



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:

VEGETARIAN

VEGAN

**GLUTEN
FREE**

**DAIRY
FREE**

**CONTAINS
NUTS**

**MEAT
ITEMS**

**FISH
ITEMS**

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST		
BREAKFAST POTS		
Gingerbread Granola & Honey - Mini Shots - 12 (v)	Cinnamon,Coconut (Sulphur Dioxide), Cranberry, Ginger, Ginger, Honey, Oats (Cereal (Oats, Wheat)), Maple Flavour Syrup, Rapeseed Oil, Salt, Light Soft Brown Sugar,Vanilla Essence, Yoghurt (Milk)	Energy 1420kcal, Fat 70.15g, Sat Fat 36.93g, Carbs 168.56g, Sugar 132.59g, Protein 35.45g, Salt 1.4g
Gingerbread Granola & Honey - Mini Shots - 6 (v)	Cinnamon,Coconut (Sulphur Dioxide), Cranberry, Ginger, Ginger, Honey, Oats (Cereal (Oats, Wheat)), Maple Flavour Syrup, Rapeseed Oil, Salt, Light Soft Brown Sugar,Vanilla Essence, Yoghurt (Milk)	Energy 710kcal, Fat 35.07g, Sat Fat 18.47g, Carbs 84.28g, Sugar 66.29g, Protein 17.72g, Salt 0.7g
Gingerbread Granola with Honey (v)	Cinnamon,Coconut (Sulphur Dioxide), Cranberry, Ginger, Ginger, Honey, Oats (Cereal (Oats, Wheat)), Maple Flavour Syrup, Rapeseed Oil, Salt, Light Soft Brown Sugar,Vanilla Essence, Yoghurt (Milk)	Energy 380kcal, Fat 20.79g, Sat Fat 9.02g, Carbs 39.36g, Sugar 21.79g, Protein 9.54g, Salt 0.44g
Gingerbread Granola with Spiced Cranberry Compote (v)	Cinnamon,Coconut (Sulphur Dioxide), Cranberry, Cranberry, Ginger, Ginger, Oats (Cereal (Oats, Wheat)), Maple Flavour Syrup, Mixed spice , Rapeseed Oil, Salt, Caster Sugar, Light Soft Brown Sugar,Vanilla Essence,Yoghurt (Milk)	Energy 394kcal, Fat 20.82g, Sat Fat 9.02g, Carbs 43.09g, Sugar 23.77g, Protein 9.62g, Salt 0.44g
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
Yoghurt Pot with Apricot Coulis (v, g)	Apricot, Yoghurt (Milk)	Energy 200kcal, Fat 15.3g, Sat Fat 10.12g, Carbs 7.2g, Sugar 6.75g, Protein 8.55g, Salt 0.26g
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
BREAKFAST - 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 252cal, Fat 15.3g, Sat Fat 10.02g, Carbs 22.1g, Sugar 8.16g, Protein 5.7g, Salt 0.26
Pain au Chocolat - Mini (v)	Pain Au Chocolat - Mini (v) (Egg, Milk, Soya, Cereal (Wheat))	Energy 104kcal, Fat 6.3g, Sat Fat 4.2g, Carbs 9.1g, Sugar 3.36g, Protein 2.35g, Salt 0.1g
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 228kcal, Fat 13.77g, Sat Fat 8.91g, Carbs 20.25g, Sugar 6.97g, Protein 5.18g, Salt 0.24g
Pain aux Raisins - Mini (v)	Pain aux Raisins - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 127kcal, Fat 7.65g, Sat Fat 4.95g, Carbs 11.25g, Sugar 3.87g, Protein 2.88g, Salt 0.14g
Almond Butter Croissant - Mini (v, n)	Almond Butter Croissant - Mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almond))	Energy 237kcal, Fat 16.25g, Sat Fat 7.8g, Carbs 16.25g, Sugar 7.8g, Protein 5.46g, Salt 0.13g
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 52.2g, 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

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
Homemade American Cookies - 2 per portion (v)	Homemade American Cookies - Milk Chocolate & Cranberry (v) Bebo - Palm Free, Cranberry, Eggs (Egg), Flour (Cereal (Wheat)), Milk Chocolate (Milk, Soya), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Essence	Energy 127kcal, Fat 4.59g, Sat Fat 1.79g, Carbs 20.44g, Sugar 13.73g, Protein 1.23g, Salt 0.18g
	Homemade American Cookies - Double Chocolate (v) Bebo - Palm Free, Cocoa (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Essence, White Chocolate (Milk, Soya)	Energy 105kcal, Fat 4.49g, Sat Fat 1.88g, Carbs 15.04g, Sugar 9.83g, Protein 1.26g, Salt 0.15g
BREAKFAST - COLD SAVOURIES		
Brie & Cranberry Pugliese Roll (v)	Homemade American Cookies - Milk Chocolate & Cranberry Bebo - Palm Free, Brie (Milk), Cranberry, Rocket, Mixed spice, Pepper - cracked black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Caster Sugar	Energy 163kcal, Fat 7.73g, Sat Fat 4.83g, Carbs 17.9g, Sugar 2.84g, Protein 5.87g, Salt 0.68g
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 10.11g, Salt 0.7g
BREAKFAST - HOT SAVOURIES		
Mushroom & Tomato on Gluten Free Bread (v, g, d)	Mushroom, Bread - Gluten free (Egg), Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 285kcal, Fat 14.36g, Sat Fat 7.11g, Carbs 31.31g, Sugar 2.58g, Protein 4.76g, Salt 4.4g
Vegetarian Sausage in a Glazed Brioche Roll (v)	Brioche Bun - 70g (Egg, Milk, Cereal (Wheat)), Vegetarian Sausage (Mustard, Soya, Sulphur Dioxide, Cereal (Barley, Wheat))	Energy 359kcal, Fat 9.86g, Sat Fat 4.07g, Carbs 53.98g, Sugar 5.88g, Protein 14.76g, Salt 2.91g
SANDWICH LUNCH		
SANDWICH LUNCH - SANDWICHES		
Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v)	Bebo - Palm Free, Chillies, Curry powder, Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - cracked black, Salt, Salt & Black Pepper, Soft Brown Sugar, Sultanas, Tomato, Bagel (Milk, Cereal (Wheat)), Vinegar (Sulphur Dioxide)	Energy 249kcal, Fat 16.22g, Sat Fat 2.89g, Carbs 16.7g, Sugar 4.92g, Protein 8.16g, Salt 0.61g
Open Mini Bagel with Sundried Tomato & Cream Cheese - 2 per portion (v)	Cheese (Milk), Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Thyme, Tomato, Bagel (Milk, Cereal (Wheat))	Energy 141kcal, Fat 7.92g, Sat Fat 3.09g, Carbs 14.17g, Sugar 2.75g, Protein 3.56g, Salt 0.42g
Cheddar with Plum & Ginger Chutney on Malted Grain (v)	Bebo - Palm Free, Cheddar (Milk), Cumin, Ginger, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Onion, Paprika, Pepper - cracked black, Plum, Raisins, Salt, Light Soft Brown Sugar, Vinegar (Sulphur Dioxide)	Energy 420kcal, Fat 19.59g, Sat Fat 11.39g, Carbs 40.03g, Sugar 6.4g, Protein 19.86g, Salt 1.71g
Egg Mayonnaise & Cress on Malted Grain (v, d)	Bebo - Palm Free, Cress (Mustard), Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Salt & Black Pepper	Energy 500kcal, Fat 30.63g, Sat Fat 5.58g, Carbs 37.26g, Sugar 3.3g, Protein 17.7g, Salt 1.54g
Roast Mushroom and Mozzarella on a Cereale Baguette (v)	Bebo - Palm Free, Baguette (Cereal (Barley, Wheat)), Garlic, Mixed Leaf, Mozzarella (Milk), Mushroom, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper, Tarragon, Thyme, Tomato	Energy 480kcal, Fat 18.51g, Sat Fat 8.83g, Carbs 56.52g, Sugar 3.73g, Protein 20.95g, Salt 1.17g
Seeded Cereale Bagel with Brie & Cranberry (v)	Bebo - Palm Free, Brie (Milk), Bagel (Cereal (Barley, Wheat)), Cinnamon, Cranberry, Rocket, Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Pepper - cracked black, Granulated Sugar	Energy 618kcal, Fat 30.94g, Sat Fat 16.82g, Carbs 65.5g, Sugar 10.31g, Protein 23.07g, Salt 1.64g
Cheddar with Plum & Ginger Chutney on Malted Grain - Boxed (v)	Bebo - Palm Free, Cheddar (Milk), Cumin, Ginger, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Onion, Paprika, Pepper - cracked black, Plum, Raisins, Salt, Light Soft Brown Sugar, Vinegar (Sulphur Dioxide)	Energy 425kcal, Fat 20.19g, Sat Fat 11.54g, Carbs 40.03g, Sugar 6.4g, Protein 19.86g, Salt 1.72g
Egg Mayonnaise & Cress on Malted Grain - Boxed (v, d)	Bebo - Palm Free, Cress (Mustard), Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Salt & Black Pepper	Energy 500kcal, Fat 30.64g, Sat Fat 5.58g, Carbs 37.27g, Sugar 3.31g, Protein 17.73g, Salt 1.54g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
Roast Mushroom and Mozzarella on a Cereale Baguette - Boxed (v)	Bebo - Palm Free,Baguette (Cereal (Barley,Wheat)), Garlic, Mixed Leaf, Mozzarella (Milk), Mushroom, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper,Tarragon,Thyme, Tomato	Energy 480kcal, Fat 18.51g, Sat Fat 8.83g, Carbs 56.52g, Sugar 3.73g, Protein 20.95g, Salt 1.17g
SANDWICH LUNCH - FINGER BUFFET		
Tomato & Chopped Basil with Bella Lodi (v, g)	Basil,Garlic, Rapeseed Oil, Salt & Black Pepper,Thyme,Tomato, Bella Lodi (Egg, Milk)	Energy 98kcal, Fat 11.12g, Sat Fat 1.1g, Carbs 1.14g, Sugar 0.77g, Protein 0.87g, Salt 0.28g
Cheesy Paprika Puff (v)	Breadcrumbs (Cereal (Barley,Wheat)), Cayenne, Cheddar (Milk), Chives, Cream (Milk), Eggs (Egg), Onion, Paprika , Parsley, Puff Pastry (Cereal (Wheat)), Salt & Black Pepper,Thyme	Energy 272kcal, Fat 14.67g, Sat Fat 8.09g, Carbs 25.95g, Sugar 1.33g, Protein 8.68g, Salt 2.16g
Pickled Blackberry Crostini (v)	Blackberries,Ciabatta- Long 37.5cm (Cereal (Wheat)), Salt, Cheese (Milk), Honey, Mint, Orange, Rapeseed Oil, Salt & Black Pepper, Caster Sugar,Vinegar (Sulphur Dioxide)	Energy 63kcal, Fat 3.87g, Sat Fat 2.31g, Carbs 5.26g, Sugar 5.15g, Protein 1.1g, Salt 0.37g
Stilton & Caramelised Red Onion Tart (v)	Creme Fraiche (Milk), Eggs (Egg), Onion, Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley,Wheat)), Rapeseed Oil, Salt, Salt & Black Pepper, Stilton (Milk), Granulated Sugar, Vinegar - Balsamic (Sulphur Dioxide)	Energy 237kcal, Fat 17.15g, Sat Fat 9.95g, Carbs 15.43g, Sugar 3.88g, Protein 5.46g, Salt 0.39g
SANDWICH LUNCH - CAKES & POTS		
Blackberry Cheesecake - Mini Pot (v)	Digestive (Milk, Cereal (Wheat)), Blackberries, Butter (Milk), Cream (Milk), Cheese (Milk), Lemon, Mint, Caster Sugar	Energy 213kcal, Fat 17.5g, Sat Fat 10.42g, Carbs 11.03g, Sugar 6g, Protein 2.63g, Salt 0.37g
Blackberry Cheesecake - Pot (v)	Bebo - Palm Free,Digestive (Milk, Cereal (Wheat)), Blackberries, Cheese (Milk), Lemon, Lemon, Caster Sugar	Energy 399kcal, Fat 26.66g, Sat Fat 15.07g, Carbs 35.24g, Sugar 24.61g, Protein 4.86g, Salt 0.77g
Carrot Cake (v, n)	Bicarbonate of soda ,Carrot, Cinnamon, Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Nutmeg, Orange, Rapeseed Oil, Soft Brown Sugar, Icing Sugar,Vanilla pods,Walnut (Nuts (Walnuts))	Energy 304kcal, Fat 19.7g, Sat Fat 1.97g, Carbs 31.94g, Sugar 18.2g, Protein 3.75g, Salt 0.54g
Chocolate & Orange Brownie (v)	Bebo - Palm Free,Dark Chocolate (Milk, Soya), Eggs (Egg), Flour (Cereal (Wheat)), Orange Juice, Orange, Salt, Icing Sugar, Granulated Sugar	Energy 367kcal, Fat 19.07g, Sat Fat 7.13g, Carbs 45.63g, Sugar 36.01g, Protein 3.81g, Salt 0.36g
Cranberry Fruit Fool Tart - 2 per portion (v)	Cranberry,Honey, Mixed spice , Orange, Caster Sugar,Tartlet (Milk, Soya, Cereal (Wheat)), Yoghurt (Milk)	Energy 107kcal, Fat 5.97g, Sat Fat 3.69g, Carbs 11.25g, Sugar 5.18g, Protein 2.1g, Salt 0.05g
Lemon & Raisin Mini Muffin - 2 Per Portion (v)	Bebo - Palm Free,Eggs (Egg), Flour (Cereal (Wheat)), Lemon, Milk (Milk), Raisins, Caster Sugar, Vanilla Extract	Energy 264kcal, Fat 11.26g, Sat Fat 2.83g, Carbs 38.76g, Sugar 22.3g, Protein 2.8g, Salt 0.31g
Lemon Polenta Cake (v, g, d, n)	Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Caster Sugar, Icing Sugar	Energy 353kcal, Fat 22.05g, Sat Fat 3.84g, Carbs 34.2g, Sugar 26.74g, Protein 6.02g, Salt 0.44g
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
Mini Mince Tart - 2 per portion (v, n)	Almonds (Nuts (Almond)),Apples, Brandy (Cereal (Wheat)), Cinnamon, Cranberry, Lemon, Mixed spice , Nutmeg, Orange, Raisins, Suet Vegetarian (Cereal (Wheat)), Soft Brown Sugar, Icing Sugar, Sultanas, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 172kcal, Fat 8.12g, Sat Fat 4.5g, Carbs 23.35g, Sugar 16.7g, Protein 1.66g, Salt 0.03g
Orange, Ginger & Miso Cake (v)	Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Ginger, Miso Paste (Soya), Orange, Rapeseed Oil, Caster Sugar, Icing Sugar,Vanilla Essence	Energy 355kcal, Fat 19.42g, Sat Fat 3.31g, Carbs 43.62g, Sugar 22.95g, Protein 5.24g, Salt 0.5g
Spiced Cranberry Cheesecake - Mini Pot (v)	Digestive (Milk, Cereal (Wheat)), Butter (Milk), Cranberry, Cream (Milk), Cheese (Milk), Mixed spice , Caster Sugar	Energy 240kcal, Fat 17.48g, Sat Fat 10.42g, Carbs 18.43g, Sugar 12.75g, Protein 2.54g, Salt 0.37g
Spiced Cranberry Cheesecake - Pot (v)	Bebo - Palm Free,Digestive (Milk, Cereal (Wheat)), Cranberry, Cheese (Milk), Lemon, Mixed spice , Caster Sugar	Energy 413kcal, Fat 26.65g, Sat Fat 15.07g, Carbs 39.25g, Sugar 26.87g, Protein 4.79g, Salt 0.77g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SANDWICH LUNCH - FRUIT		
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
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 - 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
Whole Fruit Large Platter - for 10-15 people (vegan, g, d)	Apple,Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 946kcal, Fat 4.51g, Sat Fat 1.44g, Carbs 227.86g, Sugar 217.03g, Protein 12.37g, Salt 0.07g
Whole Fruit Small Platter - for 5-10 people (vegan, g, d)	Apple,Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 538kcal, Fat 2.4g, Sat Fat 0.82g, Carbs 130.19g, Sugar 124.78g, Protein 6.84g, Salt 0.03g
FORKS & SALADS		
SALAD BOXES		
Feta with Tomato, Coriander & Toasted Almond (v, g, n) - Salad Box	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 268kcal, Fat 22.15g, Sat Fat 7.83g, Carbs 6.61g, Sugar 5.95g, Protein 12.04g, Salt 1.53g
SHARING SALADS		
Feta with Tomato, Coriander & Toasted Almond Salad - 6-8 portions (v, g, n)	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 892kcal, Fat 73.08g, Sat Fat 26.46g, Carbs 21.94g, Sugar 19.76g, Protein 40.87g, Salt 5.1g
Small Feta with Tomato, Coriander & Toasted Almond Salad - 3-4 portions (v, g, n)	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 523kcal, Fat 44.86g, Sat Fat 13.82g, Carbs 13.05g, Sugar 11.67g, Protein 20.66g, Salt 2.9g
Orange, Grape, Walnut & Stilton Salad - 6-8 portions (v, g, n)	Grapes - red,Orange, Rapeseed Oil, Salt & Black Pepper, Spinach, Stilton (Milk),Walnut (Nuts (Walnuts))	Energy 1377kcal, Fat 118.83g, Sat Fat 31.48g, Carbs 35.03g, Sugar 33.63g, Protein 46.32g, Salt 2.58g
Small Orange, Grape, Walnut & Stilton Salad - 3-4 portions (v, g, n)	Grapes - red,Orange, Rapeseed Oil, Salt & Black Pepper, Spinach, Stilton (Milk),Walnut (Nuts (Walnuts))	Energy 688kcal, Fat 59.42g, Sat Fat 15.74g, Carbs 17.52g, Sugar 16.82g, Protein 23.16g, Salt 1.29g
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
MEZE		
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

BOXED MEALS

Macaroni Cauliflower with Caramelised Onion - Boxed Meal (v)	Butter (Milk), Cauliflower, Cayenne, Cheddar (Milk), Flour (Cereal (Wheat)), Macaroni (Cereal (Wheat)), Milk (Milk), Mustard (Mustard, Cereal (Wheat)), Onion, Parsley, Rapeseed Oil, Salt, Salt & Black Pepper, Granulated Sugar, Vinegar - Balsamic (Sulphur)	Energy 635kcal, Fat 30.22g, Sat Fat 17.63g, Carbs 63.09g, Sugar 14.78g, Protein 28.43g, Salt 6.31g
Mushroom Stroganoff with Rice - Boxed Meal (v, g)	Butter (Milk), Creme Fraiche (Milk), Garlic Puree (vegan, g, d), Laurent Miquel - Heritage Vineyards Rouge (750ml) (Sulphur Dioxide), Mushroom, Mushroom, Onion, Paprika, Parsley, Rice, Salt, Salt & Black Pepper, Tomato Puree, Water	Energy 673kcal, Fat 32.34g, Sat Fat 20.08g, Carbs 90.89g, Sugar 3.92g, Protein 10.75g, Salt 3.64g
Vegetarian Haggis, Neeps & Tatties - Hot Boxed Meal (v)	Butter (Milk), Chives, Cream (Milk), Lemon, Mustard (Mustard), Mustard (Mustard), Pepper - white, Potato, Salt, Salt & Black Pepper, Swede, Vegetarian Haggis (Cereal (Oats))	Energy 1149kcal, Fat 84.55g, Sat Fat 47.49g, Carbs 85.45g, Sugar 12.14g, Protein 19.13g, Salt 5.07g

CANAPES

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
Stilton Stuffed Medjool Date (v, g, n)	Medjoul Dates, Stilton (Milk), Walnut (Nuts (Walnuts))	Energy 64kcal, Fat 5.56g, Sat Fat 2.47g, Carbs 0.58g, Sugar 0.55g, Protein 2.83g, Salt 0.2g
Tomato & Chopped Basil with Bella Lodi (v, g)	Basil, Garlic, Rapeseed Oil, Salt & Black Pepper, Thyme, Tomato, Bella Lodi (Egg, Milk)	Energy 98kcal, Fat 11.12g, Sat Fat 1.1g, Carbs 1.14g, Sugar 0.77g, Protein 0.87g, Salt 0.28g
Cranberry Pecan Goat Cheese Balls (v, g, n)	Cheddar (Milk), Chives, Cranberry, Cheese (Milk), Goats Cheese (Milk), Pecan Nut (Nuts (Pecan))	Energy 57kcal, Fat 4.54g, Sat Fat 1.88g, Carbs 2.5g, Sugar 2.1g, Protein 1.52g, Salt 0.14g
Cheese Straws - 2 per portion (v)	Eggs (Egg), Mustard (Mustard, Cereal (Wheat)), Puff Pastry (Cereal (Wheat)), Bella Lodi (Egg, Milk)	Energy 185kcal, Fat 11.79g, Sat Fat 6.2g, Carbs 12.15g, Sugar 0.81g, Protein 7g, Salt 0.77g
Berry Mousse in Chocolate Cup (v, g)	Blackberries, Cream (Milk), Lemon, Icing Sugar, Thimble Cup Dark (Milk, Soya)	Energy 51kcal, Fat 3.73g, Sat Fat 2.31g, Carbs 3.7g, Sugar 3.57g, Protein 0.38g, Salt 0g
Chocolate & Orange Tartlet (v)	Bebo - Palm Free, Dark Chocolate (Milk, Soya), Milk (Milk), Orange, Granulated Sugar, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 77kcal, Fat 4.53g, Sat Fat 2.2g, Carbs 8.15g, Sugar 4.89g, Protein 0.79g, Salt 0.03g
Mini Mince Tart (v, n)	Almonds (Nuts (Almond)), Apples, Brandy (Cereal (Wheat)), Cinnamon, Cranberry, Lemon, Mixed spice, Nutmeg, Orange, Raisins, Suet Vegetarian (Cereal (Wheat)), Soft Brown Sugar, Icing Sugar, Sultanas, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 88kcal, Fat 4.06g, Sat Fat 2.25g, Carbs 12.18g, Sugar 8.84g, Protein 0.83g, Salt 0.02g
Salted Caramel & Almond Truffle (v, g, n)	Almond (Nuts (Almond)), Cream (Milk), Dark Chocolate (Milk, Soya), Salt, Light Soft Brown Sugar, Dark Chocolate	Energy 112kcal, Fat 7.77g, Sat Fat 4.14g, Carbs 8.93g, Sugar 8.47g, Protein 1.17g, Salt 0.07g

DRINKS

Citrus Blast Smoothie - 1 litre (v, g, d)	Apple, Ginger, Honey, Ice - cubes - by weight, Lemon, Satsumas, Water	Energy 264kcal, Fat 0.91g, Sat Fat 0.32g, Carbs 66.44g, Sugar 65.8g, Protein 1.5g, Salt 0.04g
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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST		
BREAKFAST POTS		
Birchermuesli - free from (vegan, g, d)	Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas	Energy 133kcal, Fat 2.73g, Sat Fat 0.45g, Carbs 21.39g, Sugar 8.56g, Protein 5.08g, Salt 0.04g
Chia & Almond Milk Breakfast Pudding (vegan, g, d, n)	Almond Milk (Nuts (Almond)), Blackberries, Chia Seeds, Maple Flavour Syrup	Energy 153kcal, Fat 9.71g, Sat Fat 1.1g, Carbs 6.34g, Sugar 4.45g, Protein 6.17g, Salt 0.18g
Soya Yoghurt Pot with Apricot Coulis (vegan, g, d)	Soya Yoghurt (Soya), Apricot	Energy 108kcal, Fat 3g, Sat Fat 0.48g, Carbs 16.5g, Sugar 16.05g, Protein 4.95g, Salt 0.09g
Soya Yoghurt Pot with Spiced Cranberry Compote (vegan, g, d)	Soya Yoghurt (Soya), Cranberry, Mixed spice, Caster Sugar	Energy 33kcal, Fat 3.52g, Sat Fat 0.54g, Carbs 2.02g, Sugar 0g, Protein 0.29g, Salt 1.07g
BREAKFAST - HOT SAVOURIES		
Roast Tomato & Mushroom in a Cereale Bap (vegan, d)	Cereale Bap (Cereal (Barley,Wheat)), Mushroom, Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 314kcal, Fat 9.55g, Sat Fat 4.74g, Carbs 48.79g, Sugar 1.83g, Protein 9g, Salt 2.45g
SANDWICH LUNCH		
SANDWICH LUNCH - SANDWICHES		
Avocado & Mediterranean Vegetables in a Piedmont Baguette (vegan, d)	Avocado - Diced, Bebo - Palm Free, Chillies, Courgettes, Garlic, Lemon, Rocket, Onion, Pepper - cracked black, Pepper - red, Baguette (Cereal (Durum,Wheat)), Rapeseed Oil, Salt, Salt & Black Pepper	Energy 471kcal, Fat 15.6g, Sat Fat 3.52g, Carbs 70.46g, Sugar 5.02g, Protein 12.63g, Salt 5.82g
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)	Bayleaf, Red Cabbage (Sulphur Dioxide), Chickpeas, Chillies, Cinnamon, Cumin, Mushroom (Soya, Sulphur Dioxide), Garlic, Ginger, Carrot, Coriander, Lemon, Rocket, Paprika, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Tahin	Energy 390kcal, Fat 16.97g, Sat Fat 3.85g, Carbs 45.92g, Sugar 4.98g, Protein 13.62g, Salt 2.39g
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)	Artichoke, Basil, Bebo - Palm Free, Capers, Baguette (Cereal (Barley,Wheat)), Garlic, Olives, Lemon, Rocket, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper, Tarragon, Thyme, Tomato	Energy 480kcal, Fat 22.19g, Sat Fat 2.59g, Carbs 59.72g, Sugar 4.71g, Protein 11.99g, Salt 2.18g
Moroccan Houmous with Pepperonata on Gluten Free Bread (vegan, g, d)	Bayleaf, Bebo - Palm Free, Chickpeas, Cumin, Garlic, Soft white loaf, Coriander, Lemon, Mixed Leaf, Paprika, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 408kcal, Fat 20.7g, Sat Fat 2.12g, Carbs 48.59g, Sugar 3.4g, Protein 7.51g, Salt 1.46g
Avocado & Mediterranean Vegetables in a Piedmont Baguette - Boxed (vegan, d)	Avocado - Diced, Bebo - Palm Free, Chillies, Courgettes, Garlic, Lemon, Rocket, Onion, Pepper - cracked black, Pepper - red, Baguette (Cereal (Durum,Wheat)), Rapeseed Oil, Salt, Salt & Black Pepper	Energy 471kcal, Fat 15.61g, Sat Fat 3.53g, Carbs 70.46g, Sugar 5.02g, Protein 12.74g, Salt 5.83g
Moroccan Houmous with Pepperonata on Gluten Free Bread - Boxed (vegan, g, d)	Bayleaf, Bebo - Palm Free, Chickpeas, Cumin, Garlic, Soft white loaf, Coriander, Lemon, Mixed Leaf, Paprika, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 408kcal, Fat 20.7g, Sat Fat 2.12g, Carbs 48.59g, Sugar 3.4g, Protein 7.51g, Salt 1.46g
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette - Boxed (vegan, d)	Artichoke, Basil, Bebo - Palm Free, Capers, Baguette (Cereal (Barley,Wheat)), Garlic, Olives, Lemon, Rocket, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper, Tarragon, Thyme, Tomato	Energy 480kcal, Fat 22.19g, Sat Fat 2.59g, Carbs 59.72g, Sugar 4.71g, Protein 11.99g, Salt 2.18g
SANDWICH LUNCH - FINGER BUFFET		
Beetroot & Quinoa Bites with Houmous (vegan, d)	Beetroot, Chia Seeds, Chickpeas, Coriander, Cumin, Flour (Cereal (Wheat))	Energy 82kcal, Fat 3.2g, Sat Fat 0.31g, Carbs 10.48g, Sugar 1.55g, Protein 2.83g, Salt 0.25g
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
Slow Cooked Tomato & Basil (vegan, g, d)	Basil, Garlic, Rapeseed Oil, Salt & Black Pepper, Thyme, Tomato, Nutritional Yeast	Energy 183kcal, Fat 21.2g, Sat Fat 1.51g, Carbs 2.53g, Sugar 1.56g, Protein 0.75g, Salt 0.49g

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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 52kcal, Fat 1.65g, Sat Fat 0.01g, Carbs 8.2g, Sugar 1.6g, Protein 1.25g, Salt 0.45g
SANDWICH LUNCH - CRISPS		
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 621kcal, Fat 33.66g, Sat Fat 3.24g, Carbs 73.09g, Sugar 1.72g, Protein 7.97g, Salt 1.52g
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
Handcooked Crisps in the Bag (vegan, g, d)	See packet for information.	See packet for information.
SANDWICH LUNCH - CAKES & POTS		
Blackberry Panna Cotta - Mini Pot (vegan, g, d)	Blackberries,Gelatine - Agar Agar, Caster Sugar,Vanilla Essence	Energy 145kcal, Fat 13.67g, Sat Fat 9.69g, Carbs 5.23g, Sugar 4.78g, Protein 0.35g, Salt 0.05g
Healthy Seed Bar with Blueberries - Free From (vegan, g, d)	Bebo - Palm Free,Blueberries - Frozen, Chia Seeds, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 278kcal, Fat 13.34g, Sat Fat 2.27g, Carbs 31.75g, Sugar 17.84g, Protein 7.09g, Salt 0.1g
Spiced Raisin Loaf Cake (vegan, d)	All Spice,Bebo - Palm Free, Bicarbonate of soda , Cinnamon, Clove, Flour (Cereal (Wheat)), Nutmeg, Raisins, Caster Sugar, Light Soft Brown Sugar,Water	Energy 315kcal, Fat 9.26g, Sat Fat 2.34g, Carbs 56.79g, Sugar 35.29g, Protein 3.11g, Salt 0.69g
SANDWICH LUNCH - FRUIT		
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
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 - 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
Whole Fruit Large Platter - for 10-15 people (vegan, g, d)	Apple,Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 946kcal, Fat 4.51g, Sat Fat 1.44g, Carbs 227.86g, Sugar 217.03g, Protein 12.37g, Salt 0.07g
Whole Fruit Small Platter - for 5-10 people (vegan, g, d)	Apple,Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 538kcal, Fat 2.4g, Sat Fat 0.82g, Carbs 130.19g, Sugar 124.78g, Protein 6.84g, Salt 0.03g
FORKS & SALADS		
SALAD BOXES		
Asian Salad with a Sweet Ginger & Soy Dressing (vegan, d) - Salad Box	Red Cabbage,Carrot, Coriander, Garlic Puree (vegan, g, d), Ginger, Maple Flavour Syrup, Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Spinach,Vinegar	Energy 499kcal, Fat 47.66g, Sat Fat 3.43g, Carbs 25.71g, Sugar 22.93g, Protein 3.91g, Salt 2.11g
Winter Salad with Beetroot (vegan, g, d) - Salad Box	Beetroot,Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach,Vinegar (Sulphur Dioxide)	Energy 190kcal, Fat 12.32g, Sat Fat 1.23g, Carbs 17.81g, Sugar 14.31g, Protein 4.92g, Salt 1.56g
SHARING SALADS		
Asian Salad with a Sweet Ginger & Soy Dressing - 6-8 portions (vegan, d)	Red Cabbage,Carrot, Coriander, Garlic Puree (vegan, g, d), Ginger, Maple Flavour Syrup, Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Spinach,Vinegar	Energy 1212kcal, Fat 115.73g, Sat Fat 8.34g, Carbs 62.44g, Sugar 55.69g, Protein 9.5g, Salt 5.11g

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Small Asian Salad with a Sweet Ginger & Soy Dressing - 3-4 portions (vegan, d)	Red Cabbage,Carrot, Coriander, Garlic Puree (vegan, g, d), Ginger, Maple Flavour Syrup, Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Spinach,Vinegar	Energy 606kcal, Fat 57.87g, Sat Fat 4.17g, Carbs 31.22g, Sugar 27.84g, Protein 4.75g, Salt 2.56g
Mixed Leaf Salad with Pomegranate Dressing - 6-8 portions (vegan, g, d)	Mixed Leaf,Pomegranate Molasses (Sulphur Dioxide), Rapeseed Oil, Salt,Vinegar (Sulphur Dioxide)	Energy 175kcal, Fat 17.13g, Sat Fat 1.24g, Carbs 7.46g, Sugar 5.58g, Protein 1.91g, Salt 0.46g
Small Mixed Leaf Salad with Pomegranate Dressing - 3-4 portions (vegan, g, d)	Mixed Leaf,Pomegranate Molasses (Sulphur Dioxide), Rapeseed Oil, Salt,Vinegar (Sulphur Dioxide)	Energy 100kcal, Fat 9.79g, Sat Fat 0.71g, Carbs 4.26g, Sugar 3.19g, Protein 1.09g, Salt 0.26g
Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing - 6-8 portions (vegan, g, d)	Caraway seeds,Chillies, Fennel, Garlic, Rocket, Maple Flavour Syrup, Paprika , Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Squash,Thyme,Vinegar (Sulphur Dioxide)	Energy 1095kcal, Fat 64.1g, Sat Fat 4.79g, Carbs 136.53g, Sugar 41.52g, Protein 16.58g, Salt 3.05g
Small Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing - 3-4 portions (vegan, g, d)	Caraway seeds,Chillies, Fennel, Garlic, Rocket, Maple Flavour Syrup, Paprika , Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Squash,Thyme,Vinegar (Sulphur Dioxide)	Energy 533kcal, Fat 30.65g, Sat Fat 2.3g, Carbs 67.48g, Sugar 20.28g, Protein 8.23g, Salt 1.46g
Roast Butternut Squash, Spinach & Couscous - 6-8 portions (vegan, d)	Cinnamon,Couscous (Cereal (Wheat)), Nutmeg, Pomegranate Molasses (Sulphur Dioxide), Pumpkin seeds, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Squash, Light Soft Brown Sugar, Vegetable stock (Celery),Vinegar (Sulphur Dioxide), Water	Energy 1490kcal, Fat 59.38g, Sat Fat 7.26g, Carbs 229.13g, Sugar 56.91g, Protein 36.57g, Salt 7.08g
Small Roast Butternut Squash, Spinach & Couscous - 3-4 portions (vegan, d)	Cinnamon,Couscous (Cereal (Wheat)), Nutmeg, Pomegranate Molasses (Sulphur Dioxide), Pumpkin seeds, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Squash, Light Soft Brown Sugar, Vegetable stock (Celery),Vinegar (Sulphur Dioxide), Water	Energy 745kcal, Fat 29.69g, Sat Fat 3.63g, Carbs 114.56g, Sugar 28.46g, Protein 18.28g, Salt 3.54g
Winter Salad with Beetroot - 6-8 portions (vegan, g, d)	Beetroot,Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach,Vinegar (Sulphur Dioxide)	Energy 686kcal, Fat 44.47g, Sat Fat 5.17g, Carbs 59.66g, Sugar 46.85g, Protein 21.13g, Salt 5.3g
Small Winter Salad with Beetroot - 3-4 portions (vegan, g, d)	Beetroot,Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach,Vinegar (Sulphur Dioxide)	Energy 393kcal, Fat 27.54g, Sat Fat 2.95g, Carbs 31.55g, Sugar 25.02g, Protein 10.62g, Salt 2.88g
MEZE		
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
BOXED MEALS		
Aubergine Massaman Curry - Boxed Meal (vegan, g, d, n)	Aubergine,Coconut Milk, Lime, Massaman curry, Onion, Peanuts (Peanuts), Potatoes, Rapeseed Oil, Rice, Salt, Sugar Snaps,Water	Energy 566kcal, Fat 16.96g, Sat Fat 12.17g, Carbs 96.25g, Sugar 4.26g, Protein 13.08g, Salt 1.17g
Creamy Spinach & Mushroom Penne - Boxed Meal (vegan, d)	Mushroom,Garlic, Mushroom, Penne (Cereal (Wheat)), Rapeseed Oil, Spinach,Vegetable Bouillon (Celery),Water	Energy 472kcal, Fat 12.8g, Sat Fat 1.22g, Carbs 72.62g, Sugar 4.24g, Protein 16.11g, Salt 0.46g
Feijoada, Brazilian Black Bean Stew - Boxed Meal (vegan, g, d)	Bayleaf,Black Beans, Carrot, Chipotle Paste, Cumin, Garlic, Onion, Orange, Paprika, Potato, Sweet Potato, Rapeseed Oil, Rice, Salt, Salt & Black Pepper,Vegetable stock (Celery),Water, Water	Energy 530kcal, Fat 7.13g, Sat Fat 0.77g, Carbs 108.59g, Sugar 3.04g, Protein 12.74g, Salt 5.2g

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Spicy Fable Shiitake Curry with Rice - Boxed Meal (vegan, g, d)	Chilli,Coconut Milk, Coriander, Coriander, Cumin, Curry powder, Mushroom (Soya, Sulphur Dioxide), Ginger, Masala (Mustard), Onion, Rapeseed Oil, Rice, Salt, Salt & Black Pepper,Tomato, Turmeric,Water	Energy 660kcal, Fat 22.58g, Sat Fat 15.02g, Carbs 102.24g, Sugar 2.95g, Protein 17.3g, Salt 3g
Symplicity Chorizo, Rosemary & Courgette Penne - Boxed Meal (vegan, d)	Soya Milk (Soya), Bebo - Palm Free, Breadcrumbs (Cereal (Barley,Wheat)), Courgettes, Flour (Cereal (Wheat)), Garlic, Penne (Cereal (Wheat)), Rapeseed Oil, Rosemary, Salt & Black Pepper, Symplicity Chorizo mince (Soya, Sulphur Dioxide, Cereal (Wheat, Whea	Energy 863kcal, Fat 36.46g, Sat Fat 3.35g, Carbs 104.21g, Sugar 7.88g, Protein 28.45g, Salt 6.99g
Vegan - Christmas Dinner in a Box - Nut Roast - Boxed Meal (vegan, d, n)	Apple,Gluten Free Bisto, Breadcrumbs (Soya, Cereal (Wheat)), Breadcrumbs (Cereal (Barley, Wheat)), Brussel Sprouts, Carrot (Sulphur Dioxide), Celery (Celery), Chestnut, Cranberry, Basil, Garlic, Onion, Onion, Oregano, Parsley, Parsnips (Sulphur Dioxide),	Energy 566kcal, Fat 20.63g, Sat Fat 2.41g, Carbs 82.94g, Sugar 14.08g, Protein 15.93g, Salt 7.94g

CANAPES

Crudites Platter - for 4-7 people (vegan, g, d)	Beetroot,Carrot, Celery (Celery), Chickpeas, Chillies, Coriander, Cucumber, Garlic, Lemon, Pepper - cracked black, Pepper - red, Pepper - yellow, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Sweet chilli sauce, Tahini (Sesame Seeds),Tomato,Tomato	Energy 155kcal, Fat 4.28g, Sat Fat 0.49g, Carbs 23.42g, Sugar 16.69g, Protein 7.08g, Salt 1.01g
Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)	Chillies,Coriander, Kettle Crisps with, Onion, Salt & Black Pepper, Sweet chilli sauce,Tomato	Energy 210kcal, Fat 11.24g, Sat Fat 1.08g, Carbs 24.85g, Sugar 1.04g, Protein 2.81g, Salt 0.6g
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 14.28g, Sugar 6.46g, 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 924kcal, Fat 106.39g, Sat Fat 8.72g, Carbs 8.76g, Sugar 4.14g, Protein 3.37g, Salt 5.72g
Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)	Chillies,Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato,Tortilla chips	Energy 197kcal, Fat 8.43g, Sat Fat 1.01g, Carbs 26.25g, Sugar 1.65g, Protein 2.85g, Salt 0.31g
Beetroot & Broccoli Tartlet (vegan, d)	Beetroot,Broccoli, Chickpeas, Garlic, Lemon, Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Tartlet Round Shell 3.8cm (Soya, Cereal (Rye, Spelt,Wheat))	Energy 34kcal, Fat 2g, Sat Fat 0.77g, Carbs 3.22g, Sugar 0.32g, Protein 0.88g, Salt 0.59g
Broccoli Picante (vegan, g, d)	Broccoli,Chillies, Garlic, Rapeseed Oil, Salt & Black Pepper	Energy 37kcal, Fat 3.96g, Sat Fat 0.3g, Carbs 0.7g, Sugar 0.32g, Protein 0.74g, Salt 0.98g
Caper & Olive Tapenade Bruschetta (vegan, d)	Olives,Capers , Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley,Wheat))	Energy 45kcal, Fat 2.64g, Sat Fat 0.24g, Carbs 4.77g, Sugar 0.14g, Protein 1.02g, Salt 0.72g
Hoisin and Sesame Tofu (vegan, d)	Cucumber,Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Rapeseed Oil, Sesame seeds (Sesame Seeds), Soy sauce (Soya, Cereal (Wheat)),Tofu (Soya)	Energy 84kcal, Fat 6.91g, Sat Fat 0.85g, Carbs 2.74g, Sugar 1.84g, Protein 3.44g, Salt 0.62g
Winter Croquette (vegan, d)	Breadcrumbs (Cereal (Barley,Wheat)), Chilli, Cinnamon, Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water machine, Squash, Star Anise	Energy 21kcal, Fat 0.41g, Sat Fat 0.04g, Carbs 3.79g, Sugar 0.86g, Protein 0.55g, Salt 0.23g
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

DRINKS

Mulled Wine - 1 Flask - approx 6 glasses (vegan, g, d)	Cinnamon,Clove, Laurent Miquel - Heritage Vineyards Rouge (750ml) (Sulphur Dioxide), Orange, Sherry - Croft Original (Sulphur Dioxide), Caster Sugar,Water	Energy 289kcal, Fat 0.41g, Sat Fat 0.09g, Carbs 74.98g, Sugar 73.65g, Protein 0.31g, Salt 0.02g
Carrot Ginger & Turmeric Smoothie - 1 litre (vegan, g, d, n)	1 ltr plastic bottle,Almond Milk (Nuts (Almond)), Bananas, Carrot, Ginger, Lemon, Pineapple, Turmeric,Water	Energy 460kcal, Fat 6.91g, Sat Fat 0.87g, Carbs 97.09g, Sugar 88.68g, Protein 7.72g, Salt 0.83g
Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)	1 ltr plastic bottle,Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water,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 - Still - 1 Litre (vegan, g, d)	1 ltr plastic bottle,Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water,Water	Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST		
BREAKFAST POTS		
Birchermuesli - free from (vegan, g, d)	Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas	Energy 133kcal, Fat 2.73g, Sat Fat 0.45g, Carbs 21.39g, Sugar 8.56g, Protein 5.08g, Salt 0.04g
Chia & Almond Milk Breakfast Pudding (vegan, g, d, n)	Almond Milk (Nuts (Almond)), Blackberries, Chia Seeds, Maple Flavour Syrup	Energy 153kcal, Fat 9.71g, Sat Fat 1.1g, Carbs 6.34g, Sugar 4.45g, Protein 6.17g, Salt 0.18g
Soya Yoghurt Pot with Apricot Coulis (vegan, g, d)	Soya Yoghurt (Soya), Apricot	Energy 108kcal, Fat 3g, Sat Fat 0.48g, Carbs 16.5g, Sugar 16.05g, Protein 4.95g, Salt 0.09g
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 Spiced Cranberry Compote (vegan, g, d)	Soya Yoghurt (Soya), Cranberry, Mixed spice, Caster Sugar	Energy 160kcal, Fat 3.04g, Sat Fat 0.48g, Carbs 30.15g, Sugar 27.59g, Protein 5.09g, Salt 0.09g
BREAKFAST - HOT SAVOURIES		
Bacon Sandwich on Gluten Free Bread (g, d)	Bacon, Bebo - Palm Free, Soft white loaf	Energy 467kcal, Fat 23.64g, Sat Fat 7.15g, Carbs 37.4g, Sugar 0.96g, Protein 24.04g, Salt 4.61g
Mushroom & Tomato on Gluten Free Bread (v, g, d)	Mushroom, Bread - Gluten free (Egg), Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 285kcal, Fat 14.36g, Sat Fat 7.11g, Carbs 31.31g, Sugar 2.58g, Protein 4.76g, Salt 4.4g
SANDWICH LUNCH		
SANDWICHES		
Roast Chicken Salad on Gluten Free Bread (g, d)	Bebo - Palm Free, Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Soft white loaf, Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar	Energy 448kcal, Fat 25.14g, Sat Fat 2.68g, Carbs 38.4g, Sugar 1.42g, Protein 15.49g, Salt 0.99g
Moroccan Houmous with Pepperonata on Gluten Free Bread (vegan, g, d)	Bayleaf, Bebo - Palm Free, Chickpeas, Cumin, Garlic, Soft white loaf, Coriander, Lemon, Mixed Leaf, Paprika, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 408kcal, Fat 20.7g, Sat Fat 2.12g, Carbs 48.59g, Sugar 3.4g, Protein 7.51g, Salt 1.46g
Lime, Chilli & Coriander Salmon Brochette (g, d)	Chillies, Coriander, Garlic, Lime, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper	Energy 60kcal, Fat 4.02g, Sat Fat 0.62g, Carbs 0.08g, Sugar 0.06g, Protein 6.11g, Salt 0.1g
Moroccan Houmous with Pepperonata on Gluten Free Bread - Boxed (vegan, g, d)	Bayleaf, Bebo - Palm Free, Chickpeas, Cumin, Garlic, Soft white loaf, Coriander, Lemon, Mixed Leaf, Paprika, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 408kcal, Fat 20.7g, Sat Fat 2.12g, Carbs 48.59g, Sugar 3.4g, Protein 7.51g, Salt 1.46g
SANDWICH LUNCH - FINGER BUFFET		
Smoked Haddock Pakora (g, d)	Chillies, Coriander, Curry powder, Gram Flour, Onion, Potatoes, Rapeseed Oil, Salt & Black Pepper, Smoked Haddock (Fish)	Energy 35kcal, Fat 0.33g, Sat Fat 0.05g, Carbs 5.86g, Sugar 0.53g, Protein 2.32g, Salt 0.26g
Chicken Brochette - Red Pepper & Garlic (g, d)	Chicken, Chillies, Coriander, Cumin, Garlic, Onion, Pepper - red, Rapeseed Oil	Energy 49kcal, Fat 2.08g, Sat Fat 0.21g, Carbs 0.59g, Sugar 0.32g, Protein 7.52g, Salt 0.15g
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
Slow Cooked Tomato & Basil (vegan, g, d)	Basil, Garlic, Rapeseed Oil, Salt & Black Pepper, Thyme, Tomato, Nutritional Yeast	Energy 183kcal, Fat 21.2g, Sat Fat 1.51g, Carbs 2.53g, Sugar 1.56g, Protein 0.75g, Salt 0.49g
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 621kcal, Fat 33.66g, Sat Fat 3.24g, Carbs 73.09g, Sugar 1.72g, Protein 7.97g, Salt 1.52g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
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
Handcooked Crisps in the Bag (vegan, g, d)	See packet for information.	See packet for information.

SANDWICH LUNCH - CAKES & POTS

Blackberry Panna Cotta - Mini Pot (vegan, g, d)	Blackberries, Gelatine - Agar Agar, Caster Sugar, Vanilla Essence	Energy 145kcal, Fat 13.67g, Sat Fat 9.69g, Carbs 5.23g, Sugar 4.78g, Protein 0.35g, Salt 0.05g
Healthy Seed Bar with Blueberries - Free From (vegan, g, d)	Bebo - Palm Free, Blueberries - Frozen, Chia Seeds, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 278kcal, Fat 13.34g, Sat Fat 2.27g, Carbs 31.75g, Sugar 17.84g, Protein 7.09g, Salt 0.1g
Lemon Polenta Cake (v, g, d, n)	Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Caster Sugar, Icing Sugar	Energy 353kcal, Fat 22.05g, Sat Fat 3.84g, Carbs 34.2g, Sugar 26.74g, Protein 6.02g, Salt 0.44g

SANDWICH LUNCH - FRUIT

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
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 - 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
Whole Fruit Large Platter - for 10-15 people (vegan, g, d)	Apple, Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 946kcal, Fat 4.51g, Sat Fat 1.44g, Carbs 227.86g, Sugar 217.03g, Protein 12.37g, Salt 0.07g
Whole Fruit Small Platter - for 5-10 people (vegan, g, d)	Apple, Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 538kcal, Fat 2.4g, Sat Fat 0.82g, Carbs 130.19g, Sugar 124.78g, Protein 6.84g, Salt 0.03g

FORKS & SALADS

SALAD BOXES

Cranberry Chicken Salad (g, d) - Salad Box	Chicken, Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar, Vinegar - Balsamic (Sulphur Dioxide), Vinegar (Sulphur)	Energy 493kcal, Fat 31.5g, Sat Fat 2.97g, Carbs 39.83g, Sugar 30.98g, Protein 18.33g, Salt 5.56g
Winter Salad with Beetroot (vegan, g, d) - Salad Box	Beetroot, Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach, Vinegar (Sulphur Dioxide)	Energy 190kcal, Fat 12.32g, Sat Fat 1.23g, Carbs 17.81g, Sugar 14.31g, Protein 4.92g, Salt 1.56g
Feta with Tomato, Coriander & Toasted Almond (v, g, n) - Salad Box	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish, Sage, Salt & Black Pepper, Tomato, Vinegar (Sulphur Dioxide)	Energy 268kcal, Fat 22.15g, Sat Fat 7.83g, Carbs 6.61g, Sugar 5.95g, Protein 12.04g, Salt 1.53g

SHARING SALADS

Cranberry Chicken Salad - 6-8 portions (g, d)	Chicken, Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar, Vinegar - Balsamic (Sulphur Dioxide), Vinegar (Sulphur)	Energy 1411kcal, Fat 79.43g, Sat Fat 8.1g, Carbs 127.22g, Sugar 98.43g, Protein 60.89g, Salt 17.55g
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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
Small Cranberry Chicken Salad - 3-4 portions (g, d)	Chicken,Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar,Vinegar - Balsamic (Sulphur Dioxide),Vinegar (Sulphur	Energy 705kcal, Fat 39.71g, Sat Fat 4.05g, Carbs 63.61g, Sugar 49.21g, Protein 30.44g, Salt 8.77g
Mixed Leaf Salad with Pomegranate Dressing - 6-8 portions (vegan, g, d)	Mixed Leaf,Pomegranate Molasses (Sulphur Dioxide), Rapeseed Oil, Salt,Vinegar (Sulphur Dioxide)	Energy 175kcal, Fat 17.13g, Sat Fat 1.24g, Carbs 7.46g, Sugar 5.58g, Protein 1.91g, Salt 0.46g
Small Mixed Leaf Salad with Pomegranate Dressing - 3-4 portions (vegan, g, d)	Mixed Leaf,Pomegranate Molasses (Sulphur Dioxide), Rapeseed Oil, Salt,Vinegar (Sulphur Dioxide)	Energy 100kcal, Fat 9.79g, Sat Fat 0.71g, Carbs 4.26g, Sugar 3.19g, Protein 1.09g, Salt 0.26g
Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing - 6-8 portions (vegan, g, d)	Caraway seeds,Chillies, Fennel, Garlic, Rocket, Maple Flavour Syrup, Paprika , Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Squash, Thyme, Vinegar (Sulphur Dioxide)	Energy 1095kcal, Fat 64.1g, Sat Fat 4.79g, Carbs 136.53g, Sugar 41.52g, Protein 16.58g, Salt 3.05g
Small Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing - 3-4 portions (vegan, g, d)	Caraway seeds,Chillies, Fennel, Garlic, Rocket, Maple Flavour Syrup, Paprika , Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Squash, Thyme, Vinegar (Sulphur Dioxide)	Energy 533kcal, Fat 30.65g, Sat Fat 2.3g, Carbs 67.48g, Sugar 20.28g, Protein 8.23g, Salt 1.46g
Winter Salad with Beetroot - 6-8 portions (vegan, g, d)	Beetroot,Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach,Vinegar (Sulphur Dioxide)	Energy 686kcal, Fat 44.46g, Sat Fat 5.17g, Carbs 59.66g, Sugar 46.85g, Protein 21.13g, Salt 5.3g
Small Winter Salad with Beetroot - 3-4 portions (vegan, g, d)	Beetroot,Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach,Vinegar (Sulphur Dioxide)	Energy 393kcal, Fat 27.54g, Sat Fat 2.95g, Carbs 31.55g, Sugar 25.02g, Protein 10.62g, Salt 2.88g
Feta with Tomato, Coriander & Toasted Almond Salad - 6-8 portions (v, g, n)	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 892kcal, Fat 73.08g, Sat Fat 26.46g, Carbs 21.94g, Sugar 19.76g, Protein 40.87g, Salt 5.1g
Small Feta with Tomato, Coriander & Toasted Almond Salad - 3-4 portions (v, g, n)	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 523kcal, Fat 44.86g, Sat Fat 13.82g, Carbs 13.05g, Sugar 11.67g, Protein 20.66g, Salt 2.9g
Orange, Grape, Walnut & Stilton Salad - 6-8 portions (v, g, n)	Grapes - red,Orange, Rapeseed Oil, Salt & Black Pepper, Spinach, Stilton (Milk),Walnut (Nuts (Walnuts))	Energy 1377kcal, Fat 118.83g, Sat Fat 31.48g, Carbs 35.03g, Sugar 33.63g, Protein 46.32g, Salt 2.58g
Small Orange, Grape, Walnut & Stilton Salad - 3-4 portions (v, g, n)	Grapes - red,Orange, Rapeseed Oil, Salt & Black Pepper, Spinach, Stilton (Milk),Walnut (Nuts (Walnuts))	Energy 688kcal, Fat 59.42g, Sat Fat 15.74g, Carbs 17.52g, Sugar 16.82g, Protein 23.16g, Salt 1.29g

BOXED MEALS

Aubergine Massaman Curry - Boxed Meal (vegan, g, d, n)	Aubergine,Coconut Milk, Lime, Massaman curry, Onion, Peanuts (Peanuts), Potatoes, Rapeseed Oil, Rice, Salt, Sugar Snaps,Water	Energy 566kcal, Fat 16.96g, Sat Fat 12.17g, Carbs 96.25g, Sugar 4.26g, Protein 13.08g, Salt 1.17g
Chicken Korma & Rice - Boxed Meal (g, n)	Almond (Nuts (Almond)), Cayenne, Chicken Thigh, Chillies, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Garlic Puree (vegan, g, d), Ginger, Masala (Mustard), Onion, Rapeseed Oil, Rice, Salt, Tomato Puree, Turmeric, Water,Yoghurt (Milk)	Energy 742kcal, Fat 27.82g, Sat Fat 12g, Carbs 89.83g, Sugar 2.2g, Protein 38.28g, Salt 2.89g
Christmas Dinner in a Box - Turkey - No Gluten & Dairy Ingredients - Boxed Meal (g, d)	Gluten Free Bisto,Brussel Sprouts, Carrot (Sulphur Dioxide), Chestnut, Garlic, Onion, Parsnips (Sulphur Dioxide), Paxo Gluten Free Sage & Onion Stuffing Mix 150g(vegan, g, d), Rapeseed Oil, Rosemary, Salt & Black Pepper, Potatoes (Sulphur Dioxide), Turkey	Energy 396kcal, Fat 9.8g, Sat Fat 1.27g, Carbs 51.45g, Sugar 8.53g, Protein 29.12g, Salt 3.54g
Feijoada, Brazilian Black Bean Stew - Boxed Meal (vegan, g, d)	Bayleaf,Black Beans, Carrot, Chipotle Paste, Cumin, Garlic, Onion, Orange, Paprika, Potato, Sweet Potato, Rapeseed Oil, Rice, Salt, Salt & Black Pepper,Vegetable stock (Celery),Water, Water	Energy 530kcal, Fat 7.13g, Sat Fat 0.77g, Carbs 108.59g, Sugar 3.04g, Protein 12.74g, Salt 5.2g
Spicy Fable Shiitake Curry with Rice - Boxed Meal (vegan, g, d)	Chilli,Coconut Milk, Coriander, Coriander, Cumin, Curry powder, Mushroom (Soya, Sulphur Dioxide), Ginger, Masala (Mustard), Onion, Rapeseed Oil, Rice, Salt, Salt & Black Pepper,Tomato, Turmeric, Water	Energy 660kcal, Fat 22.58g, Sat Fat 15.02g, Carbs 102.24g, Sugar 2.95g, Protein 17.3g, Salt 3g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
CANAPES		
Crudites Platter - for 4-7 people (vegan, g, d)	Beetroot, Carrot, Celery (Celery), Chickpeas, Chillies, Coriander, Cucumber, Garlic, Lemon, Pepper - cracked black, Pepper - red, Pepper - yellow, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Sweet chilli sauce, Tahini (Sesame Seeds), Tomato, Tomato	Energy 155kcal, Fat 4.28g, Sat Fat 0.49g, Carbs 23.42g, Sugar 16.69g, Protein 7.08g, Salt 1.01g
Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)	Chillies, Coriander, Kettle Crisps with, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato	Energy 210kcal, Fat 11.24g, Sat Fat 1.08g, Carbs 24.85g, Sugar 1.04g, Protein 2.81g, Salt 0.6g
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 14.28g, Sugar 6.46g, 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 924kcal, Fat 106.39g, Sat Fat 8.72g, Carbs 8.76g, Sugar 4.14g, Protein 3.37g, Salt 5.72g
Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)	Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 197kcal, Fat 8.43g, Sat Fat 1.01g, Carbs 26.25g, Sugar 1.65g, Protein 2.85g, Salt 0.31g
Lime, Chilli & Coriander Salmon (g, d)	Chillies, Coriander, Garlic, Lime, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper	Energy 40kcal, Fat 2.67g, Sat Fat 0.41g, Carbs 0.06g, Sugar 0.03g, Protein 4.07g, Salt 0.06g
Mini Chicken Skewer with Red Pepper, Garlic & Coriander (g, d)	Chicken, Chillies, Coriander, Cumin, Garlic, Onion, Pepper - red, Rapeseed Oil	Energy 48kcal, Fat 2.98g, Sat Fat 0.44g, Carbs 0.38g, Sugar 0.21g, Protein 5.14g, Salt 0.12g
Broccoli Picante (vegan, g, d)	Broccoli, Chillies, Garlic, Rapeseed Oil, Salt & Black Pepper	Energy 37kcal, Fat 3.96g, Sat Fat 0.3g, Carbs 0.7g, Sugar 0.32g, Protein 0.74g, Salt 0.98g
Cranberry Pecan Goat Cheese Balls (v, g, n)	Cheddar (Milk), Chives, Cranberry, Cheese (Milk), Goats Cheese (Milk), Pecan Nut (Nuts (Pecan))	Energy 57kcal, Fat 4.54g, Sat Fat 1.88g, Carbs 2.5g, Sugar 2.1g, Protein 1.52g, Salt 0.14g
Stilton Stuffed Medjool Date (v, g, n)	Medjool Dates, Stilton (Milk), Walnut (Nuts (Walnuts))	Energy 64kcal, Fat 5.56g, Sat Fat 2.47g, Carbs 0.58g, Sugar 0.55g, Protein 2.83g, Salt 0.2g
Salted Caramel & Almond Truffle (v, g, n)	Almond (Nuts (Almond)), Cream (Milk), Dark Chocolate (Milk, Soya), Salt, Light Soft Brown Sugar, Dark Chocolate	Energy 112kcal, Fat 7.77g, Sat Fat 4.14g, Carbs 8.93g, Sugar 8.47g, Protein 1.17g, Salt 0.07g
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
DRINKS		
Mulled Wine - 1 Flask - approx 6 glasses (vegan, g, d)	Cinnamon, Clove, Laurent Miquel - Heritage Vineyards Rouge (750ml) (Sulphur Dioxide), Orange, Sherry - Croft Original (Sulphur Dioxide), Caster Sugar, Water	Energy 289kcal, Fat 0.41g, Sat Fat 0.09g, Carbs 74.98g, Sugar 73.65g, Protein 0.31g, Salt 0.02g
Carrot Ginger & Turmeric Smoothie - 1 litre (vegan, g, d, n)	1 ltr plastic bottle, Almond Milk (Nuts (Almond)), Bananas, Carrot, Ginger, Lemon, Pineapple, Turmeric, Water	Energy 460kcal, Fat 6.91g, Sat Fat 0.87g, Carbs 97.09g, Sugar 88.68g, Protein 7.72g, Salt 0.83g
Citrus Blast Smoothie - 1 litre (v, g, d)	Apple, Ginger, Honey, Ice - cubes - by weight, Lemon, Satsumas, Water	Energy 264kcal, Fat 0.91g, Sat Fat 0.32g, Carbs 66.44g, Sugar 65.8g, Protein 1.5g, Salt 0.04g
Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)	1 ltr plastic bottle, Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water, 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 - Still - 1 Litre (vegan, g, d)	1 ltr plastic bottle, Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water, Water	Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST		
BREAKFAST POTS		
Birchermuesli - free from (vegan, g, d)	Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas	Energy 133kcal, Fat 2.73g, Sat Fat 0.45g, Carbs 21.39g, Sugar 8.56g, Protein 5.08g, Salt 0.04g
Chia & Almond Milk Breakfast Pudding (vegan, g, d, n)	Almond Milk (Nuts (Almond)), Blackberries, Chia Seeds, Maple Flavour Syrup	Energy 153kcal, Fat 9.71g, Sat Fat 1.1g, Carbs 6.34g, Sugar 4.45g, Protein 6.17g, Salt 0.18g
Soya Yoghurt Pot with Apricot Coulis (vegan, g, d)	Soya Yoghurt (Soya), Apricot	Energy 108kcal, Fat 3g, Sat Fat 0.48g, Carbs 16.5g, Sugar 16.05g, Protein 4.95g, Salt 0.09g
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 Spiced Cranberry Compote (vegan, g, d)	Soya Yoghurt (Soya), Cranberry, Mixed spice, Caster Sugar	Energy 33kcal, Fat 3.52g, Sat Fat 0.54g, Carbs 2.02g, Sugar 0g, Protein 0.29g, Salt 1.07g
BREAKFAST - HOT SAVOURIES		
Bacon Sandwich on Gluten Free Bread (g, d)	Bacon, Bebo - Palm Free, Soft white loaf	Energy 467kcal, Fat 23.64g, Sat Fat 7.15g, Carbs 37.4g, Sugar 0.96g, Protein 24.04g, Salt 4.61g
Mushroom & Tomato on Gluten Free Bread (v, g, d)	Mushroom, Bread - Gluten free (Egg), Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 285kcal, Fat 14.36g, Sat Fat 7.11g, Carbs 31.31g, Sugar 2.58g, Protein 4.76g, Salt 4.4g
Roast Tomato & Mushroom in a Cereale Bap (vegan, d)	Cereale Bap (Cereal (Barley, Wheat)), Mushroom, Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 314kcal, Fat 9.55g, Sat Fat 4.74g, Carbs 48.79g, Sugar 1.83g, Protein 9g, Salt 2.45g
SANDWICH LUNCH		
SANDWICHES		
Avocado & Mediterranean Vegetables in a Piedmont Baguette (vegan, d)	Avocado - Diced, Bebo - Palm Free, Chillies, Courgettes, Garlic, Lemon, Rocket, Onion, Pepper - cracked black, Pepper - red, Baguette (Cereal (Durum, Wheat)), Rapeseed Oil, Salt, Salt & Black Pepper	Energy 471kcal, Fat 15.6g, Sat Fat 3.52g, Carbs 70.46g, Sugar 5.02g, Protein 12.63g, Salt 5.82g
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)	Bayleaf, Red Cabbage (Sulphur Dioxide), Chickpeas, Chillies, Cinnamon, Cumin, Mushroom (Soya, Sulphur Dioxide), Garlic, Ginger, Carrot, Coriander, Lemon, Rocket, Paprika, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Tahin	Energy 390kcal, Fat 16.97g, Sat Fat 3.85g, Carbs 45.92g, Sugar 4.98g, Protein 13.62g, Salt 2.39g
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)	Artichoke, Basil, Bebo - Palm Free, Capers, Baguette (Cereal (Barley, Wheat)), Garlic, Olives, Lemon, Rocket, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper, Tarragon, Thyme, Tomato	Energy 480kcal, Fat 22.19g, Sat Fat 2.59g, Carbs 59.72g, Sugar 4.71g, Protein 11.99g, Salt 2.18g
Moroccan Houmous with Pepperonata on Gluten Free Bread (vegan, g, d)	Bayleaf, Bebo - Palm Free, Chickpeas, Cumin, Garlic, Soft white loaf, Coriander, Lemon, Mixed Leaf, Paprika, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 408kcal, Fat 20.7g, Sat Fat 2.12g, Carbs 48.59g, Sugar 3.4g, Protein 7.51g, Salt 1.46g
Egg Mayonnaise & Cress on Malted Grain (v, d)	Bebo - Palm Free, Cress (Mustard), Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Salt & Black Pepper	Energy 500kcal, Fat 30.63g, Sat Fat 5.58g, Carbs 37.26g, Sugar 3.3g, Protein 17.7g, Salt 1.54g
Salmon Teriyaki on Malted Grain (d)	Bebo - Palm Free, Hot Smoked Salmon Flakes (Fish), Rocket, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Teriyaki (Soya, Cereal (Wheat)), Salt & Black Pepper	Energy 396kcal, Fat 18.16g, Sat Fat 2.76g, Carbs 38.63g, Sugar 4.63g, Protein 18.75g, Salt 2.89g
Smoked Salmon & Lemon on Malted Grain (d)	Bebo - Palm Free, Lemon, Rocket, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Pepper - cracked black, Smoked Salmon (Fish)	Energy 278kcal, Fat 6.23g, Sat Fat 1.43g, Carbs 36.9g, Sugar 3.31g, Protein 15.39g, Salt 1.74g
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain (d)	Bebo - Palm Free, Primo Cabbage, Capers, Celeriac (Celery), Blythburgh Ham (Soya), Honey, Lemon, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Mustard (Mustard), Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt	Energy 467kcal, Fat 22.64g, Sat Fat 4.61g, Carbs 38.51g, Sugar 4.39g, Protein 26.78g, Salt 3.78g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
Christmas Sandwich on Malted Grain (d)	Bebo - Palm Free,Cinnamon, Cranberry, Garlic, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Pepper - cracked black, Rapeseed Oil, Rosemary, Sage Onion Stuffing (Cereal (Wheat)), Salt & Black Pepper, Granulated Sugar,Turkey	Energy 420kcal, Fat 4.72g, Sat Fat 1.29g, Carbs 72.47g, Sugar 8.89g, Protein 23.07g, Salt 2.55g
Roast Chicken Salad on Malted Grain (d)	Bebo - Palm Free,Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar,Tomato	Energy 447kcal, Fat 22.23g, Sat Fat 2.93g, Carbs 39.25g, Sugar 5.12g, Protein 22g, Salt 1.03g
Turkey with Sauerkraut & Blackberry in a Wrap (d)	Apples,Blackberries, Red Cabbage, Caraway seeds, Garlic, Lemon, Mixed Leaf, Pepper - cracked black, Rapeseed Oil, Rosemary, Salt, Salt & Black Pepper, Caster Sugar,Turkey,Water,Wrap (Cereal (Wheat))	Energy 290kcal, Fat 4.73g, Sat Fat 0.57g, Carbs 41.78g, Sugar 11.86g, Protein 20.22g, Salt 2.99g
Roast Chicken Salad on Gluten Free Bread (g, d)	Bebo - Palm Free,Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Soft white loaf, Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar	Energy 448kcal, Fat 25.14g, Sat Fat 2.68g, Carbs 38.4g, Sugar 1.42g, Protein 15.49g, Salt 0.99g
Avocado & Mediterranean Vegetables in a Piedmont Baguette (vegan, d) - Boxed	Avocado - Diced,Bebo - Palm Free, Chillies, Courgettes, Garlic, Lemon, Rocket, Onion, Pepper - cracked black, Pepper - red, Baguette (Cereal (Durum,Wheat)), Rapeseed Oil, Salt, Salt & Black Pepper	Energy 471kcal, Fat 15.6g, Sat Fat 3.52g, Carbs 70.46g, Sugar 5.02g, Protein 12.63g, Salt 5.82g
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d) - Boxed	Artichoke,Basil,Bebo - Palm Free, Capers , Baguette (Cereal (Barley,Wheat)), Garlic, Olives, Lemon, Rocket, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper,Tarragon,Thyme, Tomato	Energy 480kcal, Fat 22.19g, Sat Fat 2.59g, Carbs 59.72g, Sugar 4.71g, Protein 11.99g, Salt 2.18g
Moroccan Houmous with Pepperonata on Gluten Free Bread (vegan, g, d) - Boxed	Bayleaf,Bebo - Palm Free, Chickpeas, Cumin, Garlic, Soft white loaf, Coriander, Lemon, Mixed Leaf, Paprika , Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar,Tahini (Sesame Seeds), Tomato	Energy 408kcal, Fat 20.7g, Sat Fat 2.12g, Carbs 48.59g, Sugar 3.4g, Protein 7.51g, Salt 1.46g
Egg Mayonnaise & Cress on Malted Grain (v, d) - Boxed	Bebo - Palm Free,Cress (Mustard), Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Mayonnaise (Egg), Pepper - cracked black, Salt & Black Pepper	Energy 500kcal, Fat 30.63g, Sat Fat 5.58g, Carbs 37.26g, Sugar 3.3g, Protein 17.7g, Salt 1.54g
Salmon Teriyaki on Malted Grain (d) - Boxed	Bebo - Palm Free,Hot Smoked Salmon Flakes (Fish), Rocket, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Mayonnaise (Egg), Teriyaki (Soya, Cereal (Wheat)), Salt & Black Pepper	Energy 396kcal, Fat 18.16g, Sat Fat 2.76g, Carbs 38.63g, Sugar 4.63g, Protein 18.75g, Salt 2.89g
Smoked Salmon & Lemon on Malted Grain (d) - Boxed	Bebo - Palm Free,Lemon, Rocket, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Pepper - cracked black, Smoked Salmon (Fish)	Energy 278kcal, Fat 6.23g, Sat Fat 1.43g, Carbs 36.9g, Sugar 3.31g, Protein 15.39g, Salt 1.74g
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain (d) - Boxed	Bebo - Palm Free,Primo Cabbage, Capers , Celeriac (Celery), Blythburgh Ham (Soya), Honey, Lemon, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Mayonnaise (Egg), Mustard (Mustard), Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt	Energy 467kcal, Fat 22.64g, Sat Fat 4.61g, Carbs 38.51g, Sugar 4.39g, Protein 26.78g, Salt 3.78g
Christmas Sandwich on Malted Grain (d) - Boxed	Bebo - Palm Free,Cinnamon, Cranberry, Garlic, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Pepper - cracked black, Rapeseed Oil, Rosemary, Sage Onion Stuffing (Cereal (Wheat)), Salt & Black Pepper, Granulated Sugar,Turkey	Energy 420kcal, Fat 4.72g, Sat Fat 1.29g, Carbs 72.47g, Sugar 8.89g, Protein 23.07g, Salt 2.55g
Roast Chicken Salad on Malted Grain (d) - Boxed	Bebo - Palm Free,Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar,Tomato	Energy 447kcal, Fat 22.23g, Sat Fat 2.93g, Carbs 39.25g, Sugar 5.12g, Protein 22g, Salt 1.03g
Roast Chicken Salad on Gluten Free Bread (g, d) - Boxed	Bebo - Palm Free,Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Soft white loaf, Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar	Energy 448kcal, Fat 25.14g, Sat Fat 2.68g, Carbs 38.4g, Sugar 1.42g, Protein 15.49g, Salt 0.99g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SANDWICH LUNCH - FINGER BUFFET		
Lime, Chilli & Coriander Salmon Brochette (g, d)	Chillies, Coriander, Garlic, Lime, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper	Energy 60kcal, Fat 4.02g, Sat Fat 0.62g, Carbs 0.08g, Sugar 0.06g, Protein 6.11g, Salt 0.1g
Smoked Haddock Pakora (g, d)	Chillies, Coriander, Curry powder, Gram Flour, Onion, Potatoes, Rapeseed Oil, Salt & Black Pepper, Smoked Haddock (Fish)	Energy 35kcal, Fat 0.33g, Sat Fat 0.05g, Carbs 5.86g, Sugar 0.53g, Protein 2.32g, Salt 0.26g
Chicken Brochette - Red Pepper & Garlic (g, d)	Chicken, Chillies, Coriander, Cumin, Garlic, Onion, Pepper - red, Rapeseed Oil	Energy 49kcal, Fat 2.08g, Sat Fat 0.21g, Carbs 0.59g, Sugar 0.32g, Protein 7.52g, Salt 0.15g
Cocktail Sausages with Honey & Soy - 3 per portion (d)	Honey, Sesame Oil (Sesame Seeds), Sausage (Sulphur Dioxide, Cereal (Wheat)), Sesame seeds (Sesame Seeds), Soy sauce (Soya, Cereal (Wheat))	Energy 151kcal, Fat 10.28g, Sat Fat 3.39g, Carbs 8.24g, Sugar 4.24g, Protein 6.58g, Salt 0.84g
Homemade Thyme & Caramelised Onion Sausage Roll (d)	Eggs (Egg), Onion, Puff Pastry (Cereal (Wheat)), Rapeseed Oil, Onion, Sage, Salt, Sausage meat (Sulphur Dioxide, Cereal (Wheat)), Soft Brown Sugar, Thyme	Energy 206kcal, Fat 13.02g, Sat Fat 5.7g, Carbs 16.15g, Sugar 2.4g, Protein 5.64g, Salt 0.79g
Beetroot & Quinoa Bites with Houmous (vegan, d)	Beetroot, Chia Seeds, Chickpeas, Coriander, Cumin, Flour (Cereal (Wheat))	Energy 82kcal, Fat 3.2g, Sat Fat 0.31g, Carbs 10.48g, Sugar 1.55g, Protein 2.83g, Salt 0.25g
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
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 52kcal, Fat 1.65g, Sat Fat 0.01g, Carbs 8.2g, Sugar 1.6g, Protein 1.25g, Salt 0.45g
Slow Cooked Tomato & Basil (vegan, g, d)	Basil, Garlic, Rapeseed Oil, Salt & Black Pepper, Thyme, Tomato, Nutritional Yeast	Energy 183kcal, Fat 21.2g, Sat Fat 1.51g, Carbs 2.53g, Sugar 1.56g, Protein 0.75g, Salt 0.49g
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 621kcal, Fat 33.66g, Sat Fat 3.24g, Carbs 73.09g, Sugar 1.72g, Protein 7.97g, Salt 1.52g
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
SANDWICH LUNCH - CAKES & POTS		
Blackberry Panna Cotta - Mini Pot (vegan, g, d)	Blackberries, Gelatine - Agar Agar, Caster Sugar, Vanilla Essence	Energy 145kcal, Fat 13.67g, Sat Fat 9.69g, Carbs 5.23g, Sugar 4.78g, Protein 0.35g, Salt 0.05g
Healthy Seed Bar with Blueberries - Free From (vegan, g, d)	Bebo - Palm Free, Blueberries - Frozen, Chia Seeds, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 278kcal, Fat 13.34g, Sat Fat 2.27g, Carbs 31.75g, Sugar 17.84g, Protein 7.09g, Salt 0.1g
Lemon Polenta Cake (v, g, d, n)	Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Caster Sugar, Icing Sugar	Energy 353kcal, Fat 22.05g, Sat Fat 3.84g, Carbs 34.2g, Sugar 26.74g, Protein 6.02g, Salt 0.44g
Spiced Raisin Loaf Cake (vegan, d)	All Spice, Bebo - Palm Free, Bicarbonate of soda, Cinnamon, Clove, Flour (Cereal (Wheat)), Nutmeg, Raisins, Caster Sugar, Light Soft Brown Sugar, Water	Energy 315kcal, Fat 9.26g, Sat Fat 2.34g, Carbs 56.79g, Sugar 35.29g, Protein 3.11g, Salt 0.69g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
SANDWICH LUNCH - FRUIT		
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
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 - 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
Whole Fruit Large Platter - for 10-15 people (vegan, g, d)	Apple,Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 946kcal, Fat 4.51g, Sat Fat 1.44g, Carbs 227.86g, Sugar 217.03g, Protein 12.37g, Salt 0.07g
Whole Fruit Small Platter - for 5-10 people (vegan, g, d)	Apple,Bananas, Grapes - red, Grapes - white, Pears, Plums, Satsumas	Energy 538kcal, Fat 2.4g, Sat Fat 0.82g, Carbs 130.19g, Sugar 124.78g, Protein 6.84g, Salt 0.03g
FORKS & SALADS		
SALAD BOXES		
Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing (d) - Salad Box	Red Cabbage,Carrot, Coriander, Cornflour, Garlic Puree (vegan, g, d), Ginger, Honey, Hot Smoked Salmon Flakes (Fish), Maple Flavour Syrup, Sesame Oil (Sesame Seeds), Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Gluten Free Soy Sauce	Energy 431kcal, Fat 37.89g, Sat Fat 3.54g, Carbs 17.63g, Sugar 15.43g, Protein 12.54g, Salt 2.27g
Cranberry Chicken Salad (g, d) - Salad Box	Chicken,Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar,Vinegar - Balsamic (Sulphur Dioxide),Vinegar (Sulphur	Energy 493kcal, Fat 31.5g, Sat Fat 2.97g, Carbs 39.83g, Sugar 30.98g, Protein 18.33g, Salt 5.56g
Asian Salad with a Sweet Ginger & Soy Dressing (vegan, d)	Red Cabbage,Carrot, Coriander, Garlic Puree (vegan, g, d), Ginger, Maple Flavour Syrup, Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Spinach,Vinegar	Energy 499kcal, Fat 47.66g, Sat Fat 3.43g, Carbs 25.71g, Sugar 22.93g, Protein 3.91g, Salt 2.11g
Winter Salad with Beetroot (vegan, g, d)	Beetroot,Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach,Vinegar (Sulphur Dioxide)	Energy 190kcal, Fat 12.32g, Sat Fat 1.23g, Carbs 17.81g, Sugar 14.31g, Protein 4.92g, Salt 1.56g
SHARING SALADS		
Cranberry Chicken Salad - 6-8 portions (g, d)	Chicken,Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar,Vinegar - Balsamic (Sulphur Dioxide),Vinegar (Sulphur	Energy 1411kcal, Fat 79.43g, Sat Fat 8.1g, Carbs 127.22g, Sugar 98.43g, Protein 60.89g, Salt 17.55g
Small Cranberry Chicken Salad - 3-4 portions (g, d)	Chicken,Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar,Vinegar - Balsamic (Sulphur Dioxide),Vinegar (Sulphur	Energy 705kcal, Fat 39.71g, Sat Fat 4.05g, Carbs 63.61g, Sugar 49.21g, Protein 30.44g, Salt 8.77g
Asian Salad with a Sweet Ginger & Soy Dressing - 6-8 portions (vegan, d)	Red Cabbage,Carrot, Coriander, Garlic Puree (vegan, g, d), Ginger, Maple Flavour Syrup, Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Spinach,Vinegar	Energy 1212kcal, Fat 115.73g, Sat Fat 8.34g, Carbs 62.44g, Sugar 55.69g, Protein 9.5g, Salt 5.11g
Small Asian Salad with a Sweet Ginger & Soy Dressing - 3-4 portions (vegan, d)	Red Cabbage,Carrot, Coriander, Garlic Puree (vegan, g, d), Ginger, Maple Flavour Syrup, Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Spinach,Vinegar	Energy 606kcal, Fat 57.87g, Sat Fat 4.17g, Carbs 31.22g, Sugar 27.84g, Protein 4.75g, Salt 2.56g
Mixed Leaf Salad with Pomegranate Dressing - 6-8 portions (vegan, g, d)	Mixed Leaf,Pomegranate Molasses (Sulphur Dioxide), Rapeseed Oil, Salt,Vinegar (Sulphur Dioxide)	Energy 175kcal, Fat 17.13g, Sat Fat 1.24g, Carbs 7.46g, Sugar 5.58g, Protein 1.91g, Salt 0.46g
Small Mixed Leaf Salad with Pomegranate Dressing - 3-4 portions (vegan, g, d)	Mixed Leaf,Pomegranate Molasses (Sulphur Dioxide), Rapeseed Oil, Salt,Vinegar (Sulphur Dioxide)	Energy 100kcal, Fat 9.79g, Sat Fat 0.71g, Carbs 4.26g, Sugar 3.19g, Protein 1.09g, Salt 0.26g
Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing - 6-8 portions (vegan, g, d)	Caraway seeds,Chillies, Fennel, Garlic, Rocket, Maple Flavour Syrup, Paprika , Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Squash,Thyme,Vinegar (Sulphur Dioxide)	Energy 1095kcal, Fat 64.1g, Sat Fat 4.79g, Carbs 136.53g, Sugar 41.52g, Protein 16.58g, Salt 3.05g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
Small Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing - 3-4 portions (vegan, g, d)	Caraway seeds, Chillies, Fennel, Garlic, Rocket, Maple Flavour Syrup, Paprika, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Squash, Thyme, Vinegar (Sulphur Dioxide)	Energy 533kcal, Fat 30.65g, Sat Fat 2.3g, Carbs 67.48g, Sugar 20.28g, Protein 8.23g, Salt 1.46g
Roast Butternut Squash, Spinach & Couscous - 6-8 portions (vegan, d)	Cinnamon, Couscous (Cereal (Wheat)), Nutmeg, Pomegranate Molasses (Sulphur Dioxide), Pumpkin seeds, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Squash, Light Soft Brown Sugar, Vegetable stock (Celery), Vinegar (Sulphur Dioxide), Water	Energy 1490kcal, Fat 59.38g, Sat Fat 7.26g, Carbs 229.13g, Sugar 56.91g, Protein 36.57g, Salt 7.08g
Small Roast Butternut Squash, Spinach & Couscous - 3-4 portions (vegan, d)	Cinnamon, Couscous (Cereal (Wheat)), Nutmeg, Pomegranate Molasses (Sulphur Dioxide), Pumpkin seeds, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Squash, Light Soft Brown Sugar, Vegetable stock (Celery), Vinegar (Sulphur Dioxide), Water	Energy 745kcal, Fat 29.69g, Sat Fat 3.63g, Carbs 114.56g, Sugar 28.46g, Protein 18.28g, Salt 3.54g
Winter Salad with Beetroot - 6-8 portions (vegan, g, d)	Beetroot, Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach, Vinegar (Sulphur Dioxide)	Energy 686kcal, Fat 44.46g, Sat Fat 5.17g, Carbs 59.66g, Sugar 46.85g, Protein 21.13g, Salt 5.3g
Small Winter Salad with Beetroot - 3-4 portions (vegan, g, d)	Beetroot, Red Cabbage, Carrot, Chillies, Maple Flavour Syrup, Onion, Pepper - green, Pumpkin seeds, Rapeseed Oil, Salt & Black Pepper, Spinach, Vinegar (Sulphur Dioxide)	Energy 393kcal, Fat 27.54g, Sat Fat 2.95g, Carbs 31.55g, Sugar 25.02g, Protein 10.62g, Salt 2.88g
BOXED MEALS		
Christmas Dinner in a Box - Turkey - Boxed Meal (d)	Apple, Bacon, Gluten Free Bisto, Breadcrumbs (Soya, Cereal (Wheat)), Brussel Sprouts, Carrot (Sulphur Dioxide), Chestnut, Cranberry, Garlic, Onion, Parsley, Parsnips (Sulphur Dioxide), Rapeseed Oil, Rosemary, Sausage (Sulphur Dioxide, Cereal (Wheat))	Energy 511kcal, Fat 17.62g, Sat Fat 3.92g, Carbs 57.4g, Sugar 12.04g, Protein 34.53g, Salt 4.07g
Christmas Dinner in a Box - Turkey - No Gluten & Dairy Ingredients - Boxed Meal (g, d)	Gluten Free Bisto, Brussel Sprouts, Carrot (Sulphur Dioxide), Chestnut, Garlic, Onion, Parsnips (Sulphur Dioxide), Paxo Gluten Free Sage & Onion Stuffing Mix 150g (vegan, g, d), Rapeseed Oil, Rosemary, Salt & Black Pepper, Potatoes (Sulphur Dioxide), Turkey	Energy 396kcal, Fat 9.8g, Sat Fat 1.27g, Carbs 51.45g, Sugar 8.53g, Protein 29.12g, Salt 3.54g
Creamy Salmon Penne - Boxed Meal (d)	Dill, Garlic, Lemon, Penne (Cereal (Wheat)), Rapeseed Oil, Salmon (Fish), Salt & Black Pepper, Shallot	Energy 821kcal, Fat 44.69g, Sat Fat 23.74g, Carbs 81.02g, Sugar 5.95g, Protein 23.49g, Salt 1.19g
Creamy Spinach & Mushroom Penne - Boxed Meal (vegan, d)	Mushroom, Garlic, Mushroom, Penne (Cereal (Wheat)), Rapeseed Oil, Spinach, Vegetable Bouillon (Celery), Water	Energy 472kcal, Fat 12.8g, Sat Fat 1.22g, Carbs 72.62g, Sugar 4.24g, Protein 16.11g, Salt 0.46g
Feijoada, Brazilian Black Bean Stew - Boxed Meal (vegan, g, d)	Bayleaf, Black Beans, Carrot, Chipotle Paste, Cumin, Garlic, Onion, Orange, Paprika, Potato, Sweet Potato, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Vegetable stock (Celery), Water, Water	Energy 530kcal, Fat 7.13g, Sat Fat 0.77g, Carbs 108.59g, Sugar 3.04g, Protein 12.74g, Salt 5.2g
Jerk Chicken, Rice & Peas - Boxed Meal (d)	All Spice, Chicken Thigh, Chillies, Coconut Milk, Ginger, Kidney beans, Onion, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Soy sauce (Soya, Cereal (Wheat)), Thyme, Vinegar (Sulphur Dioxide), Water	Energy 714kcal, Fat 33.61g, Sat Fat 10.7g, Carbs 61.8g, Sugar 3.25g, Protein 44.55g, Salt 5.9g
Penne with Chicken in a Spinach & Mushroom Sauce - Boxed Meal (d)	Chicken Thigh, Mushroom, Garlic, Mushroom, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Spinach, Vegetable Bouillon (Celery), Water	Energy 535kcal, Fat 18.53g, Sat Fat 2.42g, Carbs 60.71g, Sugar 3.61g, Protein 31.34g, Salt 2.23g
Spicy Fable Shiitake Curry with Rice - Boxed Meal (vegan, g, d)	Chilli, Coconut Milk, Coriander, Coriander, Cumin, Curry powder, Mushroom (Soya, Sulphur Dioxide), Ginger, Masala (Mustard), Onion, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Tomato, Turmeric, Water	Energy 660kcal, Fat 22.58g, Sat Fat 15.02g, Carbs 102.24g, Sugar 2.95g, Protein 17.3g, Salt 3g
Symplicity Chorizo, Rosemary & Courgette Penne - Boxed Meal (vegan, d)	Soya Milk (Soya), Bebo - Palm Free, Breadcrumbs (Cereal (Barley, Wheat)), Courgettes, Flour (Cereal (Wheat)), Garlic, Penne (Cereal (Wheat)), Rapeseed Oil, Rosemary, Salt & Black Pepper, Symplicity Chorizo mince (Soya, Sulphur Dioxide, Cereal (Wheat, Wheat Gluten))	Energy 863kcal, Fat 36.46g, Sat Fat 3.35g, Carbs 104.21g, Sugar 7.88g, Protein 28.45g, Salt 6.99g
Vegan - Christmas Dinner in a Box - Nut Roast - Boxed Meal (vegan, d, n)	Apple, Gluten Free Bisto, Breadcrumbs (Soya, Cereal (Wheat)), Breadcrumbs (Cereal (Barley, Wheat)), Brussel Sprouts, Carrot (Sulphur Dioxide), Celery (Celery), Chestnut, Cranberry, Basil, Garlic, Onion, Onion, Oregano, Parsley, Parsnips (Sulphur Dioxide), Rapeseed Oil, Rosemary, Salt & Black Pepper, Potatoes (Sulphur Dioxide), Soya (Soya), Sunflower Seeds, Thyme, Walnut (Nuts (Walnuts)), Water	Energy 566kcal, Fat 20.63g, Sat Fat 2.41g, Carbs 82.94g, Sugar 14.08g, Protein 15.93g, Salt 7.94g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
CANAPES		
Crudites Platter - for 4-7 people (vegan, g, d)	Beetroot, Carrot, Celery (Celery), Chickpeas, Chillies, Coriander, Cucumber, Garlic, Lemon, Pepper - cracked black, Pepper - red, Pepper - yellow, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Sweet chilli sauce, Tahini (Sesame Seeds), Tomato, Tomato	Energy 155kcal, Fat 4.28g, Sat Fat 0.49g, Carbs 23.42g, Sugar 16.69g, Protein 7.08g, Salt 1.01g
Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)	Chillies, Coriander, Kettle Crisps with, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato	Energy 210kcal, Fat 11.24g, Sat Fat 1.08g, Carbs 24.85g, Sugar 1.04g, Protein 2.81g, Salt 0.6g
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 14.28g, Sugar 6.46g, 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 924kcal, Fat 106.39g, Sat Fat 8.72g, Carbs 8.76g, Sugar 4.14g, Protein 3.37g, Salt 5.72g
Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)	Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 197kcal, Fat 8.43g, Sat Fat 1.01g, Carbs 26.25g, Sugar 1.65g, Protein 2.85g, Salt 0.31g
Lime, Chilli & Coriander Salmon (g, d)	Chillies, Coriander, Garlic, Lime, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper	Energy 40kcal, Fat 2.67g, Sat Fat 0.41g, Carbs 0.06g, Sugar 0.03g, Protein 4.07g, Salt 0.06g
Prawn Cocktail Shell (d)	Lemon, Mayonnaise (Egg), Paprika, Prawns (Crustacean (Prawn)), Tabasco, Salt & Black Pepper, Tartlet Round Shell 3.8cm (Soya, Cereal (Rye, Spelt, Wheat)), Tomato Ketchup (Celery), Worcester sauce (Fish, Cereal (Barley))	Energy 50kcal, Fat 3.59g, Sat Fat 0.87g, Carbs 2.67g, Sugar 0.67g, Protein 1.64g, Salt 0.3g
Duck Pancake & Hoisin (d)	Carrot, Chives, Coriander, Courgettes, Duck, Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Rye, 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
Jerk Chicken & Orange Skewer (d)	All Spice, Chicken, Chillies, Coriander, Ginger, Orange, Onion, Pepper - cracked black, Soy sauce (Soya, Cereal (Wheat)), Thyme, Vinegar (Sulphur Dioxide)	Energy 28kcal, Fat 1.12g, Sat Fat 0.23g, Carbs 1.05g, Sugar 0.4g, Protein 3.11g, Salt 0.58g
Mini Chicken Skewer with Red Pepper, Garlic & Coriander (g, d)	Chicken, Chillies, Coriander, Cumin, Garlic, Onion, Pepper - red, Rapeseed Oil	Energy 48kcal, Fat 2.98g, Sat Fat 0.44g, Carbs 0.38g, Sugar 0.21g, Protein 5.14g, Salt 0.12g
Beetroot & Broccoli Tartlet (vegan, d)	Beetroot, Broccoli, Chickpeas, Garlic, Lemon, Pepper - cracked black, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Tartlet Round Shell 3.8cm (Soya, Cereal (Rye, Spelt, Wheat))	Energy 34kcal, Fat 2g, Sat Fat 0.77g, Carbs 3.22g, Sugar 0.32g, Protein 0.88g, Salt 0.59g
Broccoli Picante (vegan, g, d)	Broccoli, Chillies, Garlic, Rapeseed Oil, Salt & Black Pepper	Energy 37kcal, Fat 3.96g, Sat Fat 0.3g, Carbs 0.7g, Sugar 0.32g, Protein 0.74g, Salt 0.98g
Caper & Olive Tapenade Bruschetta (vegan, d)	Olives, Capers, Garlic, Lemon, Lemon, Pepper - cracked black, Rapeseed Oil, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat))	Energy 45kcal, Fat 2.64g, Sat Fat 0.24g, Carbs 4.77g, Sugar 0.14g, Protein 1.02g, Salt 0.72g
Hoisin and Sesame Tofu (vegan, d)	Cucumber, Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Rapeseed Oil, Sesame seeds (Sesame Seeds), Soy sauce (Soya, Cereal (Wheat)), Tofu (Soya)	Energy 84kcal, Fat 6.91g, Sat Fat 0.85g, Carbs 2.74g, Sugar 1.84g, Protein 3.44g, Salt 0.62g
Winter Croquette (vegan, d)	Breadcrumbs (Cereal (Barley, Wheat)), Chilli, Cinnamon, Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water machine, Squash, Star Anise	Energy 21kcal, Fat 0.41g, Sat Fat 0.04g, Carbs 3.79g, Sugar 0.86g, Protein 0.55g, Salt 0.23g
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
DRINKS		
Mulled Wine - 1 Flask - approx 6 glasses (vegan, g, d)	Cinnamon, Clove, Laurent Miquel - Heritage Vineyards Rouge (750ml) (Sulphur Dioxide), Orange, Sherry - Croft Original (Sulphur Dioxide), Caster Sugar, Water	Energy 289kcal, Fat 0.41g, Sat Fat 0.09g, Carbs 74.98g, Sugar 73.65g, Protein 0.31g, Salt 0.02g
Carrot Ginger & Turmeric Smoothie - 1 litre (vegan, g, d, n)	1 ltr plastic bottle, Almond Milk (Nuts (Almond)), Bananas, Carrot, Ginger, Lemon, Pineapple, Turmeric, Water	Energy 460kcal, Fat 6.91g, Sat Fat 0.87g, Carbs 97.09g, Sugar 88.68g, Protein 7.72g, Salt 0.83g
Citrus Blast Smoothie - 1 litre (v, g, d)	Apple, Ginger, Honey, Ice - cubes - by weight, Lemon, Satsumas, Water	Energy 264kcal, Fat 0.91g, Sat Fat 0.32g, Carbs 66.44g, Sugar 65.8g, Protein 1.5g, Salt 0.04g
Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)	1 ltr plastic bottle, Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water, 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 - Still - 1 Litre (vegan, g, d)	1 ltr plastic bottle, Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water, Water	Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST		
BREAKFAST POTS		
Chia & Almond Milk Breakfast Pudding (vegan, g, d, n)	Almond Milk (Nuts (Almond)), Blackberries, Chia Seeds, Maple Flavour Syrup	Energy 153kcal, Fat 9.71g, Sat Fat 1.1g, Carbs 6.34g, Sugar 4.45g, Protein 6.17g, Salt 0.18g
BREAKFAST - PASTRIES		
Almond Butter Croissant - mini (v, n)	Almond Butter Croissant - mini (v, n) (Egg, Milk, Cereal (Wheat), Nuts (Almond))	Energy 237kcal, Fat 16.25g, Sat Fat 7.8g, Carbs 16.25g, Sugar 7.8g, Protein 5.46g, Salt 0.13g
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
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
SANDWICH LUNCH		
CAKES		
Carrot Cake (v, n)	Bicarbonate of soda ,Carrot, Cinnamon, Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Nutmeg, Orange, Rapeseed Oil, Soft Brown Sugar, Icing Sugar,Vanilla pods, Walnut (Nuts (Walnuts))	Energy 304kcal, Fat 19.7g, Sat Fat 1.97g, Carbs 31.94g, Sugar 18.2g, Protein 3.75g, Salt 0.54g
Lemon Polenta Cake (v, g, d, n)	Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Caster Sugar, Icing Sugar	Energy 353kcal, Fat 22.05g, Sat Fat 3.84g, Carbs 34.2g, Sugar 26.74g, Protein 6.02g, Salt 0.44g
Mini Mince Tart (v, n)	Almonds (Nuts (Almond)),Apples, Brandy (Cereal (Wheat)), Cinnamon, Cranberry, Lemon, Mixed spice , Nutmeg, Orange, Raisins, Suet Vegetarian (Cereal (Wheat)), Soft Brown Sugar, Icing Sugar, Sultanas, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 172kcal, Fat 8.12g, Sat Fat 4.5g, Carbs 23.35g, Sugar 16.7g, Protein 1.66g, Salt 0.03g
FORKS & SALADS		
SALAD BOXES		
Feta with Tomato, Coriander & Toasted Almond (v, g, n)	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 268kcal, Fat 22.15g, Sat Fat 7.83g, Carbs 6.61g, Sugar 5.95g, Protein 12.04g, Salt 1.53g
SHARING SALADS		
Feta with Tomato, Coriander & Toasted Almond Salad - 6-8 portions (v, g, n)	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 892kcal, Fat 73.08g, Sat Fat 26.46g, Carbs 21.94g, Sugar 19.76g, Protein 40.87g, Salt 5.1g
Small Feta with Tomato, Coriander & Toasted Almond Salad - 3-4 portions (v, g, n)	Almonds (Nuts (Almond)), Coriander, Cucumber, Cheese (Milk), Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Pepper - cracked black, Rapeseed Oil, Radish , Sage, Salt & Black Pepper,Tomato,Vinegar (Sulphur Dioxide)	Energy 523kcal, Fat 44.86g, Sat Fat 13.82g, Carbs 13.05g, Sugar 11.67g, Protein 20.66g, Salt 2.9g
Orange, Grape, Walnut & Stilton Salad - 6-8 portions (v, g, n)	Grapes - red,Orange, Rapeseed Oil, Salt & Black Pepper, Spinach, Stilton (Milk), Walnut (Nuts (Walnuts))	Energy 1377kcal, Fat 118.83g, Sat Fat 31.48g, Carbs 35.03g, Sugar 33.63g, Protein 46.32g, Salt 2.58g
Small Orange, Grape, Walnut & Stilton Salad - 3-4 portions (v, g, n)	Grapes - red,Orange, Rapeseed Oil, Salt & Black Pepper, Spinach, Stilton (Milk), Walnut (Nuts (Walnuts))	Energy 688kcal, Fat 59.42g, Sat Fat 15.74g, Carbs 17.52g, Sugar 16.82g, Protein 23.16g, Salt 1.29g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOXED MEALS		
Aubergine Massaman Curry - Boxed Meal (vegan, g, d, n)	Aubergine, Coconut Milk, Lime, Massaman curry, Onion, Peanuts (Peanuts), Potatoes, Rapeseed Oil, Rice, Salt, Sugar Snaps, Water	Energy 566kcal, Fat 16.96g, Sat Fat 12.17g, Carbs 96.25g, Sugar 4.26g, Protein 13.08g, Salt 1.17g
Vegan - Christmas Dinner in a Box - Nut Roast - Boxed Meal (vegan, d, n)	Apple, Gluten Free Bisto, Breadcrumbs (Soya, Cereal (Wheat)), Breadcrumbs (Cereal (Barley, Wheat)), Brussel Sprouts, Carrot (Sulphur Dioxide), Celery (Celery), Chestnut, Cranberry, Basil, Garlic, Onion, Onion, Oregano, Parsley, Parsnips (Sulphur Dioxide),	Energy 566kcal, Fat 20.63g, Sat Fat 2.41g, Carbs 82.94g, Sugar 14.08g, Protein 15.93g, Salt 7.94g
Chicken Korma & Rice - Boxed Meal (g, n)	Almond (Nuts (Almond)), Cayenne, Chicken Thigh, Chillies, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Garlic Puree (vegan, g, d), Ginger, Masala (Mustard), Onion, Rapeseed Oil, Rice, Salt, Tomato Puree, Turmeric, Water, Yoghurt (Milk)	Energy 742kcal, Fat 27.82g, Sat Fat 12g, Carbs 89.83g, Sugar 2.2g, Protein 38.28g, Salt 2.89g
CANAPES		
Cranberry Pecan Goat Cheese Balls (v, g, n)	Cheddar (Milk), Chives, Cranberry, Cheese (Milk), Goats Cheese (Milk), Pecan Nut (Nuts (Pecan))	Energy 57kcal, Fat 4.54g, Sat Fat 1.88g, Carbs 2.5g, Sugar 2.1g, Protein 1.52g, Salt 0.14g
Stilton Stuffed Medjool Date (v, g, n)	Medjoul Dates, Stilton (Milk), Walnut (Nuts (Walnuts))	Energy 64kcal, Fat 5.56g, Sat Fat 2.47g, Carbs 0.58g, Sugar 0.55g, Protein 2.83g, Salt 0.2g
Salted Caramel & Almond Truffle (v, g, n)	Almond (Nuts (Almond)), Cream (Milk), Dark Chocolate (Milk, Soya), Salt, Light Soft Brown Sugar, Dark Chocolate	Energy 112kcal, Fat 7.77g, Sat Fat 4.14g, Carbs 8.93g, Sugar 8.47g, Protein 1.17g, Salt 0.07g
Mini Mince Tart (v, n)	Almonds (Nuts (Almond)), Apples, Brandy (Cereal (Wheat)), Cinnamon, Cranberry, Lemon, Mixed spice, Nutmeg, Orange, Raisins, Suet Vegetarian (Cereal (Wheat)), Soft Brown Sugar, Icing Sugar, Sultanas, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 172kcal, Fat 8.12g, Sat Fat 4.5g, Carbs 23.35g, Sugar 16.7g, Protein 1.66g, Salt 0.03g
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 14.28g, Sugar 6.46g, Protein 33.1g, Salt 0.74g
DRINKS		
Carrot Ginger & Turmeric Smoothie - 1 litre (vegan, g, d, n)	1 ltr plastic bottle, Almond Milk (Nuts (Almond)), Bananas, Carrot, Ginger, Lemon, Pineapple, Turmeric, Water	Energy 460kcal, Fat 6.91g, Sat Fat 0.87g, Carbs 97.09g, Sugar 88.68g, Protein 7.72g, Salt 0.83g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST		
BREAKFAST - COLD SAVOURIES		
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 270kcal, Fat 17.13g, Sat Fat 10.04g, Carbs 14.5g, Sugar 2.07g, Protein 15g, Salt 1.23g
Salami & Emmenthal Cereale Roll	Bebo - Palm Free, Cereale Roll - Mini 40g (Cereal (Barley, Oat, Wheat)), Emmenthal (Milk), Salami	Energy 176kcal, Fat 7.9g, Sat Fat 3.29g, Carbs 17.7g, Sugar 0.21g, Protein 8.92g, Salt 1g
BREAKFAST - HOT SAVOURIES		
Bacon in a Glazed Brioche Roll	Bacon, Brioche Bun - 70g (Egg, Milk, Cereal (Wheat))	Energy 429kcal, Fat 18.73g, Sat Fat 6.98g, Carbs 36.3g, Sugar 4.72g, Protein 28.01g, Salt 4.61g
Sausage in a Glazed Brioche Roll	Brioche Bun - 70g (Egg, Milk, Cereal (Wheat)), Sausage (Sulphur Dioxide, Cereal (Wheat))	Energy 285kcal, Fat 14.36g, Sat Fat 7.11g, Carbs 31.31g, Sugar 2.58g, Protein 4.76g, Salt 4.4g
Bacon Sandwich on Gluten Free Bread (g, d)	Bacon, Bebo - Palm Free, Soft white loaf	Energy 467kcal, Fat 23.64g, Sat Fat 7.15g, Carbs 37.4g, Sugar 0.96g, Protein 24.04g, Salt 4.61g
SANDWICH LUNCH		
SANDWICHES		
Turkey with Sauerkraut & Blackberry in a Wrap (d)	Apples, Blackberries, Red Cabbage, Caraway seeds, Garlic, Lemon, Mixed Leaf, Pepper - cracked black, Rapeseed Oil, Rosemary, Salt, Salt & Black Pepper, Caster Sugar, Turkey, Water, Wrap (Cereal (Wheat))	Energy 290kcal, Fat 4.73g, Sat Fat 0.57g, Carbs 41.78g, Sugar 11.86g, Protein 20.22g, Salt 2.99g
Roast Chicken Salad on Malted Grain (d)	Bebo - Palm Free, Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar, Tomato	Energy 447kcal, Fat 22.23g, Sat Fat 2.93g, Carbs 39.25g, Sugar 5.12g, Protein 22g, Salt 1.03g
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain (d)	Bebo - Palm Free, Primo Cabbage, Capers, Celeriac (Celery), Blythburgh Ham (Soya), Honey, Lemon, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Mustard (Mustard), Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt	Energy 467kcal, Fat 22.64g, Sat Fat 4.61g, Carbs 38.51g, Sugar 4.39g, Protein 26.78g, Salt 3.78g
Christmas Sandwich on Malted Grain (d)	Bebo - Palm Free, Cinnamon, Cranberry, Garlic, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Daily Dose - Freshly Pressed British Orange Juice - 1ltr, Pepper - cracked black, Rapeseed Oil, Rosemary, Sage Onion Stuffing (Cereal (Wheat)), Salt & Black Pepper, Granulated Sugar, Turkey	Energy 420kcal, Fat 4.72g, Sat Fat 1.3g, Carbs 72.47g, Sugar 8.89g, Protein 23.06g, Salt 2.56g
Roast Chicken Salad on Gluten Free Bread (g, d)	Bebo - Palm Free, Chicken, Chicken Thigh, Garlic Puree (vegan, g, d), Soft white loaf, Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rapeseed Oil, Rosemary, Salt & Black Pepper, Granulated Sugar	Energy 448kcal, Fat 25.14g, Sat Fat 2.68g, Carbs 38.4g, Sugar 1.42g, Protein 15.49g, Salt 0.99g
FINGER BUFFET		
Chicken Brochette - Red Pepper & Garlic (g, d)	Chicken, Chillies, Coriander, Cumin, Garlic, Onion, Pepper - red, Rapeseed Oil	Energy 49kcal, Fat 2.08g, Sat Fat 0.22g, Carbs 0.52g, Sugar 0.32g, Protein 7.52g, Salt 0.15g
Cocktail Sausages with Honey & Soy - 3 per portion (d)	Honey, Sesame Oil (Sesame Seeds), Sausage (Sulphur Dioxide, Cereal (Wheat)), Sesame seeds (Sesame Seeds), Soy sauce (Soya, Cereal (Wheat))	Energy 151kcal, Fat 10.28g, Sat Fat 3.38g, Carbs 8.25g, Sugar 4.24g, Protein 6.57g, Salt 0.84g
Homemade Thyme & Caramelised Onion Sausage Roll (d)	Eggs (Egg), Onion, Puff Pastry (Cereal (Wheat)), Rapeseed Oil, Onion, Sage, Salt, Sausage meat (Sulphur Dioxide, Cereal (Wheat)), Soft Brown Sugar, Thyme	Energy 205kcal, Fat 13.01g, Sat Fat 5.69g, Carbs 16.16g, Sugar 2.42g, Protein 5.65g, Salt 0.79g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
FORKS & SALADS		
SALAD BOXES		
Cranberry Chicken Salad (g, d)	Chicken,Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar,Vinegar - Balsamic (Sulphur Dioxide),Vinegar (Sulphur	Energy 270kcal, Fat 17.13g, Sat Fat 10.04g, Carbs 14.5g, Sugar 2.07g, Protein 15g, Salt 1.23g
SHARING SALADS		
Cranberry Chicken Salad - 6-8 portions (g, d)	Chicken,Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar,Vinegar - Balsamic (Sulphur Dioxide),Vinegar (Sulphur Dioxide)	Energy 1411kcal, Fat 79.43g, Sat Fat 8.1g, Carbs 127.22g, Sugar 98.43g, Protein 60.89g, Salt 17.55g
Small Cranberry Chicken Salad - 3-4 portions (g, d)	Chicken,Chicken Thigh, Cranberry, Cucumber, Mixed Leaf, Maple Flavour Syrup, Mustard (Mustard), Onion, Rapeseed Oil, Rosemary Marinade (vegan, g, d), Sage, Salt, Salt & Black Pepper, Granulated Sugar,Vinegar - Balsamic (Sulphur Dioxide),Vinegar (Sulphur Dioxide)	Energy 705kcal, Fat 39.71g, Sat Fat 4.05g, Carbs 63.61g, Sugar 49.21g, Protein 30.44g, Salt 8.77g
BOXED MEALS		
Penne with Chicken in a Spinach & Mushroom Sauce - Boxed Meal (d)	Chicken Thigh,Mushroom, Garlic, Mushroom, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Spinach,Vegetable Bouillon (Celery),Water	Energy 535kcal, Fat 18.53g, Sat Fat 2.42g, Carbs 60.71g, Sugar 3.61g, Protein 31.34g, Salt 2.23g
Chicken Tagine with Cous Cous - Boxed Meal (d)	Coriander,Couscous (Cereal (Wheat)), Chicken, Mint, Pepper - red, Rapeseed Oil, Salt & Black Pepper, Sultanas,Water	Energy 469kcal, Fat 12.26g, Sat Fat 1.8g, Carbs 67.88g, Sugar 15.28g, Protein 26.91g, Salt 2.03g
Chicken Korma & Rice - Boxed Meal (g, n)	Almond (Nuts (Almond)), Cayenne, Chicken Thigh, Chillies, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Garlic Puree (vegan, g, d), Ginger, Masala (Mustard), Onion, Rapeseed Oil, Rice, Salt, Tomato Puree, Turmeric, Water,Yoghurt (Milk)	Energy 740kcal, Fat 27.82g, Sat Fat 12g, Carbs 89.66g, Sugar 2.2g, Protein 38.29g, Salt 2.89g
Pesto Chicken & Broccoli Creamy Orzo - Boxed Meal	Basil,Broccoli, Chicken Stock, Chicken, Garlic Puree (vegan, g, d), Onion, Orzo (Cereal (Wheat)), Pesto (Milk), Salt & Black Pepper,Tomato, Bella Lodi (Egg, Milk)	Energy 576kcal, Fat 24.56g, Sat Fat 12.28g, Carbs 52.47g, Sugar 17.65g, Protein 36.34g, Salt 19.01g
Jerk Chicken, Rice & Peas - Boxed Meal (d)	All Spice,Chicken Thigh, Chillies, Coconut Milk, Ginger, Kidney beans, Onion, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Soy sauce (Soya, Cereal (Wheat)), Thyme,Vinegar (Sulphur Dioxide),Water	Energy 714kcal, Fat 33.61g, Sat Fat 10.7g, Carbs 61.8g, Sugar 3.25g, Protein 44.55g, Salt 5.9g
CANAPES		
Mini Chicken Skewer with Red Pepper, Garlic & Coriander (g, d)	Chicken,Chillies, Coriander, Cumin, Garlic, Onion, Pepper - red,Rapeseed Oil	Energy 48kcal, Fat 2.97g, Sat Fat 0.44g, Carbs 0.34g, Sugar 0.21g, Protein 5.15g, Salt 0.12g
Candied Bacon, Apple & Blue	Apple,Bacon, Chilli, Cheese (Milk), Honey, Puff Pastry (Cereal (Wheat)), Stilton (Milk)	Energy 46kcal, Fat 3.15g, Sat Fat 1.69g, Carbs 3.13g, Sugar 0.88g, Protein 1.37g, Salt 0.17g
Jerk Chicken & Orange Skewer (d)	All Spice,Chicken, Chillies, Coriander, Ginger, Orange, Onion, Pepper - cracked black, Soy sauce (Soya, Cereal (Wheat)),Thyme,Vinegar (Sulphur Dioxide)	Energy 28kcal, Fat 1.13g, Sat Fat 0.23g, Carbs 1.06g, Sugar 0.41g, Protein 3.11g, Salt 0.58g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BREAKFAST		
BREAKFAST - COLD SAVOURIES		
Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion	Cheese (Milk), Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 178kcal, Fat 8.42g, Sat Fat 3.63g, Carbs 12.96g, Sugar 1.78g, Protein 10.28g, Salt 1.16g
SANDWICH LUNCH		
SANDWICHES		
Smoked Mackerel & Rocket in a Spinach Wrap	Cheese (Milk), Rocket, Mackerel (Fish), Onion, Granulated Sugar,Vinegar (Sulphur Dioxide), Wrap (Cereal (Wheat))	Energy 418kcal, Fat 19.64g, Sat Fat 6.01g, Carbs 44.14g, Sugar 13.6g, Protein 15.98g, Salt 2.66g
Salmon Teriyaki on Malted Grain (d)	Bebo - Palm Free,Hot Smoked Salmon Flakes (Fish), Rocket, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Mayonnaise (Egg), Teriyaki (Soya, Cereal (Wheat)), Salt & Black Pepper	Energy 396kcal, Fat 18.16g, Sat Fat 2.76g, Carbs 38.63g, Sugar 4.63g, Protein 18.75g, Salt 2.89g
Smoked Salmon & Lemon on Malted Grain (d)	Bebo - Palm Free,Lemon, Rocket, Malted Grain Bread (Soya, Cereal (Barley,Wheat)), Pepper - cracked black, Smoked Salmon (Fish)	Energy 278kcal, Fat 6.23g, Sat Fat 1.43g, Carbs 36.9g, Sugar 3.31g, Protein 15.39g, Salt 1.74g
FINGER BUFFET		
Lime, Chilli & Coriander Salmon Brochette (g, d)	Chillies,Coriander, Garlic, Lime, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper	Energy 60kcal, Fat 4.02g, Sat Fat 0.62g, Carbs 0.08g, Sugar 0.06g, Protein 6.11g, Salt 0.1g
Smoked Haddock Pakora (g, d)	Chillies,Coriander, Curry powder, Gram Flour, Onion, Potatoes, Rapeseed Oil, Salt & Black Pepper, Smoked Haddock (Fish)	Energy 35kcal, Fat 0.33g, Sat Fat 0.05g, Carbs 5.86g, Sugar 0.53g, Protein 2.32g, Salt 0.26g
Homemade Thyme & Caramelised Onion Sausage Roll (d)	Eggs (Egg), Onion, Puff Pastry (Cereal (Wheat)), Rapeseed Oil, Onion, Sage, Salt, Sausage meat (Sulphur Dioxide, Cereal (Wheat)), Soft Brown Sugar,Thyme	Energy 205kcal, Fat 13.01g, Sat Fat 5.69g, Carbs 16.16g, Sugar 2.42g, Protein 5.65g, Salt 0.79g
FORKS & SALADS		
SALAD BOXES		
Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing (d) - Salad Box	Red Cabbage,Carrot, Coriander, Cornflour, Garlic Puree (vegan, g, d), Ginger, Honey, Hot Smoked Salmon Flakes (Fish), Maple Flavour Syrup, Sesame Oil (Sesame Seeds), Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Gluten Free Soy Sauce	Energy 431kcal, Fat 37.89g, Sat Fat 3.54g, Carbs 17.63g, Sugar 15.43g, Protein 12.54g, Salt 2.27g
SHARING SALADS		
Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing - 6-8 portions (d)	Red Cabbage,Carrot, Coriander, Cornflour, Garlic Puree (vegan, g, d), Ginger, Honey, Hot Smoked Salmon Flakes (Fish), Maple Flavour Syrup, Sesame Oil (Sesame Seeds), Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Gluten Free Soy Sauce	Energy 763kcal, Fat 64.27g, Sat Fat 6.78g, Carbs 27.17g, Sugar 23.47g, Protein 30.44g, Salt 4.44g
Small Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing - 3-4 portions (d)	Red Cabbage,Carrot, Coriander, Cornflour, Garlic Puree (vegan, g, d), Ginger, Honey, Hot Smoked Salmon Flakes (Fish), Maple Flavour Syrup, Sesame Oil (Sesame Seeds), Pepper - red, Rapeseed Oil, Salt, Soy sauce (Soya, Cereal (Wheat)), Gluten Free Soy Sauce	Energy 763kcal, Fat 64.27g, Sat Fat 6.78g, Carbs 27.17g, Sugar 23.47g, Protein 30.44g, Salt 4.44g
BOXED MEALS		
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, Water,Yoghurt (Milk)	Energy 548kcal, Fat 20.27g, Sat Fat 4.03g, Carbs 70.22g, Sugar 17.36g, Protein 27.37g, Salt 1.49g
Creamy Salmon Penne - Boxed Meal (d)	Dill,Garlic, Lemon, Penne (Cereal (Wheat)), Rapeseed Oil, Salmon (Fish), Salt & Black Pepper, Shallot	Energy 821kcal, Fat 44.69g, Sat Fat 23.74g, Carbs 81.02g, Sugar 5.95g, Protein 23.49g, Salt 1.19g

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
CANAPES		
Lime, Chilli & Coriander Salmon (g, d)	Chillies, Coriander, Garlic, Lime, Rapeseed Oil, Salmon (Fish), Salt & Black Pepper	Energy 40kcal, Fat 2.67g, Sat Fat 0.41g, Carbs 0.06g, Sugar 0.03g, Protein 4.07g, Salt 0.06g
Prawn Cocktail Shell (d)	Lemon, Mayonnaise (Egg), Paprika, Prawns (Crustacean (Prawn)), Tabasco, Salt & Black Pepper, Tartlet Round Shell 3.8cm (Soya, Cereal (Rye, Spelt, Wheat)), Tomato Ketchup (Celery), Worcester sauce (Fish, Cereal (Barley))	Energy 50kcal, Fat 3.59g, Sat Fat 0.87g, Carbs 2.67g, Sugar 0.67g, Protein 1.64g, Salt 0.3g