



# Allergens & Ingredients Guide

The allergen and dietary requirements for your guests are sometimes a critically important part of placing an order with us. It is a matter of considerable responsibility given the significant health concerns linked to allergens and the principle or religious beliefs associated with many dietary requirements. We therefore require that the selection of all items for an order is made by, and the responsibility, of whoever is placing your orders; we will not make dietary, allergen or ingredient selections on your behalf.

## The Basics:

Every food item listed on the website has complete dietary, ingredient and allergen info in its 'More Info' section.

We are reporting the fourteen main allergens which all food manufacturers are required to report.

We have kitchens which are making a broad range of food items. It is therefore impossible for us to guarantee that any item will not have trace elements of any of these fourteen allergens.

When you order from us, the person ordering will receive an email the day before the delivery showing all the ingredient, dietary and allergen information for the specific food items we are delivering to you.

## Dietary Legend:

g: no gluten-containing ingredients   d: no dairy-containing ingredients   n: contains nuts   v: vegetarian   vegan

Click to see allergens & ingredients:

BREAKFAST

SANDWICH  
LUNCH  
SET MENUS

SANDWICH  
LUNCH

FORKS &  
SALADS

DIETARY &  
INDIVIDUAL

BOXED MEALS

HOT BOWL  
MEALS

AFTERNOON  
TEA

CANAPÉS

DRINKS

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>PASTRIES</b>		
<b>All Butter Croissant - Large (v)</b>	All Butter Croissant - Large (v) (Egg, Milk, Cereal (Wheat))	Energy 253kcal, Fat 13.14g, Sat Fat 9.49g, Carbs 29.93g, Sugar 4.09g, Protein 5.04g, Salt 0.29g
<b>All Butter Croissant - Mini (v)</b>	All Butter Croissant - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 118kcal, Fat 6.12g, Sat Fat 4.42g, Carbs 13.94g, Sugar 1.9g, Protein 2.35g, Salt 0.14g
<b>Pain au Chocolat - Large (v)</b>	Pain au Chocolat - Large (v) (Egg, Milk, Soya, Cereal (Wheat))	Energy 316kcal, Fat 16.15g, Sat Fat 11.05g, Carbs 36.55g, Sugar 11.9g, Protein 5.7g, Salt 0.34g
<b>Pain au Chocolat - Mini (v)</b>	Pain Au Chocolat - Mini (v) (Egg, Milk, Soya, Cereal (Wheat))	Energy 130kcal, Fat 6.65g, Sat Fat 4.55g, Carbs 15.05g, Sugar 4.9g, Protein 2.35g, Salt 0.14g
<b>Almond Butter Croissant - Mini (v, n)</b>	Almond Butter Croissant - Mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almond))	Energy 319kcal, Fat 20.15g, Sat Fat 8.45g, Carbs 29.25g, Sugar 7.15g, Protein 6.5g, Salt 0.39g
<b>Pain aux Raisins - Large (v)</b>	Pain aux Raisins - Large (v) (Egg, Milk, Cereal (Wheat))	Energy 250kcal, Fat 10.53g, Sat Fat 10.53g, Carbs 35.64g, Sugar 14.58g, Protein 3.97g, Salt 0.32g
<b>Pain aux Raisins - Mini (v)</b>	Pain aux Raisins - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 139kcal, Fat 5.85g, Sat Fat 5.85g, Carbs 19.8g, Sugar 8.1g, Protein 2.2g, Salt 0.18g
<b>Biscuits - 2 per portion</b>	See packaging for more info	See packaging for more info
<b>Apple and Custard Crumble Danish - Large (v)</b>	Apple and Custard Crumble Danish - Large (v) (Egg, Milk, Cereal (Wheat))	Energy 235kcal, Fat 12.76g, Sat Fat 7.42g, Carbs 24.36g, Sugar 13.92g, Protein 52.2g, Salt 0.17g
<b>Cherry Danish - Large (v)</b>	Cherry Danish - Large (v) (Egg, Milk, Cereal (Wheat))	Energy 223kcal, Fat 12.1g, Sat Fat 7.37g, Carbs 22g, Sugar 10.34g, Protein 5.72g, Salt 0.22g
<b>Pear and Almond Danish - Large (v, n)</b>	Pear and Almond Danish - Large (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))	Energy 329kcal, Fat 15.96g, Sat Fat 8.51g, Carbs 41.23g, Sugar 17.29g, Protein 5.19g, Salt 0.8g
<b>Apple and Custard Crumble Danish - Mini (v)</b>	Apple and Custard Crumble Danish - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 89kcal, Fat 4.84g, Sat Fat 2.82g, Carbs 9.24g, Sugar 5.28g, Protein 1.98g, Salt 0.07g
<b>Cherry Danish - Mini (v)</b>	Cherry Danish - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 79kcal, Fat 4.29g, Sat Fat 2.61g, Carbs 7.8g, Sugar 3.67g, Protein 2.03g, Salt 0.08g
<b>Pear and Almond Danish - Mini (v, n)</b>	Pear and Almond Danish - Mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))	Energy 131kcal, Fat 6.36g, Sat Fat 3.39g, Carbs 16.43g, Sugar 6.89g, Protein 2.07g, Salt 0.32g
<b>Biscuits - 2 per portion</b>	See packaging for more info	See packaging for more info
<b>American Cookies - Double Chocolate Homemade (v)</b>	Bebo - Palm Free,Cocoa (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Extract, White Chocolate (Milk, Soya)	Energy 105kcal, Fat 4.5g, Sat Fat 1.89g, Carbs 15.14g, Sugar 9.89g, Protein 1.25g, Salt 0.15g
<b>American Cookies - White Choc Homemade (v)</b>	Bebo - Palm Free,Eggs (Egg), Flour (Cereal (Wheat)), Milk Chocolate (Milk, Soya), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Extract	Energy 120kcal, Fat 5.17g, Sat Fat 2.14g, Carbs 17.24g, Sugar 11.22g, Protein 1.35g, Salt 0.18g
<b>Healthy Seed Bar - Free From (vegan, g, d)</b>	Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden Syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin Seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
<b>Mini Muffins - 2 per portion (v)</b>	Blueberry Muffin (Egg, Milk, Soya, Cereal (Wheat))	Energy 219kcal, Fat 10.2g, Sat Fat 0.9g, Carbs 28.8g, Sugar 15.9g, Protein 2.58g, Salt 0.24g
<b>Conserves</b>	See packaging for more info	See packaging for more info

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST CEREAL & YOGHURTS		
Granola with Plum Compote (v)	Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Oats (Cereal (Oats, Wheat)), Plum, Pumpkin seeds, Rapeseed Oil, Raisins, Salt, Sesame seeds (Sesame Seeds), Star Anise, Caster Sugar, Soft Brown Sugar, Sultanas, Sunflower Seeds, Water, Yoghurt (Milk)	Energy 513kcal, Fat 32.42g, Sat Fat 11.03g, Carbs 43.71g, Sugar 25.48g, Protein 13.45g, Salt 0.27g
Granola with Honey (v)	Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Honey, Oats (Cereal (Oats, Wheat)), Pumpkin Seeds, Rapeseed Oil, Raisins, Salt, Sesame Seeds (Sesame Seeds), Soft Brown Sugar, Sultanas, Sunflower Seeds, Yoghurt (Milk)	Energy 397kcal, Fat 24.98g, Sat Fat 9.61g, Carbs 33.66g, Sugar 21.42g, Protein 10.83g, Salt 0.24g
Trail Mix with Soya Yoghurt & Raspberry Coulis (vegan, g, d, n)	Soya Yoghurt (Soya), Cranberry, Pistachio (Nuts (Pistachio)), Pumpkin seeds, Raspberry, Sesame seeds (Sesame Seeds), Sultanas, Sunflower Seeds	Energy 264kcal, Fat 14g, Sat Fat 2.17g, Carbs 27g, Sugar 22.74g, Protein 8.48g, Salt 0.08g
Birchermuesli - free from (vegan, g, d)	Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas	Energy 133kcal, Fat 2.73g, Sat Fat 0.44g, Carbs 21.4g, Sugar 8.57g, Protein 5.09g, Salt 0.04g
Yoghurt pot with Honey (v, g)	Honey,Yoghurt (Milk)	Energy 286kcal, Fat 15.3g, Sat Fat 10.12g, Carbs 30.12g, Sugar 29.67g, Protein 8.67g, Salt 0.27g
Yoghurt Pot with Raspberry Coulis (v, g)	Raspberry,Yoghurt (Milk)	Energy 225kcal, Fat 15.3g, Sat Fat 10.12g, Carbs 13.02g, Sugar 11.19g, Protein 8.8g, Salt 0.26g
Soya Yoghurt Pot with Honey (v, g, d)	Soya Yoghurt (Soya), Honey	Energy 194kcal, Fat 3g, Sat Fat 0.48g, Carbs 39.42g, Sugar 38.97g, Protein 5.07g, Salt 0.1g
Soya Yoghurt Pot with Plum Compote (vegan, g, d)	Soya Yoghurt (Soya), Cinnamon, Plum, Star Anise, Caster Sugar, Water	Energy 163kcal, Fat 3.11g, Sat Fat 0.49g, Carbs 30.66g, Sugar 30.16g, Protein 5.18g, Salt 0.09g
Soya Yoghurt Pot with Raspberry Coulis (vegan, g, d)	Soya Yoghurt (Soya), Raspberry	Energy 133kcal, Fat 3g, Sat Fat 0.48g, Carbs 22.32g, Sugar 20.49g, Protein 5.2g, Salt 0.09g
COLD SAVOURIES		
Brie & Cranberry Pugliese Roll (v)	Bebo - Palm Free, Brie (Milk), Cranberry, Mixed spice, Pepper - Cracked Black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Caster Sugar	Energy 149kcal, Fat 6.12g, Sat Fat 3.25g, Carbs 17.51g, Sugar 2.45g, Protein 6.33g, Salt 0.66g
Cheese & Tomato All Butter Croissant - Mini (v)	All Butter Croissant - Mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Cheddar (Milk), Tomato	Energy 268kcal, Fat 19.02g, Sat Fat 11.53g, Carbs 14.78g, Sugar 2.74g, Protein 10.1g, Salt 0.7g
Ham & Emmenthal All Butter Croissant - Mini	All Butter Croissant - Mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Emmenthal (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard), Pepper - Cracked Black	Energy 223kcal, Fat 14.33g, Sat Fat 9.1g, Carbs 14.5g, Sugar 2.07g, Protein 9.7g, Salt 0.56g
Salami & Emmenthal Cereale Roll	Bebo - Palm Free, Cereale Roll - Mini 40g (Cereal (Barley, Oat, Wheat)), Emmenthal (Milk), Salami (Milk)	Energy 176kcal, Fat 7.9g, Sat Fat 3.29g, Carbs 17.7g, Sugar 0.21g, Protein 8.92g, Salt 1g
Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion	Cheese (Milk), Pepper - Cracked Black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 181kcal, Fat 8.74g, Sat Fat 3.71g, Carbs 16.32g, Sugar 1.99g, Protein 10.6g, Salt 1.55g
Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v)	Bebo - Palm Free, Chillies, Curry Powder (Mustard), Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - Cracked Black, Salt, Salt & Black Pepper, Soft Brown Sugar, Sultanas, Tomato, Bagel (Milk, Cereal (Wheat)), Vinegar	Energy 240kcal, Fat 14.67g, Sat Fat 2.37g, Carbs 18.46g, Sugar 5.1g, Protein 8.44g, Salt 0.7g
Open Mini Bagel with Sundried Tomato & Cream Cheese - 2 per portion (v)	Cheese (Milk), Garlic, Rapeseed Oil, Salt & Black Pepper, Thyme, Tomato, Bagel (Milk, Cereal (Wheat))	Energy 480kcal, Fat 47.94g, Sat Fat 5.93g, Carbs 18.61g, Sugar 4.84g, Protein 4.36g, Salt 1.42g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
COLD SAVOURIES		
Breakfast Savoury Platter	Brie & Cranberry Pugliese Roll (v) Bebo - Palm Free, Brie (Milk), Cranberry, Mixed spice, Pepper - Cracked Black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Caster Sugar	Energy 149kcal, Fat 6.12g, Sat Fat 3.25g, Carbs 17.51g, Sugar 2.45g, Protein 6.33g, Salt 0.66g
	Ham & Emmenthal All Butter Croissant - Mini All Butter Croissant - Mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Emmenthal (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard), Pepper - Cracked Black	Energy 223kcal, Fat 14.33g, Sat Fat 9.1g, Carbs 14.5g, Sugar 2.07g, Protein 9.7g, Salt 0.56g
	Salami & Emmenthal Cereale Roll Bebo - Palm Free, Cereale Roll - Mini 40g (Cereal (Barley, Oat, Wheat)), Emmenthal (Milk)	Energy 176kcal, Fat 7.9g, Sat Fat 3.29g, Carbs 17.7g, Sugar 0.21g, Protein 8.92g, Salt 1g
	Smoked Salmon & Cream Cheese Mini Bagel Cheese (Milk), Pepper - Cracked Black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 144kcal, Fat 6.27g, Sat Fat 2.68g, Carbs 15.38g, Sugar 1.73g, Protein 7.29g, Salt 1.02g
HOT SAVOURIES		
Roast Tomato & Mushroom in a Cereale Bap (vegan, d)	Cereale Bap (Cereal (Barley, Wheat)), Mushroom, Mozzarella (Cereal (Maize)), Tomato	Energy 297kcal, Fat 7.48g, Sat Fat 4.57g, Carbs 48.6g, Sugar 1.66g, Protein 8.77g, Salt 0.48g
Vegetarian Sausage in a Glazed Brioche Roll (v)	Brioche Bun - 80g (Milk, Cereal (Wheat)), Vegetarian Sausage (Soya, Sulphur Dioxide, Cereal (Wheat))	Energy 400kcal, Fat 11.6g, Sat Fat 4.91g, Carbs 58.66g, Sugar 6.94g, Protein 16.43g, Salt 2.9g
Mushroom & Tomato on Gluten Free Bread (v, g)	Bebo - Palm Free, Cheddar (Milk), Mushroom, Garlic, Bread - Gluten free (Egg), Pepper - Cracked Black, Rapeseed Oil, Salt, Granulated Sugar, Tomato	Energy 274kcal, Fat 13.39g, Sat Fat 4.04g, Carbs 27.81g, Sugar 4.02g, Protein 7.78g, Salt 1.31g
Bacon in a Glazed Brioche Roll	Bacon (Sulphur Dioxide), Brioche Bun - 80g (Milk, Cereal (Wheat))	Energy 458kcal, Fat 19.28g, Sat Fat 7.12g, Carbs 41.4g, Sugar 5.36g, Protein 28.84g, Salt 4.72g
Sausage in a Glazed Brioche Roll	Brioche Bun - 80g (Milk, Cereal (Wheat)), Sausage (Sulphur Dioxide, Cereal (Wheat))	Energy 603kcal, Fat 33.92g, Sat Fat 12.93g, Carbs 50.39g, Sugar 6.35g, Protein 20.17g, Salt 3.09g
Bacon Sandwich on Gluten Free Bread (g, d)	Bacon (Sulphur Dioxide), Bebo - Palm Free	Energy 423kcal, Fat 18.76g, Sat Fat 6.99g, Carbs 31.88g, Sugar 0.8g, Protein 28.04g, Salt 4.69g
Mini Sausage Roll Breakfast Platter	Each: Brioche Buns (Egg, Milk, Cereal (Wheat)), Sausage (Sulphur Dioxide, Cereal (Wheat))	Energy 148kcal, Fat 8.19g, Sat Fat 3.49g, Carbs 13.22g, Sugar 1.58g, Protein 4.71g, Salt 0.64g
Mini Bacon Roll Breakfast Platter	Each: BBrioche Buns (Egg, Milk, Cereal (Wheat)), Cheddar (Milk), Mushroom, Garlic, Pepper - cracked black, Rapeseed Oil, Salt, Granulated Sugar, Tomato	Energy 171kcal, Fat 11.01g, Sat Fat 4.19g, Carbs 11g, Sugar 1.3g, Protein 7.24g, Salt 1.34g
Mini Mushroom Roll Breakfast Platter	Each: Brioche Buns (Egg, Milk, Cereal (Wheat)), Cheddar (Milk), Mushroom, Garlic, Pepper - cracked black, Rapeseed Oil, Salt, Granulated Sugar, Tomato	Energy 131kcal, Fat 7.08g, Sat Fat 3.85g, Carbs 11.93g, Sugar 2.2g, Protein 5.26g, Salt 0.42g
Sachets - Brown or Tomato Sauce	See packaging for more info	See packaging for more info

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SET BREAKFASTS		
Power Breakfast (v)	Granola with Plum Compote (v) Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Oats (Cereal (Oats, Wheat)), Plum, Pumpkin seeds, Rapeseed Oil, Raisins, Salt, Sesame seeds (Sesame Seeds), Star Anise, Caster Sugar, Soft Brown Sugar, Sultanas, Sunflower Seeds, Water, Yoghurt (Milk)	Energy 513kcal, Fat 32.42g, Sat Fat 11.03g, Carbs 43.71g, Sugar 25.48g, Protein 13.45g, Salt 0.27g
	American Cookies - Double Chocolate Homemade (v) Bebo - Palm Free,Cocoa (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Extract, White Chocolate (Milk, Soya)	Energy 105kcal, Fat 4.5g, Sat Fat 1.89g, Carbs 15.14g, Sugar 9.89g, Protein 1.25g, Salt 0.15g
	Freshly Squeezed Orange Juice See packaging for more info	See packaging for more info
Continental Breakfast (v, n)	All Butter Croissant - Mini (v) All Butter Croissant - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 118kcal, Fat 6.12g, Sat Fat 4.42g, Carbs 13.94g, Sugar 1.9g, Protein 2.35g, Salt 0.14g
	Apple and Custard Crumble Danish - Mini (v) Apple and Custard Crumble Danish - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 89kcal, Fat 4.84g, Sat Fat 2.82g, Carbs 9.24g, Sugar 5.28g, Protein 1.98g, Salt 0.07g
	Cherry Danish - Mini (v) Cherry Danish - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 79kcal, Fat 4.29g, Sat Fat 2.61g, Carbs 7.8g, Sugar 3.67g, Protein 2.03g, Salt 0.08g
	Pain aux Raisins - Mini (v) Pain aux Raisins - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 139kcal, Fat 5.85g, Sat Fat 5.85g, Carbs 19.8g, Sugar 8.1g, Protein 2.2g, Salt 0.18g
	Pear and Almond Danish - Mini (v, n) Pear and Almond Danish - Mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))	Energy 131kcal, Fat 6.36g, Sat Fat 3.39g, Carbs 16.43g, Sugar 6.89g, Protein 2.07g, Salt 0.32g
	Cut Fruit - Mini Pot (vegan, g, d) Fruit Salad Mix	Energy 21kcal, Fat 0.12g, Sat Fat 0g, Carbs 4.86g, Sugar 4.86g, Protein 0.3g, Salt 0.01g
	Freshly Squeezed Orange Juice See packaging for more info	See packaging for more info

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SET BREAKFASTS		
Continental Breakfast with Open Mini Bagels (n)	All Butter Croissant - Mini (v) All Butter Croissant - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 118kcal, Fat 6.12g, Sat Fat 4.42g, Carbs 13.94g, Sugar 1.9g, Protein 2.35g, Salt 0.14g
	Apple and Custard Crumble Danish - Mini (v) Apple and Custard Crumble Danish - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 89kcal, Fat 4.84g, Sat Fat 2.82g, Carbs 9.24g, Sugar 5.28g, Protein 1.98g, Salt 0.07g
	Cherry Danish - Mini (v) Cherry Danish - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 79kcal, Fat 4.29g, Sat Fat 2.61g, Carbs 7.8g, Sugar 3.67g, Protein 2.03g, Salt 0.08g
	Pear and Almond Danish - Mini (v, n) Pear and Almond Danish - Mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almonds))	Energy 131kcal, Fat 6.36g, Sat Fat 3.39g, Carbs 16.43g, Sugar 6.89g, Protein 2.07g, Salt 0.32g
	Pain aux Raisins - Mini (v) Pain aux Raisins - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 139kcal, Fat 5.85g, Sat Fat 5.85g, Carbs 19.8g, Sugar 8.1g, Protein 2.2g, Salt 0.18g
	Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v) Bebo - Palm Free, Chillies, Curry Powder (Mustard), Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - Cracked Black, Salt	Energy 240kcal, Fat 14.67g, Sat Fat 2.37g, Carbs 18.46g, Sugar 5.1g, Protein 8.44g, Salt 0.7g
	Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion Cheese (Milk), Pepper - Cracked Black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 181kcal, Fat 8.74g, Sat Fat 3.71g, Carbs 16.32g, Sugar 1.99g, Protein 10.6g, Salt 1.55g
	Cut Fruit - Mini Pot (vegan, g, d) Fruit Salad Mix	Energy 21kcal, Fat 0.12g, Sat Fat 0g, Carbs 4.86g, Sugar 4.86g, Protein 0.3g, Salt 0.01g
	Freshly Squeezed Orange Juice See packaging for more info	See packaging for more info

SET MENUS						
	Sandwiches	Finger Buffet	Crips	Cheese	Cakes	Fruit
Click each box to see allergens, ingredients and nutritional values info.	Egg Mayonnaise & Cress on Malted Grain (v, d) Roast Chicken & Cucumber on Malted Grain (d) Prawn Cocktail on Malted Grain (d) Falafel & Baba Ganoush Wrap (vegan, d) Cheddar & Rhubarb Chutney on Malted Grain (v) Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d) Smoked Mackerel in a Spinach Wrap Houmous & Green Olive Tapenade on Malted Grain (vegan, d) Mozzarella, Tomato, Olive & Basil in Ciabatta (v) Veggie New Yorker on Multi Seed Bloomer (v) Cajun Chicken & Tomatade Wrap (d) Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)	Free From Tapenade Bruschetta (vegan, g, d) Samosa (vegan, d) Chestnut Mushroom Vegan Sausage Roll (vegan, d) Queen Olives - 4 per portion (vegan, g, d) Chilli Cheese Corn Muffins (v, g) Pizza with Mozzarella & Sunblush Tomatoes (v) Feta, Cherry Tomato & Basil Tart (v) Chicken Brochette with Chilli & Oregano (g, d) Chorizo & Red Onion Sausage Rolls (d) Bella Lodi Chicken Strip Salmon Brochette with Chilli & Ginger (g, d) Smoked Mackerel Crostini	Tortilla Chips 25g portion with salsa dip or Handcooked Crips in the Bag (vegan, g, d)	Cheese Board 1 portion per person	Strawberry Crumble Slice (vegan, d) Healthy Seed Bar - Free From (vegan, g, d) Cherry Flapjack (v) Raspberry Tartlet - 2 per portion (v) Coconut & Passion Fruit Drizzle Cake (v) Orange Polenta Loaf (v, g, n) Blondie Brownie (v) Mini Muffins - 2 per portion (v)	Cut Fruit - Mini Pot (vegan, g, d)
WILLOW	X	X	X	X	X	X
MAGNOLIA	X	X	X			
LAUREL	X	X	X		X	
CAMELLIA	X	X				X
CLEMATIS		X				X
JASMIN	X	X	X		X	X
ACER	X		X		X	X
THISTLE	X				X	X
MULBERRY	X		X		X	
MAPLE	X	X	X			X
LILAC	X	X				X
ROWAN	X		X			X
AZALEA	X				X	
HAWTHORN	X					X

## SANDWICH PLATTERS

	Sandwiches													
Click this box to see allergens, ingredients and nutritional values info.	Falafel & Baba Ganoush Wrap (vegan, d)	Houmous & Green Olive Tapenade on Malted Grain (vegan, d)	Houmous & Green Olive Tapenade on Gluten Free Bread (vegan, g, d)	Mozzarella, Tomato, Olive & Basil in Ciabatta (v)	Cheddar & Rhubarb Chutney on Malted Grain (v)	Egg Mayonnaise & Cress on Malted Grain (v, d)	Veggie New Yorker on Multi Seed Bloomer (v)	Cajun Chicken & Tomatade Wrap (d)	Roast Chicken & Cucumber on Malted Grain (d)	Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)	Cajun Chicken & Tomatade on Gluten Free Bread (g, d)	Smoked Mackerel in a Spinach Wrap	Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)	Prawn Cocktail on Malted Grain (d)
Classic Sandwich Platter (6 sandwiches)					X	X		X	X	X				X
Contemporary Sandwich Platter (6 sandwiches)	X	X		X			X					X	X	
Mixed Sandwich Platter (6 sandwiches)		X			X	X		X		X		X		
Vegetarian Sandwich Platter (6 sandwiches)	X	X		X	X	X	X							
Vegan Sandwich Platter (6 sandwiches)	X	X												
Meat Sandwich Platter (6 sandwiches)								X	X	X				
Fish Sandwich Platter (6 sandwiches)												X	X	X
Wrap Platter (6 wraps)	X							X				X		
Sandwich Platter on Gluten Free Bread (6 sandwiches)			X								X			
Halal Sandwich Platter (6 sandwiches)		X		X	X				X					X
Small Classic Sandwich Platter (3 sandwiches)					X				X					X
Small Contemporary Sandwich Platter (3 sandwiches)	X			X									X	
Small Mixed Sandwich Platter (3 sandwiches)					X			X				X		
Small Vegetarian Sandwich Platter (3 sandwiches)	X				X	X								
Small Vegan Sandwich Platter (3 sandwiches)	X	X												
Small Meat Sandwich Platter (3 sandwiches)								X	X	X				
Small Fish Sandwich Platter (3 sandwiches)												X	X	X
Small Wrap Platter (3 sandwiches)	X							X				X		
Small Sandwich Platter on Gluten Free Bread (3 sandwiches)			X								X			
Small Halal Sandwich Platter (3 sandwiches)					X				X					X

The fourteen allergens are highlighted in ( ) for every product we sell. Each order will receive an email the day before the delivery with detailed information on the ingredients and allergen information for the specific food items we are delivering to you. Please remember to check this information regularly as we are always working on our products.



FINGER BUFFET PLATTERS

Click this box to see allergens, ingredients and nutritional values info.

	Finger Buffet									
	Free From Tapenade Bruschetta (vegan, g, d)	Samosa (vegan, d)	Chestnut Mushroom Vegan Sausage Roll (vegan, d)	Queen Olives (vegan, g, d)	Chilli Cheese Corn Muffins (v, g)	Pizza with Mozzarella & Sunblush Tomatoes (v)	Feta, Cherry Tomato & Basil Tart (v)	Chicken Brochette with Chilli & Oregano (g, d)	Salmon Brochette with Chilli & Ginger (g, d)	Smoked Mackerel Crostini
Finger Buffet Platter		X				X		X		X
Vegetarian Finger Buffet Platter	X		X		X		X			
Vegan Finger Buffet Platter	X	X	X							
Finger Buffet Platter - no gluten ingredients	X			X				X	X	
Small Finger Buffet Platter		X				X		X		
Small Vegetarian Finger Buffet Platter	X							X	X	
Small Vegan Finger Buffet Platter	X	X	X							
Small Finger Buffet Platter - no gluten ingredients	X							X	X	

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>BOXED SANDWICHES</b>		
<b>Houmous &amp; Green Olive Tapenade on Gluten Free Bread - Boxed (vegan, g, d)</b>	Bebo - Palm Free,, Capers , Carrot, Chickpeas, Cucumber, Garlic, Olives, Lemon, Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds)	Energy 322kcal, Fat 14.12g, Sat Fat 1.9g, Carbs 38.05g, Sugar 1.93g, Protein 9.29g, Salt 1.4g
<b>Houmous &amp; Green Olive Tapenade on Malted Grain - Boxed (vegan, d)</b>	Capers ,Chickpeas, Cucumber, Garlic, Carrot, Olives, Lemon, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds)	Energy 382kcal, Fat 17.66g, Sat Fat 1.75g, Carbs 46.19g, Sugar 5.15g, Protein 11.75g, Salt 1.75g
<b>Cheddar &amp; Rhubarb Chutney on Malted Grain - Boxed (v)</b>	Bebo - Palm Free,Cheddar (Milk), Ginger, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Orange, Nutmeg, Pepper - cracked black, Raisins, Rhubarb, Granulated Sugar, Vinegar (Cereal (Barley))	Energy 534kcal, Fat 25.5g, Sat Fat 14.17g, Carbs 53.17g, Sugar 19.73g, Protein 22.65g, Salt 1.9g
<b>Veggie New Yorker on Multi Seed Bloomer - Boxed (v)</b>	Bebo - Palm Free,Red Cabbage, Caraway seeds, Emmenthal (Milk), Rocket, Mayonnaise (Egg), Multi Seed Bloomer (Cereal (Barley, Oats, Rye, Wheat)), Mustard (Mustard), Pepper - cracked black, Salt	Energy 522kcal, Fat 27.01g, Sat Fat 12.81g, Carbs 45.89g, Sugar 2.86g, Protein 25.75g, Salt 3.11g
<b>Egg Mayonnaise &amp; Cress on Malted Grain - Boxed (v, d)</b>	Bebo - Palm Free,Cress (Mustard), Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Salt & Black Pepper	Energy 446kcal, Fat 24.64g, Sat Fat 4.08g, Carbs 37.27g, Sugar 3.31g, Protein 17.73g, Salt 1.48g
<b>Roast Chicken &amp; Cucumber on Malted Grain - Boxed (d)</b>	Bebo - Palm Free,Chicken, Chicken Thigh, Cucumber, Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mayonnaise (Egg), Parsley, Pepper - cracked black, Rapeseed Oil, Rosemary, Salt, Granulated Sugar	Energy 412kcal, Fat 18.76g, Sat Fat 2.57g, Carbs 38.07g, Sugar 4.08g, Protein 22.06g, Salt 0.98g
<b>Blythburgh Farm Gammon Ham &amp; Mustard on Malted Grain - Boxed (d)</b>	Bebo - Palm Free, Blythburgh Ham (Soya), Honey, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mustard (Mustard), Mustard (Mustard, Cereal (Wheat)), Pepper - Cracked Black	Energy 261kcal, Fat 6.91g, Sat Fat 1.82g, Carbs 37.43g, Sugar 3.99g, Protein 10.99g, Salt 1.56g
<b>Hot Smoked Salmon &amp; Chickpea with Chilli Mustard in a Cereale Baguette - Boxed (d)</b>	Bebo - Palm Free,Baguette (Cereal (Barley, Wheat)), Chickpeas, Chillies, Garlic Puree (vegan, g, d), Ginger, Hot Smoked Salmon Flakes (Fish), Rocket, Mayonnaise (Egg), Mustard (Mustard), Salt & Black Pepper, Granulated Sugar, Tomato, Vinegar (Sulphur Dioxide)	Energy 445kcal, Fat 14.14g, Sat Fat 2.39g, Carbs 59.96g, Sugar 5.04g, Protein 18.55g, Salt 1.56g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SANDWICHES		
Falafel & Baba Ganoush Wrap (vegan, d)	Aubergine, Chickpeas, Chilli, Cucumber, Cumin, Flour (Cereal (Wheat)), Garlic, Coriander, Lemon, Mixed Leaf, Mint	Energy 381kcal, Fat 19.46g, Sat Fat 1.57g, Carbs 44.15g, Sugar 3.52g, Protein 10.48g, Salt 2.58g
Houmous & Green Olive Tapenade on Malted Grain (vegan, d)	Bebo - Palm Free, Capers, Carrot, Chickpeas, Cucumber, Garlic, Olives, Lemon, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds)	Energy 409kcal, Fat 20.66g, Sat Fat 2.5g, Carbs 46.19g, Sugar 5.15g, Protein 11.75g, Salt 1.78g
Houmous & Green Olive Tapenade on Gluten Free Bread (vegan, g, d)	Bebo - Palm Free, Capers, Chickpeas, Cucumber, Garlic, Carrot, Olives, Lemon, Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds)	Energy 369kcal, Fat 18.95g, Sat Fat 2.35g, Carbs 39.23g, Sugar 2.18g, Protein 9.75g, Salt 1.79g
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)	Basil, Bebo - Palm Free, Capers, Ciabatta (Cereal (Wheat)), Garlic, Olives, Lemon, Mozzarella (Milk), Mozzarella, Tomato, Olive & Basil in Ciabatta (v) (Milk, Mustard, Sulphur Dioxide, Cereal (Wheat)), Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper, Vinegar - Balsamic (Sulphur Dioxide)	Energy 572kcal, Fat 26.22g, Sat Fat 10.5g, Carbs 63.24g, Sugar 3.37g, Protein 21.23g, Salt 2.72g
Cheddar & Rhubarb Chutney on Malted Grain (v)	Bebo - Palm Free, Cheddar (Milk), Ginger, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Orange, Nutmeg, Pepper - cracked black, Raisins, Rhubarb, Granulated Sugar, Vinegar (Cereal (Barley))	Energy 534kcal, Fat 25.5g, Sat Fat 14.17g, Carbs 53.17g, Sugar 19.73g, Protein 22.65g, Salt 1.9g
Egg Mayonnaise & Cress on Malted Grain (v, d)	Bebo - Palm Free, Cress (Mustard), Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Salt & Black Pepper	Energy 446kcal, Fat 24.63g, Sat Fat 4.08g, Carbs 37.26g, Sugar 3.3g, Protein 17.7g, Salt 1.48g
Veggie New Yorker on Multi Seed Bloomer (v)	Bebo - Palm Free, Red Cabbage, Caraway seeds, Emmenthal (Milk), Rocket, Mayonnaise (Egg), Multi Seed Bloomer (Cereal (Barley, Oats, Rye, Wheat)), Mustard (Mustard), Pepper - cracked black, Salt	Energy 522kcal, Fat 27.01g, Sat Fat 12.81g, Carbs 45.89g, Sugar 2.86g, Protein 25.75g, Salt 3.11g
Cajun Chicken & Tomatade Wrap (d)	Cajun Seasoning, Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Salt & Black Pepper, Tarragon, Thyme, Tomato, Wrap (Cereal (Wheat))	Energy 374kcal, Fat 19.45g, Sat Fat 1.94g, Carbs 34.35g, Sugar 4.69g, Protein 16.25g, Salt 2.21g
Roast Chicken & Cucumber on Malted Grain (d)	Bebo - Palm Free, Chicken, Chicken Thigh, Cucumber, Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mayonnaise (Egg), Parsley, Pepper - cracked black, Rapeseed Oil, Rosemary, Salt, Granulated Sugar	Energy 412kcal, Fat 18.76g, Sat Fat 2.57g, Carbs 38.07g, Sugar 4.08g, Protein 22.06g, Salt 0.98g
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)	Bebo - Palm Free, Blythburgh Ham (Soya), Honey, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mustard (Mustard), Mustard (Mustard, Cereal (Wheat)), Pepper - Cracked Black	Energy 261kcal, Fat 6.91g, Sat Fat 1.82g, Carbs 37.43g, Sugar 3.99g, Protein 10.99g, Salt 1.56g
Pesto Chicken in a Cereale Seeded Bagel	Bebo - Palm Free, Bagel (Cereal (Barley, Wheat)), Chicken Thigh, Creme Fraiche (Milk), Mixed Leaf, Pesto (Milk), Bella Lodi (Egg, Milk)	Energy 386kcal, Fat 14.37g, Sat Fat 4.88g, Carbs 44.5g, Sugar 0.78g, Protein 18.47g, Salt 0.77g
Cajun Chicken & Tomatade on Gluten Free Bread (g, d)	Cajun Seasoning, Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Bread - Gluten free (Egg), Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Salt & Black Pepper, Tarragon, Thyme, Tomato	Energy 301kcal, Fat 14.79g, Sat Fat 1.47g, Carbs 27.3g, Sugar 2.82g, Protein 11.88g, Salt 1.28g
Smoked Mackerel in a Spinach Wrap	Creme Fraiche (Milk), Horseradish, Lemon, Rocket, Mackerel (Fish), Pepper - cracked black, Salt & Black Pepper, Wrap (Cereal (Wheat)), Yoghurt (Milk)	Energy 350kcal, Fat 18.13g, Sat Fat 4.69g, Carbs 30.51g, Sugar 1.66g, Protein 16.35g, Salt 3.69g
Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)	Bebo - Palm Free, Baguette (Cereal (Barley, Wheat)), Chickpeas, Chillies, Garlic Puree (vegan, g, d), Ginger, Hot Smoked Salmon Flakes (Fish), Rocket, Mayonnaise (Egg), Mustard (Mustard), Salt & Black Pepper, Granulated Sugar, Tomato, Vinegar (Sulphur Dioxide)	Energy 445kcal, Fat 14.14g, Sat Fat 2.39g, Carbs 59.96g, Sugar 5.04g, Protein 18.55g, Salt 1.56g
Prawn Cocktail on Malted Grain (d)	Bebo - Palm Free, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Prawns (Crustacean (Prawn)), Tabasco (Sulphur Dioxide, Cereal (Malt)), Salt & Black Pepper, Tomato Ketchup (Celery), Worcester sauce (Fish, Cereal (Barley))	Energy 323kcal, Fat 12.07g, Sat Fat 1.34g, Carbs 39.14g, Sugar 5.27g, Protein 13.25g, Salt 2.1g

The fourteen allergens are highlighted in ( ) for every product we sell. Each order will receive an email the day before the delivery with detailed information on the ingredients and allergen information for the specific food items we are delivering to you. Please remember to check this information regularly as we are always working on our products.

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>FINGER BUFFET</b>		
<b>Free From Tapenade Bruschetta (vegan, g, d)</b>	Olives, Capers , Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper	Energy 68kcal, Fat 5.52g, Sat Fat 0.51g, Carbs 4.21g, Sugar 0.16g, Protein 0.96g, Salt 0.73g
<b>Samosa (vegan, d)</b>	Asafoetida Hing Powder,Cardamom, Coriander, Cumin, Flour (Cereal (Wheat)), Garlic, Ginger, Coriander, Mango, Masala (Mustard), Mixed Veg, Potatoes, Rapeseed Oil, Salt, Samosa (vegan, d) (Mustard, Cereal (Wheat)), Granulated Sugar, Turmeric, Water	Energy 184kcal, Fat 6.09g, Sat Fat 0.4g, Carbs 29.36g, Sugar 3.05g, Protein 3.74g, Salt 1.5g
<b>Chestnut Mushroom Vegan Sausage Roll (vegan, d)</b>	Soya Milk (Soya), Breadcrumbs (Soya, Cereal (Wheat)), Chestnut, Garlic, Leeks, Mushroom, Mustard (Mustard), Puff pastry (Cereal (Wheat)), Rapeseed Oil, Sage, Salt & Black Pepper, Sesame seeds (Sesame Seeds)	Energy 24kcal, Fat 0.79g, Sat Fat 0.14g, Carbs 3.31g, Sugar 1.29g, Protein 1.08g, Salt 0.33g
<b>Queen Olives - 4 per portion (vegan, g, d)</b>	Queen Olive - Vinci Brand	Energy 33kcal, Fat 3.52g, Sat Fat 0.54g, Carbs 2.02g, Sugar 0g, Protein 0.29g, Salt 1.07g
<b>Chilli Cheese Corn Muffins (v, g)</b>	Gluten Free Baking powder,Butter (Milk), Cheddar (Milk), Chillies, Eggs (Egg), Gluten Free Flour, Milk (Milk), Onion, Pepper - cracked black, Polenta, Rapeseed Oil, Salt, Sweetcorn	Energy 140kcal, Fat 8.23g, Sat Fat 4.55g, Carbs 13.53g, Sugar 1.74g, Protein 3.52g, Salt 1.5g
<b>Pizza with Mozzarella &amp; Sunblush Tomatoes (v)</b>	Basil,Mozzarella (Milk), Pizza Base (Cereal (Wheat)), Slow Roasted Tomatoes With Herbs - Chopped	Energy 92kcal, Fat 2.6g, Sat Fat 1.32g, Carbs 13.07g, Sugar 0.43g, Protein 3.92g, Salt 0.47g
<b>Feta, Cherry Tomato &amp; Basil Tart (v)</b>	Basil,Creme Fraiche (Milk), Eggs (Egg), Cheese (Milk), Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley,Wheat)), Salt & Black Pepper, Tomato	Energy 227kcal, Fat 16.58g, Sat Fat 9.73g, Carbs 14.13g, Sugar 3.41g, Protein 5.38g, Salt 0.6g
<b>Chicken Brochette with Chilli &amp; Oregano (g, d)</b>	Cayenne,Chicken, Chillies, Garlic, Lemon, Oregano, Rapeseed Oil, Salt & Black Pepper	Energy 54kcal, Fat 3.43g, Sat Fat 0.51g, Carbs 0.17g, Sugar 0.08g, Protein 5.92g, Salt 0.35g
<b>Chorizo &amp; Red Onion Sausage Rolls (d)</b>	Chorizo (Milk), Eggs (Egg), Onion, Puff pastry (Cereal (Wheat)), Rapeseed Oil, Onion, Sage, Salt, Sausage meat (Sulphur Dioxide, Cereal (Wheat)), Soft Brown Sugar, Thyme	Energy 104kcal, Fat 8.07g, Sat Fat 3.03g, Carbs 3.21g, Sugar 1.77g, Protein 4.3g, Salt 0.79g
<b>Bella Lodi Chicken Strip</b>	Breadcrumbs (Cereal (Wheat)), Chicken, Eggs (Egg), Flour (Cereal (Wheat)), Lemon, Mayonnaise (Egg), Parsley, Salt & Black Pepper, Bella Lodi (Egg, Milk)	Energy 104kcal, Fat 7.41g, Sat Fat 1.01g, Carbs 2.24g, Sugar 0.14g, Protein 7.09g, Salt 0.78g
<b>Salmon Brochette with Chilli &amp; Ginger (g, d)</b>	Chillies,Coriander, Garlic, Ginger, Lemon, Paprika , Rapeseed Oil, Salmon (Fish), Salt & Black Pepper	Energy 87kcal, Fat 6.08g, Sat Fat 1.12g, Carbs 0.65g, Sugar 0.36g, Protein 8.31g, Salt 0.52g
<b>Smoked Mackerel Crostini</b>	Capers ,Lemon, Lemon, Mackerel (Fish), Ciabatta (Cereal (Wheat)), Nutmeg, Rapeseed Oil, Ricotta (Milk), Salt & Black Pepper	Energy 27kcal, Fat 2.19g, Sat Fat 0.72g, Carbs 0.22g, Sugar 0.21g, Protein 1.76g, Salt 0.38g
<b>CRISPS</b>		
<b>Kettle Crisps with Dip - Small Platter (vegan, g, d)</b>	Chillies,Coriander, Handcooked Crisps in the Bag (vegan, g, d), Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato	Energy 621kcal, Fat 33.66g, Sat Fat 3.24g, Carbs 73.09g, Sugar 1.72g, Protein 7.97g, Salt 1.52g
<b>Kettle Crisps with Dip - Large Platter (vegan, g, d)</b>	Chillies,Coriander, Handcooked Crisps in the Bag (vegan, g, d), Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato	Energy 1239kcal, Fat 67.3g, Sat Fat 6.49g, Carbs 145.75g, Sugar 3.04g, Protein 15.8g, Salt 2.96g
<b>Tortilla Chips with Dip - Small Platter (vegan, g, d)</b>	Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 583kcal, Fat 25.22g, Sat Fat 3.02g, Carbs 77.29g, Sugar 3.54g, Protein 8.09g, Salt 0.66g
<b>Tortilla Chips with Dip - Large Platter (vegan, g, d)</b>	Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 1164kcal, Fat 50.43g, Sat Fat 6.06g, Carbs 154.15g, Sugar 6.69g, Protein 16.04g, Salt 1.23g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
CAKES		
<b>Strawberry Crumble Slice (vegan, d)</b>	Bebo - Palm Free,Cornflour, Flour (Cereal (Wheat)), Ginger, Oats (Cereal (Oats, Wheat)), Lemon, Salt, Soya (Soya), Strawberry, Icing Sugar, Light Soft Brown Sugar, Vanilla Essence	Energy 390kcal, Fat 14.1g, Sat Fat 3.37g, Carbs 59.74g, Sugar 32.87g, Protein 4.3g, Salt 1.19g
<b>Healthy Seed Bar - Free From (vegan, g, d)</b>	Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden Syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin Seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
<b>Cherry Flapjack (v)</b>	Bebo - Palm Free,Glace Cherries (Sulphur Dioxide), Condensed milk (Milk), Golden syrup, Oats (Cereal (Oats, Wheat)), Granulated Sugar	Energy 276kcal, Fat 11.33g, Sat Fat 2.89g, Carbs 39.21g, Sugar 23.89g, Protein 3.97g, Salt 0.11g
<b>Raspberry Tartlet (v)</b>	Cream (Milk), Eggs (Egg), Raspberry, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat)), White Chocolate (Milk, Soya)	Energy 156kcal, Fat 10.31g, Sat Fat 6.17g, Carbs 13.39g, Sugar 7.48g, Protein 2.16g, Salt 0.05g
<b>Coconut &amp; Passion Fruit Drizzle Cake (v)</b>	Bebo - Palm Free,Coconut (Sulphur Dioxide), Coconut Milk, Eggs (Egg), Flour (Cereal (Wheat)), Passion Fruit, Caster Sugar, Icing Sugar	Energy 412kcal, Fat 18.69g, Sat Fat 7.89g, Carbs 56.53g, Sugar 35.45g, Protein 5.14g, Salt 0.41g
<b>Orange Polenta Loaf (v, g, n)</b>	Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Navel orange - Medium, Polenta, Caster Sugar, Icing Sugar	Energy 344kcal, Fat 21.8g, Sat Fat 3.79g, Carbs 32.42g, Sugar 25.08g, Protein 5.93g, Salt 0.44g
<b>Blondie Brownie (v)</b>	Gluten Free Baking powder,Bebo - Palm Free, Eggs (Egg), Flour (Cereal (Wheat)), Salt, Light Soft Brown Sugar, Granulated Sugar, Vanilla Extract, White Chocolate (Milk, Soya)	Energy 341kcal, Fat 13.27g, Sat Fat 4.67g, Carbs 53.25g, Sugar 36.24g, Protein 3.59g, Salt 1.48g
<b>Mini Muffins - 2 per portion (v)</b>	Blueberry Muffin (Egg, Milk, Soya, Cereal (Wheat))	Energy 219kcal, Fat 10.2g, Sat Fat 0.9g, Carbs 28.8g, Sugar 15.9g, Protein 2.58g, Salt 0.24g
<b>Mango Cheesecake - Mini Pot (v)</b>	Bebo - Palm Free,Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Mango, Caster Sugar	Energy 200kcal, Fat 14.78g, Sat Fat 8g, Carbs 14.12g, Sugar 8.92g, Protein 2.39g, Salt 0.36g
<b>Orange Posset - Mini Pot (v, g)</b>	Cream (Milk), Gelatine - Agar Agar, Freshly Squeezed Orange Juice - 250ml bottle, Caster Sugar	Energy 191kcal, Fat 15.95g, Sat Fat 9.92g, Carbs 12.18g, Sugar 12.18g, Protein 0.59g, Salt 0.02g
<b>Mango Cheesecake - Pot (v)</b>	Bebo - Palm Free,Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Mango, Caster Sugar	Energy 426kcal, Fat 30.6g, Sat Fat 16.94g, Carbs 32.34g, Sugar 20.86g, Protein 5.14g, Salt 0.76g
<b>Orange Posset - Pot (v, g)</b>	Cream (Milk), Gelatine - Agar Agar, Freshly Squeezed Orange Juice - 250ml bottle, Caster Sugar	Energy 536kcal, Fat 44.66g, Sat Fat 27.79g, Carbs 34.11g, Sugar 34.11g, Protein 1.65g, Salt 0.06g
<b>Fresh Strawberries - Pot (vegan, g, d)</b>	Strawberries	Energy 40kcal, Fat 0.6g, Sat Fat 0.05g, Carbs 8.32g, Sugar 8.32g, Protein 0.72g, Salt 0g
CAKE PLATTER		
<b>Cake Platter</b>	Blondie Brownie (v); Cherry Flapjack (v); Coconut & Passion Fruit Drizzle Cake (v); Healthy Seed Bar - Free From (vegan, g, d); Orange Polenta Loaf (v, g, n); Strawberry Crumble Slice (vegan, d)	See each cake for more info
<b>Small Cake Platter</b>	Blondie Brownie (v); Cherry Flapjack (v); Coconut & Passion Fruit Drizzle Cake (v); Strawberry Crumble Slice (vegan, d)	See each cake for more info

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
CHEESE		
A British Cheeseboard - for 3 (v)	A British Spring Cheeseboard - per person (v) Cream Crackers (Cereal (Wheat)), Millers Wheat (Cereal (Wheat)), Oatcake (Cereal (Oats, Wheat)), Celery (Celery), (Milk, Cereal (Rye, Wheat)), Grapes - Red, Lincolnshire Poacher (Milk), Perl Wen (Milk), Cheese (Milk)	Energy 367kcal, Fat 25.03g, Sat Fat 15.43g, Carbs 20.14g, Sugar 4.76g, Protein 15.44g, Salt 1.48g
A British Cheeseboard - for 6 (v)		
FRUIT		
Cut Fruit - Mini Pot (vegan, g, d)	Fruit Salad Mix	Energy 21kcal, Fat 0.12g, Sat Fat 0g, Carbs 4.86g, Sugar 4.86g, Protein 0.3g, Salt 0.01g
Cut Fruit - Pot (vegan, g, d)	Fruit Salad Mix	Energy 35kcal, Fat 0.2g, Sat Fat 0g, Carbs 8.1g, Sugar 8.1g, Protein 0.5g, Salt 0.01g
Cut Fruit - 6 Mini Pots (vegan, g, d)	Fruit Salad Mix	Energy 126kcal, Fat 0.72g, Sat Fat 0g, Carbs 29.16g, Sugar 29.16g, Protein 1.8g, Salt 0.04g
Cut Fruit - 12 Mini Pots (vegan, g, d)	Fruit Salad Mix	Energy 252kcal, Fat 1.44g, Sat Fat 0g, Carbs 58.32g, Sugar 58.32g, Protein 3.6g, Salt 0.07g
Whole Fruit Large Platter - for 5-10 people (vegan, g, d) or Whole Fruit Small Platter - for 10-15 people (vegan, g, d)	Banana	Energy 89kcal, Fat 0.3g, Sat Fat 0.1g, Carbs 23g, Sugar 12g, Protein 1.1g, Salt 0g
	Apple	Energy 95kcal, Fat 0.3g, Sat Fat 0.1g, Carbs 25g, Sugar 19g, Protein 0.5g, Salt 0g
	Plum	Energy 30kcal, Fat 0.2g, Sat Fat 0g, Carbs 7.5g, Sugar 6.5g, Protein 0.5g, Salt 0g
	Grapes (10 servings)	Energy 34kcal, Fat 0.1g, Sat Fat 0g, Carbs 8.9g, Sugar 7.6g, Protein 0.4g, Salt 0g
	Pear	Energy 101kcal, Fat 0.3g, Sat Fat 0g, Carbs 27g, Sugar 17g, Protein 0.6g, Salt 0g
	Satsumas	Energy 35kcal, Fat 0.1g, Sat Fat 0g, Carbs 8.9g, Sugar 6.8g, Protein 0.6g, Salt 0g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>SHARING SALAD PLATTER - 3-4 PORTIONS</b>		
<b>Small Chargrilled Chicken Rainbow Salad (g, d)</b>	Beetroot,Carrot, Chicken, Chickpeas, Chillies, Coriander, Garlic, Lemon, Rocket, Lime, Mint, Paprika, Quinoa, Rapeseed Oil, Salt, Salt & Black Pepper, Soya beans (Soya), Granulated Sugar	Energy 1341kcal, Fat 126.72g, Sat Fat 10.34g, Carbs 37.48g, Sugar 12.44g, Protein 38.13g, Salt 2.24g
<b>Small Hot Smoked Honey Salmon Nicoise Salad (g, d)</b>	Olives,Capers , Chillies, Cucumber, Eggs (Egg), Garlic Puree (vegan, g, d), Olives, Hot Smoked Salmon Flakes (Fish), Mixed Leaf, Mustard (Mustard), Potatoes, Rapeseed Oil, Onion, Salt & Black Pepper, Sun Dried Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Water	Energy 634kcal, Fat 52.79g, Sat Fat 6.62g, Carbs 18.82g, Sugar 6.52g, Protein 29.33g, Salt 3.52g
<b>Small Watermelon &amp; Tomato Salad (vegan, g, d)</b>	Blueberries,Chia Seeds, Chives, Lemon, Lemon, Mint, Mustard (Mustard), Pine Nuts, Rapeseed Oil, Red Chard, Salt & Black Pepper, Caster Sugar, Tomato, Sunblush Tomato, Tomato, Watermelon	Energy 283kcal, Fat 20.67g, Sat Fat 1.63g, Carbs 21.87g, Sugar 19.72g, Protein 5.95g, Salt 1.04g
<b>Small Rainbow Salad (vegan, g, d)</b>	Beetroot,Carrot, Chickpeas, Rocket, Lime, Mint, Paprika, Quinoa, Rapeseed Oil, Salt, Soya beans (Soya), Granulated Sugar	Energy 1311kcal, Fat 110.02g, Sat Fat 8.24g, Carbs 74.87g, Sugar 18.52g, Protein 27.22g, Salt 1.79g
<b>Small Mediterranean Vegetable &amp; Black Rice (vegan, g, d)</b>	Artichoke,Aubergine, Olives, Black Rice, Cannellini Beans, Capers , Chillies, Courgettes, Garlic Puree (vegan, g, d), Olives, Maple Flavour Syrup, Onion, Pepper - cracked black, Pepper - green, Pepper - red, Pepper - yellow, Rapeseed Oil, Salt, Salt & Black Pepper, Sun Dried Tomato, Vinegar (Sulphur Dioxide)	Energy 424kcal, Fat 24.77g, Sat Fat 1.97g, Carbs 42.1g, Sugar 15.46g, Protein 11.32g, Salt 1.83g
<b>Small New Potato &amp; Chive Salad (vegan, g, d)</b>	Chives,Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 218kcal, Fat 9.38g, Sat Fat 0.75g, Carbs 33.54g, Sugar 3.14g, Protein 3.98g, Salt 1.21g
<b>Small Mixed Leaves Summer Salad (vegan, g, d)</b>	Garlic,Lemon, Mixed Leaf, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Salt	Energy 74kcal, Fat 7.73g, Sat Fat 0.56g, Carbs 1.74g, Sugar 1.56g, Protein 1.32g, Salt 0.16g
<b>Small Iranian Fattoush Salad (v, g)</b>	Cucumber,Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pomegranate, Rapeseed Oil, Radish , Salt & Black Pepper, Caster Sugar, Tomato, Yoghurt (Milk)	Energy 306kcal, Fat 27.85g, Sat Fat 3.23g, Carbs 15.25g, Sugar 14.21g, Protein 5.48g, Salt 0.53g
<b>Small Italian Summer Salad (v, g)</b>	Artichoke,Basil, Olives, Mozzarella, Lemon, Mixed Leaf, Mint, Mustard (Mustard), Rapeseed Oil, Salt & Black Pepper, Caster Sugar, Tomato	Energy 581kcal, Fat 50.01g, Sat Fat 18.16g, Carbs 12.47g, Sugar 8.78g, Protein 24.41g, Salt 3.83g
<b>SHARING SALAD PLATTER - 6-8 PORTIONS</b>		
<b>Chargrilled Chicken Rainbow Salad (g, d)</b>	Beetroot,Carrot, Chicken, Chickpeas, Chillies, Coriander, Garlic, Lemon, Rocket, Lime, Mint, Paprika, Quinoa, Rapeseed Oil, Salt, Salt & Black Pepper, Soya beans (Soya), Granulated Sugar	Energy 2682kcal, Fat 253.45g, Sat Fat 20.67g, Carbs 74.96g, Sugar 24.87g, Protein 76.25g, Salt 4.48g
<b>Hot Smoked Honey Salmon Nicoise Salad (g, d)</b>	Olives,Capers , Chillies, Cucumber, Eggs (Egg), Garlic Puree (vegan, g, d), Olives, Hot Smoked Salmon Flakes (Fish), Mixed Leaf, Mustard (Mustard), Potatoes, Rapeseed Oil, Onion, Salt & Black Pepper, Sun Dried Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Water	Energy 1130kcal, Fat 89.54g, Sat Fat 12.12g, Carbs 36.23g, Sugar 12.09g, Protein 58.01g, Salt 6.01g
<b>Watermelon &amp; Tomato Salad (vegan, g, d)</b>	Blueberries,Chia Seeds, Chives, Lemon, Lemon, Mint, Mustard (Mustard), Pine Nuts, Rapeseed Oil, Red Chard, Salt & Black Pepper, Caster Sugar, Tomato, Sunblush Tomato, Tomato, Watermelon	Energy 566kcal, Fat 41.34g, Sat Fat 3.27g, Carbs 43.74g, Sugar 39.43g, Protein 11.9g, Salt 2.08g
<b>Rainbow Salad (vegan, g, d)</b>	Beetroot,Carrot, Chickpeas, Rocket, Lime, Mint, Paprika, Quinoa, Rapeseed Oil, Salt, Soya beans (Soya), Granulated Sugar	Energy 2622kcal, Fat 220.06g, Sat Fat 16.47g, Carbs 149.74g, Sugar 37.03g, Protein 54.44g, Salt 3.59g
<b>Mediterranean Vegetable &amp; Black Rice (vegan, g, d)</b>	Artichoke,Aubergine, Olives, Black Rice, Cannellini Beans, Capers , Chillies, Courgettes, Garlic Puree (vegan, g, d), Olives, Rocket, Maple Flavour Syrup, Onion, Pepper - cracked black, Pepper - green, Pepper - red, Pepper - yellow, Rapeseed Oil, Salt, Salt & Black Pepper, Sun Dried Tomato, Vinegar (Sulphur Dioxide)	Energy 848kcal, Fat 49.55g, Sat Fat 3.96g, Carbs 84.2g, Sugar 30.93g, Protein 22.64g, Salt 3.64g
<b>New Potato &amp; Chive Salad (vegan, g, d)</b>	Chives,Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 872kcal, Fat 37.53g, Sat Fat 2.99g, Carbs 134.16g, Sugar 12.56g, Protein 15.91g, Salt 4.82g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SHARING SALAD PLATTER - 6-8 PORTIONS		
Mixed Leaves Summer Salad (vegan, g, d)	Garlic,Lemon, Mixed Leaf, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Salt	Energy 149kcal, Fat 15.47g, Sat Fat 1.13g, Carbs 3.49g, Sugar 3.12g, Protein 2.64g, Salt 0.32g
Iranian Fattoush Salad (v, g)	Cucumber,Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pomegranate, Rapeseed Oil, Radish , Salt & Black Pepper, Caster Sugar, Tomato, Yoghurt (Milk)	Energy 613kcal, Fat 55.7g, Sat Fat 6.46g, Carbs 30.5g, Sugar 28.42g, Protein 10.97g, Salt 1.07g
Italian Summer Salad (v, g)	Artichoke,Basil, Olives, Mozzarella, Lemon, Mixed Leaf, Mint, Mustard (Mustard), Rapeseed Oil, Salt & Black Pepper, Caster Sugar, Tomato	Energy 1161kcal, Fat 100.03g, Sat Fat 36.32g, Carbs 24.94g, Sugar 17.56g, Protein 48.83g, Salt 7.68g
BREAD		
Roll & Butter - Cold Fork (v)	Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 143kcal, Fat 6.59g, Sat Fat 3.79g, Carbs 17.19g, Sugar 0.22g, Protein 3.05g, Salt 0.61g
SALAD BOXES		
Mediterranean Vegetable & Black Rice Salad (vegan, g, d)	Artichoke,Aubergine, Olives, Black Rice, Cannellini Beans, Capers , Chillies, Courgettes, Garlic Puree (vegan, g, d), Olives, Rocket, Maple Flavour Syrup, Onion, Pepper - cracked black, Pepper - green, Pepper - red, Pepper - yellow, Rapeseed Oil, Salt, Salt & Black Pepper, Sun Dried Tomato, Vinegar (Sulphur Dioxide)	Energy 216kcal, Fat 11.7g, Sat Fat 0.95g, Carbs 22.72g, Sugar 7.97g, Protein 6.27g, Salt 0.92g
Watermelon & Tomato Salad (vegan, g, d)	Blueberries,Chia Seeds, Chives, Lemon, Lemon, Mint, Mustard (Mustard), Pine Nuts, Rapeseed Oil, Red Chard, Salt & Black Pepper, Caster Sugar, Tomato, Sunblush Tomato, Tomato, Watermelon	Energy 178kcal, Fat 13.5g, Sat Fat 1.05g, Carbs 13.1g, Sugar 11.8g, Protein 3.52g, Salt 0.63g
Italian Summer Salad (v, g)	Artichoke,Basil, Olives, Mozzarella, Lemon, Mixed Leaf, Mint, Mustard (Mustard), Rapeseed Oil, Salt & Black Pepper, Caster Sugar, Tomato	Energy 385kcal, Fat 36.18g, Sat Fat 9.57g, Carbs 8.08g, Sugar 6.01g, Protein 11.91g, Salt 2.07g
Chargrilled Chicken Rainbow Salad (g, d)	Beetroot,Carrot, Chicken, Chickpeas, Chillies, Coriander, Garlic, Lemon, Rocket, Lime, Mint, Paprika, Quinoa	Energy 538kcal, Fat 37.97g, Sat Fat 3.34g, Carbs 33.21g, Sugar 7.05g, Protein 21.94g, Salt 0.68g
Hot Smoked Honey Salmon Nicoise Salad (g, d)	Olives,Capers , Chillies, Cucumber, Eggs (Egg), Garlic Puree (vegan, g, d), Olives, Hot Smoked Salmon Flakes (Fish), Mixed Leaf, Mustard (Mustard), Potatoes, Rapeseed Oil, Onion, Salt & Black Pepper, Sun Dried Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Water	Energy 361kcal, Fat 29.64g, Sat Fat 3.8g, Carbs 10.95g, Sugar 3.75g, Protein 17.19g, Salt 1.98g



PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
MEZE SALADS		
Meze Sharing Vegetarian - 5-7 people (v, g)	Roll & Butter - Cold Fork (v) Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 143kcal, Fat 6.59g, Sat Fat 3.79g, Carbs 17.19g, Sugar 0.22g, Protein 3.05g, Salt 0.61g
	Vegetarian Sharing Meze - Summer - 5-7 people (v, g) Artichoke,Basil, Olives, Blueberries, Mozzarella, Chia Seeds, Chickpeas, Chives, Cucumber, Curry powder, Eggs (Egg), Garlic, Garlic Puree (vegan, g, d), Lemon, Lemon, Lemon, Mixed Leaf, Mayonnaise (Egg), Mint, Mustard (Mustard), Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Pine Nuts, Pomegranate, Potatoes, Rapeseed Oil, Radish , Red Chard, Salt, Salt & Black Pepper, Caster Sugar, Tahini (Sesame Seeds), Tomato, Sunblush Tomato, Tomato, Vinegar, Watermelon	Energy 3076kcal, Fat 247.57g, Sat Fat 32.36g, Carbs 148.82g, Sugar 35.82g, Protein 100.57g, Salt 9.7
Meze Sharing Vegan - 5-7 people (vegan, d)	Vegan Rolls & Butter - Cold Fork (vegan, d) Bebo - Palm Free,Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 129kcal, Fat 5.04g, Sat Fat 1.19g, Carbs 17.15g, Sugar 0.18g, Protein 3.01g, Salt 0.53g
	Vegan Sharing Meze - Summer - 5-7 people (vegan, d) Artichoke, Aubergine, Beetroot, Olives, Black Rice, Blueberries, Red Cabbage, Cannellini Beans, Capers , Caraway seeds, Carrot, Chia Seeds, Chickpeas, Chilli, Chillies, Chives, Courgettes, Cumin, Flour (Cereal (Wheat)), Garlic, Garlic Puree (vegan, g, d), Olives, Coriander, Lemon, Lemon, Mixed Leaf, Rocket, Lime, Mint, Mustard (Mustard), Mustard (Mustard), Onion, Paprika, Parsley, Pepper - cracked black, Pepper - green, Pepper - red, Pepper - yellow, Pine Nuts, Potatoes, Quinoa, Rapeseed Oil, Red Chard, Salt, Salt & Black Pepper, Soya beans (Soya), Caster Sugar, Granulated Sugar, Sun Dried Tomato, Tahini (Sesame Seeds), Tomato, Sunblush Tomato, Tomato, Vinegar, Watermelon	Energy 2563kcal, Fat 158.47g, Sat Fat 12.66g, Carbs 242.05g, Sugar 48.78g, Protein 78.54g, Salt 18.27g
Meze Sharing Traditional - 5-7 people (d)	Roll & Butter - Cold Fork (v) Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g
	Traditional Sharing Meze - Summer - 5-7 people (d) Beetroot, Blueberries, Red Cabbage, Caraway seeds, Carrot, Chia Seeds, Chicken, Chicken Thigh, Chickpeas, Chives, Curry powder, Eggs (Egg), Garlic, Garlic Puree (vegan, g, d), Blythburgh Ham (Soya), Honey, Lemon, Lemon, Mixed Leaf, Rocket, Mayonnaise (Egg), Mint, Mustard (Mustard), Mustard (Mustard), Mustard (Mustard, Cereal (Wheat)), Parsley, Pepper - cracked black, Pine Nuts, Potatoes, Quinoa, Rapeseed Oil, Red Chard, Rosemary, Salt, Salt & Black Pepper, Soya beans (Soya), Caster Sugar, Granulated Sugar, Tahini (Sesame Seeds), Tomato, Sunblush Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Vinegar, Water, Watermelon	Energy 3088kcal, Fat 215.49g, Sat Fat 25.93g, Carbs 150.05g, Sugar 47.96g, Protein 160.5g, Salt 21.66g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
COLD FORK BUFFET		
Jacaranda	Chargrilled Chilli Marinated Chicken (g, d) Chicken, Chillies, Coriander, Coriander, Garlic, Lemon, Lime, Purple Radish, Rapeseed Oil, Salt & Black PepperChicken, Lemon, Salt & Black Pepper, Thyme	Energy 271kcal, Fat 20.41g, Sat Fat 2.51g, Carbs 0.65g, Sugar 0.26g, Protein 23.53g, Salt 0.49g
	Feta, Cherry Tomato & Basil Tart (v) Basil,Creme Fraiche (Milk), Eggs (Egg), Cheese (Milk), Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley, Wheat)), Salt & Black Pepper, Tomato	Energy 227kcal, Fat 16.58g, Sat Fat 9.73g, Carbs 14.13g, Sugar 3.41g, Protein 5.38g, Salt 0.6g
	Mixed Leaves Summer Salad (vegan, g, d) Garlic, Lemon, Mixed Leaf, (Mustard), Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Salt	Energy 65kcal, Fat 7.65g, Sat Fat 0.54g, Carbs 0.62g, Sugar 0.44g, Protein 0.36g, Salt 0.15g
	Iranian Fattoush Salad (v, g) Cucumber,Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pomegranate, Rapeseed Oil, Radish , Salt & Black Pepper, Caster Sugar, Tomato, Yoghurt (Milk)	Energy 97kcal, Fat 8.63g, Sat Fat 1.53g, Carbs 4.65g, Sugar 4.34g, Protein 2.05g, Salt 0.17g
	Italian Summer Salad (v, g) Artichoke,Basil, Olives, Mozzarella, Lemon, Mixed Leaf, Mint, Mustard (Mustard), Rapeseed Oil, Salt & Black Pepper, Caster Sugar, Tomato	Energy 224kcal, Fat 22.03g, Sat Fat 4.76g, Carbs 4.64g, Sugar 3.56g, Protein 5.54g, Salt 1.05g
	Mango Cheesecake - Pot (v) Bebo - Palm Free,Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Mango, Caster Sugar	Energy 426kcal, Fat 30.6g, Sat Fat 16.94g, Carbs 32.34g, Sugar 20.86g, Protein 5.14g, Salt 0.76g
	Roll & Butter - Cold Fork (v) Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
COLD FORK BUFFET		
Birch	Teriyaki BBQ Chalkstream Trout Fillet (d) Chives,Lemon, Teriyaki (Soya, Cereal (Barley, Wheat)), Sesame seeds (Sesame Seeds), Trout Fillet (Fish)	Energy 155kcal, Fat 3.83g, Sat Fat 0.79g, Carbs 21.09g, Sugar 19.08g, Protein 9.55g, Salt 2.96g
	Feta, Cherry Tomato & Basil Tart (v) Basil,Creme Fraiche (Milk), Eggs (Egg), Cheese (Milk), Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley, Wheat)), Salt & Black Pepper, Tomato	Energy 227kcal, Fat 16.58g, Sat Fat 9.73g, Carbs 14.13g, Sugar 3.41g, Protein 5.38g, Salt 0.6g
	Rainbow Salad (vegan, g, d) Beetroot,Carrot, Chickpeas, Rocket, Lime, Mint, Paprika, Quinoa, Rapeseed Oil, Salt, Soya beans (Soya), Granulated Sugar	Energy 249kcal, Fat 19.99g, Sat Fat 1.51g, Carbs 15.51g, Sugar 3.66g, Protein 5.73g, Salt 0.33g
	Mediterranean Vegetable & Black Rice (vegan, g, d) Artichoke,Aubergine, Olives, Black Rice, Cannellini Beans, Capers , Chillies, Courgettes, Garlic Puree (vegan, g, d), Olives, Maple Flavour Syrup, Onion	Energy 123kcal, Fat 8.11g, Sat Fat 0.62g, Carbs 10.96g, Sugar 4.4g, Protein 2.79g, Salt 0.53g
	Mixed Leaves Summer Salad (vegan, g, d) Garlic,Lemon, Mixed Leaf, (Mustard), Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Salt	Energy 65kcal, Fat 7.65g, Sat Fat 0.54g, Carbs 0.62g, Sugar 0.44g, Protein 0.36g, Salt 0.15g
	Orange Posset - Pot (v, g) Cream (Milk), Gelatine - Agar Agar, Freshly Squeezed Orange Juice - 250ml bottle, Caster Sugar	Energy 536kcal, Fat 44.66g, Sat Fat 27.79g, Carbs 34.11g, Sugar 34.11g, Protein 1.65g, Salt 0.06g
	Roll & Butter - Cold Fork (v) Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
COLD FORK BUFFET		
Sycamore (vegetarian)	Chargrilled Chilli Marinated Chicken (g, d) Chicken, Chillies, Coriander, Coriander, Garlic, Lemon, Lime, Purple Radish, Rapeseed Oil, Salt & Black Pepper	Energy 271kcal, Fat 20.41g, Sat Fat 2.51g, Carbs 0.65g, Sugar 0.26g, Protein 23.53g, Salt 0.49g
	Feta, Cherry Tomato & Basil Tart (v) Basil, Creme Fraiche (Milk), Eggs (Egg), Cheese (Milk), Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley, Wheat)), Salt & Black Pepper, Tomato	Energy 227kcal, Fat 16.58g, Sat Fat 9.73g, Carbs 14.13g, Sugar 3.41g, Protein 5.38g, Salt 0.6g
	Watermelon & Tomato (vegan, g, d) Blueberries, Chia Seeds, Chives, Lemon, Lemon, Mint, Mustard (Mustard), Pine Nuts, Rapeseed Oil, Red Chard, Salt & Black Pepper, Caster Sugar, Tomato, Sunblush Tomato, Tomato, Watermelon	Energy 116kcal, Fat 10.2g, Sat Fat 0.76g, Carbs 6.5g, Sugar 5.83g, Protein 1.62g, Salt 0.36g
	New Potato & Chive Salad (vegan, g, d) Chives, Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 116kcal, Fat 5g, Sat Fat 0.4g, Carbs 17.89g, Sugar 1.67g, Protein 2.12g, Salt 0.64g
	Mixed Leaves Summer Salad (vegan, g, d) Garlic, Lemon, Mixed Leaf, (Mustard), Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Salt	Energy 65kcal, Fat 7.65g, Sat Fat 0.54g, Carbs 0.62g, Sugar 0.44g, Protein 0.36g, Salt 0.15g
	Fresh Strawberries - Pot (vegan, g, d) Strawberries	Energy 40kcal, Fat 0.6g, Sat Fat 0.05g, Carbs 8.32g, Sugar 8.32g, Protein 0.72g, Salt 0g
	Roll & Butter - Cold Fork (v) Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
INDIVIDUAL VEGAN		
Breakfast Bag - Vegan & Free From	Birchermuesli - free from (vegan, g, d) Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas	Energy 133kcal, Fat 2.73g, Sat Fat 0.44g, Carbs 21.4g, Sugar 8.57g, Protein 5.09g, Salt 0.04g
	Freshly Squeezed Orange Juice - 250ml Bottle	Check packaging for more info
	Fruit	Check fruit page for more info
Individual Bronze Lunch - Vegan & Free From	Free From Tapenade Bruschetta (vegan, g, d) Soft White loaf,Olives, Capers , Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper	Energy 381kcal, Fat 19.46g, Sat Fat 1.56g, Carbs 44.14g, Sugar 3.53g, Protein 10.48g, Salt 2.58g
	Houmous & Green Olive Tapenade on Gluten Free Bread (vegan, g, d) Bebo - Palm Free,, Capers , Chickpeas, Cucumber, Garlic, Carrot, Olives, Lemon, Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds)	Energy 369kcal, Fat 18.95g, Sat Fat 2.35g, Carbs 39.22g, Sugar 2.17g, Protein 9.75g, Salt 1.8g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
Individual Silver Lunch - Vegan & Free From	Free From Tapenade Bruschetta (vegan, g, d) Soft White loaf,Olives, Capers , Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper	Energy 381kcal, Fat 19.46g, Sat Fat 1.56g, Carbs 44.14g, Sugar 3.53g, Protein 10.48g, Salt 2.58g
	Houmous & Green Olive Tapenade on Gluten Free Bread (vegan, g, d) Bebo - Palm Free,, Capers , Chickpeas, Cucumber, Garlic, Carrot, Olives, Lemon, Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds)	Energy 369kcal, Fat 18.95g, Sat Fat 2.35g, Carbs 39.22g, Sugar 2.17g, Protein 9.75g, Salt 1.8g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	Grapes Red or Black - Mini bunch - 50g (vegan, g, d) Grapes - Red	Energy 34kcal, Fat 0.05g, Sat Fat 0.02g, Carbs 8.5g, Sugar 8.5g, Protein 0.3g, Salt 0g
	Healthy Seed Bar - Free From (vegan, g, d) Bebo - Palm Free,Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
Individual Gold Lunch - Vegan & Free From	Free From Tapenade Bruschetta (vegan, g, d) Soft White loaf,Olives, Capers , Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper	Energy 381kcal, Fat 19.46g, Sat Fat 1.56g, Carbs 44.14g, Sugar 3.53g, Protein 10.48g, Salt 2.58g
	Houmous & Green Olive Tapenade on Gluten Free Bread (vegan, g, d) Bebo - Palm Free,, Capers , Chickpeas, Cucumber, Garlic, Carrot, Olives, Lemon, Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds)	Energy 369kcal, Fat 18.95g, Sat Fat 2.35g, Carbs 39.22g, Sugar 2.17g, Protein 9.75g, Salt 1.8g
	Queen Olives - 4 per portion (vegan, g, d) Queen Olive - Vinci Brand	Energy 33kcal, Fat 3.52g, Sat Fat 0.54g, Carbs 2.02g, Sugar 0g, Protein 0.29g, Salt 1.07g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	Cut Fruit - Mini Pot (vegan, g, d) Fruit Salad Mix	Energy 21kcal, Fat 0.12g, Sat Fat 0g, Carbs 4.86g, Sugar 4.86g, Protein 0.3g, Salt 0.01g
	Healthy Seed Bar - Free From (vegan, g, d) Bebo - Palm Free,Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
INDIVIDUAL VEGAN & FREE FROM		
Salad Plate - Vegan & Free From	Free From Tapenade Bruschetta (vegan, g, d) Soft White loaf,Olives, Capers , Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper	Energy 381kcal, Fat 19.46g, Sat Fat 1.56g, Carbs 44.14g, Sugar 3.53g, Protein 10.48g, Salt 2.58g
	Mixed Leaves Summer Salad - 1 portion (vegan, g, d) Garlic,Lemon, Mixed Leaf, (Mustard), Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Salt	Energy 65kcal, Fat 7.65g, Sat Fat 0.54g, Carbs 0.62g, Sugar 0.44g, Protein 0.36g, Salt 0.14g
	New Potato & Chive Salad - 1 portion (vegan, g, d) Chives,Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 116kcal, Fat 5g, Sat Fat 0.4g, Carbs 17.89g, Sugar 1.67g, Protein 2.12g, Salt 0.64g
	Watermelon & Tomato Salad - 1 portion (vegan, g, d) Blueberries,Chia Seeds, Chives, Lemon, Lemon, Mint, Mustard (Mustard), Pine Nuts, Rapeseed Oil, Red Chard, Salt & Black Pepper, Caster Sugar, Tomato, Sunblush Tomato, Tomato, Watermelon	Energy 116kcal, Fat 10.2g, Sat Fat 0.76g, Carbs 6.5g, Sugar 5.82g, Protein 1.62g, Salt 0.36g
INDIVIDUAL VEGAN		
Breakfast Bag - Vegan	Trail Mix with Soya Yoghurt & Raspberry Coulis (vegan, g, d, n) Soya Yoghurt (Soya), Cranberry, Pistachio (Nuts (Pistachio)), Pumpkin seeds, Raspberry, Sesame seeds (Sesame Seeds), Sultanas, Sunflower Seeds	Energy 264kcal, Fat 14g, Sat Fat 2.17g, Carbs 27g, Sugar 22.74g, Protein 8.49g, Salt 0.08g
	Freshly Squeezed Orange Juice - 250ml Bottle	Check packaging for more info
	Fruit	Check fruit page for more info
Individual Bronze Lunch - Vegan	Falafel & Baba Ganoush Wrap (vegan, d) Aubergine,Chickpeas, Chilli, Cucumber, Cumin, Flour (Cereal (Wheat)), Garlic, Coriander, Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Tahini (Sesame Seeds), Tomato Wrap (Cereal (Wheat))	Energy 381kcal, Fat 19.46g, Sat Fat 1.56g, Carbs 44.14g, Sugar 3.53g, Protein 10.48g, Salt 2.58g
	Houmous & Green Olive Tapenade on Malted Grain (vegan, d) Bebo - Palm Free,Capers , Carrot, Chickpeas, Cucumber, Garlic, Olives	Energy 409kcal, Fat 20.66g, Sat Fat 2.5g, Carbs 46.19g, Sugar 5.15g, Protein 11.74g, Salt 1.79g
	Samosa (vegan, d) Asafoetida Hing Powder,Cardamom, Coriander, Cumin, Flour (Cereal (Wheat)), Garlic, Ginger, Coriander, Mango, Masala (Mustard), Mixed Veg, Potatoes, Rapeseed Oil, Salt, Samosa (vegan, d) (Mustard, Cereal (Wheat)), Granulated Sugar, Turmeric, Water	Energy 184kcal, Fat 6.09g, Sat Fat 0.4g, Carbs 29.36g, Sugar 3.05g, Protein 3.74g, Salt 1.5g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
INDIVIDUAL VEGAN		
Individual Silver Lunch - Vegan	Falafel & Baba Ganoush Wrap (vegan, d) Aubergine,Chickpeas, Chilli, Cucumber; Cumin, Flour (Cereal (Wheat)), Garlic, Coriander, Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Tahini (Sesame Seeds), Tomato Wrap (Cereal (Wheat))	Energy 381kcal, Fat 19.46g, Sat Fat 1.56g, Carbs 44.14g, Sugar 3.53g, Protein 10.48g, Salt 2.58g
	Houmous & Green Olive Tapenade on Malted Grain (vegan, d) Bebo - Palm Free,Capers , Carrot, Chickpeas, Cucumber; Garlic, Olives	Energy 409kcal, Fat 20.66g, Sat Fat 2.5g, Carbs 46.19g, Sugar 5.15g, Protein 11.74g, Salt 1.79g
	Samosa (vegan, d) Asafoetida Hing Powder, Cardamom, Coriander, Cumin, Flour (Cereal (Wheat)), Garlic, Ginger, Coriander, Mango, Masala (Mustard), Mixed Veg, Potatoes, Rapeseed Oil, Salt, Granulated Sugar, Turmeric, Water	Energy 184kcal, Fat 6.09g, Sat Fat 0.4g, Carbs 29.36g, Sugar 3.05g, Protein 3.74g, Salt 1.5g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	Grapes Red or Black - Mini bunch - 50g (vegan, g, d) Grapes - Red	Energy 34kcal, Fat 0.05g, Sat Fat 0.02g, Carbs 8.5g, Sugar 8.5g, Protein 0.3g, Salt 0g
	Strawberry Crumble Slice (vegan, d) Bebo - Palm Free,Cornflour, Flour (Cereal (Wheat)), Ginger, Oats (Cereal (Oats, Wheat)), Lemon, Salt, Soya (Soya), Strawberry, Icing Sugar, Light Soft Brown Sugar, Vanilla Essence	Energy 390kcal, Fat 14.1g, Sat Fat 3.37g, Carbs 59.73g, Sugar 32.87g, Protein 4.31g, Salt 1.19g
Individual Gold Lunch - Vegan	Falafel & Baba Ganoush Wrap (vegan, d) Aubergine,Chickpeas, Chilli, Cucumber; Cumin, Flour (Cereal (Wheat)), Garlic, Coriander, Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Tahini (Sesame Seeds), Tomato Wrap (Cereal (Wheat))	Energy 381kcal, Fat 19.46g, Sat Fat 1.56g, Carbs 44.14g, Sugar 3.53g, Protein 10.48g, Salt 2.58g
	Houmous & Green Olive Tapenade on Malted Grain (vegan, d) Bebo - Palm Free,Capers , Carrot, Chickpeas, Cucumber; Garlic, Olives	Energy 409kcal, Fat 20.66g, Sat Fat 2.5g, Carbs 46.19g, Sugar 5.15g, Protein 11.74g, Salt 1.79g
	Free From Tapenade Bruschetta (vegan, g, d) Olives, Capers , Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper	Energy 68kcal, Fat 5.52g, Sat Fat 0.51g, Carbs 4.22g, Sugar 0.16g, Protein 0.96g, Salt 0.72g
	Samosa (vegan, d) Asafoetida Hing Powder, Cardamom, Coriander, Cumin, Flour (Cereal (Wheat)), Garlic, Ginger, Coriander, Mango, Masala (Mustard), Mixed Veg, Potatoes, Rapeseed Oil, Salt, Granulated Sugar, Turmeric, Water	Energy 184kcal, Fat 6.09g, Sat Fat 0.4g, Carbs 29.36g, Sugar 3.05g, Protein 3.74g, Salt 1.5g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	Cut Fruit - Mini Pot (vegan, g, d) Fruit Salad Mix	Energy 21kcal, Fat 0.12g, Sat Fat 0g, Carbs 4.86g, Sugar 4.86g, Protein 0.3g, Salt 0.01g
	Healthy Seed Bar - Free From (vegan, g, d) Bebo - Palm Free,Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
	Strawberry Crumble Slice (vegan, d) Bebo - Palm Free,Cornflour, Flour (Cereal (Wheat)), Ginger, Oats (Cereal (Oats, Wheat)), Lemon, Salt, Soya (Soya), Strawberry, Icing Sugar, Light Soft Brown Sugar, Vanilla Essence	Energy 390kcal, Fat 14.1g, Sat Fat 3.37g, Carbs 59.73g, Sugar 32.87g, Protein 4.31g, Salt 1.19g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOXED MEALS		
Glazed & Honeyed Mushrooms with Orzo - Boxed Meal (v)	Butter (Milk), Cream (Milk), Garlic, Honey, Mushroom, Onion, (Cereal (Wheat)), Rapeseed Oil, Rosemary, Salt & Black Pepper, Vinegar - Balsamic (Sulphur Dioxide)	Energy 508kcal, Fat 28.9g, Sat Fat 14.21g, Carbs 52.41g, Sugar 10.89g, Protein 10.9g, Salt 6.05g
Penne Arrabiata - Boxed Meal (v)	Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato, Bella Lodi (Egg, Milk)	Energy 584kcal, Fat 15.88g, Sat Fat 4.25g, Carbs 89.32g, Sugar 10.86g, Protein 21.64g, Salt 4.67g
Vegan Rogan Josh with Rice - Boxed Meal (vegan, g, d)	Aubergine, Bayleaf, Chillies, Coriander, Ginger, Onion, Pepper - red, Pepper - yellow, Rapeseed Oil, Lentils, Rice, Rogan Josh Paste (Mustard), Salt, Salt & Black Pepper, Spinach, Squash, Tomato, (Celery, Mustard, Sulphur Dioxide), Vegetable stock (Celery), Vinegar - Balsamic (Sulphur Dioxide), Water, Water	Energy 544kcal, Fat 12.5g, Sat Fat 1.61g, Carbs 100.59g, Sugar 6.26g, Protein 13.82g, Salt 4.28g
Moroccan Vegetable Tagine & CousCous - Boxed Meal (vegan, d)	Carrot, Chickpeas, Chillies, Cinnamon, Coriander, Courgettes, Couscous (Cereal (Wheat)), Cumin, Garlic, Ginger, Mint, Onion, Pepper - red, Rapeseed Oil, Salt & Black Pepper, Squash, Sultanas, Tomato, Turmeric, Water	Energy 546kcal, Fat 6.11g, Sat Fat 0.68g, Carbs 112.62g, Sugar 33.65g, Protein 17.71g, Salt 3.22g
Fable Shiitake Mushroom Penne Bolognese - Boxed Meal (vegan, d)	Celery (Celery), Mushroom (Soya, Sulphur Dioxide), Garlic, Onion, Oregano, Penne (Cereal (Wheat)), Rapeseed Oil, Granulated Sugar, Tomato, Tomato Puree, Vegetable Bouillon (Celery), Water	Energy 636kcal, Fat 16.11g, Sat Fat 6.43g, Carbs 100.38g, Sugar 7.37g, Protein 21.44g, Salt 1.75g
Dhal with Sweet Potato, Coconut Crust & Rice - Boxed Meal (vegan, g, d)	Soya Milk (Soya), Chillies, Cinnamon, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Fennel, Garlic, Ginger, Lemon, Onion, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Lentils, Rice, Salt, Spinach, Turmeric, Vegetable Bouillon (Celery), Water, Mustard Seeds (Mustard)	Energy 524kcal, Fat 19.91g, Sat Fat 9.52g, Carbs 79.12g, Sugar 8.58g, Protein 13.66g, Salt 0.79g
Vegan Paella - Boxed Meal (vegan, g, d)	Artichoke, Cayenne, Garlic, Lemon, Mushroom, Onion, Paprika, Parsley, Peas, Pepper - red, Rapeseed Oil, Rice, Rosemary, Sunblush Tomato, Tomato Puree, (Celery), Vegetable stock (Celery), Water	Energy 487kcal, Fat 23.91g, Sat Fat 2.45g, Carbs 60.35g, Sugar 8.88g, Protein 9.13g, Salt 3.35g
Spaghetti Carbonara with Chicken - Boxed Meal	Chicken Thigh, Cream (Milk), Garlic, Milk (Milk), Mushroom, Onion, Rapeseed Oil, Salt & Black Pepper, Spaghetti (Cereal (Wheat)), Bella Lodi (Egg, Milk)	Energy 656kcal, Fat 36.61g, Sat Fat 19.05g, Carbs 53.96g, Sugar 5.39g, Protein 31.46g, Salt 4.9g
Caribbean Lamb with Rice - Boxed Meal (g, d)	Chicken Stock (Celery), Chillies, Coriander, Cornflour, Curry powder, Garlic, Coriander, Onion, Parsley, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Rice, Salt, Thyme, Tomato, Lamb, Water	Energy 848kcal, Fat 12.33g, Sat Fat 3.52g, Carbs 142.02g, Sugar 36.19g, Protein 48.9g, Salt 38.78g
Tarragon Chicken & Rice - Boxed Meal (g)	Butter (Milk), Chicken Thigh, Chilli, Creme Fraiche (Milk), Garlic, Lemon, Paprika, Rapeseed Oil, Rice, Salt, Sun Dried Tomato, Tarragon, Water	Energy 912kcal, Fat 39.07g, Sat Fat 18.7g, Carbs 100.82g, Sugar 11.01g, Protein 42.23g, Salt 1.54g
Coconut & Coriander Chicken & Rice - Boxed Meal (g, d, n)	Chicken Thigh, Chillies, Coconut Milk, Coriander, Cumin, Garlic, Lemon, Onion, Oyster Sauce (Mollusc (Oyster)), Peanut butter (Peanuts), Rapeseed Oil, Rice, Salt, Demerara Sugar, Water	Energy 694kcal, Fat 23.5g, Sat Fat 11.41g, Carbs 92.98g, Sugar 2.98g, Protein 32.93g, Salt 4.46g
Harissa Salmon with Mint Jewelled Couscous - Boxed Meal	Chillies, Coriander, Couscous (Cereal (Wheat)), Cumin, Garlic Puree (vegan, g, d), Coriander, Lime, Mint, Paprika, Pepper - red, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Sultanas, Tomato Puree, Yoghurt (Milk)	Energy 640kcal, Fat 19.31g, Sat Fat 4.7g, Carbs 90.25g, Sugar 21.66g, Protein 33.87g, Salt 1.94g
Chalkstream Trout with Creamy Orzo - Boxed Meal	Basil, Broccoli, Creme Fraiche (Milk), Garlic, Onion, (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Trout Fillet (Fish), Vegetable Bouillon (Celery), Bella Lodi (Egg, Milk), Water	Energy 542kcal, Fat 31.33g, Sat Fat 12.56g, Carbs 42.04g, Sugar 5.14g, Protein 25.85g, Salt 4.85g

The fourteen allergens are highlighted in ( ) for every product we sell. Each order will receive an email the day before the delivery with detailed information on the ingredients and allergen information for the specific food items we are delivering to you. Please remember to check this information regularly as we are always working on our products.



PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOXED MEALS		
Glazed & Honeyed Mushrooms with Orzo - Bowl Meal (v)	Bella Lodi - 10g Portion (v, g) Bella Lodi (Egg, Milk)	Energy 38kcal, Fat 2.8g, Sat Fat 1.8g, Carbs 0g, Sugar 0g, Protein 3.3g, Salt 0.15g
	Glazed & Honeyed Mushrooms with Orzo - 380g portion (v) Butter (Milk), Cream (Milk), Garlic, Honey, Mushroom, Onion, (Cereal (Wheat)), Rapeseed Oil, Rosemary, Salt & Black Pepper, Vinegar - Balsamic (Sulphur Dioxide)	Energy 483kcal, Fat 27.45g, Sat Fat 13.5g, Carbs 49.79g, Sugar 10.35g, Protein 10.36g, Salt 5.75g
Penne Arrabiata - Bowl Meal (v)	Penne Arrabiata - 400g Portion (v) Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato, Bella Lodi (Egg, Milk)	Energy 584kcal, Fat 15.88g, Sat Fat 4.25g, Carbs 89.32g, Sugar 10.86g, Protein 21.64g, Salt 4.67g
Vegan Rogan Josh with Rice - Bowl Meal (vegan, g, d)	Vegan Rogan Josh - 200g Portion (vegan, g, d) Aubergine, Bayleaf, Chillies, Coriander, Ginger, Onion, Pepper - red, Pepper - yellow, Rapeseed Oil, Lentils, Rogan Josh Paste (Mustard), Salt & Black Pepper, Spinach, Squash, Tomato, (Celery, Mustard, Sulphur Dioxide), Vegetable stock (Celery), Vinegar - Balsamic (Sulphur Dioxide), Water	Energy 188kcal, Fat 11.48g, Sat Fat 1.36g, Carbs 15.45g, Sugar 6.03g, Protein 7.06g, Salt 3.79g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
Moroccan Vegetable Tagine & CousCous - Bowl Meal (vegan, d)	Moroccan Vegetable Tagine - 200g portion (vegan, g, d) Carrot, Chickpeas, Chillies, Cinnamon, Courgettes, Cumin, Garlic, Ginger, Moroccan Vegetable Tagine - 200g portion (vegan, g, d), Onion, Rapeseed Oil, Salt & Black Pepper, Squash, Sultanas, Tomato, Turmeric, Water	Energy 148kcal, Fat 3.93g, Sat Fat 0.37g, Carbs 24.47g, Sugar 13.8g, Protein 5.56g, Salt 1.67g
	Couscous - Minted & Jewelled - 200g portion (vegan, d) Couscous (Cereal (Wheat)), Mint, Pepper - red, Salt & Black Pepper, Sultanas	Energy 397kcal, Fat 2.16g, Sat Fat 0.31g, Carbs 88.11g, Sugar 19.82g, Protein 12.09g, Salt 1.55g
Fable Shiitake Mushroom Penne Bolognese - Bowl Meal (vegan, d)	Fable Shiitake Mushroom Penne Bolognese - 380g Portion (vegan, d) Celery (Celery), Mushroom (Soya, Sulphur Dioxide), Garlic, Onion, Oregano, Penne (Cereal (Wheat)), Rapeseed Oil, Granulated Sugar, Tomato, Tomato Puree, Vegetable Bouillon (Celery), Water	Energy 636kcal, Fat 16.11g, Sat Fat 6.44g, Carbs 100.38g, Sugar 7.36g, Protein 21.44g, Salt 1.76g
Dhal with Sweet Potato, Coconut Crust & Rice - Bowl Meal (vegan, g, d)	Dhal with Sweet Potato & Coconut Crust - 1 Bowl Meal Portion (vegan, g, d) Soya Milk (Soya), Chillies, Cinnamon, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Fennel, Garlic, Ginger, Lemon, Onion, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Lentils, Salt, Spinach, Turmeric, Vegetable Bouillon (Celery), Mustard Seeds (Mustard)	Energy 346kcal, Fat 19.41g, Sat Fat 9.4g, Carbs 36.57g, Sugar 8.48g, Protein 10.31g, Salt 0.55g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
Vegan Paella - Bowl Meal (vegan, g, d)	Parsley Garnish - 2g portion (vegan, g, d) Parsley	Energy 1kcal, Fat 0.04g, Sat Fat 0g, Carbs 0.08g, Sugar 0.07g, Protein 0.09g, Salt 0g
	Vegan Paella - 400g Portion (vegan, g, d) Artichoke, Cayenne, Garlic, Lemon, Mushroom, Onion, Paprika, Parsley, Peas, Pepper - red, Rapeseed Oil, Rice, Rosemary, Sunblush Tomato, Tomato Puree, Vegetable stock (Celery), Water	Energy 522kcal, Fat 24.16g, Sat Fat 2.72g, Carbs 67.7g, Sugar 7.24g, Protein 9.57g, Salt 3.96g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOWL MEALS		
Spaghetti Carbonara with Chicken - Bowl Meal	Spaghetti Carbonara with Chicken - 400g Portion Chicken Thigh,Cream (Milk), Garlic, Milk (Milk), Mushroom, Onion, Rapeseed Oil, Salt & Black Pepper, Spaghetti (Cereal (Wheat)), Bella Lodi (Egg, Milk)	Energy 656kcal, Fat 36.61g, Sat Fat 19.05g, Carbs 53.96g, Sugar 5.39g, Protein 31.46g, Salt 4.9g
Caribbean Lamb with Rice - Bowl Meal (g, d)	Caribbean Curried Lamb - 200g Portion (g, d) Chicken Stock (Celery), Chillies, Coriander, Cornflour, Curry powder, Garlic, Coriander, Onion, Parsley, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Thyme, Tomato,	Energy 493kcal, Fat 11.33g, Sat Fat 3.27g, Carbs 56.92g, Sugar 35.99g, Protein 42.2g, Salt 38.29g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice,Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
Tarragon Chicken & Rice - Bowl Meal (g)	Parsley Garnish - 2g portion (vegan, g, d) Parsley	Energy 1kcal, Fat 0.04g, Sat Fat 0g, Carbs 0.08g, Sugar 0.07g, Protein 0.09g, Salt 0g
	Tarragon Chicken - 200g Portion (g) Butter (Milk), Chicken Thigh, Chilli, Creme Fraiche (Milk), Garlic, Lemon, Paprika , Rapeseed Oil, Sun Dried Tomato, Tarragon	Energy 556kcal, Fat 38.05g, Sat Fat 18.45g, Carbs 15.63g, Sugar 10.81g, Protein 35.48g, Salt 1.05g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice,Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
Coconut & Coriander Chicken & Rice - Bowl Meal (g, d, n)	Coconut & Coriander Chicken - 200g Portion (g, d, n) Chicken Thigh,Chillies, Coconut Milk, Coriander, Cumin, Garlic, Lemon, Onion, Oyster Sauce (Mollusc (Oyster)), Peanut butter (Peanuts), Rapeseed Oil, Demerara Sugar	Energy 451kcal, Fat 29.99g, Sat Fat 14.88g, Carbs 10.48g, Sugar 3.68g, Protein 34.92g, Salt 5.29g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice,Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
Harissa Salmon with Mint Jewelled Couscous - Bowl Meal	Harissa Salmon with Mint Jewelled Couscous - 1 Portion (d) Chillies,Coriander, Couscous (Cereal (Wheat)), Cumin, Garlic Puree (vegan, g, d), Coriander, Mint, Paprika , Pepper - red, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Sultanas, Tomato Puree	Energy 600kcal, Fat 16.12g, Sat Fat 2.95g, Carbs 88.7g, Sugar 20.23g, Protein 32.28g, Salt 1.81g
	Harissa Yoghurt Dressing - 30g portion (v, g) Chillies,Coriander, Cumin, Garlic, Coriander, Lime, Mint, Paprika , Rapeseed Oil, Salt, Tomato Puree, Yoghurt (Milk)	Energy 42kcal, Fat 3.27g, Sat Fat 1.81g, Carbs 1.59g, Sugar 1.46g, Protein 1.64g, Salt 0.14g
Chalkstream Trout with Creamy Orzo - Bowl Meal	Chalkstream Trout with Creamy Orzo - 400g Portion Basil,Broccoli, Creme Fraiche (Milk), Garlic, Onion, (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Trout Fillet (Fish), Vegetable Bouillon (Celery), Bella Lodi (Egg, Milk), Water	Energy 571kcal, Fat 32.98g, Sat Fat 13.23g, Carbs 44.26g, Sugar 5.41g, Protein 27.21g, Salt 5.1g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
AFTERNOON TEA		
Afternoon Tea	Cocktail Sandwich - Cucumber on Malted Grain (vegan, d) Bebo - Palm Free, Cucumber, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Salt & Black Pepper	Energy 224kcal, Fat 4.77g, Sat Fat 1.14g, Carbs 36.85g, Sugar 3.65g, Protein 7.52g, Salt 1.78g
	Cocktail Sandwich - Roast Chicken on Malted Grain Bebo - Palm Free, Chicken, Chicken Thigh, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mint, Parsley, Rapeseed Oil, Rosemary, Salt, Salt & Black Pepper, Granulated Sugar, Yoghurt (Milk)	Energy 366kcal, Fat 14.36g, Sat Fat 2.81g, Carbs 37.05g, Sugar 3.67g, Protein 21.8g, Salt 1.03g
	Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v) Bebo - Palm Free, Chillies, Curry Powder (Mustard), Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - Cracked Black, Salt, Salt & Black Pepper, Soft Brown Sugar, Sultanas, Tomato, Bagel (Milk, Cereal (Wheat)), Vinegar	Energy 240kcal, Fat 14.67g, Sat Fat 2.37g, Carbs 18.46g, Sugar 5.1g, Protein 8.44g, Salt 0.7g
	Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion Cheese (Milk), Pepper - Cracked Black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 181kcal, Fat 8.74g, Sat Fat 3.71g, Carbs 16.32g, Sugar 1.99g, Protein 10.6g, Salt 1.55g
	Fruit Scone with Clotted Cream & Strawberry Jam (v) Butter (Milk), Cream (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Milk (Milk), Raisins, Salt, Strawberry Jam, Caster Sugar, Icing Sugar	Energy 316kcal, Fat 18.01g, Sat Fat 11.07g, Carbs 35.21g, Sugar 17.42g, Protein 3.19g, Salt 0.52g
	Cakes Blondie Brownie (v); Cherry Flapjack (v); Coconut & Passion Fruit Drizzle Cake (v); Healthy Seed Bar - Free From (vegan, g, d); Orange Polenta Loaf (v, g, n); Raspberry Tartlet - 2 per portion (v)	Check Sandwich Lunch - Cakes page for more info

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
CANAPÉS - SET MENUS		
Lavender	Crisp Cheese Risotto Arancini (v); Curried Cauliflower & Chutney (v); Pea & Mint Crostini (vegan, d); Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d); Tomato Bruschetta (vegan, d); Duck Pancake & Hoisin (d); Szechuan Pepper Chicken (d); Honey & Ginger Glazed Trout Bites (d)	See Canapes
Honeysuckle	Feta & Honey Crostini (v); Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v); Cucumber & Feta with Pomegranate (v, g); Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d); Tomato Bruschetta (vegan, d); Bacon & Prune (g, d); Smoked Salmon & Horseradish Blinis; Honey & Ginger Glazed Trout Bites (d)	
Saffron (vegetarian)	Feta & Honey Crostini (v); Crisp Cheese Risotto Arancini (v); Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v); Cucumber & Feta with Pomegranate (v, g); Curried Cauliflower & Chutney (v); Pea & Mint Crostini (vegan, d); Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d); Tomato Bruschetta (vegan, d)	
CANAPÉS		
Feta & Honey Crostini (v)	Cheese (Milk), Garlic, Honey, Rapeseed Oil, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Thyme	Energy 56kcal, Fat 2.69g, Sat Fat 1.34g, Carbs 5.59g, Sugar 0.91g, Protein 2.37g, Salt 0.76g
Crisp Cheese Risotto Arancini (v)	Breadcrumbs (Cereal (Wheat)), Eggs (Egg), Cheese (Milk), Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Rice, Tarragon, Sunblush Tomato, Vegetable Bouillon (Celery), Water	Energy 56kcal, Fat 1.28g, Sat Fat 0.5g, Carbs 8.85g, Sugar 0.69g, Protein 2.03g, Salt 0.31g
Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v)	Basil,Mozzarella, Garlic, Pesto (Milk), Rapeseed Oil, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 58kcal, Fat 3.16g, Sat Fat 0.79g, Carbs 5.74g, Sugar 1.07g, Protein 1.94g, Salt 0.63g
Cucumber & Feta with Pomegranate (v, g)	Cucumber,Dill, Cheese (Milk), Pepper - cracked black, Pomegranate	Energy 14kcal, Fat 1g, Sat Fat 0.57g, Carbs 0.41g, Sugar 0.37g, Protein 0.94g, Salt 0.1g
Curried Cauliflower & Chutney (v)	Cauliflower ,Cheddar (Milk), Chutney - Mango, Coriander, Curry powder, Eggs (Egg), Garlic, Micro - Garlic Chive, Rapeseed Oil, Salt & Black Pepper, Turmeric	Energy 40kcal, Fat 1.81g, Sat Fat 0.83g, Carbs 3.72g, Sugar 3g, Protein 2.12g, Salt 0.45g
Pea & Mint Crostini (vegan, d)	Lemon,Mint, Peas, Rapeseed Oil, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat))	Energy 31kcal, Fat 0.66g, Sat Fat 0.07g, Carbs 5.06g, Sugar 0.2g, Protein 1.23g, Salt 0.73g
Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d)	Capers ,Garlic, Olives, Lemon, Pepper - cracked black, Polenta, Rapeseed Oil, Onions, Vegetable Bouillon (Celery), Vinegar - Balsamic (Sulphur Dioxide)	Energy 35kcal, Fat 1.43g, Sat Fat 0.13g, Carbs 5.24g, Sugar 0.63g, Protein 0.54g, Salt 0.18g
Tomato Bruschetta (vegan, d)	Basil,Garlic, Rapeseed Oil, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 36kcal, Fat 1.1g, Sat Fat 0.1g, Carbs 5.58g, Sugar 0.98g, Protein 1.14g, Salt 0.55g
Duck Pancake & Hoisin (d)	Carrot,Chives, Coriander, Courgettes, Duck, Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Wheat)), Pepper - red, Sweet chilli sauce	Energy 46kcal, Fat 1.15g, Sat Fat 0.26g, Carbs 5.75g, Sugar 2.4g, Protein 3.2g, Salt 0.31g
Mini Chicken Skewer with Chilli & Oregano (g, d)	Cayenne,Chicken, Chillies, Garlic, Lemon, Oregano, Rapeseed Oil, Salt & Black Pepper	Energy 27kcal, Fat 1.7g, Sat Fat 0.26g, Carbs 0.08g, Sugar 0.04g, Protein 2.97g, Salt 0.18g
Bacon & Prune (g, d)	Bacon (Sulphur Dioxide), Prunes, Rosemary	Energy 52kcal, Fat 2.93g, Sat Fat 1g, Carbs 4.36g, Sugar 4.22g, Protein 2.22g, Salt 0.35g
Szechuan Pepper Chicken (d)	Chicken,Chillies, Garlic, Ginger, Rapeseed Oil, Granulated Sugar, Szechan Sauce (Soya, Cereal (Wheat)), Tomato, Vinegar (Sulphur Dioxide)	Energy 33kcal, Fat 0.99g, Sat Fat 0.18g, Carbs 3.57g, Sugar 3.06g, Protein 2.52g, Salt 0.13g
Smoked Salmon & Horseradish Blinis	Blinis (Egg, Milk, Cereal (Wheat)), Dill, Horseradish (Egg, Milk, Mustard), Lemon, Mascarpone (Milk), Pepper - cracked black, Smoked Salmon (Fish)	Energy 55kcal, Fat 3.26g, Sat Fat 1.25g, Carbs 3.93g, Sugar 1.16g, Protein 2.75g, Salt 0.52g
Honey & Ginger Glazed Trout Bites (d)	Ginger,Honey, Lemon, Mustard (Mustard), Salt & Black Pepper, Sesame seeds (Sesame Seeds), Soy sauce (Soya, Cereal (Wheat)), Trout Fillet (Fish)	Energy 32kcal, Fat 1.49g, Sat Fat 0.31g, Carbs 0.59g, Sugar 0.55g, Protein 4.19g, Salt 0.38g

The fourteen allergens are highlighted in ( ) for every product we sell. Each order will receive an email the day before the delivery with detailed information on the ingredients and allergen information for the specific food items we are delivering to you. Please remember to check this information regularly as we are always working on our products.

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>SWEET CANAPÉS</b>		
<b>Raspberry &amp; Basil Blini (v)</b>	Blinis (Egg, Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Thai Basil, Raspberry, Vinegar - Balsamic (Sulphur Dioxide)	Energy 61kcal, Fat 4.64g, Sat Fat 2.41g, Carbs 3.63g, Sugar 1.39g, Protein 1.04g, Salt 0.2g
<b>Fresh Fruit Tartlet (v)</b>	Apricot Jam (Cereal (Gluten)), Custard (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Milk (Milk), Raspberry, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat)), Vanilla pods, Water	Energy 64kcal, Fat 2.69g, Sat Fat 1.47g, Carbs 8.4g, Sugar 4.67g, Protein 1.54g, Salt 0.07g
<b>Salted Caramel &amp; Almond Truffle (v, g, n)</b>	Almond (Nuts (Almond)), Chocolate (Soya), Cream (Milk), Salt, Light Soft Brown Sugar, Dark Chocolate	Energy 113kcal, Fat 8.28g, Sat Fat 4.56g, Carbs 7.46g, Sugar 6.84g, Protein 1.56g, Salt 0.07g
<b>Chocolate Strawberry (v, g)</b>	Dark Chocolate (Milk, Soya), Strawberry	Energy 39kcal, Fat 2.56g, Sat Fat 1.53g, Carbs 3.24g, Sugar 3.06g, Protein 0.37g, Salt 0g
<b>Fruit Kebab (vegan, g, d)</b>	Kiwi, Melon, Pineapple	Energy 9kcal, Fat 0.09g, Sat Fat 0.01g, Carbs 1.94g, Sugar 1.91g, Protein 0.15g, Salt 0g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>DRINKS</b>		
Belu - Sparkling Mineral Water (750ml)	Check packaging for more info	Check packaging for more info
Belu - Still Mineral Water (750ml)		
Belu Still (330ml)		
Belu Sparkling (330ml)		
Cranberry Juice (1 litre)		
Orange Juice (1 litre)		
Apple Juice (1 litre)		
7 Up (330ml can)		
Coke (330ml can)		
Coke Diet (330ml can)		
Tango (330ml can)		
San Pellegrino - Blood Orange (330ml can)		
San Pellegrino - Lemon(330ml can)		
Freshly Squeezed Orange Juice (250ml)		
Elderflower Presse - Still (vegan, g, d)	Citric acid - Citrus Anhydrous, Lemon, Granulated Sugar, Water, Water	Energy 355kcal, Fat 0g, Sat Fat 0g, Carbs 94.59g, Sugar 94.59g, Protein 0.01g, Salt 0.01g
Elderflower Presse - Sparkling (vegan, g, d)	Citric acid - Citrus Anhydrous, Lemon, Granulated Sugar, Water, Water	Energy 355kcal, Fat 0g, Sat Fat 0g, Carbs 94.59g, Sugar 94.59g, Protein 0.01g, Salt 0.01g
Beetroot & Raspberry Smoothie (vegan, g, d)	Bananas, Beetroot, Raspberry, Soya (Soya)	Energy 488kcal, Fat 9.73g, Sat Fat 1.74g, Carbs 80.26g, Sugar 68.27g, Protein 21.4g, Salt 0.44g
Orange, Carrot & Mango Smoothie (vegan, g, d)	Carrot, Mango, Orange Juice, Soya (Soya)	Energy 290kcal, Fat 5g, Sat Fat 1.2g, Carbs 52.2g, Sugar 42.4g, Protein 8.4g, Salt 0.2g
Green Dream Smoothie (v, g, d, n)	Almond Milk (Nuts (Almond)), Chia Seeds, Curly Kale, Honey, Kiwi, Pineapple	Energy 358kcal, Fat 13.61g, Sat Fat 1.44g, Carbs 48.2g, Sugar 46.67g, Protein 9.11g, Salt 0.8g
<b>HOT DRINKS</b>		
Flask of Organic Coffee (vegan, g, d)	Coffee - Ground Sachets - 70g, Water	Check packaging for more info
Flask of Organic Decaffeinated Coffee (vegan, g, d)	Coffee - Decaf Ground Sachet - 70g, Water	
Flask of Hot Water and Selection of Teas (vegan, g, d)	Selection of Tea Bags: English Breakfast, Earl Grey, Green Tea, Peppermint and Rooibos Chai	

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BEER		
Fourpure Lager	Check packaging for more info	Check packaging for more info
Fourpure Session IPA		
Lucky Saint - Alcohol Free Superior Lager		
HOUSE WINE		
Laurent Miquel - Heritage Vineyards Rouge	Check packaging for more info	Check packaging for more info
Laurent Miquel - Heritage Vineyards Blanc		
Laurent Miquel - HeritageVineyards Rose		
SPARKLING WINE		
Langlois Chateau 'LC' Cremant Brut	Check packaging for more info	Check packaging for more info
Langlois Chateau 'LC' Cremant Rose		
Artigianale Prosecco Eco		
Ayala Brut Majeur		
Ayala Brut Majeur NV Magnum		