



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

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
PASTRIES		
All Butter Croissant - large (v)	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
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
Pain au Chocolat - large (v)	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
Pain au Chocolat - Mini (v)	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
Almond Butter Croissant - Mini (v, n)	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
Pain aux Raisins - large (v)	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
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
Apple and Custard Crumble Danish - large (v)	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 5.22g, Salt 0.17g
Cherry Danish - large (v)	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
Pear and Almond Danish - large (v, n)	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
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
Biscuits - 2 per portion	See packaging for more info	See packaging for more info
Homemade American Cookies - 2 per portion (v)	Bebo - Palm Free, Cocoa (Milk), Cranberry, Eggs (Egg), Flour (Cereal (Wheat)), Milk Chocolate (Milk, Soya), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Extract, White Chocolate (Milk, Soya)	Energy 233kcal, Fat 9.08g, Sat Fat 3.67g, Carbs 35.7g, Sugar 23.7g, Protein 2.49g, Salt 0.33g
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
Mini Muffins - 2 per portion (v)	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
Conserves	See packaging for more info	See packaging for more info

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST CEREAL & YOGHURTS		
Granola with Rhubarb Compote (v)	Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Oats (Cereal (Oats, Wheat)), Pumpkin Seeds, Rapeseed Oil, Raisins, Rhubarb, Salt, Sesame Seeds (Sesame Seeds), Caster Sugar, Soft Brown Sugar, Sultanas, Sunflower Seeds, Water, Yoghurt (Milk)	Energy 512kcal, Fat 32.41g, Sat Fat 11.03g, Carbs 43.46g, Sugar 25.25g, Protein 13.64g, Salt 0.28g
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 & Mango Coulis (vegan, g, d, n)	Soya Yoghurt (Soya), Cranberry, Mango, Pistachio (Nuts (Pistachio)), Pumpkin Seeds, Sesame Seeds (Sesame Seeds), Sultanas, Sunflower Seeds	Energy 292kcal, Fat 14.34g, Sat Fat 2.27g, Carbs 32.53g, Sugar 27.19g, Protein 9.01g, 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 Rhubarb Compote (v, g)	Rhubarb, Caster Sugar, Water, Yoghurt (Milk)	Energy 232kcal, Fat 15.34g, Sat Fat 10.12g, Carbs 15.4g, Sugar 14.94g, Protein 8.91g, Salt 0.26g
Yoghurt Pot with Mango Coulis (v, g)	Mango, Yoghurt (Milk)	Energy 224kcal, Fat 15.42g, Sat Fat 10.18g, Carbs 12.66g, Sugar 10.92g, Protein 8.79g, 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 Rhubarb Compote (vegan, g, d)	Soya Yoghurt (Soya), Rhubarb, Caster Sugar, Water	Energy 140kcal, Fat 3.04g, Sat Fat 0.48g, Carbs 24.7g, Sugar 24.24g, Protein 5.31g, Salt 0.09g
Soya Yoghurt Pot with Mango Coulis (vegan, g, d)	Soya Yoghurt (Soya), Mango	Energy 133kcal, Fat 3.12g, Sat Fat 0.54g, Carbs 21.96g, Sugar 20.22g, Protein 5.19g, 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, Lupin, Milk, Sesame Seeds, Soya, 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: Bacon (Sulphur Dioxide), Brioche Buns (Egg, Lupin, Milk, Sesame Seeds, Soya, Cereal (Wheat))	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, Lupin, Milk, Sesame Seeds, Soya, 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
SANDWICHES		
Curried Chickpea & Chutney in a Tomato Tortilla (vegan, d)	Beetroot, Chickpeas, Chutney - Mango, Curry Powder (Mustard), Garlic, Carrot, Lemon, Pepper - Cracked Black, Rapeseed Oil, Raisins, Salt, Spinach, Tahini (Sesame Seeds), Tomato Wrap (Cereal (Wheat))	Energy 338kcal, Fat 7.28g, Sat Fat 0.7g, Carbs 58.29g, Sugar 20.53g, Protein 10.27g, Salt 2.43g
Beetroot Houmous & Rocket in Ciabatta (vegan, d)	Bayleaf, Beetroot, Chickpeas, Ciabatta (Cereal (Wheat)), Garlic, Lemon, Pepper - Cracked Black, Pepper - Red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 415kcal, Fat 7.95g, Sat Fat 0.92g, Carbs 72.31g, Sugar 6.24g, Protein 14.08g, Salt 2.81g
Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d)	Bayleaf, Beetroot, Chickpeas, Garlic, Lemon, Pepper - Cracked Black, Pepper - Red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 275kcal, Fat 6.47g, Sat Fat 0.77g, Carbs 41.97g, Sugar 4.49g, Protein 10.24g, Salt 1.86g
Cheddar & Pickle in a Piedmont Baguette (v)	All Spice, Apples, Apricot (Sulphur Dioxide), Bebo - Palm Free, Carrot, Cauliflower, Cheddar (Milk), Chillies, Courgettes, Garlic, Gherkins, Lemon, Onion, Pepper - Cracked Black, Baguette (Cereal (Durum, Wheat)), Prunes, Rapeseed Oil, Raisins, Salt, Demerara Sugar, Turnip, Vinegar (Sulphur Dioxide, Cereal (Barley)), Vinegar, Mustard Seeds (Mustard)	Energy 614kcal, Fat 25.93g, Sat Fat 14.44g, Carbs 68.1g, Sugar 4.09g, Protein 26.48g, Salt 3.92g
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)	Bebo - Palm Free, Cheddar (Milk), Cucumber, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Tomato	Energy 459kcal, Fat 23.74g, Sat Fat 13.7g, Carbs 37.77g, Sugar 4.56g, Protein 22.66g, Salt 1.87g
Egg & Tomato on Malted Grain (v, d)	Bebo - Palm Free, Curry Powder (Mustard), Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mayonnaise (Egg), Salt & Black Pepper, Tomato	Energy 448kcal, Fat 25.58g, Sat Fat 4.8g, Carbs 38.21g, Sugar 4.57g, Protein 15.55g, Salt 2.86g
Beetroot, Spinach & Goats Cheese on Multi Seed Bloomer (v)	Bebo - Palm Free, Beetroot, Goats Cheese (Milk), Milk - Semi Skimmed - 1 pint Organic (Milk), Multi Seed Bloomer (Cereal (Barley, Oats, Rye, Wheat)), Pepper - Cracked Black, Rapeseed Oil, Raisins, Spinach, Vinegar (Sulphur Dioxide)	Energy 456kcal, Fat 21.14g, Sat Fat 8.52g, Carbs 53.56g, Sugar 10.7g, Protein 16.04g, Salt 1.82g
Jerk Chicken & Red Cabbage Pickled Slaw in a Wrap (d)	Bayleaf, Red Cabbage (Sulphur Dioxide), Chicken Thigh, Carrot, Jerk Paste, Mayonnaise (Egg), Rapeseed Oil, Caster Sugar, Vinegar, Water, Tomato Wrap (Cereal (Wheat))	Energy 361kcal, Fat 15.35g, Sat Fat 1.76g, Carbs 34.02g, Sugar 5.92g, Protein 19.92g, Salt 1.91g
Roast Rosemary Chicken on Malted Grain (d)	Bebo - Palm Free, Chicken, Chicken Thigh, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mayonnaise (Egg), Pepper - Cracked Black, Rosemary Marinade (vegan, g, d)	Energy 418kcal, Fat 19.77g, Sat Fat 2.87g, Carbs 37.71g, Sugar 3.72g, Protein 21.77g, Salt 1g
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
Roast Rosemary Chicken on Gluten Free Bread (g, d)	Bebo - Palm Free, Chicken, Chicken Thigh, Bread - Gluten free (Egg), Mixed Leaf, Mayonnaise (Egg), Pepper - Cracked Black, Rosemary Marinade (vegan, g, d)	Energy 354kcal, Fat 20.29g, Sat Fat 3.05g, Carbs 25.27g, Sugar 0.92g, Protein 14.33g, Salt 1.09g
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)	Carrot, Coriander, Cornflour, Ginger, Honey, Mayonnaise (Egg), Miso Paste (Soya), Sesame Oil (Sesame Seeds), Salmon (Fish), Salt & Black Pepper, Gluten Free Soy Sauce (Soya), Soft Brown Sugar, Vinegar, Water, Wrap (Cereal (Wheat))	Energy 360kcal, Fat 16.05g, Sat Fat 2.39g, Carbs 34.24g, Sugar 4.88g, Protein 19.7g, Salt 3.21g
Smoked Mackerel & Ricotta in a Piedmont Baguette	Capers, Lemon, Mackerel (Fish), Nutmeg, Baguette (Cereal (Durum, Wheat)), Ricotta (Milk), Salt & Black Pepper	Energy 460kcal, Fat 13.24g, Sat Fat 4.58g, Carbs 64.76g, Sugar 1.32g, Protein 20.36g, Salt 3.46g
Smoked Salmon & Cream Cheese on Malted Grain	Bebo - Palm Free, Cheese (Milk), Lemon, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Pepper - Cracked Black, Smoked Salmon (Fish)	Energy 369kcal, Fat 15.26g, Sat Fat 6.72g, Carbs 39.99g, Sugar 4.56g, Protein 18.06g, Salt 2.57g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
FINGER BUFFET		
Falafel with Beetroot Houmous (vegan, g, d)	Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - Cracked Black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric	Energy 54kcal, Fat 1.3g, Sat Fat 0.14g, Carbs 8.84g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
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
Squashage Roll (vegan, d)	Soya Milk (Soya), Butter beans, Garlic, Onion, Puff Pastry (Cereal (Wheat)), Puy Lentils, Rapeseed Oil, (Soya, Cereal (rice)), Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Squash	Energy 231kcal, Fat 9.58g, Sat Fat 4.08g, Carbs 27.01g, Sugar 1.52g, Protein 8.8g, Salt 1.54g
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
Tomatade Bruschetta (vegan, d)	Garlic, Ciabatta (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Tarragon, Thyme, Tomato	Energy 42kcal, Fat 3.55g, Sat Fat 0.28g, Carbs 3.02g, Sugar 2.89g, Protein 0.54g, Salt 0.26g
Spinach & Feta Pinwheels (v)	Eggs (Egg), Cheese (Milk), Garlic, Onion, Oregano, Puff Pastry (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Spinach	Energy 115kcal, Fat 7.43g, Sat Fat 3.88g, Carbs 8.67g, Sugar 0.27g, Protein 5.19g, Salt 0.7g
Broccoli & Emmenthal Cheese Tart (v)	Broccoli, Creme Fraiche (Milk), Eggs (Egg), Emmenthal (Milk), Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley, Wheat)), Salt & Black Pepper	Energy 123kcal, Fat 11.81g, Sat Fat 7.67g, Carbs 0.82g, Sugar 0.64g, Protein 3.53g, Salt 0.36g
Chicken Satay Brochette (g, d, n)	Chicken, Chillies, Coriander, Fish Sauce (Fish), Garlic, Ginger, Lime, Peanut Butter (Peanuts), Rapeseed Oil, Gluten Free Soy Sauce (Soya), Water	Energy 84kcal, Fat 5.33g, Sat Fat 1.08g, Carbs 1.02g, Sugar 0.53g, Protein 7.75g, Salt 0.33g
Cocktail Sausages with Honey - 3 per portion (d)	Honey, Mustard (Mustard), Mustard (Mustard), Sausage (Sulphur Dioxide, Cereal (Wheat)), Sesame Seeds (Sesame Seeds)	Energy 170kcal, Fat 12.56g, Sat Fat 4.76g, Carbs 7.18g, Sugar 3.73g, Protein 5.95g, Salt 1.21g
Cheddar Scone with Chorizo	Gluten Free Baking Powder, Bella Lodi (Milk), Butter (Milk), Cheddar (Milk), Chillies, Chives, Chorizo, Coriander, Flour (Cereal (Wheat)), Lemon, Mascarpone (Milk), Milk (Milk), Salt	Energy 206kcal, Fat 12.67g, Sat Fat 7.54g, Carbs 15.71g, Sugar 1.07g, Protein 7.04g, Salt 1.88g
Salmon Brochette with Honey and Mustard (g, d)	Honey, Mustard (Mustard), Salmon (Fish), Salt & Black Pepper	Energy 90kcal, Fat 4.25g, Sat Fat 1.13g, Carbs 3.06g, Sugar 3.01g, Protein 10.23g, Salt 0.22g
Salmon Tartlet - 2 per portion (d)	Chillies, Garlic, Ginger, Lemon, Lemon, Lime, Pastry (Lupin, Cereal (Wheat)), Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Spinach, Granulated Sugar, Sweet Chilli Sauce (Sulphur Dioxide), Vinegar (Cereal (Barley))	Energy 152kcal, Fat 8.8g, Sat Fat 4.4g, Carbs 12.88g, Sugar 1.75g, Protein 10.03g, Salt 0.59g
BITES		
Kettle Crisps with Dip - Small Platter (vegan, g, d)	Chillies, Coriander, Handcooked Crisps in the Bag (vegan, g, d), Onion, Salt & Black Pepper, Sweet Chilli Sauce (Sulphur Dioxide), Tomato	Energy 616kcal, Fat 32.82g, Sat Fat 3.12g, Carbs 70.57g, Sugar 2.2g, Protein 6.89g, Salt 1.88g
Kettle Crisps with Dip - Large Platter (vegan, g, d)	Chillies, Coriander, Handcooked Crisps in the Bag (vegan, g, d), Onion, Salt & Black Pepper, Sweet Chilli Sauce (Sulphur Dioxide), Tomato	Energy 1229kcal, Fat 65.62g, Sat Fat 6.25g, Carbs 140.71g, Sugar 4g, Protein 13.64g, Salt 3.68g
Tortilla Chips with Dip - Small Platter (vegan, g, d)	Chillies, Coriander, Onion, Salt & Black Pepper, Sweet Chilli Sauce (Sulphur Dioxide), Tomato, Tortilla Chips	Energy 583kcal, Fat 25.22g, Sat Fat 3.03g, Carbs 77.29g, Sugar 3.54g, Protein 8.09g, Salt 0.66g
Tortilla Chips with Dip - Large Platter (vegan, g, d)	Chillies, Coriander, Onion, Salt & Black Pepper, Sweet Chilli Sauce (Sulphur Dioxide), Tomato, Tortilla Chips	Energy 1164kcal, Fat 50.43g, Sat Fat 6.06g, Carbs 154.15g, Sugar 6.68g, Protein 16.04g, Salt 1.23g
CHEESE		
A British 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

Allergens are shown 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
CAKES		
Lemon & Chia Drizzle Cake (vegan, d)	Soya Milk (Soya), Gluten Free Baking Powder, Chia Seeds, Flour (Cereal (Wheat)), Golden Syrup, Lemon, Lemon, Lemon, Rapeseed Oil, Salt, Granulated Sugar, Vanilla Extract, Water	Energy 285kcal, Fat 13.25g, Sat Fat 1.04g, Carbs 41.87g, Sugar 21.08g, Protein 2.83g, Salt 2.26g
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
Apricot Flapjack (v)	Apricot (Sulphur Dioxide), Butter (Milk), Condensed Milk (Milk), Golden Syrup, Oats (Cereal (Oats, Wheat)), Granulated Sugar	Energy 313kcal, Fat 14.47g, Sat Fat 8.05g, Carbs 41.26g, Sugar 25.95g, Protein 4.38g, Salt 0.05g
Rhubarb Tartlet - 2 per portion (v)	Custard (Cereal (Corn)), Eggs (Egg), Flour (Cereal (Wheat)), Milk (Milk), Rhubarb, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat)), Vanilla pods, Water	Energy 118kcal, Fat 5.1g, Sat Fat 2.85g, Carbs 15.68g, Sugar 8.74g, Protein 2.67g, Salt 0.11g
Banana & Sticky Toffee Cake (v, n)	Almond (Nuts (Almond)), Gluten Free Baking Powder, Bananas	Energy 358kcal, Fat 19.43g, Sat Fat 10.55g, Carbs 42.76g, Sugar 31.67g, Protein 4.27g, Salt 0.63g
Seville Orange Marmalade Polenta Cake (v, g, n)	Almond (Nuts (Almond)), Gluten Free Baking Powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Orange, Caster Sugar, Water	Energy 327kcal, Fat 20.67g, Sat Fat 3.59g, Carbs 31.4g, Sugar 24.6g, Protein 5.65g, Salt 0.42g
Walnut Brownie (v, n)	Butter (Milk), Dark Chocolate (Milk, Soya), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Caster Sugar, Walnut (Nuts (Walnuts))	Energy 513kcal, Fat 33.1g, Sat Fat 16.29g, Carbs 49.39g, Sugar 38.71g, Protein 4.97g, Salt 0.87g
Mini Muffins - 2 per portion (v)	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
Sour Cherry Cheesecake - Mini Pot (v)	Digestive (Milk, Cereal (Wheat)), Butter (Milk), Sour Cherries, Cream (Milk), Cheese (Milk), Caster Sugar	Energy 218kcal, Fat 15.45g, Sat Fat 9.2g, Carbs 17.57g, Sugar 13.01g, Protein 2.29g, Salt 0.34g
Cheddar Scone with Chorizo	Gluten Free Baking Powder, Bella Lodi (Milk), Butter (Milk), Cheddar (Milk), Chillies, Chives, Chorizo, Coriander, Flour (Cereal (Wheat)), Lemon, Mascarpone (Milk), Milk (Milk), Salt	Energy 206kcal, Fat 12.67g, Sat Fat 7.54g, Carbs 15.71g, Sugar 1.07g, Protein 7.04g, Salt 1.88g
Mandarin Cheesecake - Mini Pot (v)	Digestive (Milk, Cereal (Wheat)), Butter (Milk), Cream (Milk), Cheese (Milk), Lemon, Mandarin, Caster Sugar	Energy 273kcal, Fat 21.07g, Sat Fat 12.65g, Carbs 17.51g, Sugar 13.05g, Protein 3.35g, Salt 0.49g
Lemon Posset - Pot (v, g)	Cream (Milk), Gelatine - Agar Agar, Lemon, Caster Sugar	Energy 537kcal, Fat 44.66g, Sat Fat 27.79g, Carbs 34.42g, Sugar 34.42g, Protein 1.71g, Salt 0.06g
Sour Cherry Cheesecake - Pot (v)	Digestive (Milk, Cereal (Wheat)), Butter (Milk), Sour Cherries, Cream (Milk), Cheese (Milk), Lemon, Caster Sugar	Energy 415kcal, Fat 27.93g, Sat Fat 16.73g, Carbs 37.23g, Sugar 30.76g, Protein 4.32g, Salt 0.65g
Mandarin Cheesecake - Pot (v)	Digestive (Milk, Cereal (Wheat)), Butter (Milk), Cream (Milk), Cheese (Milk), Lemon, Mandarin, Caster Sugar	Energy 365kcal, Fat 27.95g, Sat Fat 16.73g, Carbs 24g, Sugar 17.34g, Protein 4.46g, Salt 0.65g
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

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SHARING SALAD PLATTER - 3-4 PORTIONS		
Small Chargrilled Chicken with Beans & Broccoli Salad - 3-4 portions (g)	Borlotti beans, Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Dressing - Lemon Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Pepper - Cracked Black, Salt, Salt & Black Pepper, Thyme, Yoghurt (Milk)	Energy 641kcal, Fat 27.61g, Sat Fat 6.1g, Carbs 53.4g, Sugar 26.33g, Protein 43.31g, Salt 6.74g
Small Smoked Mackerel, Beetroot & Puy Lentil Salad - 3-4 portions (g, d)	Beetroot, Lemon, Mixed Leaf, Mackerel (Fish), Mint, Mustard (Mustard), Parsley, Pepper - Cracked Black, Puy Lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 1089kcal, Fat 46.16g, Sat Fat 7.39g, Carbs 104.41g, Sugar 12.95g, Protein 73.45g, Salt 2.88g
Small Oriental Raw Vegetable Salad 3-4 Portions (vegan, g, d)	Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - Green, Pepper - Yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 616kcal, Fat 59.28g, Sat Fat 4.53g, Carbs 27.18g, Sugar 24.75g, Protein 6.76g, Salt 1.23g
Small Freekeh, Chickpea & Chargrilled Aubergine Salad - 3-4 portions (vegan, d)	Aubergine, Chickpeas, Curry Powder (Mustard), Freekeh (Cereal (Wheat)), Maple Flavour Syrup, Rapeseed Oil, Red Quinoa, Salt & Black Pepper, Spinach, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 1253kcal, Fat 90.11g, Sat Fat 6.85g, Carbs 111.63g, Sugar 26.09g, Protein 23.99g, Salt 2.61g
Small Wild Rice Salad - 3-4 portions (vegan, g, d, n)	Apricot (Sulphur Dioxide), Lemon, Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 629kcal, Fat 18.01g, Sat Fat 1.87g, Carbs 101.85g, Sugar 18.4g, Protein 15.85g, Salt 0.47g
Small New Potato Salad - 3-4 portions (vegan, g, d)	Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 436kcal, Fat 18.75g, Sat Fat 1.49g, Carbs 67.46g, Sugar 6.61g, Protein 7.81g, Salt 2.42g
Small Mixed Leaf Salad with Lemon & Herb Dressing - 3-4 portions (vegan, g, d)	Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - Cracked Black, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 156kcal, Fat 17.23g, Sat Fat 1.23g, Carbs 1.93g, Sugar 1.5g, Protein 1.75g, Salt 0.19g
Small Broccoli & Cauliflower Salad with Feta - 3-4 portions (v, g)	Olives, Broccoli, Cauliflower, Cheese (Milk), Maple Flavour Syrup, Rapeseed Oil, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 760kcal, Fat 66.54g, Sat Fat 15.04g, Carbs 28.33g, Sugar 23.74g, Protein 22.83g, Salt 4.47g
Small Tuscan Tortellini Salad - 3-4 portions (v)	Bella Lodi (Milk), Maple Flavour Syrup, Oregano, Pepper - Cracked Black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (Wheat)), Vinegar - Balsamic (Sulphur Dioxide)	Energy 839kcal, Fat 52.82g, Sat Fat 10.13g, Carbs 73.19g, Sugar 13.64g, Protein 25.15g, Salt 5g
SHARING SALAD PLATTER - 6-8 PORTIONS		
Chargrilled Chicken with Beans & Broccoli Salad - 6-8 portions (g)	Borlotti beans, Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Dressing - Lemon Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Pepper - Cracked Black, Salt, Salt & Black Pepper, Thyme, Yoghurt (Milk)	Energy 1192kcal, Fat 51.67g, Sat Fat 11.73g, Carbs 98.92g, Sugar 48.9g, Protein 80.35g, Salt 12.5g
Smoked Mackerel, Beetroot & Puy Lentil Salad - 6-8 portions (g, d)	Beetroot, Lemon, Mixed Leaf, Mackerel (Fish), Mint, Mustard (Mustard), Parsley, Pepper - Cracked Black, Puy Lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 2179kcal, Fat 92.32g, Sat Fat 14.78g, Carbs 208.82g, Sugar 25.89g, Protein 146.9g, Salt 5.76g
Oriental Raw Vegetable Salad 6-8 Portions (vegan, g, d)	Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - Green, Pepper - Yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 1233kcal, Fat 118.56g, Sat Fat 9.06g, Carbs 54.37g, Sugar 49.49g, Protein 13.53g, Salt 2.46g
Freekeh, Chickpea & Chargrilled Aubergine Salad - 6-8 portions (vegan, d)	Aubergine, Chickpeas, Curry Powder (Mustard), Freekeh (Cereal (Wheat)), Maple Flavour Syrup, Rapeseed Oil, Red Quinoa, Salt & Black Pepper, Spinach, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 2507kcal, Fat 180.22g, Sat Fat 13.7g, Carbs 223.25g, Sugar 52.18g, Protein 47.98g, Salt 5.21g
Wild Rice Salad - 6-8 portions (vegan, g, d, n)	Apricot (Sulphur Dioxide), Lemon, Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar, (Mustard, Sulphur Dioxide, Nuts (Pistachio))	Energy 1258kcal, Fat 36.03g, Sat Fat 3.74g, Carbs 203.7g, Sugar 36.79g, Protein 31.71g, Salt 0.94g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SHARING SALAD PLATTER - 6-8 PORTIONS		
New Potato Salad - 6-8 portions (vegan, g, d)	Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 873kcal, Fat 37.51g, Sat Fat 2.98g, Carbs 134.93g, Sugar 13.23g, Protein 15.62g, Salt 4.83g
Mixed Leaf Salad with Lemon & Herb Dressing - 6-8 portions (vegan, g, d)	Lemon, Mixed Leaf, Mint, Mixed Leaf Salad with Red Wine Dressing - 6-8 portions (vegan, g, d) (Mustard), Mustard (Mustard), Parsley, Pepper - Cracked Black, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 311kcal, Fat 34.47g, Sat Fat 2.46g, Carbs 3.86g, Sugar 3g, Protein 3.5g, Salt 0.38g
Broccoli & Cauliflower Salad with Feta - 6-8 portions (v, g)	Olives, Broccoli, Cauliflower, Cheese (Milk), Maple Flavour Syrup, Rapeseed Oil, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 1529kcal, Fat 133.79g, Sat Fat 30.24g, Carbs 56.95g, Sugar 47.74g, Protein 45.9g, Salt 8.98g
Tuscan Tortellini Salad - 6-8 portions (v)	Bella Lodi (Milk), Maple Flavour Syrup, Oregano, Pepper - Cracked Black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (Wheat)), Vinegar - Balsamic (Sulphur Dioxide)	Energy 1557kcal, Fat 98.09g, Sat Fat 18.8g, Carbs 135.92g, Sugar 25.34g, Protein 46.7g, Salt 9.29g
BREAD		
Roll & Butter - Cold Fork (v)	Butter Pat - Each (Milk), Rolls (Milk, Cereal (Barley, Oats, Rye, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g
SALAD BOXES		
Wild Rice Salad with Roasted Roots (vegan, g, d, n)	Almonds (Nuts (Almond)), Apricot (Sulphur Dioxide), Beetroot, Carrot, Celeriac (Celery), Chickpeas, Garlic, Lemon, Lemon, Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Swede, Tahini (Sesame Seeds), Vinegar	Energy 369kcal, Fat 12.52g, Sat Fat 1.27g, Carbs 54.37g, Sugar 20.81g, Protein 12.33g, Salt 3.76g
Oriental Raw Vegetable Salad (vegan, g, d)	Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - Green, Pepper - Yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 444kcal, Fat 43.59g, Sat Fat 3.29g, Carbs 18.52g, Sugar 16.82g, Protein 4.2g, Salt 0.9g
Tuscan Tortellini Salad (v)	Bella Lodi (Milk), Maple Flavour Syrup, Oregano, Pepper - Cracked Black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (Wheat)), Vinegar - Balsamic (Sulphur Dioxide)	Energy 479kcal, Fat 30.18g, Sat Fat 5.79g, Carbs 41.82g, Sugar 7.8g, Protein 14.37g, Salt 2.86g
Chargrilled Chicken with Beans & Broccoli Salad (g)	Borlotti beans, Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Dressing - Lemon Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Pepper - Cracked Black, Salt, Salt & Black Pepper, Thyme, Yoghurt (Milk)	Energy 382kcal, Fat 16.46g, Sat Fat 3.65g, Carbs 31.91g, Sugar 15.68g, Protein 25.8g, Salt 3.93g
Smoked Mackerel, Beetroot & Puy Lentil Salad (g, d)	Beetroot, Lemon, Mixed Leaf, Mackerel (Fish), Mint, Mustard (Mustard), Parsley, Pepper - Cracked Black, Puy Lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 649kcal, Fat 27.48g, Sat Fat 4.4g, Carbs 62.15g, Sugar 7.71g, Protein 43.72g, Salt 1.72g
MEZE SALADS		
Meze Sharing Vegetarian - 5-7 people (v, n)	Roll & Butter - Cold Fork (v) Butter Pat - Each (Milk), Rolls (Milk, Cereal (Barley, Oats, Rye, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g
	Vegetarian Sharing Meze - Spring - 5-7 people (v) Aubergine, Babycorn, Olives, Broccoli, Cauliflower, Chickpeas, Chillies, Chives, Coriander, Curry Powder (Mustard), Eggs (Egg), Cheese (Milk), Freekeh (Cereal (Wheat)), Ginger, Lemon, Mixed Leaf, Lime, Mangetout, Maple Flavour Syrup, Mayonnaise (Egg), Mint, Mustard (Mustard), Onion, Onion, Oregano, Parsley, Pepper - Cracked Black, Pepper - Green, Pepper - Yellow, Potatoes, Puff Pastry (Cereal (Wheat)), Rapeseed Oil, Radish, Red Quinoa, Salt, Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Spinach, Spinach, Caster Sugar, Tomato, Sunblush Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Vinegar (Sulphur Dioxide), Vinegar	Energy 3014kcal, Fat 212.52g, Sat Fat 45.44g, Carbs 215.37g, Sugar 52.88g, Protein 100.36g, Salt 13.98g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
MEZE SALADS		
Meze Sharing Vegan - 5-7 people (vegan, d, n)	Vegan Dinner Rolls & Butter - Cold Fork (vegan, d) Bebo - Palm Free, Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 422kcal, Fat 5.04g, Sat Fat 1.19g, Carbs 17.15g, Sugar 0.18g, Protein 3.01g, Salt 0.53g
	Vegan Sharing Meze - Spring - 5-7 people (vegan, d, n) Apricot (Sulphur Dioxide), Aubergine, BabyCorn, Beetroot, Olives, Capers, Chickpeas, Chillies, Chives, Coriander, Curry Powder (Mustard), Freekeh (Cereal (Wheat)), Garlic, Ginger, Olives, Lemon, Lemon, Mixed Leaf, Lime, Mangetout, Maple Flavour Syrup, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Pepper - Green, Pepper - Yellow, Pistachio (Nuts (Pistachio)), Potatoes, Rapeseed Oil, Radish, Red Quinoa, Rice, Salt, Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Spinach, Caster Sugar, Sun Dried Tomato, Tomato, Sunblush Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Vinegar (Sulphur Dioxide), Vinegar	Energy 2501kcal, Fat 151.57g, Sat Fat 12.64g, Carbs 272.3g, Sugar 87.09g, Protein 49.93g, Salt 8.96g
Meze Sharing Traditional - 5-7 people (n)	Roll & Butter - Cold Fork (v) Butter Pat - Each (Milk), Rolls (Milk, Cereal (Barley, Oats, Rye, 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 - Spring - 5-7 people (g, d) Babycorn, Beetroot, Chicken, Chicken Thigh, Chickpeas, Chillies, Coriander, Curry Powder (Mustard), Eggs (Egg), Garlic, Ginger, Blythburgh Ham (Soya), Honey, Lemon, Mixed Leaf, Lime, Mackerel (Fish), Mangetout, Maple Flavour Syrup, Mayonnaise (Egg), Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Pepper - Green, Pepper - Yellow, Potatoes, Puy Lentils, Rapeseed Oil, Radish, Rosemary, Salt, Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Spinach, Caster Sugar, Granulated Sugar, Tahini (Sesame Seeds), Tomato, Vinegar - Balsamic (Sulphur Dioxide), Vinegar (Sulphur Dioxide), Vinegar	Energy 3166kcal, Fat 218.01g, Sat Fat 26.42g, Carbs 185.04g, Sugar 45.12g, Protein 148.79g, Salt 11.35g
COLD FORK BUFFET		
Jacaranda	Roast Lemon & Thyme Chicken Breast (g, d) Chicken, Lemon, Salt & Black Pepper, Thyme	Energy 163kcal, Fat 8.03g, Sat Fat 1.64g, Carbs 0.93g, Sugar 0.22g, Protein 21.83g, Salt 3.17g
	Kale & Butternut Frittata (v, g) Bella Lodi (Milk), Chillies, Cream (Milk), Curly Kale, Eggs (Egg), Pepper - Cracked Black, Salt, Shallot, Squash	Energy 213kcal, Fat 17.71g, Sat Fat 9.94g, Carbs 5.49g, Sugar 3.33g, Protein 8.42g, Salt 0.52g
	Mixed Leaf Salad with Lemon & Herb Dressing - 1 portion (vegan, g, d) Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - Cracked Black, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 35kcal, Fat 3.83g, Sat Fat 0.27g, Carbs 0.43g, Sugar 0.33g, Protein 0.39g, Salt 0.04g
	Broccoli & Cauliflower Salad with Feta - 1 portion (v, g) Olives, Broccoli, Cauliflower, Cheese (Milk), Maple Flavour Syrup, Rapeseed Oil, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 194kcal, Fat 16.99g, Sat Fat 3.84g, Carbs 7.23g, Sugar 6.06g, Protein 5.83g, Salt 1.14g
	Tuscan Tortellini Salad - 1 portion (v) Bella Lodi (Milk), Maple Flavour Syrup, Oregano, Pepper - Cracked Black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (Wheat)), Vinegar - Balsamic (Sulphur Dioxide)	Energy 204kcal, Fat 12.83g, Sat Fat 2.46g, Carbs 17.77g, Sugar 3.31g, Protein 6.11g, Salt 1.22g
	Sour Cherry Cheesecake - Pot (v) Digestive (Milk, Cereal (Wheat)), Butter (Milk), Sour Cherries, Cream (Milk), Cheese (Milk), Lemon, Caster Sugar	Energy 415kcal, Fat 27.93g, Sat Fat 16.73g, Carbs 37.23g, Sugar 30.76g, Protein 4.32g, Salt 0.65g
	Roll & Butter - Cold Fork (v) Butter Pat - Each (Milk), Rolls (Milk, Cereal (Barley, Oats, Rye, 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	Spiced Prawns & Smoked Salmon with Wasabi & Lime (d) Orange, Mayonnaise (Egg), Prawns (Crustacean (Prawn)), Tabasco (Sulphur Dioxide, Cereal (Malt)), Salt & Black Pepper, Smoked Salmon (Fish), Tomato Ketchup (Celery), Wasabi (Mustard, Soya), Worcester Sauce (Fish, Cereal (Barley))	Energy 171kcal, Fat 12.25g, Sat Fat 1.37g, Carbs 5.05g, Sugar 2.6g, Protein 12.39g, Salt 2.33g
	Kale & Butternut Frittata (v, g) Bella Lodi (Milk), Chillies, Cream (Milk), Curly Kale, Eggs (Egg), Pepper - Cracked Black, Salt, Shallot, Squash	Energy 213kcal, Fat 17.71g, Sat Fat 9.94g, Carbs 5.49g, Sugar 3.33g, Protein 8.42g, Salt 0.52g
	Freekeh, Chickpea & Chargrilled Aubergine Salad - 1 portion (vegan, d) Aubergine, Chickpeas, Curry Powder (Mustard), Freekeh (Cereal (Wheat)), Maple Flavour Syrup, Rapeseed Oil, Red Quinoa, Salt & Black Pepper, Spinach, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 321kcal, Fat 23.36g, Sat Fat 1.77g, Carbs 28.18g, Sugar 6.78g, Protein 6.01g, Salt 0.66g
	Wild Rice Salad - 1 portion (vegan, g, d, n) Apricot (Sulphur Dioxide), Lemon, Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 180kcal, Fat 5.15g, Sat Fat 0.53g, Carbs 29.1g, Sugar 5.26g, Protein 4.53g, Salt 0.13g
	Mixed Leaf Salad with Lemon & Herb Dressing - 1 portion (vegan, g, d) Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - Cracked Black, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 35kcal, Fat 3.83g, Sat Fat 0.27g, Carbs 0.43g, Sugar 0.33g, Protein 0.39g, Salt 0.04g
	Lemon Posset - Pot (v, g) Cream (Milk), Gelatine - Agar Agar, Lemon, Caster Sugar	Energy 537kcal, Fat 44.66g, Sat Fat 27.79g, Carbs 34.42g, Sugar 34.42g, Protein 1.71g, Salt 0.06g
	Roll & Butter - Cold Fork (v) Butter Pat - Each (Milk), Rolls (Milk, Cereal (Barley, Oats, Rye, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g
Sycamore (vegetarian)	Root Vegetable Tarte Tatin (vegan, d) Bebo - Palm Free, Carrot, Watercress, Parsnips, Sweet Potato, Puff Pastry (Cereal (Wheat)), Salt & Black Pepper, Caster Sugar, Thyme	Energy 189kcal, Fat 9.64g, Sat Fat 4.05g, Carbs 22.96g, Sugar 8.02g, Protein 3.36g, Salt 2.17g
	Kale & Butternut Frittata (v, g) Bella Lodi (Milk), Chillies, Cream (Milk), Curly Kale, Eggs (Egg), Pepper - Cracked Black, Salt, Shallot, Squash	Energy 213kcal, Fat 17.71g, Sat Fat 9.94g, Carbs 5.49g, Sugar 3.33g, Protein 8.42g, Salt 0.52g
	Oriental Raw Vegetable Salad - 1 Portion (vegan, g, d) BabyCorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - Green, Pepper - Yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame Seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 255kcal, Fat 26.38g, Sat Fat 1.92g, Carbs 9.02g, Sugar 8.12g, Protein 1.4g, Salt 0.54g
	New Potato Salad - 1 portion (vegan, g, d) Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - Cracked Black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar	Energy 116kcal, Fat 5g, Sat Fat 0.4g, Carbs 17.99g, Sugar 1.76g, Protein 2.08g, Salt 0.64g
	Mixed Leaf Salad with Lemon & Herb Dressing - 1 portion (vegan, g, d) Lemon, Mixed Leaf, Mint, Mustard (Mustard), Parsley, Pepper - Cracked Black, Rapeseed Oil, Salt, Caster Sugar, Vinegar	Energy 35kcal, Fat 3.83g, Sat Fat 0.27g, Carbs 0.43g, Sugar 0.33g, Protein 0.39g, Salt 0.04g
	Mandarin Cheesecake - Pot (v) Digestive (Milk, Cereal (Wheat)), Butter (Milk), Cream (Milk), Cheese (Milk), Lemon, Mandarin, Caster Sugar	Energy 365kcal, Fat 27.95g, Sat Fat 16.73g, Carbs 24g, Sugar 17.34g, Protein 4.46g, Salt 0.65g
	Roll & Butter - Cold Fork (v) Butter Pat - Each (Milk), Rolls (Milk, Cereal (Barley, Oats, Rye, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOXED MEALS		
Fusilli with Mushroom (v)	Bella Lodi (Milk), Cream (Milk), Fusilli Pasta (Cereal (Wheat)), Garlic, Mushroom, Mushroom, Mushroom, Onion, Rapeseed Oil, Tarragon	Energy 561kcal, Fat 29.85g, Sat Fat 16.87g, Carbs 59.15g, Sugar 4.17g, Protein 13.41g, Salt 2.04g
Macaroni Cauliflower with Caramelised Onion (v)	Butter (Milk), Cauliflower, Cayenne, Cheddar (Milk), Flour (Cereal (Wheat)), Macaroni (Cereal (Wheat)), Milk - Semi Skimmed - 1 pint Organic (Milk), Mustard (Mustard, Cereal (Wheat)), Onion, Parsley, Rapeseed Oil, Salt, Salt & Black Pepper, Granulated Sugar, Vinegar - Balsamic (Sulphur Dioxide)	Energy 637kcal, Fat 30.28g, Sat Fat 17.63g, Carbs 63.55g, Sugar 15.07g, Protein 28.45g, Salt 6.84g
Fragrant Squash & Chickpea Curry with Rice (vegan, g, d)	Squash, Chickpeas, Coconut Milk (Sulphur Dioxide), Coriander, Coriander, Curry Powder (Mustard), Garlic, Ginger, Mustard (Mustard), Onion, Rapeseed Oil, Rice, Salt, Tomato, Water	Energy 553kcal, Fat 11.76g, Sat Fat 5.81g, Carbs 99.44g, Sugar 10.4g, Protein 13.5g, Salt 2.71g
Moroccan Vegetable Tagine & Couscous (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 6.1g, Sat Fat 0.68g, Carbs 112.62g, Sugar 33.65g, Protein 17.71g, Salt 3.23g
Vegetable Thai Green Curry & Rice (vegan, g, d)	Babycorn, Broccoli, Coconut Milk (Sulphur Dioxide), Coriander, Cornflour, Curry Paste, Lemon Grass, Lime, Pepper - Red, Potatoes, Rapeseed Oil, Rice, Salt, Soft Brown Sugar, Water	Energy 594kcal, Fat 20.74g, Sat Fat 12.49g, Carbs 90.61g, Sugar 6.48g, Protein 12.47g, Salt 0.67g
Dhal with Sweet Potato, Coconut Crust & Rice (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 532kcal, Fat 20.64g, Sat Fat 9.71g, Carbs 75.77g, Sugar 9.02g, Protein 14.5g, Salt 1.03g
Aubergine, Tomato & Basil Penne (vegan, d)	Aubergine, Basil, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 470kcal, Fat 20.13g, Sat Fat 1.64g, Carbs 63.31g, Sugar 9.58g, Protein 12.01g, Salt 1.58g
Penne Arrabiata with Chicken	Bella Lodi (Milk), Chicken Thigh, Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato	Energy 562kcal, Fat 19.28g, Sat Fat 5.01g, Carbs 61.52g, Sugar 7.53g, Protein 35.96g, Salt 3.52g
Lamb Rogan Josh & Rice (g)	Bayleaf, Beef Stock (Celery), Butter (Milk), Chillies, Coriander, Ginger, Onion, Puy Lentils, Rice, Rogan Josh Paste (Mustard), Salt, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Water	Energy 943kcal, Fat 23.32g, Sat Fat 9.09g, Carbs 133.23g, Sugar 9.09g, Protein 47.51g, Salt 32.3g
Hot & Sour Pork with Rice (g, d)	Babycorn, Chillies, Five spice, Garlic, Ginger, Onion, Pak Choi, Pork, Rapeseed Oil, Rice, Salt, Shallot, Soft Brown Sugar, Tomato Puree, Vinegar (Sulphur Dioxide), Water	Energy 808kcal, Fat 31.75g, Sat Fat 10.25g, Carbs 95.27g, Sugar 17.49g, Protein 34.89g, Salt 0.81g
Tarragon Chicken & Rice (g)	Butter (Milk), Chicken Thigh, Chilli, Creme Fraiche (Milk), Garlic, Lemon, Paprika, Rapeseed Oil, Rice, Salt, Sun Dried Tomato, Tarragon, Water	Energy 917kcal, Fat 40.27g, Sat Fat 19.02g, Carbs 92.83g, Sugar 11.21g, Protein 42.97g, Salt 1.54g
Vietnamese Chicken Curry (g, d)	Bayleaf, Carrot, Chicken Bouillon Paste, Chicken Thigh, Chillies, Coconut Milk (Sulphur Dioxide), Coriander, Coriander, Curry Powder (Mustard), Fish Sauce (Fish), Garlic, Ginger, Lemon Grass, Onion, Onion, Potatoes, Rapeseed Oil, Rice, Salt, Caster Sugar, Water	Energy 609kcal, Fat 14.31g, Sat Fat 5.8g, Carbs 91.41g, Sugar 8.53g, Protein 28.12g, Salt 2.98g
Harissa Salmon with Mint Jewelled Couscous	Chillies, Coriander, Couscous (Cereal (Wheat)), Cumin, Coriander, Lime, Mint, Paprika, Pepper - Red, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Sultanas, Tomato Puree, Yoghurt (Milk)	Energy 640kcal, Fat 19.33g, Sat Fat 4.71g, Carbs 90.24g, Sugar 21.66g, Protein 33.88g, Salt 1.94g
Fresh Salmon Risotto (g)	Bella Lodi (Milk), Broccoli, Butter (Milk), Chicken Stock (Celery), Garlic, Lemon, Onion, Peas, Rapeseed Oil, Rice, Salmon (Fish), Salt & Black Pepper	Energy 983kcal, Fat 31.3g, Sat Fat 15.18g, Carbs 106.69g, Sugar 53.33g, Protein 67.95g, Salt 69.05g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOWL MEALS		
Fusilli with Mushroom (v)	Fusilli with Mushroom - 370g Portion (v) Bella Lodi (Milk), Cream (Milk), Fusilli Pasta (Cereal (Wheat)), Garlic, Mushroom, Mushroom, Mushroom, Onion, Rapeseed Oil, Tarragon	Energy 624kcal, Fat 33.28g, Sat Fat 18.83g, Carbs 65.33g, Sugar 4.61g, Protein 15.18g, Salt 2.27g
Macaroni Cauliflower with Caramelised Onion (v)	Macaroni Cauliflower with Caramelised Onion - 400g portion (v) Butter (Milk), Cauliflower, Cayenne, Cheddar (Milk), Flour (Cereal (Wheat)), Macaroni (Cereal (Wheat)), Macaroni Cauliflower with Caramelised Onion - 400g portion (v) (Milk, Mustard, Sulphur Dioxide, Cereal (Wheat)), Milk - Semi Skimmed - 1 pint Organic (Milk), Mustard (Mustard, Cereal (Wheat)), Onion, Rapeseed Oil, Salt, Salt & Black Pepper, Granulated Sugar, Vinegar - Balsamic (Sulphur Dioxide)	Energy 636kcal, Fat 30.24g, Sat Fat 17.63g, Carbs 63.47g, Sugar 15g, Protein 28.36g, Salt 6.84g
	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
Fragrant Squash & Chickpea Curry with Rice (vegan, g, d)	Fragrant Squash & Chickpea Casserole - 200g portion (vegan, g, d) Squash, Chickpeas, Coconut Milk (Sulphur Dioxide), Coriander, Coriander, Curry Powder (Mustard), Garlic, Ginger, Mustard (Mustard), Onion, Rapeseed Oil, Tomato	Energy 193kcal, Fat 9.56g, Sat Fat 5.24g, Carbs 22.34g, Sugar 10g, Protein 6.06g, Salt 2.22g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 360kcal, Fat 2.2g, Sat Fat 0.57g, Carbs 77.1g, Sugar 0.4g, Protein 7.44g, Salt 0.49g
Moroccan Vegetable Tagine & Couscous (vegan, d)	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
	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
Vegetable Thai Green Curry & Rice (vegan, g, d)	Coriander - Herb Garnish - 2g portion (vegan, g, d) Coriander	Energy 0kcal, Fat 0.01g, Sat Fat 0g, Carbs 0.02g, Sugar 0.02g, Protein 0.04g, Salt 0g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 360kcal, Fat 2.2g, Sat Fat 0.57g, Carbs 77.1g, Sugar 0.4g, Protein 7.44g, Salt 0.49g
	Vegetable Thai Green Curry - 200g portion (vegan, g, d) BabyCorn, Broccoli, Coconut Milk (Sulphur Dioxide), Coriander, Cornflour, Curry Paste	Energy 233kcal, Fat 18.53g, Sat Fat 11.92g, Carbs 13.48g, Sugar 6.06g, Protein 4.99g, Salt 0.18g
Dhal with Sweet Potato, Coconut Crust & Rice (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 352kcal, Fat 19.54g, Sat Fat 9.42g, Carbs 37.22g, Sugar 8.82g, Protein 10.78g, Salt 0.78g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 360kcal, Fat 2.2g, Sat Fat 0.57g, Carbs 77.1g, Sugar 0.4g, Protein 7.44g, Salt 0.49g
Aubergine, Tomato & Basil Penne (vegan, d)	Aubergine, Tomato & Basil Penne - 400g Portion (vegan, d) Aubergine, Basil, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 470kcal, Fat 20.13g, Sat Fat 1.64g, Carbs 63.31g, Sugar 9.58g, Protein 12.01g, Salt 1.58g
Penne Arrabiata with Chicken	Penne Arrabiata with Chicken - 370g Portion (d) Bella Lodi (Milk), Chicken Thigh, Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Penne Arrabiata with Chicken - 370g Portion (d) (Milk, Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato	Energy 539kcal, Fat 17.6g, Sat Fat 3.93g, Carbs 61.52g, Sugar 7.53g, Protein 33.98g, Salt 3.43g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOWL MEALS		
Lamb Rogan Josh & Rice (g)	Coriander - Herb Garnish - 2g portion (vegan, g, d) Coriander	Energy 0kcal, Fat 0.01g, Sat Fat 0g, Carbs 0.02g, Sugar 0.02g, Protein 0.04g, Salt 0g
	Lamb Rogan Josh - 200g Portion (g) Bayleaf, Beef Stock (Celery), Butter (Milk), Chillies, Coriander, Ginger, Lamb Rogan Josh - 200g Portion (g) (Celery, Milk, Mustard, Sulphur Dioxide), Onion, Puy Lentils, Rogan Josh Paste (Mustard), Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 686kcal, Fat 24.84g, Sat Fat 10.02g, Carbs 66.01g, Sugar 10.2g, Protein 47.1g, Salt 37.42g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 360kcal, Fat 2.2g, Sat Fat 0.57g, Carbs 77.1g, Sugar 0.4g, Protein 7.44g, Salt 0.49g
Hot & Sour Pork with Rice (g, d)	Hot & Sour Pork - 200 Gram Portion (g, d) BabyCorn, Chillies, Five spice, Garlic, Ginger, Onion, Pak Choi, Pork, Rapeseed Oil, Shallot, Soft Brown Sugar, Tomato Puree, Vinegar (Sulphur Dioxide)	Energy 448kcal, Fat 29.55g, Sat Fat 9.68g, Carbs 18.17g, Sugar 17.09g, Protein 27.45g, Salt 0.32g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 360kcal, Fat 2.2g, Sat Fat 0.57g, Carbs 77.1g, Sugar 0.4g, Protein 7.44g, Salt 0.49g
Tarragon Chicken & Rice (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 360kcal, Fat 2.2g, Sat Fat 0.57g, Carbs 77.1g, Sugar 0.4g, Protein 7.44g, Salt 0.49g
Vietnamese Chicken Curry (g, d)	Vietnamese Chicken Curry - 200g Portion (g, d) Bayleaf, Carrot, Chicken Bouillon Paste, Chicken Thigh, Chillies, Coconut Milk (Sulphur Dioxide), Coriander, Coriander, Curry Powder (Mustard), Fish Sauce (Fish), Garlic, Ginger, Lemon Grass, Onion, Onion, Potatoes, Rapeseed Oil, Caster Sugar, Water	Energy 249kcal, Fat 12.11g, Sat Fat 5.23g, Carbs 14.31g, Sugar 8.13g, Protein 20.68g, Salt 2.48g
	Rice - Long Grain - 200g portion (vegan, g, d) Rice, Salt, Water	Energy 360kcal, Fat 2.2g, Sat Fat 0.57g, Carbs 77.1g, Sugar 0.4g, Protein 7.44g, Salt 0.49g
Harissa Salmon with Mint Jewelled Couscous	Harissa Salmon with Mint Jewelled Couscous - 1 Portion (d) Chillies, Coriander, Couscous (Cereal (Wheat)), Cumin, Coriander, Mint, Paprika, Pepper - Red, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Sultanas, Tomato Puree	Energy 599kcal, Fat 16.13g, Sat Fat 2.95g, Carbs 88.69g, 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 41kcal, Fat 3.28g, Sat Fat 1.81g, Carbs 1.59g, Sugar 1.46g, Protein 1.64g, Salt 0.14g
Fresh Salmon Risotto (g)	Fresh Salmon Risotto - 400g Portion (g) Bella Lodi (Milk), Broccoli, Butter (Milk), Chicken Stock (Celery), Garlic, Lemon, Onion, Peas, Rapeseed Oil, Rice, Salmon (Fish), Salt & Black Pepper	Energy 983kcal, Fat 31.3g, Sat Fat 15.18g, Carbs 106.69g, Sugar 53.33g, Protein 67.95g, Salt 69.05g

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 Apricot Flapjack (v); Banana & Sticky Toffee Cake (v, n); Healthy Seed Bar - Free From (vegan, g, d); Rhubarb Tartlet - 2 per portion (v); Seville Orange Marmalade Polenta Cake (v, g, n); Walnut Brownie (v, n)	Check Sandwich Lunch - Cakes page for more info

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
CANAPÉS		
Feta & Honey Crostini (v)	Cheese (Milk), Garlic, Honey, Rapeseed Oil, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Thyme	Energy 56kcal, Fat 2.68g, Sat Fat 1.33g, Carbs 5.58g, Sugar 0.91g, Protein 2.38g, Salt 0.75g
Pistachio Cake & Peppers (v, n)	Gluten Free Baking Powder, Black Olives, Cheddar (Milk), Cream (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Laurent Miquel - Heritage Vineyards Blanc (750ml) (Sulphur Dioxide), Pepper - Red, Pepper - Yellow, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Salt & Black Pepper	Energy 184kcal, Fat 14.36g, Sat Fat 4.55g, Carbs 10.14g, Sugar 0.97g, Protein 4.54g, Salt 1.42g
Bella Lodi Shortbread with Basil Pesto (v)	Bella Lodi (Milk), Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Pesto (Milk), Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 63kcal, Fat 4.33g, Sat Fat 2.35g, Carbs 4.35g, Sugar 0.31g, Protein 1.67g, Salt 0.41g
Goats Cheese & Cashew (v, n)	Cashew Nut (Nuts (Cashew)), Cheese (Milk), Goats Cheese (Milk), Lemon, Parsley, Sourdough Bloomer (Cereal (Barley, Wheat)), Granulated Sugar, Water	Energy 47kcal, Fat 2.42g, Sat Fat 1.33g, Carbs 4.28g, Sugar 0.54g, Protein 1.77g, Salt 0.12g
Tomatade Sourdough Crostini (vegan, d)	Garlic, Oregano, Pepper - Cracked Black, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato	Energy 56kcal, Fat 3.09g, Sat Fat 0.26g, Carbs 6.48g, Sugar 1.8g, Protein 1.25g, Salt 0.63g
Pumpkin Croquette (vegan, d)	Breadcrumbs (Cereal (Wheat)), Chilli, Cinnamon, Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Salt & Black Pepper, Squash, Star Anise	Energy 21kcal, Fat 0.41g, Sat Fat 0.05g, Carbs 3.78g, Sugar 0.87g, Protein 0.57g, Salt 0.27g
Broccoli Picante (vegan, g, d)	Broccoli, Chillies, Garlic, Rapeseed Oil, Salt & Black Pepper	Energy 37kcal, Fat 3.97g, Sat Fat 0.3g, Carbs 0.71g, Sugar 0.32g, Protein 0.74g, Salt 0.99g
Beetroot & Broccoli Tartlet (vegan, d)	Beetroot, Broccoli, Chickpeas, Garlic, Lemon, Pepper - Cracked Black, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Tomato & Basil Tartlet (Soya, Cereal (Rye, Spelt, Wheat))	Energy 50kcal, Fat 2.93g, Sat Fat 1.24g, Carbs 4.8g, Sugar 0.42g, Protein 1.12g, Salt 0.61g
Duck Pancake & Hoisin (d)	Carrot, Chives, Coriander, Courgettes, Duck, Hoisin (Sesame Seeds, Soya, Cereal (Rye, Wheat)), Pancake (Cereal (Wheat)), Pepper - Red, Sweet Chilli Sauce (Sulphur Dioxide)	Energy 46kcal, Fat 1.16g, Sat Fat 0.26g, Carbs 5.74g, Sugar 2.42g, Protein 3.19g, Salt 0.31g
Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d)	Chicken, Chillies, Coriander, Garlic, Pepper - Cracked Black, Rapeseed Oil, Salt	Energy 54kcal, Fat 4g, Sat Fat 0.51g, Carbs 0.14g, Sugar 0.02g, Protein 4.89g, Salt 0.15g
Prosciutto & Pear (g, d)	Parma Ham, Lemon, Pears	Energy 13kcal, Fat 0.58g, Sat Fat 0.24g, Carbs 0.71g, Sugar 0.69g, Protein 1.19g, Salt 0.12g
Jerk Chicken & Orange Skewer (d)	All Spice, Chicken, Chillies, Coriander, Ginger, Orange, Onion, Pepper - Cracked Black, Soy Sauce (Soya, Cereal (Wheat)), Thyme, Vinegar	Energy 23kcal, Fat 0.89g, Sat Fat 0.18g, Carbs 0.9g, Sugar 0.39g, Protein 2.49g, Salt 0.56g
Smoked Mackerel Sourdough Crostini	Capers, Lemon, Lemon, Mackerel (Fish), Nutmeg, Rapeseed Oil, Ricotta (Milk), Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat))	Energy 54kcal, Fat 2.69g, Sat Fat 0.78g, Carbs 4.84g, Sugar 0.28g, Protein 2.67g, Salt 0.8g
Salmon Teriyaki (d)	Salmon (Fish), Teriyaki (Soya, Cereal (Barley, Wheat))	Energy 41kcal, Fat 1.63g, Sat Fat 0.45g, Carbs 2.52g, Sugar 2.28g, Protein 4.13g, Salt 0.36g
SWEET CANAPÉS		
Berry Mousse in Chocolate Cup (v, g)	Blackberries, Cream (Milk), Lemon, Icing Sugar, Thimble Cup Dark (Milk, Soya)	Energy 51kcal, Fat 3.78g, Sat Fat 2.36g, Carbs 3.7g, Sugar 3.47g, Protein 0.4g, Salt 0g
Lemon Meringue Tartlet (v)	Butter (Milk), Cornflour, Eggs (Egg), Lemon, Salt, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 91kcal, Fat 4.29g, Sat Fat 2.46g, Carbs 12.2g, Sugar 9.12g, Protein 1.34g, Salt 0.04g
Salted Caramel & Almond Truffle (v, g, n)	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 1.55g, Salt 0.07g
Sheba Chocolate Tartlet (v)	Butter (Milk), Dark Chocolate (Milk, Soya), Milk (Milk), Granulated Sugar, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 81kcal, Fat 5.07g, Sat Fat 3.11g, Carbs 7.91g, Sugar 4.9g, Protein 0.78g, Salt 0.01g
Fruit Kebab (vegan, g, d)	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
NIBBLES		
Crudités (vegan, g, d)	Beetroot, Carrot, Celery (Celery), Chickpeas, Chillies, Coriander, Crudités (vegan, g, d) (Celery, Sesame Seeds, Sulphur Dioxide), Cucumber, Garlic, Lemon, Pepper - Cracked Black, Pepper - Red, Pepper - Yellow, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Sweet Chilli Sauce (Sulphur Dioxide), Tahini (Sesame Seeds), Tomato, Tomato	Energy 155kcal, Fat 4.28g, Sat Fat 0.49g, Carbs 23.42g, Sugar 16.69g, Protein 7.08g, Salt 1.02g
Cheese Straws - 2 per portion (v)	Bella Lodi (Milk), Eggs (Egg), Mustard (Mustard, Cereal (Wheat)), Puff Pastry (Cereal (Wheat))	Energy 185kcal, Fat 11.78g, Sat Fat 6.2g, Carbs 12.15g, Sugar 0.81g, Protein 7g, Salt 0.78g
Mini Bowl - Mixed Nuts 170g (vegan, g, d, n)	Cashew Nut (Nuts (Cashew)), Hazelnut (Nuts (Hazelnuts)), Peanuts (Peanuts), Walnut (Nuts (Walnuts))	Energy 1083kcal, Fat 98.37g, Sat Fat 13.33g, Carbs 14.29g, Sugar 6.47g, Protein 33.1g, Salt 0.74g
Mini Bowl - Olive Mix 170g (vegan, g, d)	Olives, Capers, Chillies, Garlic, Olives, Rapeseed Oil, Sun Dried Tomato	Energy 940kcal, Fat 108.65g, Sat Fat 8.87g, Carbs 8.43g, Sugar 4.1g, Protein 3.19g, Salt 5.72g
Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)	Chillies, Coriander, Onion, Salt & Black Pepper, Sweet Chilli Sauce (Sulphur Dioxide), Tomato, Tortilla Chips	Energy 197kcal, Fat 8.42g, Sat Fat 1.01g, Carbs 26.25g, Sugar 1.65g, Protein 2.85g, Salt 0.31g
Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)	Chillies, Coriander, Handcooked Crisps in the Bag (vegan, g, d), Onion, Salt & Black Pepper, Sweet Chilli Sauce (Sulphur Dioxide), Tomato	Energy 208kcal, Fat 10.96g, Sat Fat 1.04g, Carbs 24.01g, Sugar 1.2g, Protein 2.45g, Salt 0.72g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
DRINKS		
Ginger & Lemongrass Presse - Still - 1 Litre (vegan, g, d)	1 litre Plastic Bottle, Citric Acid - Citrus Anhydrous, Ginger, Lemon, Lemon Grass, Caster Sugar, Water	Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g
Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)	1 litre Plastic Bottle, Citric Acid - Citrus Anhydrous, Ginger, Lemon, Lemon Grass, Caster Sugar, Water	Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g
Green Dream Smoothie - 1 litre (v, g, d, n)	1 litre Plastic Bottle, 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
Orange, Carrot & Mango Smoothie - 1 litre (vegan, g, d)	Carrot, Mango, Orange Juice, Soya (Soya)	Energy 434kcal, Fat 5.4g, Sat Fat 1.2g, Carbs 87.4g, Sugar 77.6g, Protein 8.6g, Salt 0.21g