



Allergen & Ingredient Information

Menu Version: May 2021. Allergen List Updated September 2021.

Disclaimer: The information was correct at the time of printing. The information has been collated from our suppliers which include: Booker, Brakes and Asda.

If you would like a member of staff to check the ingredients, we would be more than happy to help, please ask at the time of ordering.





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Breakfast Menu

Toast with Butter and Jam

White Bread served with butter and assorted jam flavours.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Butter: Butter (Milk), Salt (1.9%)

Strawberry Jam: (Glucose-Fructose Syrup, Strawberries, Sugar, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Sodium Citrate), Elderberry Juice Concentrate, Prepared from 35g of Fruit per 100g, Total Sugar content 60g per 100g)

Raspberry Jam (Glucose-Fructose Syrup, Raspberries, Sugar, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Sodium Citrate), Chokeberry Juice Concentrate, Prepared from 35g of Fruit per 100g, Total Sugar content 60g per 100g)

Apricot Jam (Glucose-Fructose Syrup, Apricots, Sugar, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Sodium Citrate), Prepared from 35g of Fruit per 100g, Total Sugar content 60g per 100g)

Blackcurrant Jam (Glucose-Fructose Syrup, Blackcurrants, Sugar, Water, Gelling Agent (Pectin), Acidity Regulators (Citric Acid, Sodium Citrate), Prepared from 25g of Fruit per 100g, Total Sugar content 60g per 100g)

Toasted Tea Cake

A toasted tea cake served with butter.

Toasted Tea Cake: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sultanas (8%), Currants (8%), Yeast, Sugar, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Flavouring, Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). **Contains: Gluten and Wheat. May contain: Sesame**

Butter: Butter (**Milk**), Salt (1.9%)

Bacon Roll

A soft white buttered roll filled with bacon rashers.

Bread Roll: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Roll Improver(Salt, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Soya Flour, Rapeseed Oil, Calcium Sulphate, Flour Treatment Agent(Ascorbic Acid, L-Cysteine Hydrochloride)). **Contains: Gluten, Soya and Wheat.**

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite)

Sausage Roll

A soft white buttered roll filled with sausages.

Bread Roll: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Roll Improver(Salt, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Soya Flour, Rapeseed Oil, Calcium Sulphate, Flour Treatment Agent(Ascorbic Acid, L-Cysteine Hydrochloride)). **Contains: Gluten, Soya and Wheat.**

Sausages: Pork (46%), Water, Rusk (**Wheat** Flour: contains Calcium Carbonate, Iron, Nicotinamide, Thiamin; Ammonium Carbonate), Pork Fat, Pork Rind, **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt, Flavourings, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Yeast Extract, Preservative (Sodium **Sulphite**), White Pepper, Dextrose, Sunflower Oil, Antioxidant (Ascorbic Acid). **Contains: Gluten, Wheat, Sulphites.**

Quorn Sausage Roll

A soft white buttered roll filled with Quorn sausages.

Bread Roll: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Roll Improver(Salt, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Soya Flour, Rapeseed Oil, Calcium Sulphate, Flour Treatment Agent(Ascorbic Acid, L-Cysteine Hydrochloride)).

Contains: Gluten, Soya and Wheat.

Sausages: Mycoprotein (41%), Rehydrated Free Range **Egg**, Vegetable Oils (Rapeseed, Palm), Onion, Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Salt], Natural Flavouring, Casing (Stabiliser: Sodium Alginate; Cellulose, Modified Starch), Textured **Wheat** Protein (**Wheat** Flour, Stabiliser: Sodium Alginate), Firming Agents: Calcium Chloride, Calcium Acetate, Seasoning [Herbs (Sage, Parsley), Rapeseed Oil], Pea Fibre, Roasted **Barley** Malt Extract, Natural Caramelised Sugar **Contains: Gluten, Soya, Wheat, Egg and Barley.**

Bacon and Sausage Roll

A soft white buttered roll filled with bacon and sausages.

Bread Roll: Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Roll Improver(Salt, Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Soya Flour, Rapeseed Oil, Calcium Sulphate, Flour Treatment Agent(Ascorbic Acid, L-Cysteine Hydrochloride)).

Contains: Gluten, Soya and Wheat.

Sausages: Pork (46%), Water, Rusk (**Wheat** Flour: contains Calcium Carbonate, Iron, Nicotinamide, Thiamin; Ammonium Carbonate), Pork Fat, Pork Rind, **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt, Flavourings, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Yeast Extract, Preservative (Sodium Sulphite), White Pepper, Dextrose, Sunflower Oil, Antioxidant (Ascorbic Acid). **Contains: Gluten, Wheat, Sulphites.**

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

2 Eggs on Toast

Two slices of soft white buttered toast with eggs.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Butter: Butter (**Milk**), Salt (1.9%)

Eggs

Cheese on Toast

Two slices of soft white buttered toast topped with cheese.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch **Contains: Milk.**

Butter: Butter (**Milk**), Salt (1.9%)

Beans on Toast

Two slices of soft white buttered toast with beans.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Baked Beans: Haricot Beans (47%), Tomatoes (25%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring, Rapeseed Oil, Paprika Extract

Butter: Butter (**Milk**), Salt (1.9%)



Paninis & Toasties

Cheese Panini

White panini baguette served with cheese.

Panini Baguette: **WHEAT** flour, water, yeast, extra virgin oil 1.2%, salt, **WHEAT GLUTEN**, whole **MILK** powder, deactivated dried yeast, flour treatment agent E300 **Contains: Gluten, Milk and Wheat.**
May contain: Barley, Oats, Rye and Spelt

Cheese: Cheese (**Milk**), Potato Starch.

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Crisps: Potato, Sunflower Oil, Salt.

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Cheese & Onion Panini

White panini baguette served with cheese and onion.

Panini Baguette: **WHEAT** flour, water, yeast, extra virgin oil 1.2%, salt, **WHEAT GLUTEN**, whole **MILK** powder, deactivated dried yeast, flour treatment agent E300 **Contains: Gluten, Milk and Wheat.**
May contain: Barley, Oats, Rye and Spelt

Cheese: Cheese (**Milk**), Potato Starch.

Onion

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Crisps: Potato, Sunflower Oil, Salt.

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Cheese & Tomato Panini

White panini baguette served with cheese and tomato.

Panini Baguette: **WHEAT** flour, water, yeast, extra virgin oil 1.2%, salt, **WHEAT GLUTEN**, whole **MILK** powder, deactivated dried yeast, flour treatment agent E300 **Contains: Gluten, Milk and Wheat.**
May contain: Barley, Oats, Rye and Spelt

Cheese: Cheese (**Milk**), Potato Starch.

Tomato

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Crisps: Potato, Sunflower Oil, Salt.

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Ham & Cheese Panini

White panini baguette served with ham and cheese.

Panini Baguette: **WHEAT** flour, water, yeast, extra virgin oil 1.2%, salt, **WHEAT GLUTEN**, whole **MILK** powder, deactivated dried yeast, flour treatment agent E300 **Contains: Gluten, Milk and Wheat.**
May contain: Barley, Oats, Rye and Spelt

Cheese: Cheese (**Milk**), Potato Starch.

Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), Made with 100g of Pork per 100g of finished product. **Recipe: No Nuts, Factory: No Nuts, Ingredients: Cannot guarantee Nut free.**

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Crisps: Potato, Sunflower Oil, Salt.

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Tuna & Cheese Panini

White panini baguette served with tuna and cheese.

Panini Baguette: **WHEAT** flour, water, yeast, extra virgin oil 1.2%, salt, **WHEAT GLUTEN**, whole **MILK** powder, deactivated dried yeast, flour treatment agent E300 **Contains: Gluten, Milk and Wheat.**
May contain: Barley, Oats, Rye and Spelt

Cheese: Cheese (**Milk**), Potato Starch.

Tuna: Tuna (**Fish**), Water, Salt

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Crisps: Potato, Sunflower Oil, Salt.

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Cheese & Bacon Panini

White panini baguette served with tuna and cheese.

Panini Baguette: **WHEAT** flour, water, yeast, extra virgin oil 1.2%, salt, **WHEAT GLUTEN**, whole **MILK** powder, deactivated dried yeast, flour treatment agent E300 **Contains: Gluten, Milk and Wheat.**
May contain: Barley, Oats, Rye and Spelt

Cheese: Cheese (**Milk**), Potato Starch.

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Crisps: Potato, Sunflower Oil, Salt.

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Chicken, Bacon & Cheese Panini

White panini baguette served with tuna and cheese.

Panini Baguette: **WHEAT** flour, water, yeast, extra virgin oil 1.2%, salt, **WHEAT GLUTEN**, whole **MILK** powder, deactivated dried yeast, flour treatment agent E300 **Contains: Gluten, Milk and Wheat.**
May contain: Barley, Oats, Rye and Spelt

Cheese: Cheese (**Milk**), Potato Starch.

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

Chicken: Chicken Breast Fillet, Water, Salt.

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Crisps: Potato, Sunflower Oil, Salt.

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Cheese Toastie

White bread toasted served with cheese.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Onion Toastie

White bread toasted served with cheese and onion.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Onion

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Tomato Toastie

White bread toasted served with cheese and tomato.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Tomato

Crisps: Potato, Sunflower Oil, Salt.

Ham & Cheese Toastie

White bread toasted served with ham and cheese.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), Made with 100g of Pork per 100g of finished product. **Recipe: No Nuts, Factory: No Nuts, Ingredients: Cannot guarantee Nut free.**

Crisps: Potato, Sunflower Oil, Salt.

Tuna & Cheese Toastie

White bread toasted served with tuna and cheese.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Tuna: Tuna (**Fish**), Water, Salt

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Bacon Toastie

White bread toasted served with tuna and cheese.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

Crisps: Potato, Sunflower Oil, Salt.

Chicken, Bacon & Cheese Toastie

White bread toasted served with tuna and cheese.

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

Chicken: Chicken Breast Fillet, Water, Salt.

Crisps: Potato, Sunflower Oil, Salt.



Wraps & Sandwiches

Cheese Wrap

White flour tortilla with cheese.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Crisps: Potato, Sunflower Oil, Salt.

Cheese Salad Wrap

White flour tortilla with cheese and salad.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Salad: Lettuce, Cucumber, Tomato and Red Onion

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Onion Wrap

White flour tortilla with cheese and onion.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Onion.

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Tomato Wrap

White flour tortilla with cheese and tomato.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Tomato

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Cucumber Wrap

White flour tortilla with cheese and cucumber.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Cucumber

Crisps: Potato, Sunflower Oil, Salt.

Ham Wrap

White flour tortilla with ham.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), Made with 100g of Pork per 100g of finished product. **Recipe: No Nuts, Factory: No Nuts, Ingredients: Cannot guarantee Nut free.**

Crisps: Potato, Sunflower Oil, Salt.

Ham Salad Wrap

White flour tortilla with ham and salad.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), Made with 100g of Pork per 100g of finished product. **Recipe: No Nuts, Factory: No Nuts, Ingredients: Cannot guarantee Nut free.**

Salad: Lettuce, Cucumber, Tomato and Red Onion

Crisps: Potato, Sunflower Oil, Salt.

Tuna Mayo Wrap

White flour tortilla with tuna mayonnaise.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Tuna: Tuna (**Fish**), Water, Salt

Mayonnaise: Water, Rapeseed Oil (40%), Pasteurised **Egg** Yolk (4%), Modified Maize Starch, Spirit Vinegar, Sugar, Salt, Stabilisers (Guar Gum, Xanthan Gum), **Mustard** Powder, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)

Crisps: Potato, Sunflower Oil, Salt.

Chicken & Bacon Wrap

White flour tortilla with chicken and bacon.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

Chicken: Chicken Breast Fillet, Water, Salt.

Crisps: Potato, Sunflower Oil, Salt.

Chicken Goujon Wrap

White flour tortilla with chicken goujons and chips.

Tortilla Wrap: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Breaded Chicken Goujons: Chicken (47%), wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Wheat Gluten, Chicken Fat, Pea Starch, Salt, Yeast, Pea Fibre, Paprika, Flavourings, Dextrose, Sunflower Oil, Yeast Extract, Maltodextrin
Contains: Gluten and Wheat

Chips: Potato, Sunflower Oil (2%)

Cheese Sandwiches

White bread with cheese.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Cheese Salad Sandwiches

White bread with cheese and salad.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Salad: Lettuce, Cucumber, Tomato and Red Onion

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Onion Sandwiches

White bread with cheese and onion.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.

Onion.

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Tomato Sandwiches

White bread with cheese and tomato.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.
Tomato

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Cheese & Cucumber Sandwiches

White bread with cheese and cucumber.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Cheese: Cheese (**Milk**), Potato Starch.
Cucumber

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Ham Sandwiches

White bread with ham.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), Made with 100g of Pork per 100g of finished product. **Recipe: No Nuts, Factory: No Nuts, Ingredients: Cannot guarantee Nut free.**

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Ham Salad Sandwiches

White bread with ham and salad.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), Made with 100g of Pork per 100g of finished product. **Recipe: No Nuts, Factory: No Nuts, Ingredients: Cannot guarantee Nut free.**

Salad: Lettuce, Cucumber, Tomato and Red Onion

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Tuna Mayo Sandwiches

White bread with tuna mayonnaise.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Tuna: Tuna (**Fish**), Water, Salt

Mayonnaise: Water, Rapeseed Oil (40%), Pasteurised **Egg** Yolk (4%), Modified Maize Starch, Spirit Vinegar, Sugar, Salt, Stabilisers (Guar Gum, Xanthan Gum), **Mustard** Powder, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid)

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.

Chicken & Bacon Sandwiches

White bread with chicken and bacon.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat**

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

Chicken: Chicken Breast Fillet, Water, Salt.

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk**

Crisps: Potato, Sunflower Oil, Salt.



Little Grubs Menu

Lunch boxes

Cheese Sandwiches

White bread, buttered with cheese filling.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat.**

Cheese: Cheese (**Milk**), Potato Starch.

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk.**

Ham Sandwiches

White bread, buttered with ham filling.

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat.**

Ham: Pork (85%), Water, Potato Starch, Salt, Dextrose, Stabilisers (Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite)

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk.**

Jam Sandwiches

White bread, buttered with jam filling (either raspberry or strawberry).

Bread: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Palm Oil, Rapeseed Oil, Raising Agents(Sodium Carbonates, Diphosphates, Malic Acid), Sugar, Salt. **Contains: Gluten and Wheat.**

Raspberry Jam: Glucose-Fructose Syrup, Raspberries, Sugar, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins)

Strawberry Jam: Glucose-Fructose Syrup, Strawberry, Sugar, Acidity Regulators (Citric Acid, Sodium Citrates), Gelling Agent (Pectins),

Butter: Water, Vegetable oils(Rapeseed Oil, Palm Oil, Palm Kernel Oil, Sunflower Oil), Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Buttermilk Powder, Preservative(Potassium Sorbate), Acidity Regulator(Citric Acid), Flavouring, Colour(Beta-Carotene), Vitamin A, Vitamin D. **Contains: Milk.**

Hot Food - Main Components

Chicken Bites

Chicken Bites: Chicken Breast (71%), Water, Modified Tapioca Starch, Wheat Flour, Palm Oil, Maize Starch, Salt, Wheat Starch, Sugar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Garlic Powder, Yeast Extract, Black Pepper, Dextrose, Colour (Paprika Extract).

Contains: Gluten and Wheat

Fish Fingers

Fish Fingers: Alaska Pollock (Fish) (58%), **Wheat Flour** (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Sunflower Oil, Water, Yeast, Salt, Colours (Paprika Extract, Curcumin), Turmeric.

Contains: Gluten and Wheat

Veggie Bites

Veggie Bites: Water, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Carrot (18%), Sweetcorn (9%), Green Beans (8%), Rapeseed Oil, Dried Potato (4.5%) [Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Cauliflower (3.5%), Salt, Yeast, Onion Powder, Sugar, White Pepper.

Contains: Gluten and Wheat

Pizza

Pizza Base: **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar. **Contains Gluten and Wheat. May also contain Sesame.**

Pizza Sauce: Tomatoes (98%), Salt, Sunflower Oil, Acidity Regulator (Citric Acid), Oregano, Basil, Black Pepper, Garlic Powder.

Mozzarella: Mozzarella (made from **Milk**), Anticaking Agent: Cellulose

Pasta

Pasta: Durum Whole Wheat Semolina. **Contains Wheat and Gluten.**

Pasta Sauce: Tomatoes (Tomatoes (60%), Tomato Juice, Acidity regulator (Citric Acid)), Onions, Garlic and Herbs.

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Hot Food - Side Dishes

Mash Potato

Mash Potato: Potato (83%), **Milk** (13%), Concentrated Butter (**Milk**) (4%), Salt, White Pepper

Chips

Chips: Potato, Sunflower Oil (2%)

Baked Beans

Baked Beans: Haricot Beans (47%), Tomatoes (25%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring, Rapeseed Oil, Paprika Extract

Peas

Peas: Peas

Side Salad

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Toddler Time Biscuits

Bourbon Biscuits

Wheat Flour, Sugar, Vegetable Oil, Fat Reduced Cocoa Powder (5%), Glucose Syrup, Dextrose, **Wheat** Starch, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt, Natural Flavouring.

Contains Wheat & Gluten

Custard Cream Biscuits

Wheat Flour, Sugar, Vegetable Oil, Whey Solids (from **Milk**), Glucose Syrup, **Wheat** Starch, Salt, Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Natural Flavouring, Colour (Mixed Carotenes)

Contains Wheat, Gluten and Milk. May contain Sesame Seeds.

Rich Tea Biscuits

Fortified **Wheat** Flour [**Wheat** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sugar, Palm Oil, Partially Inverted Sugar Syrup, **Barley** Malt Extract, Salt, Raising Agents (Sodium Carbonates, Ammonium Carbonates), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids. For allergens, including Cereals containing Gluten, see ingredients in bold.

Gluten Free Alternatives

Gluten Free Fish Fingers: Alaska Pollock (FISH) (65%) Breadcrumb Coating (Rice Flour, Gram Flour, Starch (Potato, Pea), Cornflour, Rice Semolina, Salt, Dried Potato, Pea Fibre) Rapeseed Oil

Free From Chicken Nuggets: Chicken Breast (70%), Water, Sunflower Oil, Rice Flour, Maize Flour, Gram Flour, Maize Starch, Potato Starch, Salt, Raising Agents (Diphosphates, Sodium Carbonates), Stabiliser (Xanthan Gum), Dextrose



Jacket Potatoes & Salads

Jacket Potato

Jacket potato served plain or with butter.

Potato: Potato

Butter: Butter (**Milk**), Salt (1.9%)

Jacket Potato with Beans

Jacket potato served with beans.

Potato: Potato

Baked Beans: Haricot Beans (47%), Tomatoes (25%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring, Rapeseed Oil, Paprika Extract

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Butter: Butter (**Milk**), Salt (1.9%)

Jacket Potato with Cheese

Jacket potato served with cheese.

Potato: Potato

Cheese: Cheese (**Milk**), Potato Starch.

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Butter: Butter (**Milk**), Salt (1.9%)

Jacket Potato with Cheese & Beans

Jacket potato served with cheese and beans.

Potato: Potato

Cheese: Cheese (**Milk**), Potato Starch.

Baked Beans: Haricot Beans (47%), Tomatoes (25%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Paprika, Flavouring, Rapeseed Oil, Paprika Extract

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Butter: Butter (**Milk**), Salt (1.9%)

Jacket Potato with Tuna Mayo

Jacket potato served tuna mayo.

Potato: Potato

Tuna: Tuna (**Fish**), Water, Salt

Mayonnaise: Water, Rapeseed Oil (40%), Pasteurised Egg Yolk (4%), Modified Maize Starch, Spirit Vinegar, Sugar, Salt, Stabilisers (Guar Gum, Xanthan Gum), **Mustard** Powder, Preservative (Potassium Sorbate), Acidity Regulator (Citric Acid),

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Butter: Butter (**Milk**), Salt (1.9%)

Cheese Salad

A salad topped with cheese.

Cheese: Cheese (**Milk**), Potato Starch.

Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Ham Salad

A salad topped with ham.

Ham: Pork Leg, Salt, Demerara Sugar, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrate), Made with 100g of Pork per 100g of finished product. **Recipe: No Nuts, Factory: No Nuts, Ingredients: Cannot guarantee Nut free.**

Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Tuna & Sweetcorn Salad

A salad topped with tuna and sweetcorn.

Tuna: Tuna (**Fish**), Water, Salt

Sweetcorn: Sweetcorn

Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Chicken & Bacon Salad

A salad topped with chicken and bacon.

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite).

Chicken: Chicken Breast Fillet, Water, Salt.

Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.



Burgers & Hot Dogs

Classic Burger

A classic burger topped with a bun, served with a side salad and chips.

Burger Bun: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Palm Oil, Rapeseed Oil, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). **Contains: Gluten and Wheat. May contain: Sesame**

Burger: Beef (80%), Water, Rusk (**Wheat** Flour: contains Calcium Carbonate, Iron, Nicotinamide, Thiamin; Salt, Raising Agent: Ammonium Bicarbonate), Onion, Seasoning (Salt, Onion Powder, Rusk: **Wheat** Flour: contains Calcium Carbonate, Iron, Nicotinamide, Thiamin; Raising Agent: Ammonium Bicarbonate, Preservative: Sodium Metabisulphite, Yeast Extract, Pepper Extract, Natural Flavouring) **Contains: Gluten and Wheat.**

Chips: Potato, Sunflower Oil (2%)

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Chicken Burger

A chicken burger topped with a bun, served with a side salad and chips.

Burger Bun: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Palm Oil, Rapeseed Oil, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). **Contains: Gluten and Wheat. May contain: Sesame**

Burger: Chicken Breast Fillet (65%), Water, **Wheat** Flour, Thickeners (Modified Tapioca Starch, Tapioca Starch), Rice Flour, Salt, Spices (1.0%) (Coriander, Chilli, Black Pepper), Garlic Powder, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Onion Powder, Whey Powder (from **Milk**), Thickener (Guar Gum), Fully Refined Soya Oil **Contains: Gluten, Wheat and Milk.**

Chips: Potato, Sunflower Oil (2%)

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Veggie Burger

A veggie burger topped with a bun, served with a side salad and chips.

Burger Bun: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Palm Oil, Rapeseed Oil, Salt, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). **Contains: Gluten and Wheat. May contain: Sesame**

Veggie Burger: Potato (24%) [Potato, Antioxidant (Sodium **Metabisulphite**)], **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Sweetcorn (12%), Carrot (10%), Water, Peas (10%), Rapeseed Oil, Dried Potato [Dried Potato, Emulsifier (Mono- and Di-Glycerides of Fatty Acids)], Salt, Rice Starch, Yeast, Dextrose, Stabilisers (Cellulose, Methyl Cellulose), White Pepper, Turmeric, Yeast Extract. **Contains: Gluten, Sulphites >10ppm and Wheat**

Chips: Potato, Sunflower Oil (2%)

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Hot Dog

A hot dog in a bun, served with a side salad and chips.

Hot Dog Roll: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Palm Oil, Salt, Rapeseed Oil, Emulsifiers (Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Preservative (Calcium Propionate), Flour Treatment Agent (Ascorbic Acid). **Contains: Gluten and Wheat. May contain: Sesame**

Hot Dog: Pork (90%), natural flavouring, salt (cooking salt, potassium chloride), dextrose, vinegar, spices, antioxidant (E300), herb extracts, yeast extract, flavouring, preservative (E250), beech wood smoke.

Chips: Potato, Sunflower Oil (2%)

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Additional Toppings

Cheese: Cheese (**Milk**), Potato Starch.

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite)



Pizzas

Margherita Pizza

Pizza Base: **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar. **Contains Gluten and Wheat. May also contain Sesame.**

Pizza Sauce: Tomatoes (98%), Salt, Sunflower Oil, Acidity Regulator (Citric Acid), Oregano, Basil, Black Pepper, Garlic Powder.

Mozzarella: Mozzarella (made from **Milk**), Anticaking Agent: Cellulose

Pepperoni Pizza

Pizza Base: **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar. **Contains Gluten and Wheat. May also contain Sesame.**

Pizza Sauce: Tomatoes (98%), Salt, Sunflower Oil, Acidity Regulator (Citric Acid), Oregano, Basil, Black Pepper, Garlic Powder.

Mozzarella: Mozzarella (made from **Milk**), Anticaking Agent: Cellulose

Pepperoni: Pork meat, pork fat, salt, dextrose, paprika extract, garlic powder, pepper extract, ginger extract, chilli extract, Preservative: E250. Antioxidant: E301, E392, Smoke.

Ham & Mushroom Pizza

Pizza Base: **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar. **Contains Gluten and Wheat. May also contain Sesame.**

Pizza Sauce: Tomatoes (98%), Salt, Sunflower Oil, Acidity Regulator (Citric Acid), Oregano, Basil, Black Pepper, Garlic Powder.

Mozzarella: Mozzarella (made from **Milk**), Anticaking Agent: Cellulose

Ham: Pork (85%), Water, Potato Starch, Salt, Dextrose, Stabilisers (Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Mushrooms

Vegetarian Pizza

Pizza Base: **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar. **Contains Gluten and Wheat. May also contain Sesame.**

Pizza Sauce: Tomatoes (98%), Salt, Sunflower Oil, Acidity Regulator (Citric Acid), Oregano, Basil, Black Pepper, Garlic Powder.

Mozzarella: Mozzarella (made from **Milk**), Anticaking Agent: Cellulose

Onion, Pepper and Sweetcorn.

Meat Feast Pizza

Pizza Base: **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Rapeseed Oil, Yeast, Salt, Sugar. **Contains Gluten and Wheat. May also contain Sesame.**

Pizza Sauce: Tomatoes (98%), Salt, Sunflower Oil, Acidity Regulator (Citric Acid), Oregano, Basil, Black Pepper, Garlic Powder.

Mozzarella: Mozzarella (made from **Milk**), Anticaking Agent: Cellulose

Ham: Pork (85%), Water, Potato Starch, Salt, Dextrose, Stabilisers (Diphosphates, Triphosphates), Antioxidant(Sodium Ascorbate), Preservative(Sodium Nitrite).

Sausage: Pork (46%), Water, Rusk (**Wheat** Flour: contains Calcium Carbonate, Iron, Nicotinamide, Thiamin; Ammonium Carbonate), Pork Fat, Pork Rind, **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Salt, Flavourings, Stabilisers (Disodium Diphosphate, Tetrasodium Diphosphate), Yeast Extract, Preservative (Sodium Sulphite), White Pepper, Dextrose, Sunflower Oil, Antioxidant (Ascorbic Acid)

Bacon: Pork (86%), Water, Salt, Antioxidant (Sodium Ascorbate), Preservatives (Potassium Nitrate, Sodium Nitrite)

Pepperoni: Pork meat, pork fat, salt, dextrose, paprika extract, garlic powder, pepper extract, ginger extract, chilli extract, Preservative: E250. Antioxidant: E301, E392, Smoke.



Sides

Bread & Butter

Bread: **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin), Water, Yeast, **Soya** Flour, Salt, Preservative: E282, Emulsifiers: E472e, E471, E481, Flour Treatment Agent: Ascorbic Acid. **Contains: Gluten, Soya and Wheat.**

Butter: Butter (**Milk**), Salt (1.9%)

Garlic Bread

Garlic Bread: Bread Slice (**Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Yeast, Salt, Flour Treatment Agent (Ascorbic Acid), Sunflower Oil, **Wheat** Flour), Margarine (Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Colours (Annatto Bixin, Curcumin), Flavouring), Garlic Purée (4.5%), Water, Parsley (0.5%), Salt. **Contains Wheat and Gluten. May also contain Milk and Soya.**

Coleslaw

Coleslaw: White Cabbage (51%), Mayonnaise (37%)(Rapeseed Oil, Water, Stabiliser(Modified Maize Starch, Xanthan Gum), Preservative(Acetic Acid, Potassium Sorbate), Sugar, **Egg** Yolk Powder[**Egg** Yolk Powder, Salt, Maltodextrin], Salt), Carrot (6%), White Onion (1.5%), Red Onion (1.5%), Spring Onions (1.5%), Sugar, Salt.**Contains: Egg**

Side Salad

Side Salad: Lettuce, Tomatoes, Cucumber, Red Peppers and Red Onion.

Chips

Chips: Potato, Sunflower Oil (2%)

Onion Rings

Ingredients: Onion (63%), Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Rapeseed Oil, Maize Flour, Gelling Agent(Sodium Alginate), Raising Agents(Disodium Diphosphate, Sodium Hydrogen Carbonate), Dextrose, Stabiliser(Sodium Polyphosphate). **Contains: Gluten and Wheat**

Cheesy Chips

Chips: Potato, Sunflower Oil (2%)

Cheese: Cheese (**Milk**), Potato Starch.

Chip Batch

Chips: Potato, Sunflower Oil (2%)

Bread Roll: **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Yeast, Roll Improver(Salt, **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Emulsifier(Mono- and Di-Acetyl Tartaric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Soya Flour, Rapeseed Oil, Calcium Sulphate, Flour Treatment Agent(Ascorbic Acid, L-Cysteine Hydrochloride)). **Contains: Gluten, Soya and Wheat.**

Nachos with cheese & salsa

Salsa: Tomatoes (30%), Tomato Sauce (28%)(Water, Sugar, Tomato Paste, Spirit Vinegar, Modified Maize Starch, Salt, Preservative(Potassium Sorbate), Onion Powder, Garlic Powder), Red Onion (17%), Tomato Paste (11%), Red Pepper (8%), Green Pepper (4.0%), Coriander, Concentrated Lemon Juice, White Pepper, Salt, Chilli Powder. **May contain Sesame.**

Nachos: Maize Flour, High Oleic Sunflower Oil (23%), Salt (1%). **May contain Milk**

Cheese: Cheese (**Milk**), Potato Starch.



Drinks

Latte

Contains: Milk

Other: Coffee

Cappuccino

Chocolate Sprinkles: Sugar, Whey Powder, Whey Permeate, Lactose, Low Fat Cocoa Powder (7.5%), Refined Coconut Oil, Glucose Syrup, Flow Agent (E551), Milk Proteine (Caseinate), Sodium Polyphosphate (E452i), Dipotassium Phosphate (E340i). **Contains Milk, Milk Protein and Lactose.**

Other: Coffee and **Milk**

Mocha

Chocolate: Sugar, Whey Powder, Whey Permeate, Lactose, Low Fat Cocoa Powder (7.5%), Refined Coconut Oil, Glucose Syrup, Flow Agent (E551), Milk Proteine (Caseinate), Sodium Polyphosphate (E452i), Dipotassium Phosphate (E340i). **Contains Milk, Milk Protein and Lactose.**

Other: Coffee and **Milk**

Hot Chocolate

Chocolate: Sugar, Whey Powder, Whey Permeate, Lactose, Low Fat Cocoa Powder (7.5%), Refined Coconut Oil, Glucose Syrup, Flow Agent (E551), Milk Proteine (Caseinate), Sodium Polyphosphate (E452i), Dipotassium Phosphate (E340i). **Contains Milk, Milk Protein and Lactose.**

Other: **Milk**

Tea

Decaffeinated Tea: Decaffeinated Black Tea

Cranberry and Raspberry Tea: Hibiscus, Apple Pieces*, Rosehips, Natural Cranberry and Raspberry Flavourings with Other Natural Flavourings (10%), Elderflowers* (8%), Liquorice Root*

Pure Peppermint Tea: Peppermint

Pure Green Tea: 100% Green Tea

Pure Lemon and Ginger Tea: Ginger Root* (37%), Natural Lemon Flavouring with Other Natural Flavourings (25%), Lemongrass*, Blackberry leaves*, Lemon Peel, Sweet Fennel*, Natural Ginger Flavouring with Other Natural Flavourings (3.5%)

Iced Latte

Contains: Milk

Iced Cappuccino

Chocolate Sprinkles: Sugar, Whey Powder, Whey Permeate, Lactose, Low Fat Cocoa Powder (7.5%), Refined Coconut Oil, Glucose Syrup, Flow Agent (E551), Milk Proteine (Caseinate), Sodium Polyphosphate (E452i), Dipotassium Phosphate (E340i). **Contains Milk, Milk Protein and Lactose.**

Other: Coffee and **Milk**

Speciality Mocha

Chocolate: Sugar, Whey Powder, Whey Permeate, Lactose, Low Fat Cocoa Powder (7.5%), Refined Coconut Oil, Glucose Syrup, Flow Agent (E551), Milk Proteine (Caseinate), Sodium Polyphosphate (E452i), Dipotassium Phosphate (E340i). **Contains Milk, Milk Protein and Lactose.**

Cream: Cream (97%) (**Milk**), Sugar (3%), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Carrageenan), Natural Vanilla Flavouring, Propellant Gas (Nitrous Oxide)

Other: Coffee and **Milk**

Caramel Macchiato

Caramel Syrup: Sugar, Water, Natural flavouring, Preservative (Potassium sorbate), Acidity regulator (Citric acid), Colour (Plain caramel).

Cream: Cream (97%) (**Milk**), Sugar (3%), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Carrageenan), Natural Vanilla Flavouring, Propellant Gas (Nitrous Oxide)

Other: Coffee and **Milk**

Luxury Hot Chocolate

Chocolate: Sugar, Whey Powder, Whey Permeate, Lactose, Low Fat Cocoa Powder (7.5%), Refined Coconut Oil, Glucose Syrup, Flow Agent (E551), Milk Proteine (Caseinate), Sodium Polyphosphate (E452i), Dipotassium Phosphate (E340i). **Contains Milk, Milk Protein and Lactose.**

Cream: Cream (97%) (**Milk**), Sugar (3%), Emulsifier (Lactic Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Stabiliser (Carrageenan), Natural Vanilla Flavouring, Propellant Gas (Nitrous Oxide)

Other: **Milk**

Syrups

Vanilla Coffee Syrup: Water, Sugar, Natural Flavouring, Preservative (Potassium Sorbate), Acidity regulator (Citric Acid), Colour (Plain Caramel)

Milk Alternatives

Alpro Soya

Water, Hulled SOYA beans (8.7%), Apple extract, Acidity regulators (Monopotassium phosphate, Dipotassium phosphate), Calcium (Calcium carbonate), Sea salt, Stabiliser (Gellan gum), Vitamins (Riboflavin (B2), B12, D2).

Allergies

Gluten free. Naturally lactose free & dairy free

Oatly Oat Milk

Water, Oats 10%, Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Minerals (Calcium Carbonate, Potassium Iodide), Salt, Vitamins (D2, Riboflavin, B12)

Squash

Orange Squash: Water, Comminuted Oranges (from Concentrate) (11%), Acid (Citric Acid), Acidity Regulator (Sodium Citrate), Stabilisers (Pectin, Xanthan Gum), Preservatives (Potassium Sorbate, Sodium **Metabisulphite**), Sweeteners (Aspartame, Acesulfame K, Sodium Saccharin), Colour (Beta-Carotene), Natural Orange Flavouring, Contains a source of Phenylalanine

Apple & Blackcurrant Squash: Water, Apple Juice from Contrate (9%), Blackcurrant Juice (from Concentrate) (1%), Black Carrot Juice Concentrate, Natural Flavouring, Acidity Regulator (Sodium Citrate), Preservatives (Potassium Sorbate, Sodium **Metabisulphite**), Sweeteners (Aspartame, Sodium Saccharin, Acesulfame K), Colour (Anthocyanins), Natural Flavouring, Contains a source of Phenylalanine

Milkshakes

Banana: Skimmed Milk Powder, Sugar, Fructose, Dextrose, Thickeners (Xanthan Gum, Carrageenan Gum, Guar Gum, Locust Bean Gum), Flavourings, Anti-Caking Agent (Silicon Dioxide), Colour (Beta-Carotene).

Chocolate: Sugar, Fructose, Fat Reduced Cocoa Powder (7%), Flavourings, Maltodextrin, Dextrose, Thickeners (Xanthan Gum, Carrageenan Gum, Guar Gum, Locust Bean Gum), Colour (Caramel Powder), Cocoa Fibre, Anti-Caking Agent (Silicon Dioxide).

Strawberry: Skimmed **Milk** Powder, Fructose, Sugar, Thickeners (Xanthan Gum, Carrageenan Gum, Guar Gum, Locust Bean Gum), Colour (Beetroot Powder), Flavourings, Anti-Caking Agent (Silicon Dioxide). **Contains Milk**

Snow Shock

Blue Raspberry: Water, Humectant (Glycerine), Acid (E330), Flavouring, Sweeteners (E995, E950, E954), Preservative (E202), Colour (E133).

Sour Apple: Water, Humectant (Glycerine), Acid (E330), Flavouring, Sweeteners (E995, E950, E954), Preservative (E202), Colour (E101, E142).

Exotic Fruit: Water, Humectant (Glycerine), Acid (E330), Flavouring, Sweeteners (E995, E950, E954), Preservative (E202), Colour (E110, E102).

Strawberry: Water, Humectant (Glycerine), Acid (E330), Flavouring, Sweeteners (E995, E950, E954), Preservative (E202), Colour (E122, E102).



Sweet Treats / Cakes

Gluten Free Carrot Cake

Brown Sugar, Gluten Free Flour Blend ((Rice, Potato, Tapioca, Maize, Buckwheat), Raising Agents (Mono-Calcium Phosphate, Sodium Bicarbonate), Stabiliser (Xanthan Gum)), **Egg**, Rapeseed Oil, Reduced Fat Soft Cheese (8%) (Skimmed **Milk**, Cream (Milk), Maize Starch, Salt, Stabilisers (Xanthan Gum, Locust Bean Gum)), Carrot (7%), Icing Sugar, Glucose Syrup, Pineapple, Shortening (Palm Oil, Rapeseed Oil), Dark Muscovado Sugar, Water, Salted Butter (Butter (Milk) Salt), Raisins, Sultanas, Desiccated Coconut, **Walnuts** (1%), Humectant (Glycerol), Raising Agent (Potassium Hydrogen Carbonate), Cinnamon, Mixed Spice, Modified Maize Starch, Stabiliser (Xanthan Gum), Natural Flavouring, Colours (Curcumin, Annatto Norbixin)

For allergens see ingredients in bold.

Made in a factory that also handles the following allergens: Other Nuts

Luxury Chocolate Fudge Cake

Chocolate Fudge Icing (54%), Chocolate Sponge (46%), Chocolate Fudge Icing contains: Sugar, Water, Palm Oil, Fat Reduced Cocoa Powder (9%), Rapeseed Oil, Glucose Syrup, Dried Glucose Syrup, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids), Whey Powder (Milk), **Soya** Lecithins, Acidity Regulator (Potassium Hydroxide), Chocolate Sponge contains: Sugar, **Wheat** Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Buttermilk (Milk), Rapeseed Oil, **Egg**, Fat Reduced Cocoa Powder (3.5%), **Egg** Yolk, Raising Agent (Sodium Bicarbonate)

For allergens, including Cereals containing Gluten, see ingredients in bold.

May also contain Nuts.

