



Dietary Advice

Let's face it, selecting suitable dietary and allergen items for everyone you might be ordering for can be difficult. We're trying to make it easier by providing as much information as we can and a range of items that can offer something for everyone.

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.

Need some suggestions?

Sandwich Lunch Menu

This is our most popular menu, so we have incorporated dietary considerations into all its Set Menus. Each menu will include at least one-third vegetarian options, and the vegetarian, meat, and fish items will be served on separate, labeled platters..

Dietary & Individual Menu

If you require a meal for one or more people individually plattered, wrapped and labelled, take a look at the Dietary & Individual Menu. There are Vegan and Free From options.

Salad Boxes

We always offer a selection of salad boxes - the whole meal in one box with a label detailing its attributes. Most dietary requirements are covered.

Vegetarian (v)

Across all our menus there are generally at least a third of items to select that are vegetarian. Our Sandwich lunch set menus automatically contain at least a third vegetarian items, which are served on separate platters from the meat and fish items.

No dairy containing ingredients (d)

Many sandwiches, finger buffet, canapes and salads are made with no dairy ingredients. They will be marked with a (d) after the title. Anything Vegan is of course also with no dairy ingredients.

No gluten containing ingredients (g)

Being a kitchen with several breads we cannot guarantee any menu item to be completely gluten free. We offer items across all menus, every season, which contain no gluten containing ingredients. Most of our boxed and sharing salads are free of gluten containing ingredients. At least one of our cakes is free of gluten containing ingredients.

Vegan (vegan)

We will have several vegan items across all menus every season.

Contains Nuts (n)

An item marked (n) has an ingredient that is a nut or contains nuts. We cannot guarantee that any item without this mark does not contain trace elements of nut.

Kosher

We do not offer kosher food. However, many vegan and vegetarian items are suitable for Kosher diet.

Halal

Our Chicken is halal.