



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.

Every food item has complete dietary, ingredient and allergen info in its "More Info" section

Want some suggestions?

Sandwich Lunch Menu – Built in dietary cover

The Sandwich Lunch Menu is our most popular menu so we have built dietary considerations into all its Set Menus. There will be at least a third vegetarian food on each one and the vegetarian, meat and fish items are all on separate, labelled platters.

Jasmin - Sandwich Lunch Menu

The Sandwich Lunch Menu is our most popular menu and the most popular set menu within it is the Jasmin. It has several dietary versions: Vegetarian, Vegan, Gluten Free. The vegan one is of course also Dairy Free.

Individual Wrapping - SD

If you require a meal for one or more people individual wrapped and labelled, choose:

Salad Boxes – most dietary requirements are covered

Social Distancing (SD) Set Menu – the whole meal on one plate. 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.

All our Sandwich lunch set menus contain at least a third of vegetarian items and they are on platters separate to the meat and fish items.

Dairy Free (d) – no dairy ingredients in the recipe

Many sandwiches, finger buffet, canapes and salads are dairy free. They will be marked with a (d) after the title. Anything Vegan is of course also dairy free.

Vegan (vegan)

Several sandwiches, finger buffet, cakes, box meals and salads are vegan. They are all marked (vegan). There is a vegan option of the Jasmin Sandwich Set Menu

No Gluten Containing Ingredients (g)

Being a kitchen with several breads we cannot guarantee any menu item to be completely gluten free. We offer three sandwiches every season which contain no gluten containing ingredients.

Most of our boxed and sharing salads are gluten free.

At least one of our cakes is gluten free 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 cannot provide kosher food. However, a vegan SD Lunch Menu or vegan boxed salad has food that is acceptable to many Jewish people.

Halal

Our poultry and beef is halal.

Allergens Reporting

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.