN, SOYA

FISH FINGER AND CHIPS: Chips Cooked in Rapeseed Oil

Alaska Pollock (FISH)(59%), Breadcrumbs Coating (WHEAT Flour, Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Potato Starch, EGG White Powder, Salt, Yeast, Paprika, Turmeric), Rapeseed Oil, Potato (Palm Oil).

FISH, WHEAT, GLUTEN, EGG

GARDEN PEAS

BAKED BEANS: beans (49%), tomatoes (30%), water, sugar, glucose-fructose syrup, modified maize starch, salt, onion powder, paprika, flavourings.

SALAD: Frisée, Lambs Lettuce, Radicchio, Peppers, Carrot, deseeded Cucumber

PENNE PASTA:

Tinned Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid), Brown Skin Onion, Fresh Garlic, Mixed Herbs (Basil, Marjoram, Oregano, Rosemary, Sage, Thyme), Sugar, Salt, Pepper, Cheddar (Mature grated cheese, MILK, Anti- Caking agent (Potato Starch)). Pasta (100% Durum WHEAT Semolina).

WHEAT, MILK– IF CHEESE ADDED

CHILDREN'S LUNCH BAGS:

HAM SANDWICH: WHEAT Flour (With Added Calcium, Iron, Niacin and Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Rapeseed Oil, Flour Treatment agent: E300, _x000D_x000D_, Pork (100g Pork per 100g finished Product), Fibricure (Salt, Stabiliser (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium nitrite)), Salt, Margarine (Plant Oils [Sunflower, Rapeseed, palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower, Lecithin], Vinegar, Natural flavourings, Vitamin A).

CHEESE SANDWICH: WHEAT flour (With Added Calcium, Iron, Niacin and Thiamine), Water, Yeast, Salt, Emulsifier: E472e, Rapeseed Oil, Flour Treatment Agent: E300, _x000D_x000D_, Cheese (Medium Cheddar Cheese (MILK)), Margarine (Plant Oils [Sunflower, Rapeseed, palm, Linseed], Water, Salt, Plant Based Emulsifier [Sunflower, Lecithin], Vinegar, Natural flavourings, Vitamin A).

POM BEARS: Dried Potato, sunflower Oil (25%), maize Starch, Potato Starch, Maize Dextrin, Sugar, salt, Yeast Extract, Emulsifier: Mono- and Diglycerides of Fatty Acids, Paprika Powder.

APPLE: Apple

MILKY WAY: Sugar, Glucose Syrup, Skimmed MILK Powder, Cocoa Butter, Sunflower Oil, Cocoa Mass, MILK Fat, Lactose, Whey Powder (From MILK), Barley Malt Extract, Salt, Emulsifier (SOYA Lecithin), Palm Fat, EGG White Powder, Hydrolysed MILK protein, Natural Vanilla Extract, MILK Chocolate Contains MILK Solids 14% Minimum.

MILK, LACTOSE, BARLEY, SOYA, EGG – MAY CONTAIN: PEANUT, HAZELNUT

RADNOR FRUITS: APPLE : Apple Juice From Concentrate 50%, Spring Water, Acid : Citric Acid, Flavouring, Sweetener, Sucralose.

RADNOR FRUITS: FOREST FRUITS :Fruit Juices From Concentrate 50% (Apple 40%, White Grape 5%, Lemon 5%), Spring Water Flavouring, Sweetener, Sucralose.

WATER: Water

SOUP

TOMATO AND ROASTED RED PEPPER SERVED WITH HALF A BAGUETTE AND A BUTTER PORTION.

Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Fresh Tomatoes, Fresh Red Peppers, White Onion, Fresh Garlic, Tomato Puree, Mixed Herbs (Basil, Marjoram, Oregano, Rosemary, Sage, Thyme), Fresh Basil, Fresh Potato, Sugar, White Wine Vinegar, Vegetable Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (CELERY, Turmeric, Black Pepper), Sunflower Oil, Colour (Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant Rosemary Extract), Salt, Pepper,

Baguette (WHEAT Flour, Water, Yeast, WHEAT GLUTEN, Flour treatment Agent: E300, Enzymes, Malted WHEAT Flour, Butter (Minimum 80% MILK Fat, Butter MILK).

CELERY – VEG STOCK/ SOUP

WHEAT, GLUTEN - BAGUETTE

MILK– BUTTER

GLUTEN FREE BREAD AVAILABLE, SOUP IS GLUTEN FREE AND DAIRY FREE.

SIDES

CHEESY CHIPS: Potato, Palm Oil, Grated Cheddar Cheese (Mature grated cheese, MILK, Anti- Caking agent (Potato Starch)),

MILK

CHILLI, CHIPS AND CHEESE: Beef mince, Red Onion, Brown Skin Onion, Mixed Peppers, Mixed Chillies, Fresh Garlic, Turmeric, Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Chilli Flakes, Cumin, Coriander, Paprika, Salt, Pepper, Beef Stock (Dextrose, Salt, Potato Starch, Flavouring, Yeast extracts, Beef fat Powder (2%), Dried Vegetables (Onion, Carrot), Sun flower Oil, Garlic Powder, Spice Extract (Pepper powder), Grated Cheddar Cheese (Mature grated cheese, MILK, Anti- Caking agent (Potato Starch)), Potato, Palm Oil, Fresh Chillies.

MILK

3 BEAN CHILLI CHIPS: Red Onions, Brown skin Onions, Fresh Garlic, Mixed Chillies, Mixed Peppers, Mixed Beans (51%), (in variable proportions: Red Kidney Beans, Pinto Beans, Black Turtle Beans, Cannellini Beans), Water, Tomatoes(5%), Red Pepper (4%), Tomato Puree, Spirit vinegar, Sugar, Rapeseed Oil, Modified Starch, Salt, Coriander, Jalapeno Pepper, Chilli Pepper, Paprika), Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Pizza Sauce (Tomatoes, Salt (0.5%), Acidity Regulator: Citric Acid), Veg Stock (Salt, Potato Starch, Rapeseed Oil, Maltodextrin, Sugar, Palm Oil, Yeast Extract, Carrot Powder, Onion Powder, Spice (CELERY, Turmeric, Black Pepper), Sunflower Oil, colour (Caramel), Garlic Powder, Flavouring, Parsley, Antioxidant (Rosemary Extract), Potato, Palm Oil,

CELERY

PULLED PORK LOADED CHIPS: Pork Shoulder, Fresh Mixed Peppers, Fresh Red Onion, Tinned Chopped Tomatoes (Tomatoes, tomato Juice, Acidity regulator (Citric Acid), Dried Bay Leaf, Salt, Pepper, Garlic Powder, Smoked Paprika, Gourmet BBQ Sauce (Water, Tomato Paste, Sugar, Glucose Syrup, Spirit Vinegar, Molasses, Salt, Modified Maize Starch, Colour: Plain Caramel, MUSTARD Flour, Spices, Smoked Water, Smoke Flavouring, Onion Powder, Preservative: Potassium Sorbate, Garlic Puree (Garlic, Acidity Regulator: Citric Acid), CELERY, Herbs, Clove Oil, Potato, Palm Oil,

CELERY, MUSTARD

SAUCE MADE IN A FACTORY THAT HANDLES: EGG, FISH, GLUTEN, MILK AND SULPHITES

Chips Cooked in Rapeseed Oil

MAINS

BEEF BURGER: (100% Beef Mince).

BRIOCHE ROLL: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

CHIPS: Potato, Palm Oil,

Burger Relish: Water, Sugar, Gherkins (19%), Tomato Paste (16%), Spirit Vinegar, Diced Red Bell Peppers (5%), Cauliflower, Diced Onion, Modified Maize Starch, MUSTARD Seed, Dried Onion, Salt, Garlic Powder, White Pepper, Gherkins Contains: Gherkins, Water, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Cauliflower Contains: Cauliflower, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride).

SALAD: Little Gem, Florette (Frisée, Lambs Lettuce, Radicchio), Peppers, Carrots, Deseeded Cucumber.

COLESLAW: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum)

WHEAT, GLUTEN, EGG,

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

ADD BACON: Pork (88%), Water, Salt, Preservative: Sodium Nitrite.

CHICKEN – HOME MADE

Chips cooked in Rapeseed Oil

CHICKEN: Fresh Chicken breast, Fresh Garlic, Fresh Oregano, Fresh lemon Juice and Zest, Olive Oil, Salt, Pepper.

BRIOCHE ROLL: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

CHIPS: Potato, Palm Oil,

CHIPOTLE MAYONNAISE: Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum)), Water, Sugar, Gherkins (19%), Tomato Paste (16%), Spirit Vinegar, Diced Red Bell Peppers (5%), Cauliflower, Diced Onion, Modified Maize Starch, MUSTARD Seed, Dried Onion, Salt, Garlic Powder, White Pepper, Gherkins Contains: Gherkins, Water, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Cauliflower Contains: Cauliflower, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Red Hot Sauce (Aged Cayenne Red Peppers (35%), Distilled Vinegar, Water, Salt, Garlic Powder).

SALAD: Little Gem, Florette (Frisée, Lambs Lettuce, Radicchio), Peppers, Carrots, Deseeded Cucumber.

COLESLAW: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum)

WHEAT, GLUTEN, EGG, MUSTARD

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

ADD BACON: Pork (88%), water, salt, preservative: sodium nitrite.

MEXICAN BEAN BURGER:

Chips cooked in Rapeseed Oil

BURGER: Fresh White Onion, Fresh Garlic, Dried Chilli Flakes, Paprika, Cumin, Turmeric, Tomato puree, White Long Grain Rice, Kidney Beans, Gluten Free seeded subs (Water, Tapioca Flour, rapeseed Oil, Rice Flour, Emulsifier (Cellulose Fibre), Potato Starch, Psyllium Husk, Maize Starch, Yeast, Maize Flour, Yeast, Maize Flour, Treacle, Albumen (EGG), Poppy Seeds (3%), Thickener (Hydroxypropylmethyl Cellulose), Salt< Preservative (Sodium Propionate), Golden Millet Seeds (1.5%), Rice Starch, Sunflower Seeds(0.5%), Thickener (Cvarboxymethyl Cellulose), Fresh Coriander, Spring Onions, Mixed Peppers.

BRIOCHE ROLL: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

CHIPS: Potato, Palm Oil,

BEETROOT KETCHUP: Beetroot, Cumin, Chilli, Red Wine Vinegar (SULPHITES), Sugar.

Salad: Little Gem, Florette (Frisée, Lambs Lettuce, Radicchio), Peppers, Carrots, Deseeded Cucumber.

COLESLAW: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum)

WHEAT, GLUTEN, EGG, SULPHITES

FISH FINGER SANDWICH: Cooked in Rapeseed Oil

FISH FINGERS: Alaska Pollock (FISH)(59%), Breadcrumbs Coating (WHEAT Flour, Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Potato Starch, EGG White Powder, Salt, Yeast, Paprika, Turmeric), Rapeseed Oil

MULTI SEEDED BREAD: WHEAT Flour (With added Calcium, Iron, Niacin, Thiamine), Water, Malted WHEAT Grains (8.4%), Yeast, BARLEY Malt Flour, WHEAT GLUTEN, Toasted WHEAT (1%), Salt, Dextrose, Sugar, Emulsifiers: E472e, SOYA Flour, Preservative: E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300

WHITE BREAD: WHEAT Flour (With added Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, SOYA Flour, Preservative: E282, Emulsifier: E472e, Rapeseed Oil, Flour Treatment Agent: e300._x000D_, _x000D_

CHIPS: Potato, Palm Oil,

TARTARE SAUCE: Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum)).

SALAD: Little Gem, Florette (Frisée, Lambs Lettuce, Radicchio), Peppers, Carrots, Deseeded Cucumber.

COLESLAW: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum)

WHEAT, GLUTEN, SOYA, EGG, BARLEY, FISH

SANDWICHES

HAM SALAD ON WHITE BREAD:

HAM (Pork (100g Pork Per 100g Finished Products), Fibricure (Salt, Stabiliser (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt,

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A), Salad Leaves, Fresh Tomato Slices,

WHITE SLICED BREAD (WHEAT Flour (With added Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, SOYA Flour, Preservative: E282, Emulsifier: E472e, Rapeseed Oil, Flour Treatment Agent: e300._x000D_, _x000D_)

WHEAT, GLUTEN, SOYA

HAM SALAD ON MULTI SEEDED BREAD:

HAM (Pork (100g Pork Per 100g Finished Products), Fibricure (Salt, Stabiliser (Triphosphate), Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite)), Salt, ,

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A), Salad Leaves, Fresh Tomato Slices, Multi Seeded Bread: WHEAT Flour (With added Calcium, Iron, Niacin, Thiamine), Water,

MULTI SEEDED BREAD Malted WHEAT Grains (8.4%), Yeast, BARLEY Malt Flour, WHEAT GLUTEN, Toasted WHEAT (1%), Salt, Dextrose, Sugar, Emulsifiers: E472e, SOYA Flour, Preservative: E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300

WHEAT, GLUTEN, SOYA, BARLEY,

TUNA MAYONNAISE ON WHITE BREAD:

TUNA (FISH), Mayonnaise (Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum),

WHITE SLICED BREAD ((WHEAT Flour (With added Calcium, Iron, Niacin, Thiamine), Water, Yeast, Salt, SOYA Flour, Preservative: E282, Emulsifier: E472e, Rapeseed Oil, Flour Treatment Agent: e300._x000D_._x000D_),

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A),

WHEAT, GLUTEN, FISH, EGG, SOYA

TUNA MAYONNAISE ON MULTI SEEDED BREAD:

TUNA (FISH), Mayonnaise (Rapeseed Oil, Water, spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum), ,

MULTI SEEDED BREAD Malted WHEAT Grains (8.4%), Yeast, BARLEY Malt Flour, WHEAT GLUTEN, Toasted WHEAT (1%), Salt, Dextrose, Sugar, Emulsifiers: E472e, SOYA Flour, Preservative: E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300,

MARGARINE(Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A),

WHEAT, GLUTEN, FISH, EGG, BARLEY, SOYA

CHEESE, CHUTNEY AND LETTUCE ON WHITE BREAD

CHEESE Medium Cheddar Cheese (MILK),

WHITE SLICE BREAD WHEAT Flour (With Added Calcium, Niacin and Thiamine), Water, Yeast, Salt, SOYA Flour, Preservative:E282, Emulsifier:E472e, Rapeseed Oil, Flour Treatment Agent: E300._x000D_._x000D_,

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A), Salad Leaves,

CHUTNEY Re-Hydrated Apple (37%) (Contains Preservative: SULPHUR DIOXIDE), Sugar, White Wine Vinegar (Contains SULPHITES), Re-Hydrated Onions, Sultanas (10%) (Contains Sunflower Oil), Ale (6%) (Contains BARLEY and WHEAT), MUSTARD Seeds, Modified Maize Starch, Preservative (Potassium Sorbate), Clove Powder, Cinnamon Powder

WHEAT, GLUTEN, SOYA, MUSTARD, BARLEY, SULPHITES

CHEESE, CHUTNEY AND LETTUCE ON MULTI SEEDED BREAD

CHEESE Medium Cheddar Cheese (MILK), ,

MULTI SEEDED BREAD Multi Seeded Bread: WHEAT Flour (With added Calcium, Iron, Niacin, Thiamine), Water, Malted WHEAT Grains (8.4%), Yeast, BARLEY Malt Flour, WHEAT GLUTEN, Toasted WHEAT (1%), Salt, Dextrose, Sugar, Emulsifiers: E472e, SOYA Flour, Preservative: E282, Buckwheat Flour, Rapeseed Oil, Flour Treatment Agent: E300,

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A), Salad Leaves,

CHUTNEY Re-Hydrated Apple (37%) (Contains Preservative: SULPHUR DIOXIDE), Sugar, White Wine Vinegar (Contains SULPHITES), Re-Hydrated Onions, Sultanas (10%) (Contains Sunflower Oil), Ale (6%) (Contains BARLEY and WHEAT), MUSTARD Seeds, Modified Maize Starch, Preservative (Potassium Sorbate), Clove Powder, Cinnamon Powder

WHEAT, GLUTEN, SOYA, MUSTARD, BARLEY, SULPHITES

BAGUETTES:

SAUSAGE AND WHOLEGRAIN MUSTARD

BAGUETTE (WHEAT Flour, Water, Yeast, WHEAT GLUTEN, Flour treatment Agent: E300, Enzymes, Malted WHEAT Flour, Butter (Minimum 80% MILK Fat, Butter MILK).

SAUSAGE Pork (84%), Water < Free Crumb (Rice flour, Gram flour, Maize, Starch, Salt, dextrose), Sea salt, Spices, Dextrose, Rice Flour, Stabiliser (Pentasodium Triphosphate), Preservative (Sodium Metabisulphite). Filled into Natural Pork Casings.

WHOLEGRAIN MUSTARD Water, Mustard Seed (30%), White Wine Vinegar, Glucose-Fructose Syrup, Mustard Flour (4%), Salt, Acidity Regulator (Acetic Acid), Cinnamon, Pimento, Turmeric.

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

WHEAT, GLUTEN, MUSTARD, MILK

CHICKEN AND BACON

BAGUETTE (WHEAT Flour, Water, Yeast, WHEAT GLUTEN, Flour treatment Agent: E300, Enzymes, Malted WHEAT Flour, Butter (Minimum 80% MILK Fat, Butter MILK).

CHICKEN Fresh Chicken breast, Fresh Garlic, Fresh Oregano, Fresh lemon Juice and Zest, Olive Oil, Salt, Pepper.

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

WHEAT, GLUTEN, MILK

CHEESE PLOUGHMANS

BAGUETTE (WHEAT Flour, Water, Yeast, WHEAT GLUTEN, Flour treatment Agent: E300, Enzymes, Malted WHEAT Flour, Butter (Minimum 80% MILK Fat, Butter MILK).

CHEESE Medium Cheddar Cheese (MILK)

CHUTNEY Re-hydrated Apple (37%) (contains Preservative: Sulphur Dioxide), Sugar, White Wine Vinegar (contains Sulphites), Re-hydrated Onions, Sultanas (10%) (contains Sunflower Oil), Ale (6%) (contains Barley and Wheat), Mustard Seeds, Modified Maize Starch, Preservative (Potassium Sorbate), Clove Powder, Cinnamon Powder

MARGARINE (Plant Oils (Sunflower, Rapeseed, Palm, Linseed) Water, Salt, Plant Based Emulsifier (Sunflower Lecithin), Vinegar, Natural Flavourings, Vitamin A)

Mixed Salad leaves, Tomatoes, Cucumber

WHEAT, GLUTEN, MILK, SULPHITES

SALADS:

TUNA SALAD:

Tuna (FISH), Mayonnaise (Rapeseed Oil, Water, spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum), Mixed Salad Leaves, Diced Cucumber, Grated Carrots, Chopped Beetroot, Halved Cherry Tomatoes, Coleslaw: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum), Potato Salad (Potatoes, Mayonnaise (Rapeseed Oil, Water, spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Slice Of Lemon.

FISH, EGG

HOUMOUS AND FALAFEL:

Houmous Chickpeas (50%), Rapeseed Oil, Water, Tahini (12%) (SESAME Seed Paste), Salt, Acidity Regulator (Citric Acid), Garlic (1%), Preservative (Potassium Sorbate), Concentrated Lemon Juice, Chick Peas, Onion, Garlic, Salt, Citrus Fibre, Spices, Herbs, Raising Agents (Sodium Bicarbonate), Rapeseed Oil, Mixed Salad Leaves, Diced Cucumber, Grated Carrot, Chopped Beetroot, Halved Cherry Tomatoes, Vegan Coleslaw (Red onion, White Cabbage, Carrots, Rapeseed Oil (72%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Natural Flavouring (Contains MUSTARD), Lemon Juice Concentrate, Antioxidant (Calcium Disodium Edta), Colour (Paprika Extract), Vegan Potato Salad (Potato, Rapeseed Oil (72%), Water, Spirit Vinegar, Sugar, Salt, Modified Starch, Natural Flavouring (Contains MUSTARD), Lemon Juice Concentrate, Antioxidant (Calcium Disodium Edta), Colour (Paprika Extract), Slice of Lemon.

SESAME, MUSTARD

QUICHE OF THE DAY:

Plain Flour (WHEAT Flour (**WHEAT** Flour (**GLUTEN**), Calcium Carbonate, Iron, Niacin, Thiamin), Butter (MILK), EGGS, Double Cream(MILK), Cheddar Cheese (MILK) Mixed Salad Leaves, Diced Cucumber, Grated Carrots, Chopped Beetroot, Halved Cherry Tomatoes, Coleslaw: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum), Potato Salad (Potatoes, Mayonnaise (Rapeseed Oil, Water, spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Salt, Pepper, Slice Of Lemon.

WHEAT, GLUTEN, MILK, EGG

PASTRIES:

PAINS AU CHOCOLATE: WHEAT Flour, Butter (MILK) 20.9%, Water, Chocolate 9.2% (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier (SOYA Lecithin), Natural Vanilla Flavour), Yeast, Sugar, EGGS, Salt, WHEAT GLUTEN, Enzymes (Amylases Hemicellulases), Flour Treatment Agent (E300), EGG Wash (EGGS, Water)

WHEAT, GLUTEN, EGG, SOYA, MILK

CROISSANT:

WHEAT Flour, BUTTER (MILK) 23%, Water, Yeast, Sugar, EGGS, Salt, WHEAT GLUTEN, Enzymes (Amylases, Hemicellulases), Flour Treatment Agent (E300), EGG Wash (EGGS, Water).

WHEAT, GLUTEN, EGG, MILK

PAIN AUX RAISINS:

WHEAT Flour, Fine BUTER (MILK) 14%, Raisins 13%, Sugar, EGGS, Yeast, Modified Starch, Whole MILK Powder, Salt, WHEAT GLUTEN, Whey Powder (MILK), Skimmed MILK Powder, Stabilisers (Calcium Acetate, Tetrasodium Diphosphate, Disodium Phosphate), Flour Treatment Agents (Alpha-Amylases, Hemicellulases, Asorbic Acid), Carrot Extract, Natural Flavouring, Turmeric Extract, Paprika Extract.

WHEAT, GLUTEN, MILK, EGGS

HOT FOOD

CHIPS: Potato, Palm Oil Cooked in Rapeseed Oil

CHEESY CHIPS: Potato, Palm Oil, Grated Cheddar Cheese (Mature grated cheese, MILK, Anti- Caking agent (Potato Starch))

MILK

BEEF BURGER:

Beef burger: (100% Beef Mince).

Brioche Roll: WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Sourdough, Salt, Emulsifiers: E472e, E471, Rapeseed Oil, Yeast, Brandy Vinegar, Colour: E160a (iv), Vegetable Protein, Sunflower Oil, WHEAT Starch, Flavouring, Dextrose, Flour treatment Agent: E300, Maltodextrine, Maize Starch.

Chips: Potato, Palm Oil

Burger Relish: Water, Sugar, Gherkins (19%), Tomato Paste (16%), Spirit Vinegar, Diced Red Bell Peppers (5%), Cauliflower, Diced Onion, Modified Maize Starch, MUSTARD Seed, Dried Onion, Salt, Garlic Powder, White Pepper, Gherkins Contains: Gherkins, Water, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride), Cauliflower Contains: Cauliflower, Water, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride).

Salad: Little Gem, Florette (Frisée, Lambs Lettuce, Radicchio), Peppers, Carrots, Deseeded Cucumber.

Coleslaw: Red onion, White Cabbage, Carrots, Mayonnaise – Rapeseed Oil, Water, Spirit Vinegar, Free Range Pasteurised EGG Yolk (3.5%), Sugar, Salt, Modified Potato Starch, Stabilisers (Guar Gum, Xanthan Gum)

WHEAT, GLUTEN, EGG

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

ADD BACON: Pork (88%), Water, Salt, Preservative: Sodium Nitrite.

HOT DOG:

British Pork (85%), Water, Rice Flour, Chickpea Flour, Potato Starch, Salt, Dextrose, Stabiliser: E450, Yeast Extract, Flavouring, Cornflour, Preservative: SODIUM METABISULPHATE, White Pepper, Antioxidant: Sodium Ascorbate, Spice Extracts, Herb Extract. Sausages Filled Into Calcium Alginate Casings.

WHEAT Flour, Water, Sugar, Sunflower Oil, Salt, Yeast, Dextrose, Emulsifier (Mono and Diacetyltartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Malted Barley Flour, Acidity Regulator (Sodium Acetate), Flavouring

WHEAT, GLUTEN, SULPHITES - May contain traces of Milk and Sesame Seeds

HOT DOG AND CHIPS: chips cooked in Rapeseed Oil

British Pork (85%), Water, Rice Flour, Chickpea Flour, Potato Starch, Salt, Dextrose, Stabiliser: E450, Yeast Extract, Flavouring, Cornflour, Preservative: SODIUM METABISULPHATE, White Pepper, Antioxidant: Sodium Ascorbate, Spice Extracts, Herb Extract. Sausages Filled Into Calcium Alginate Casings.

WHEAT Flour, Water, Sugar, Sunflower Oil, Salt, Yeast, Dextrose, Emulsifier (Mono and Diacetyltartaric Acid Esters of Mono and Diglycerides of Fatty Acids), Malted Barley Flour, Acidity Regulator (Sodium Acetate), Flavouring

Potato, Palm Oil

WHEAT, GLUTEN, SULPHITES - May contain traces of Milk and Sesame Seeds

STREET FOOD available from The Bear Kiosk

MORROCAN SHREDDED BEEF:

Beef (Brisket), Fresh Onions, Garlic, ginger, Carrot, Cumin, Coriander, Cinnamon, Turmeric, Lemon Juice, Parsley, Cornflour (Maize Starch), Honey, Salt, Pepper, Chilli Flakes, Fresh Coriander

KOREAN STICKY CHICKEN:

Chicken Breast, Sweet Chilli Sauce, BBQ Sauce, Brown Sugar, Cornflour (Maize Starch), White Wine Vinegar, Fresh Garlic, Fresh Ginger, Tamari, Salt, Pepper.

SOYA

FALAFEL:

Chick Peas, Onion, Garlic, Salt, Citrus Fibre, Spices, Herbs, Raising Agents (Sodium Bicarbonate), Rapeseed Oil

FLAT BREADS:

Fortified Flour [WHEAT Flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1)], Water, Yeast, Sugar, Bread Softener [WHEAT Flour), Salt.

WHEAT

CABBAGE SALAD:

White Cabbage, Mixed Peppers, Fresh Lemon Juice, Olive Oil, Carrot, Salt, Pepper, Fresh Parsley

TABBOULEH:

Couscous, Cumin, Coriander, Turmeric, Fresh Parsley, Fresh Mint, Fresh Lemon Juice, Olive Oil, Mixed Peppers, Dried Apricots, Vegetable Stock

CELERY

MIXED LETTUCE:

Florette (Frisee, Lambs Lettuce, Radicchio)

MAC'N' CHEESE:

Macaroni (Durum Wheat Semolina (100%))MILK, Cheddar Cheese (MILK), Butter (MILK), Plain Flour (WHEAT Flour[Contains Calcium Carbonate, Iron, Nicotinamide, Thiamin]), Salt, Pepper

WHEAT, GLUTEN, MILK

OUR FRYERS USE RAPESEED OIL

IN THE MAIN FOOD BARN WE HAVE & USE 4 SEPARATE FRYERS

- **MEAT**
- **FISH**
- **VEGETARIAN / SOYA**
- **GLUTEN FREE**

IN THE BEAR KIOSK WE HAVE A VEGETARIAN FRYER THAT IS GLUTEN FREE. THE SAUSAGES ARE COOKED USING THE GRILL.