



# 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:

BREAKFAST

BREAKFAST

SANDWICH  
LUNCH  
SET MENUS

SANDWICH  
LUNCH

FORKS &  
SALADS

DIETARY &  
INDIVIDUAL

BOXED MEALS

HOT BOWL  
MEALS

AFTERNOON  
TEA

CANAPÉS

DRINKS

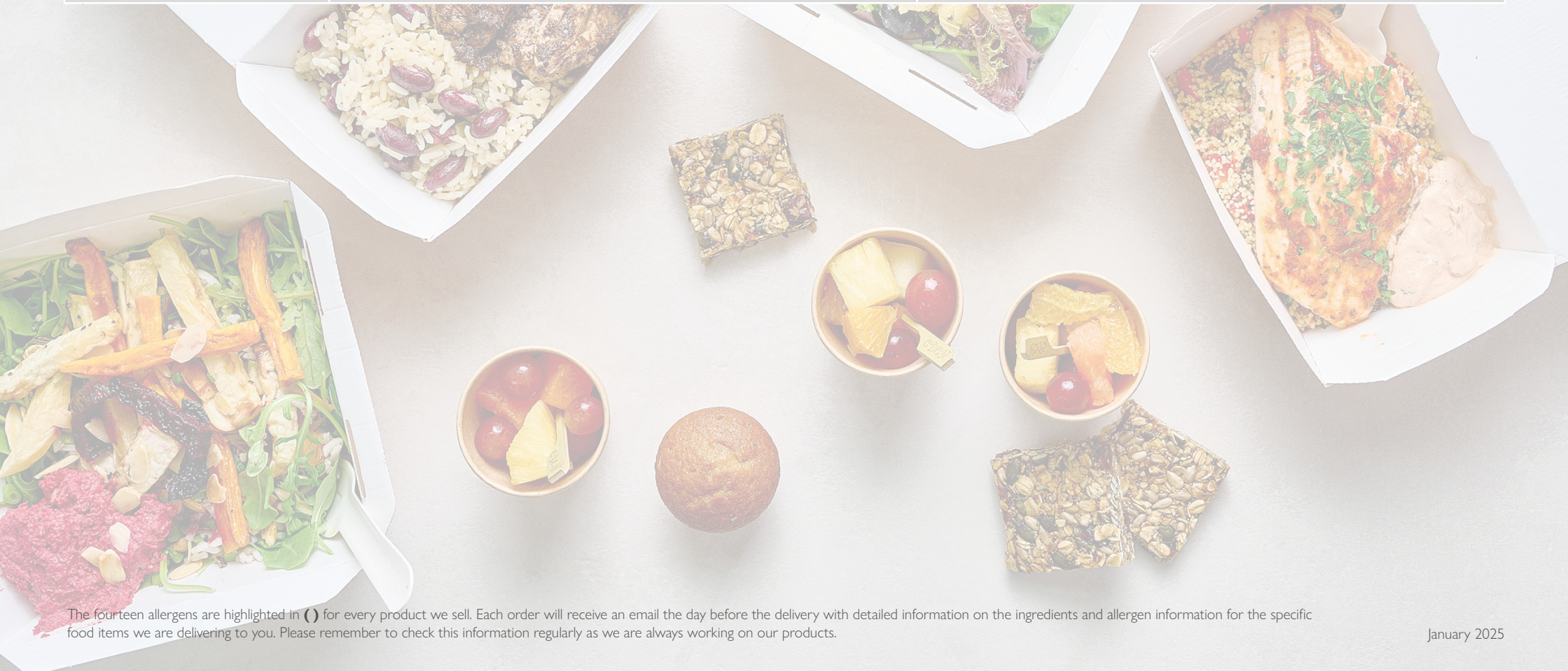
SPRING 2025

PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>BOXED CANAPÉS</b>		
<b>Stilton &amp; Red Onion Marmalade Tartlet (v)</b>	Cream (Milk), Eggs (Egg), Rapeseed Oil, Onion, Tarlet Round Savoury 3.8cm (Milk, Soya, Cereal (Barley, Rye, Spelt, Wheat)), Stilton (Milk), Soft Brown Sugar	Energy 68kcal, Fat 4.83g, Sat Fat 2.86g, Carbs 4.46g, Sugar 1.16g, Protein 1.73g, Salt 0.17g
<b>Pistachio Cake &amp; Peppers (v, n)</b>	Gluten Free Baking powder, Black Olives, Cheddar (Milk), Cream (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Laurent Miquel - Heritage Vineyards Blanc (750ml) (Sulphur Dioxide), Pepper - red, Pepper - yellow, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Salt & Black Pepper	Energy 184kcal, Fat 14.36g, Sat Fat 4.55g, Carbs 10.14g, Sugar 0.97g, Protein 4.54g, Salt 1.42g
<b>Bella Lodi Shortbread with Basil Pesto (v)</b>	Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Pesto (Milk), Salt & Black Pepper, Tomato, Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)	Energy 63kcal, Fat 4.33g, Sat Fat 2.35g, Carbs 4.35g, Sugar 0.31g, Protein 1.67g, Salt 0.41g
<b>Goats Cheese &amp; Cashew (v, n)</b>	Cashew Nut (Nuts (Cashew)), Cheese (Milk), Goats Cheese (Milk), Lemon, Parsley, Sourdough Bloomer (Cereal (Barley, Wheat)), Granulated Sugar, Water	Energy 47kcal, Fat 2.42g, Sat Fat 1.33g, Carbs 4.28g, Sugar 0.54g, Protein 1.77g, Salt 0.12g
<b>Tomatade Sourdough Crostini (vegan, d)</b>	Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato	Energy 50kcal, Fat 2.57g, Sat Fat 0.21g, Carbs 6.02g, Sugar 1.36g, Protein 1.17g, Salt 0.61g
<b>Sweet Potato Croquette (vegan, d)</b>	Breadcrumbs (Cereal (Barley, Wheat)), Chilli, Flour (Cereal (Wheat)), Onion, Sweet Potato, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water machine	Energy 57kcal, Fat 0.89g, Sat Fat 0.12g, Carbs 11.61g, Sugar 2.12g, Protein 1.16g, Salt 0.57g
<b>Fable Duckless Pancake &amp; Hoisin (vegan, d)</b>	Carrot, Chives, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Rye, Wheat)), Pepper - red, Sweet chilli sauce	Energy 58kcal, Fat 2.41g, Sat Fat 0.99g, Carbs 7.51g, Sugar 2.35g, Protein 1.75g, Salt 0.32g
<b>Symplicity Nduja with Broad Bean &amp; Mint Puree (vegan, d)</b>	Broad Beans, Garlic, Mint, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Symplicity Vegan 'Nduja (Soya)	Energy 40kcal, Fat 1.41g, Sat Fat 0.12g, Carbs 5.48g, Sugar 0.16g, Protein 1.53g, Salt 0.6g
<b>Duck Confit Arancini</b>	Breadcrumbs (Cereal (Barley, Wheat)), Chicken Bouillon Paste, Duck, Eggs (Egg), Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Rice, Sunblush Tomato, Bella Lodi (Egg, Milk), Water	Energy 39kcal, Fat 0.72g, Sat Fat 0.21g, Carbs 6.25g, Sugar 0.44g, Protein 1.69g, Salt 0.19g
<b>Mini Chicken Skewers with Garlic, Coriander &amp; Chilli (g, d)</b>	Chicken, Chillies, Coriander, Garlic, Pepper - cracked black, Rapeseed Oil, Salt	Energy 54kcal, Fat 4g, Sat Fat 0.51g, Carbs 0.14g, Sugar 0.02g, Protein 4.89g, Salt 0.15g
<b>Prosciutto &amp; Pear (g, d)</b>	Parma Ham, Lemon, Rocket, Pears	Energy 10kcal, Fat 0.57g, Sat Fat 0.24g, Carbs 0.03g, Sugar 0.02g, Protein 1.17g, Salt 0.12g
<b>Jerk Chicken &amp; Orange Skewer (d)</b>	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
<b>Smoked Mackerel Sourdough Crostini</b>	Capers, Lemon, Lemon, Mackerel (Fish), Nutmeg, Rapeseed Oil, Ricotta (Milk), Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat))	Energy 54kcal, Fat 2.69g, Sat Fat 0.78g, Carbs 4.84g, Sugar 0.28g, Protein 2.67g, Salt 0.8g
<b>Salmon Spinach &amp; Sambel Oelek Tartlet (d)</b>	Chillies, Garlic, Ginger, Lemon, Lemon, Lime, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Spinach, Granulated Sugar, Sweet chilli sauce, Tartlet Round Shell 3.8cm (Soya, Cereal (Rye, Spelt, Wheat)), Vinegar (Cereal (Barley))	Energy 38kcal, Fat 2.18g, Sat Fat 0.94g, Carbs 2.75g, Sugar 0.76g, Protein 4.19g, Salt 0.17g
<b>Berry Mousse in Chocolate Cup (v, g)</b>	Blackberries, Cream (Milk), Lemon, Icing Sugar, Thimble Cup Dark (Milk, Soya)	Energy 51kcal, Fat 3.78g, Sat Fat 2.36g, Carbs 3.7g, Sugar 3.47g, Protein 0.4g, Salt 0g
<b>Lemon Meringue Tartlet (v)</b>	Bebo - Palm Free, Cornflour, Eggs (Egg), Lemon, Salt, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 87kcal, Fat 3.85g, Sat Fat 1.71g, Carbs 12.19g, Sugar 9.11g, Protein 1.32g, Salt 0.06g
<b>Raspberry Tartlet (v)</b>		
<b>Sheba Chocolate Tartlet (v)</b>	Butter (Milk), Dark Chocolate (Milk, Soya), Milk (Milk), Granulated Sugar, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 81kcal, Fat 5.07g, Sat Fat 3.11g, Carbs 7.91g, Sugar 4.9g, Protein 0.78g, Salt 0.01g
<b>Fruit Kebab (vegan, g, d)</b>	Kiwi, Melon, Pineapple	Energy 9kcal, Fat 0.09g, Sat Fat 0.01g, Carbs 1.94g, Sugar 1.91g, Protein 0.15g, Salt 0g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
BOXED CANAPÉS SET MENUS		
<b>Mixed Canape Selection</b>	Stilton & Red Onion Marmalade Tartlet (v); Tomatade Sourdough Crostini (vegan, d); Duck Confit Arancini; Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d); Smoked Mackerel Sourdough Crostini; Salmon Spinach & Sambel Oelek Tartlet (d)	Check Canapes for more info
<b>Vegetarian Canape Selection</b>	Symplicity Nduja with Broad Bean & Mint Puree (vegan, d); Fable Duckless Pancake & Hoisin (vegan, d); Sweet Potato Croquette (vegan, d); Tomatade Sourdough Crostini (vegan, d); Stilton & Red Onion Marmalade Tartlet (v); Bella Lodi Shortbread with Basil Pesto (v)	
<b>Vegan Canape Selection</b>	Tomatade Sourdough Crostini (vegan, d); Sweet Potato Croquette (vegan, d); Fable Duckless Pancake & Hoisin (vegan, d); Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)	
<b>Meat Canape Selection</b>	Duck Confit Arancini; Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d); Prosciutto & Pear (g, d); Jerk Chicken & Orange Skewer (d)	
<b>Fish Canape Selection</b>	Smoked Mackerel Sourdough Crostini; Salmon Spinach & Sambel Oelek Tartlet (d)	
<b>Dessert Canape Selection</b>	Berry Mousse in Chocolate Cup (v, g); Lemon Meringue Tartlet (v); Raspberry Tartlet (v); Sheba Chocolate Tartlet (v)	



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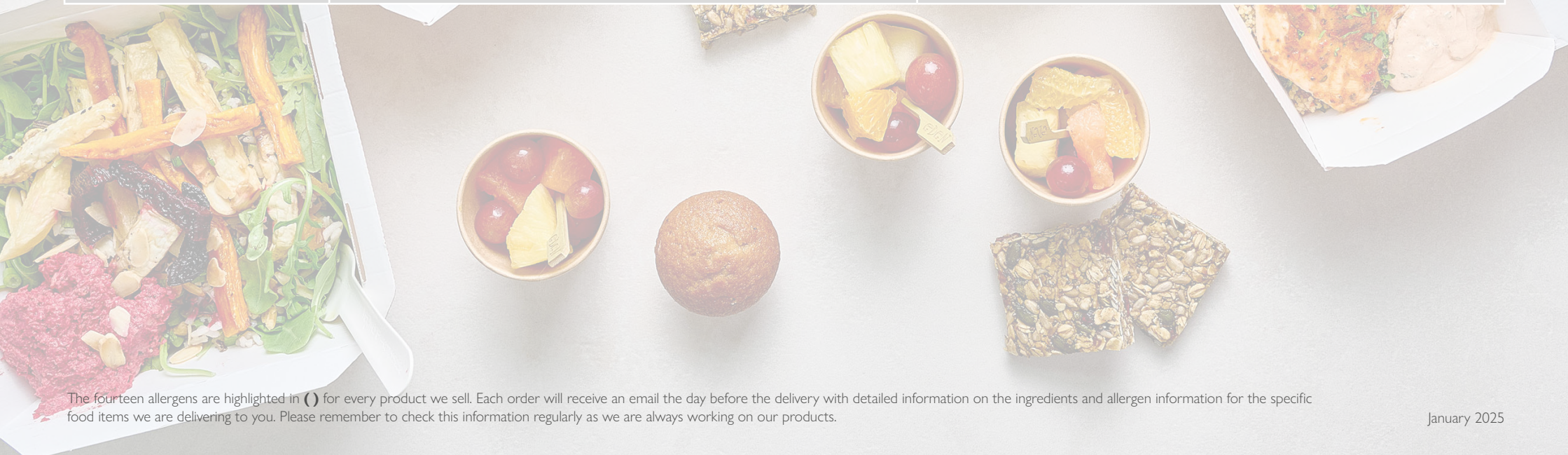


PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>PASTRIES</b>		
All Butter Croissant - Large (v)	All Butter Croissant - large (v) (Egg, Milk, Cereal (Wheat))	Energy 253kcal, Fat 13.14g, Sat Fat 9.49g, Carbs 29.93g, Sugar 4.09g, Protein 5.04g, Salt 0.29g
All Butter Croissant - Mini (v)	All Butter 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 252kcal, Fat 15.3g, Sat Fat 10.2g, Carbs 22.1g, Sugar 8.16g, Protein 5.7g, Salt 0.26g
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 237kcal, Fat 16.25g, Sat Fat 7.8g, Carbs 16.25g, Sugar 7.8g, Protein 5.46g, Salt 0.13g
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
Biscuits - 2 per portion	See packaging for more info	See packaging for more info
Apple and Custard Crumble Danish - Large (v)	Apple and Custard Crumble Danish - Large (v) (Egg, Milk, Cereal (Wheat))	Energy 242kcal, Fat 13.92g, Sat Fat 8.35g, Carbs 23.2g, Sugar 9.51g, Protein 6.26g, Salt 0.23g
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 318kcal, Fat 18.62g, Sat Fat 10.64g, Carbs 30.59g, Sugar 12.9g, Protein 7.05g, Salt 0.27g
Apple and Custard Crumble Danish - Mini (v)	Apple and Custard Crumble Danish - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 92kcal, Fat 5.28g, Sat Fat 3.17g, Carbs 8.8g, Sugar 3.61g, Protein 2.38g, Salt 0.09g
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
American Cookies - Double Chocolate Homemade (v)	Bebo - Palm Free, Mozzarella (Milk), Cocoa (Milk), Eggs (Egg)	Energy 105kcal, Fat 4.5g, Sat Fat 1.89g, Carbs 15.14g, Sugar 9.89g, Protein 1.25g, Salt 0.15g
Oatmeal Raisin Cookies - Homemade (v, d)	Bicarbonate of soda ,Cinnamon, Eggs (Egg), Flour (Cereal (Wheat)), Oats (Cereal (Oats, Wheat)), Rapeseed Oil, Raisins, Caster Sugar, Vanilla Extract	Energy 419kcal, Fat 19.23g, Sat Fat 1.73g, Carbs 59.04g, Sugar 29.32g, Protein 6.17g, Salt 1.19g
Healthy Seed Bar - Free From (vegan, g, d)	Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
Mini Muffins - 2 per portion (v)	Blueberry Muffin (Egg, Milk, Cereal (Wheat))	Energy 219kcal, Fat 10.2g, Sat Fat 0.9g, Carbs 28.8g, Sugar 15.9g, Protein 2.58g, Salt 0.24g
Conserves	See packaging for more info	See packaging for more info

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>SET BREAKFASTS</b>		
<b>Power Breakfast (v)</b>	Granola with Plum Compote (v) Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Oats (Cereal (Oats, Wheat)), Plum, Pumpkin seeds, Rapeseed Oil, Raisins, Salt, Sesame seeds (Sesame Seeds), Star Anise, Caster Sugar, Soft Brown Sugar, Sultanas, Sunflower Seeds, Water, Yoghurt (Milk)	Energy 435kcal, Fat 27.94g, Sat Fat 10.18g, Carbs 35.6g, Sugar 20.95g, Protein 11.82g, Salt 0.25g
	American Cookies - Double Chocolate Homemade (v) Bebo - Palm Free, Cocoa (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Caster Sugar, Light Soft Brown Sugar, Vanilla Extract, White Chocolate (Milk, Soya)	Energy 105kcal, Fat 4.5g, Sat Fat 1.89g, Carbs 15.14g, Sugar 9.89g, Protein 1.25g, Salt 0.15g
	Freshly Squeezed Orange Juice See packaging for more info	See packaging for more info
<b>Continental Breakfast (v, n)</b>	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
	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
	Pain aux Raisins - Mini (v) Pain aux Raisins - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 139kcal, Fat 5.85g, Sat Fat 5.85g, Carbs 19.8g, Sugar 8.1g, Protein 2.2g, Salt 0.18g
	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
	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
	Freshly Squeezed Orange Juice See packaging for more info	See packaging for more info



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<b>SET BREAKFASTS</b>		
<b>Continental Breakfast with Open Mini Bagels (n)</b>	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
	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
	Pain aux Raisins - Mini (v) Pain aux Raisins - Mini (v) (Egg, Milk, Cereal (Wheat))	Energy 139kcal, Fat 5.85g, Sat Fat 5.85g, Carbs 19.8g, Sugar 8.1g, Protein 2.2g, Salt 0.18g
	Open Mini Bagel with Egg Mayonnaise & Tomato Chutney - 2 per portion (v) Bebo - Palm Free, Chillies, Curry Powder (Mustard), Eggs (Egg), Mayonnaise (Egg), Mustard (Mustard), Onion, Pepper - Cracked Black, Salt	Energy 240kcal, Fat 14.67g, Sat Fat 2.37g, Carbs 18.46g, Sugar 5.1g, Protein 8.44g, Salt 0.7g
	Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion Cheese (Milk), Pepper - Cracked Black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 181kcal, Fat 8.74g, Sat Fat 3.71g, Carbs 16.32g, Sugar 1.99g, Protein 10.6g, Salt 1.55g
	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
	Freshly Squeezed Orange Juice See packaging for more info	See packaging for more info



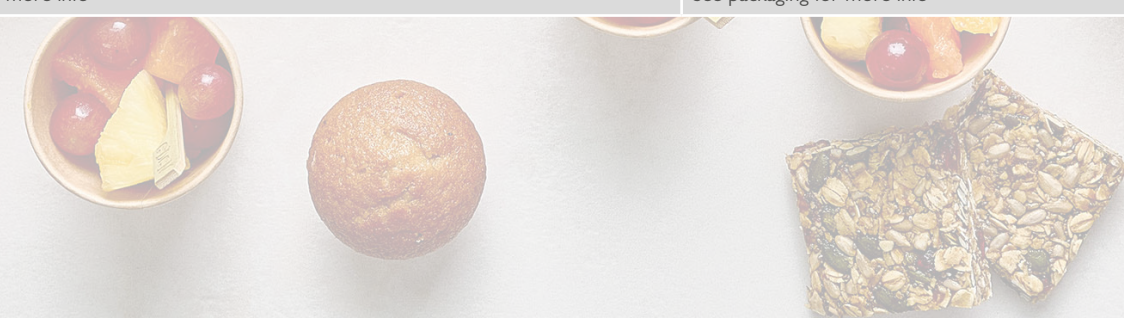
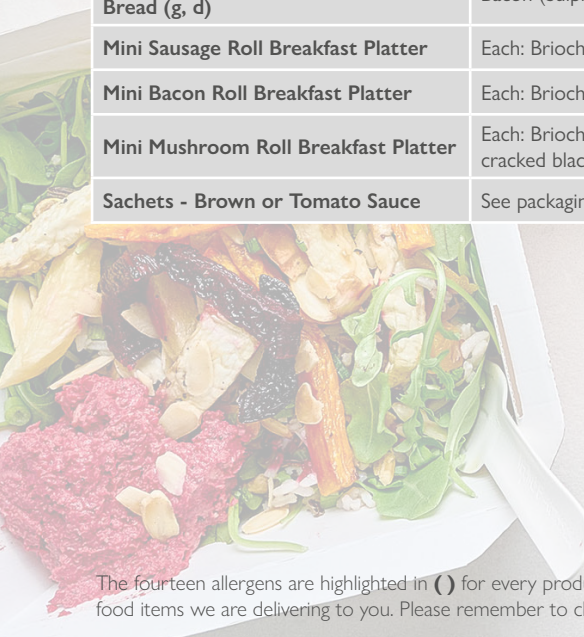
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<b>BREAKFAST CEREAL &amp; YOGHURTS</b>		
<b>Granola with Plum Compote (v)</b>	Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Oats (Cereal (Oats, Wheat)), Plum, Pumpkin seeds, Rapeseed Oil, Raisins, Salt, Sesame seeds (Sesame Seeds), Star Anise, Caster Sugar, Soft Brown Sugar, Sultanas, Sunflower Seeds, Water, Yoghurt (Milk)	Energy 435kcal, Fat 27.94g, Sat Fat 10.18g, Carbs 35.6g, Sugar 20.95g, Protein 11.82g, Salt 0.25g
<b>Granola with Honey (v)</b>	Apricot (Sulphur Dioxide), Cinnamon, Coconut (Sulphur Dioxide), Cranberry, Honey, Oats (Cereal (Oats, Wheat)), Pumpkin seeds, Rapeseed Oil, Raisins, Salt, Sesame seeds (Sesame Seeds), Soft Brown Sugar, Sultanas, Sunflower Seeds, Yoghurt (Milk)	Energy 444kcal, Fat 27.94g, Sat Fat 10.18g, Carbs 37.9g, Sugar 23.28g, Protein 11.85g, Salt 0.26g
<b>Trail Mix with Soya Yoghurt &amp; Mango Coulis (vegan, g, d, n)</b>	Soya Yoghurt (Soya), Cranberry, Mango, Pistachio (Nuts (Pistachio)), Pumpkin seeds, Sesame seeds (Sesame Seeds), Sultanas, Sunflower Seeds	Energy 292kcal, Fat 14.34g, Sat Fat 2.27g, Carbs 32.53g, Sugar 27.19g, Protein 9.01g, Salt 0.08g
<b>Birchermuesli - free from (vegan, g, d)</b>	Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas	Energy 133kcal, Fat 2.73g, Sat Fat 0.44g, Carbs 21.4g, Sugar 8.57g, Protein 5.09g, Salt 0.04g
<b>Yoghurt pot with Honey (v, g)</b>	Honey, Yoghurt (Milk)	Energy 286kcal, Fat 15.3g, Sat Fat 10.12g, Carbs 30.12g, Sugar 29.67g, Protein 8.67g, Salt 0.27g
<b>Yoghurt Pot with Mango Coulis (v, g)</b>	Mango, Yoghurt (Milk)	Energy 224kcal, Fat 15.42g, Sat Fat 10.18g, Carbs 12.66g, Sugar 10.92g, Protein 8.79g, Salt 0.26g
<b>Soya Yoghurt Pot with Honey (v, g, d)</b>	Soya Yoghurt (Soya), Honey	Energy 194kcal, Fat 3g, Sat Fat 0.48g, Carbs 39.42g, Sugar 38.97g, Protein 5.07g, Salt 0.1g
<b>Soya Yoghurt Pot with Plum Compote (vegan, g, d)</b>	Soya Yoghurt (Soya), Cinnamon, Plum, Star Anise, Caster Sugar, Water	Energy 148kcal, Fat 3g, Sat Fat 0.48g, Carbs 27.18g, Sugar 26.68g, Protein 4.96g, Salt 0.09g
<b>Soya Yoghurt Pot with Mango Coulis (vegan, g, d)</b>	Soya Yoghurt (Soya), Mango	Energy 133kcal, Fat 3.12g, Sat Fat 0.54g, Carbs 21.96g, Sugar 20.22g, Protein 5.19g, Salt 0.09g
<b>COLD SAVOURIES</b>		
<b>Brie &amp; Cranberry Pugliese Roll (v)</b>	Bebo - Palm Free, Brie (Milk), Cranberry, Rocket, Mixed spice, Pepper - cracked black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Caster Sugar	Energy 149kcal, Fat 6.12g, Sat Fat 3.25g, Carbs 17.51g, Sugar 2.45g, Protein 6.33g, Salt 0.66g
<b>Cheese &amp; Tomato All Butter Croissant - Mini (v)</b>	All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Cheddar (Milk), Tomato	Energy 268kcal, Fat 19.02g, Sat Fat 11.53g, Carbs 14.78g, Sugar 2.74g, Protein 10.1g, Salt 0.7g
<b>Ham &amp; Emmenthal All Butter Croissant - Mini</b>	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
<b>Salami &amp; Emmenthal Cereale Roll</b>	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
<b>Open Mini Bagel with Smoked Salmon &amp; Cream Cheese - 2 per portion</b>	Cheese (Milk), Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 181kcal, Fat 8.74g, Sat Fat 3.71g, Carbs 16.32g, Sugar 1.99g, Protein 10.6g, Salt 1.55g
<b>Open Mini Bagel with Egg Mayonnaise &amp; Tomato Chutney - 2 per portion (v)</b>	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	Energy 240kcal, Fat 14.67g, Sat Fat 2.37g, Carbs 18.46g, Sugar 5.1g, Protein 8.44g, Salt 0.7g
<b>Open Mini Bagel with Sundried Tomato &amp; Cream Cheese - 2 per portion (v)</b>	Cheese (Milk), Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Thyme, Tomato, Bagel (Milk, Cereal (Wheat))	Energy 201kcal, Fat 13.42g, Sat Fat 3.52g, Carbs 17.97g, Sugar 4.63g, Protein 4.27g, Salt 0.68g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>COLD SAVOURIES</b>		
<b>Breakfast Savoury Platter</b>	Brie & Cranberry Pugliese Roll (v) Bebo - Palm Free, Brie (Milk), Cranberry, Rocket, Mixed spice, Pepper - cracked black, Pugliese Roll - Mini 40g (Cereal (Rye, Wheat)), Caster Sugar	Energy 149kcal, Fat 6.12g, Sat Fat 3.25g, Carbs 17.51g, Sugar 2.45g, Protein 6.33g, Salt 0.66g
	Ham & Emmenthal All Butter Croissant - Mini All Butter Croissant - mini (v) (Egg, Milk, Cereal (Wheat)), Bebo - Palm Free, Emmenthal (Milk), Blythburgh Ham (Soya), Honey, Mustard (Mustard), Pepper - cracked black	Energy 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
	Smoked Salmon & Cream Cheese Mini Bagel Cheese (Milk), Pepper - cracked black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 144kcal, Fat 6.27g, Sat Fat 2.68g, Carbs 15.38g, Sugar 1.73g, Protein 7.29g, Salt 1.02g
<b>HOT SAVOURIES</b>		
<b>Roast Tomato &amp; Mushroom in a Cereale Bap (vegan, d)</b>	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 9.01g, Salt 2.45g
<b>Vegetarian Sausage in a Glazed Brioche Roll (v)</b>	Brioche Bun - 70g (Egg, Milk, Cereal (Wheat)), Vegetarian Sausage (Soya, Sulphur Dioxide, Cereal (Barley, Wheat))	Energy 371kcal, Fat 11.05g, Sat Fat 4.77g, Carbs 53.56g, Sugar 6.3g, Protein 15.6g, Salt 2.79g
<b>Mushroom &amp; Tomato on Gluten Free Bread (v, g, d)</b>	Mushroom, Bread - Gluten free (Egg), Mozzarella, Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 285kcal, Fat 14.36g, Sat Fat 7.1g, Carbs 31.32g, Sugar 2.58g, Protein 4.76g, Salt 4.4g
<b>Bacon in a Glazed Brioche Roll</b>	Bacon (Sulphur Dioxide), 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
<b>Sausage in a Glazed Brioche Roll</b>	Brioche Bun - 70g (Egg, Milk, Cereal (Wheat)), Sausage (Sulphur Dioxide, Cereal (Wheat))	Energy 574kcal, Fat 33.37g, Sat Fat 12.79g, Carbs 45.29g, Sugar 5.71g, Protein 19.34g, Salt 2.98g
<b>Bacon Sandwich on Gluten Free Bread (g, d)</b>	Bacon (Sulphur Dioxide), 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
<b>Mini Sausage Roll Breakfast Platter</b>	Each: Brioche Buns (Egg, Milk, Cereal (Wheat)), Sausage (Sulphur Dioxide, Cereal (Wheat))	Energy 148kcal, Fat 8.19g, Sat Fat 3.49g, Carbs 13.22g, Sugar 1.58g, Protein 4.71g, Salt 0.64g
<b>Mini Bacon Roll Breakfast Platter</b>	Each: Brioche Buns (Egg, Milk, Cereal (Wheat)), Bacon (Sulphur Dioxide)	Energy 171kcal, Fat 11.01g, Sat Fat 4.19g, Carbs 11g, Sugar 1.3g, Protein 7.24g, Salt 1.34g
<b>Mini Mushroom Roll Breakfast Platter</b>	Each: Brioche Buns (Egg, Milk, Cereal (Wheat)), Cheddar (Milk), Mushroom, Garlic, Pepper - cracked black, Rapeseed Oil, Salt, Granulated Sugar, Tomato	Energy 131kcal, Fat 7.08g, Sat Fat 3.85g, Carbs 11.93g, Sugar 2.2g, Protein 5.26g, Salt 0.42g
<b>Sachets - Brown or Tomato Sauce</b>	See packaging for more info	See packaging for more info



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SET MENUS						
	Sandwiches	Finger Buffet	Crips	Cheese	Cakes	Fruit
Click each box to see allergens, ingredients and nutritional values info.	Hoisin No Duck Wrap (vegan, d) Beetroot Houmous & Rocket in Ciabatta (vegan, d) Cheddar & Pickle in a Piedmont Baguette (v) Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v) Egg & Tomato on Malted Grain (v, d) Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v) Jerk Chicken & Red Cabbage Pickled Slaw (d) Roast Rosemary Chicken on Malted Grain (d) Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d) Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d) Smoked Mackerel & Ricotta in a Piedmont Baguette Prawn & Rocket on Malted Grain (d)	Falafel with Beetroot Houmous (vegan, g, d) Samosa (vegan, d) Squashage Roll (vegan, d) Queen Olives - 4 per portion (vegan, g, d) Tomatade Bruschetta (vegan, d) Spinach & Feta Pinwheels (v) Broccoli & Emmental Cheese Tart (v) Chicken Brochette with Garlic, Coriander & Chilli (g, d) Cocktail Sausages with honey - 3 per portion (d) Cheddar Scone with Chorizo Salmon Brochette with Honey and Mustard (g, d) Hot Smoked Salmon Crostini	Tortilla Chips 25g portion with salsa dip or Handcooked Crips in the Bag (vegan, g, d)	Cheese Board 1 portion per person	Lemon & Chia Drizzle Cake (vegan, d) Healthy Seed Bar - Free From (vegan, g, d) Apricot Flapjack (v) Red Velvet Cake (v) Banana & Sticky Toffee Cake (v, n) Mandarin Cheesecake - Mini Pot (v) Chocolate Brownie (v) Mini Muffins - 2 per portion (v)	Cut Fruit - Mini Pot (vegan, g, d)
WILLOW	X	X	X	X	X	X
MAGNOLIA	X	X	X			
LAUREL	X	X	X		X	
CAMELLIA	X	X				X
CLEMATIS		X				X
JASMIN	X	X	X		X	X
ACER	X		X		X	X
THISTLE	X				X	X
MULBERRY	X		X		X	
MAPLE	X	X	X			X
LILAC	X	X				X
ROWAN	X		X			X
AZALEA	X				X	
HAWTHORN	X					X

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## SANDWICH PLATTERS

Click this box to see allergens, ingredients and nutritional values info.

	Sandwiches													
	Hoisin No Duck Wrap (vegan, d)	Beetroot Houmous & Rocket in Ciabatta (vegan, d)	Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d)	Cheddar & Pickle in a Piedmont Baguette (v)	Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)	Egg & Tomato on Malted Grain (v, d)	Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)	JerK Chicken & Red Cabbage Pickled Slaw (d)	Roast Rosemary Chicken on Malted Grain (d)	Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)	Roast Rosemary Chicken on Gluten Free Bread (g, d)	Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)	Smoked Mackerel & Ricotta in a Piedmont Baguette	Prawn & Rocket on Malted Grain (d)
Classic Sandwich Platter (6 sandwiches)					X	X		X	X	X				X
Contemporary Sandwich Platter (6 sandwiches)	X	X		X			X					X	X	
Mixed Sandwich Platter (6 sandwiches)		X			X	X				X		X		
Vegetarian Sandwich Platter (6 sandwiches)	X	X		X	X	X								
Vegan Sandwich Platter (6 sandwiches)	X	X												
Meat Sandwich Platter (6 sandwiches)								X	X	X				
Fish Sandwich Platter (6 sandwiches)												X	X	X
Wrap Platter (6 wraps)	X									X		X		
Sandwich Platter on Gluten Free Bread (6 sandwiches)			X								X			
Halal Sandwich Platter (6 sandwiches)		X		X	X				X					X
Small Classic Sandwich Platter (3 sandwiches)					X				X					X
Small Contemporary Sandwich Platter (3 sandwiches)	X			X									X	
Small Mixed Sandwich Platter (3 sandwiches)					X				X			X		
Small Vegetarian Sandwich Platter (3 sandwiches)	X				X	X								
Small Vegan Sandwich Platter (3 sandwiches)	X	X												
Small Meat Sandwich Platter (3 sandwiches)								X	X	X				
Small Fish Sandwich Platter (3 sandwiches)												X	X	X
Small Wrap Platter (3 sandwiches)	X									X		X		
Small Sandwich Platter on Gluten Free Bread (3 sandwiches)			X								X			
Small Halal Sandwich Platter (3 sandwiches)					X				X					X

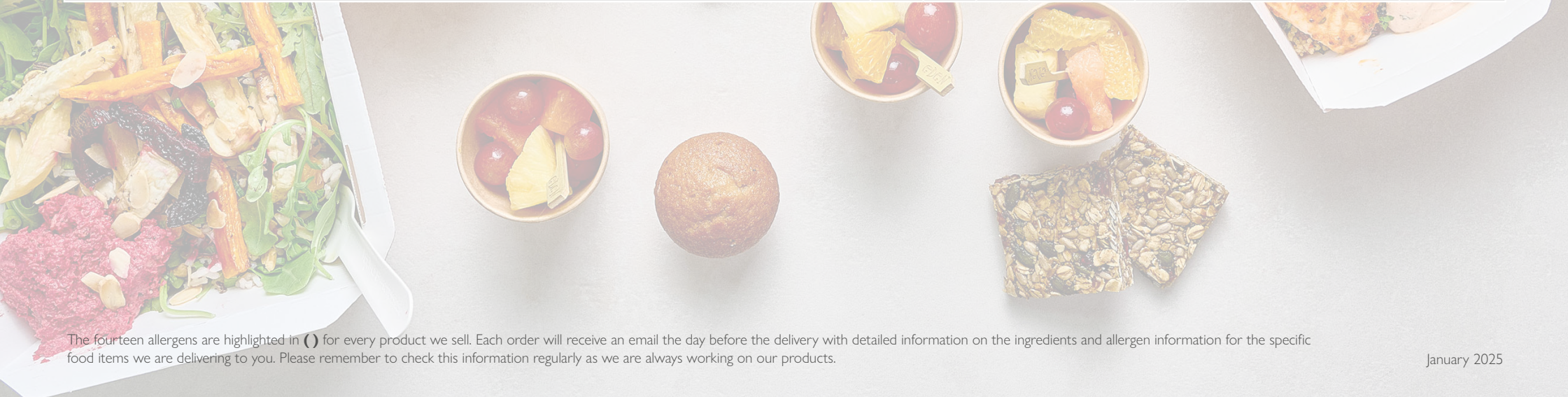
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## FINGER BUFFET PLATTERS

Click this box to see allergens, ingredients and nutritional values info.

	Finger Buffet											
	Falafel with Beetroot Houmous (vegan, g, d)	Samosa (vegan, d)	Squashage Roll (vegan, d)	Queen Olives (vegan, g, d)	Tomatade Bruschetta (vegan, d)	Spinach & Feta Pinwheels (v)	Broccoli & Emmenthal Cheese Tart (v)	Chicken Brochette with Garlic, Coriander & Chilli (g, d)	Cocktail Sausages with honey - 3 per portion (d)	Cheddar Scone with Chorizo	Salmon Brochette with Honey and Mustard (g, d)	Hot Smoked Salmon Crostini
Finger Buffet Platter		X				X		X				X
Meat Buffet Platter								X	X	X		
Vegetarian Finger Buffet Platter	X		X		X		X					
Vegan Finger Buffet Platter	X	X	X									
Finger Buffet Platter - no gluten ingredients	X			X				X			X	
Small Finger Buffet Platter		X				X		X				
Small Meat Buffet Platter								X	X	X		
Small Vegetarian Finger Buffet Platter	X							X			X	
Small Vegan Finger Buffet Platter	X	X	X									
Small Finger Buffet Platter - no gluten ingredients	X							X			X	



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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>SANDWICHES</b>		
<b>Hoisin No Duck Wrap (vegan, d)</b>	Carrot, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Rocket, Pepper - red, Sweet chilli sauce, Wrap (Cereal (Wheat))	Energy 327kcal, Fat 10.96g, Sat Fat 4.15g, Carbs 46.61g, Sugar 9.13g, Protein 9.93g, Salt 2.85g
<b>Beetroot Houmous &amp; Rocket in Ciabatta (vegan, d)</b>	Bayleaf, Beetroot, Chickpeas, Ciabatta (Cereal (Wheat)), Garlic, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 415kcal, Fat 7.95g, Sat Fat 0.92g, Carbs 72.31g, Sugar 6.24g, Protein 14.08g, Salt 2.81g
<b>Beetroot Houmous &amp; Rocket on Gluten Free Bread (vegan, g, d)</b>	Bayleaf, Beetroot, Chickpeas, Garlic, Soft White loaf, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 319kcal, Fat 11.35g, Sat Fat 0.93g, Carbs 47.49g, Sugar 4.65g, Protein 6.24g, Salt 1.77g
<b>Cheddar &amp; Pickle in a Piedmont Baguette (v)</b>	All Spice, Apples, Apricot (Sulphur Dioxide), Bebo - Palm Free, Carrot, Cauliflower, Cheddar (Milk), Chillies, Courgettes, Garlic, Gherkins (Sulphur Dioxide), Lemon, Onion, Pepper - cracked black, Baguette (Cereal (Durum, Wheat)), Prunes, Rapeseed Oil, Raisins, Salt, Demerara Sugar, Turnip, Vinegar (Sulphur Dioxide, Cereal (Barley)), Vinegar, Mustard Seeds (Mustard)	Energy 614kcal, Fat 25.93g, Sat Fat 14.44g, Carbs 68.1g, Sugar 4.09g, Protein 26.48g, Salt 3.92g
<b>Cheddar, Tomato, Baby Leaf &amp; Cucumber on Malted Grain (v)</b>	Bebo - Palm Free, Cheddar (Milk), Cucumber, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Tomato	Energy 459kcal, Fat 23.74g, Sat Fat 13.7g, Carbs 37.77g, Sugar 4.56g, Protein 22.66g, Salt 1.87g
<b>Egg &amp; Tomato on Malted Grain (v, d)</b>	Bebo - Palm Free, Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Salt & Black Pepper, Tomato	Energy 448kcal, Fat 25.58g, Sat Fat 4.8g, Carbs 38.21g, Sugar 4.57g, Protein 15.55g, Salt 2.86g
<b>Beetroot, Spinach &amp; Goat's Cheese on Multi Seed Bloomer (v)</b>	Bebo - Palm Free, Beetroot, Goats Cheese (Milk), Milk (Milk), Multi Seed Bloomer (Cereal (Barley, Wheat)), Pepper - cracked black, Rapeseed Oil, Raisins, Spinach, Vinegar (Sulphur Dioxide)	Energy 456kcal, Fat 21.14g, Sat Fat 8.52g, Carbs 53.56g, Sugar 10.7g, Protein 16.04g, Salt 1.82g
<b>Jerk Chicken &amp; Red Cabbage Pickled Slaw (d)</b>	All Spice, Bayleaf, Red Cabbage (Sulphur Dioxide), Chicken Thigh, Chillies, Ginger, Carrot, Rocket, Mayonnaise (Egg), Onion, Pepper - cracked black, Rapeseed Oil, Soy sauce (Soya, Cereal (Wheat)), Caster Sugar, Thyme, Vinegar (Sulphur Dioxide), Water, Tomato Wrap (Cereal (Wheat))	Energy 366kcal, Fat 15.36g, Sat Fat 1.77g, Carbs 34.74g, Sugar 6.08g, Protein 20.08g, Salt 2.48g
<b>Roast Rosemary Chicken on Malted Grain (d)</b>	Bebo - Palm Free, Chicken, Chicken Thigh, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Pepper - cracked black, Rosemary Marinade (vegan, g, d)	Energy 418kcal, Fat 19.77g, Sat Fat 2.87g, Carbs 37.71g, Sugar 3.72g, Protein 21.77g, Salt 1.01g
<b>Blythburgh Farm Gammon Ham &amp; Mustard on Malted Grain (d)</b>	Bebo - Palm Free, Blythburgh Ham (Soya), Honey, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mustard (Mustard), Mustard (Mustard, Cereal (Wheat)), Pepper - cracked black	Energy 434kcal, Fat 17.9g, Sat Fat 5.39g, Carbs 37.43g, Sugar 3.99g, Protein 29.53g, Salt 3.92g
<b>Egg &amp; Bacon in a Piedmont Baguette (d)</b>	Bacon, Bebo - Palm Free, Curry powder, Eggs (Egg), Mayonnaise (Egg), Pepper - cracked black, Baguette (Cereal (Durum, Wheat)), Salt & Black Pepper	Energy 612kcal, Fat 27.97g, Sat Fat 7.02g, Carbs 64.99g, Sugar 0.6g, Protein 24.37g, Salt 3.13g
<b>Roast Rosemary Chicken on Gluten Free Bread (g, d)</b>	Bebo - Palm Free, Chicken, Chicken Thigh, Bread - Gluten free (Egg), Mixed Leaf, Mayonnaise (Egg), Pepper - cracked black, Rosemary Marinade (vegan, g, d)	Energy 354kcal, Fat 20.29g, Sat Fat 3.05g, Carbs 25.27g, Sugar 0.92g, Protein 14.33g, Salt 1.09g
<b>Teriyaki Salmon with Miso &amp; Ginger Carrot Slaw in a Wrap (d)</b>	Carrot, Coriander, Cornflour, Garlic Puree (vegan, g, d), Ginger, Honey, Hot Smoked Salmon Flakes (Fish), Rocket, Mayonnaise (Egg), Miso Paste (Soya), Sesame Oil (Sesame Seeds), Salt & Black Pepper, Gluten Free Soy Sauce (Soya), Soft Brown Sugar, Vinegar, Water, Wrap (Cereal (Wheat))	Energy 368kcal, Fat 18.09g, Sat Fat 2.26g, Carbs 34.63g, Sugar 4.93g, Protein 16.71g, Salt 3.95g
<b>Smoked Mackerel &amp; Ricotta in a Piedmont Baguette</b>	Capers, Lemon, Mackerel (Fish), Nutmeg, Baguette (Cereal (Durum, Wheat)), Ricotta (Milk), Salt & Black Pepper	Energy 474kcal, Fat 14.29g, Sat Fat 4.93g, Carbs 64.85g, Sugar 1.41g, Protein 21.23g, Salt 3.6g
<b>Prawn &amp; Rocket on Malted Grain (d)</b>	Bebo - Palm Free, Cucumber, Lemon, Rocket, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Mustard (Mustard, Cereal (Wheat)), Prawns (Crustacean (Prawn)), Salt & Black Pepper	Energy 340kcal, Fat 14.2g, Sat Fat 1.8g, Carbs 37.25g, Sugar 3.63g, Protein 14.71g, Salt 1.87g

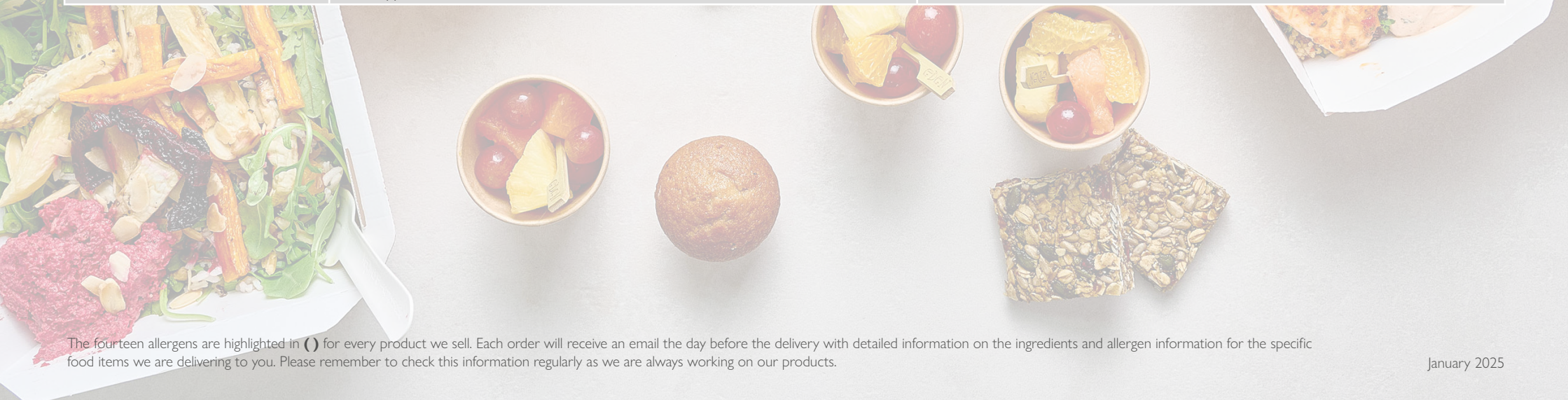
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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>FINGER BUFFET</b>		
<b>Falafel with Beetroot Houmous (vegan, g, d)</b>	Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric	Energy 58kcal, Fat 1.8g, Sat Fat 0.18g, Carbs 8.85g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
<b>Samosa (vegan, d)</b>	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 132kcal, Fat 4.44g, Sat Fat 0.39g, Carbs 21.16g, Sugar 1.45g, Protein 2.49g, Salt 1.05g
<b>Squashage Roll (vegan, d)</b>	Soya Milk (Soya), Butter beans, Garlic, Onion, Puff Pastry (Cereal (Wheat)), Puy lentils, Rapeseed Oil, Red Miso (Soya), Salt & Black Pepper, Sesame seeds (Sesame Seeds), Squash	Energy 231kcal, Fat 9.58g, Sat Fat 4.08g, Carbs 27.01g, Sugar 1.52g, Protein 8.8g, Salt 1.54g
<b>Queen Olives - 4 per portion (vegan, g, d)</b>	Queen Olive - Vinci Brand	Energy 33kcal, Fat 3.52g, Sat Fat 0.54g, Carbs 2.02g, Sugar 0g, Protein 0.29g, Salt 1.07g
<b>Tomatade Bruschetta (vegan, d)</b>	Ciabatta (Cereal (Wheat)), Garlic, Rapeseed Oil, Salt & Black Pepper, Tarragon, Thyme, Tomato	Energy 45kcal, Fat 2.59g, Sat Fat 0.21g, Carbs 5.15g, Sugar 2.1g, Protein 0.85g, Salt 0.29g
<b>Spinach &amp; Feta Pinwheels (v)</b>	Eggs (Egg), Cheese (Milk), Garlic, Onion, Oregano, Puff Pastry (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Spinach	Energy 115kcal, Fat 7.43g, Sat Fat 3.88g, Carbs 8.67g, Sugar 0.27g, Protein 5.19g, Salt 0.7g
<b>Broccoli &amp; Emmenthal Cheese Tart (v)</b>	Broccoli, Creme Fraiche (Milk), Eggs (Egg), Emmenthal (Milk), Pastry Case - Tart Round Neutral (Egg, Milk, Cereal (Barley, Wheat)), Salt & Black Pepper	Energy 235kcal, Fat 17.36g, Sat Fat 10.19g, Carbs 13.85g, Sugar 3.07g, Protein 5.93g, Salt 0.48g
<b>Chicken Brochette with Garlic, Coriander &amp; Chilli (g, d)</b>	Chicken, Chillies, Coriander, Garlic, Pepper - cracked black, Rapeseed Oil, Salt	Energy 55kcal, Fat 3.14g, Sat Fat 0.29g, Carbs 0.17g, Sugar 0.02g, Protein 7.25g, Salt 0.14g
<b>Cocktail Sausages with Honey - 3 per portion (d)</b>	Honey, Mustard (Mustard), Mustard (Mustard), Sausage (Sulphur Dioxide, Cereal (Wheat)), Sesame seeds (Sesame Seeds)	Energy 170kcal, Fat 12.56g, Sat Fat 4.76g, Carbs 7.18g, Sugar 3.73g, Protein 5.95g, Salt 1.21g
<b>Cheddar Scone with Chorizo</b>	Gluten Free Baking powder, Bebo - Palm Free, Cheddar (Milk), Chillies, Chives, Chorizo (Milk), Coriander, Flour (Cereal (Wheat)), Lemon, Mascarpone (Milk), Milk (Milk), Salt, Bella Lodi (Egg, Milk)	Energy 197kcal, Fat 11.69g, Sat Fat 5.91g, Carbs 15.68g, Sugar 1.04g, Protein 7.01g, Salt 1.9g
<b>Salmon Brochette with Honey and Mustard (g, d)</b>	Honey, Mustard (Mustard), Salmon (Fish), Salt & Black Pepper	Energy 71kcal, Fat 3.24g, Sat Fat 0.85g, Carbs 3.06g, Sugar 3.01g, Protein 7.7g, Salt 0.2g
<b>Hot Smoked Salmon Crostini</b>	Ciabatta (Cereal (Wheat)), Honey, Hot Smoked Salmon Flakes (Fish), Lime, Rapeseed Oil, Ricotta (Milk), Salt & Black Pepper	Energy 48kcal, Fat 2.4g, Sat Fat 0.89g, Carbs 3.8g, Sugar 0.75g, Protein 2.88g, Salt 0.35g
<b>CRISPS</b>		
<b>Kettle Crisps with Dip - Small Platter (vegan, g, d)</b>	Chillies, Coriander, Handcooked Crisps in the Bag (vegan, g, d), Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato	Energy 621kcal, Fat 33.66g, Sat Fat 3.24g, Carbs 73.09g, Sugar 1.72g, Protein 7.97g, Salt 1.52g
<b>Kettle Crisps with Dip - Large Platter (vegan, g, d)</b>	Chillies, Coriander, Handcooked Crisps in the Bag (vegan, g, d), Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato	Energy 1239kcal, Fat 67.3g, Sat Fat 6.49g, Carbs 145.75g, Sugar 3.04g, Protein 15.8g, Salt 2.96g
<b>Tortilla Chips with Dip - Small Platter (vegan, g, d)</b>	Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 583kcal, Fat 25.22g, Sat Fat 3.02g, Carbs 77.29g, Sugar 3.54g, Protein 8.09g, Salt 0.66g
<b>Tortilla Chips with Dip - Large Platter (vegan, g, d)</b>	Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 1164kcal, Fat 50.43g, Sat Fat 6.06g, Carbs 154.15g, Sugar 6.69g, Protein 16.04g, Salt 1.23g
<b>Handcooked Crisps in the Bag (vegan, g, d)</b>	See packaging for more info	See packaging for more info

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>BOXED SANDWICHES</b>		
<b>Beetroot Houmous &amp; Rocket in Ciabatta - Boxed (vegan, d)</b>	Bayleaf, Beetroot, Chickpeas, Ciabatta (Cereal (Wheat)), Garlic, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 437kcal, Fat 8.68g, Sat Fat 1.01g, Carbs 74.99g, Sugar 6.46g, Protein 15.37g, Salt 2.9g
<b>Beetroot Houmous &amp; Rocket on Gluten Free Bread - Boxed (vegan, g, d)</b>	Bayleaf, Beetroot, Chickpeas, Garlic, Soft White loaf, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 347kcal, Fat 12.52g, Sat Fat 1.05g, Carbs 50.59g, Sugar 5.26g, Protein 7.61g, Salt 1.96g
<b>Cheddar, Tomato, Baby Leaf &amp; Cucumber on Malted Grain - Boxed (v)</b>	Bebo - Palm Free, Cheddar (Milk), Cucumber, Mixed Leaf, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Tomato	Energy 459kcal, Fat 23.74g, Sat Fat 13.7g, Carbs 37.77g, Sugar 4.56g, Protein 22.66g, Salt 1.87g
<b>Egg &amp; Tomato on Malted Grain - Boxed (v, d)</b>	Bebo - Palm Free, Curry powder, Eggs (Egg), Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Salt & Black Pepper, Tomato	Energy 448kcal, Fat 25.58g, Sat Fat 4.8g, Carbs 38.21g, Sugar 4.57g, Protein 15.55g, Salt 2.86g
<b>Beetroot, Spinach &amp; Goats Cheese on Multi Seed Bloomer - Boxed (v)</b>	Bebo - Palm Free, Beetroot, Goats Cheese (Milk), Milk (Milk), Multi Seed Bloomer (Cereal (Barley, Wheat)), Pepper - cracked black, Rapeseed Oil, Raisins, Spinach, Vinegar (Sulphur Dioxide)	Energy 453kcal, Fat 21.13g, Sat Fat 8.52g, Carbs 52.98g, Sugar 10.16g, Protein 15.96g, Salt 1.81g
<b>Roast Rosemary Chicken on Malted Grain - Boxed (d)</b>	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	Energy 412kcal, Fat 19.15g, Sat Fat 3.27g, Carbs 37.52g, Sugar 3.67g, Protein 21.76g, Salt 1.01g
<b>Blythburgh Farm Gammon Ham &amp; Mustard on Malted Grain - boxed (d)</b>	Bebo - Palm Free, Blythburgh Ham (Soya), Honey, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mustard (Mustard), Mustard (Mustard, Cereal (Wheat)), Pepper - cracked black	Energy 423kcal, Fat 16.7g, Sat Fat 5.09g, Carbs 37.43g, Sugar 3.99g, Protein 29.53g, Salt 3.91g
<b>Egg &amp; Bacon in a Piedmont Baguette - Boxed (d)</b>	Bacon, Bebo - Palm Free, Curry powder, Eggs (Egg), Mayonnaise (Egg), Pepper - cracked black, Baguette (Cereal (Durum, Wheat)), Salt & Black Pepper	Energy 612kcal, Fat 27.97g, Sat Fat 7.02g, Carbs 64.99g, Sugar 0.6g, Protein 24.37g, Salt 3.13g
<b>Smoked Mackerel &amp; Ricotta in a Piedmont Baguette - Boxed</b>	Capers, Lemon, Mackerel (Fish), Nutmeg, Baguette (Cereal (Durum, Wheat)), Ricotta (Milk), Salt & Black Pepper	Energy 460kcal, Fat 13.24g, Sat Fat 4.58g, Carbs 64.76g, Sugar 1.32g, Protein 20.36g, Salt 3.46g
<b>Prawn &amp; Rocket on Malted Grain - Boxed (d)</b>	Bebo - Palm Free, Cucumber, Lemon, Rocket, Malted Grain Bread (Soya, Cereal (Barley, Wheat)), Mayonnaise (Egg), Mustard (Mustard, Cereal (Wheat)), Prawns (Crustacean (Prawn)), Salt & Black Pepper	Energy 340kcal, Fat 14.2g, Sat Fat 1.8g, Carbs 37.25g, Sugar 3.63g, Protein 14.71g, Salt 1.87g



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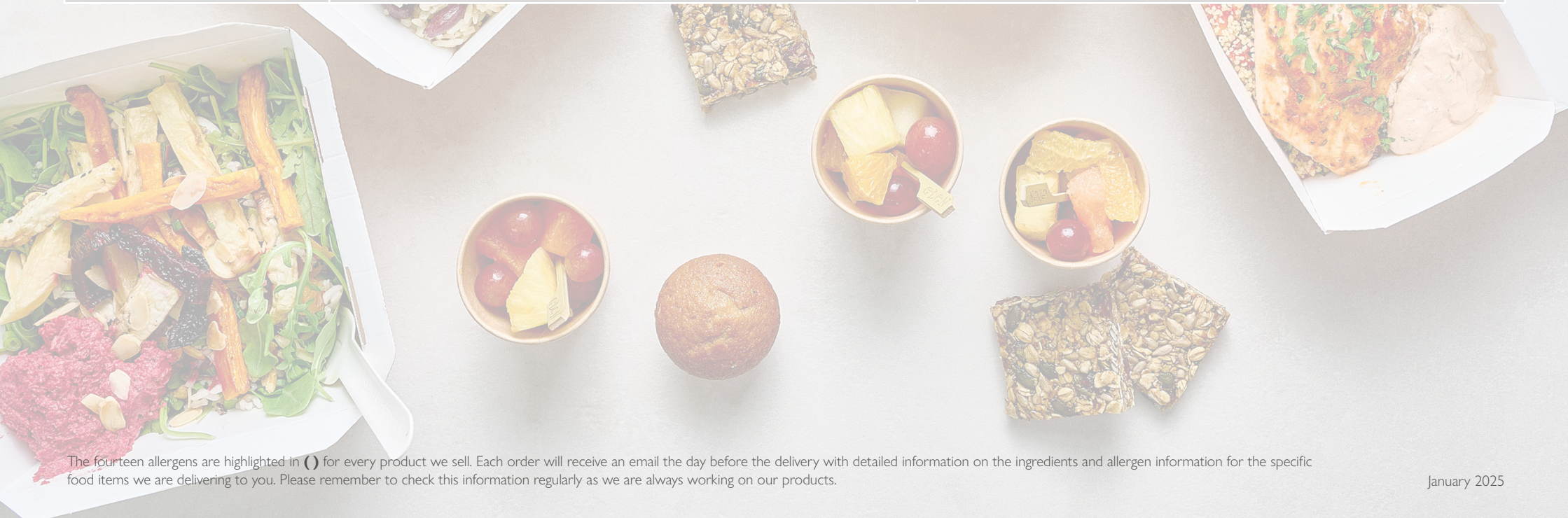


PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>CAKES</b>		
<b>Lemon &amp; Chia Drizzle Cake (vegan, d)</b>	Soya Milk (Soya), Gluten Free Baking powder, Chia Seeds, Flour (Cereal (Wheat)), Golden syrup, Lemon, Lemon, Lemon, Rapeseed Oil, Salt, Granulated Sugar, Vanilla Extract, Water	Energy 285kcal, Fat 13.25g, Sat Fat 1.04g, Carbs 41.87g, Sugar 21.08g, Protein 2.83g, Salt 2.26g
<b>Healthy Seed Bar - Free From (vegan, g, d)</b>	Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
<b>Apricot Flapjack (v)</b>	Apricot (Sulphur Dioxide), Bebo - Palm Free, Condensed milk (Milk), Golden syrup, Oats (Cereal (Oats, Wheat)), Granulated Sugar	Energy 285kcal, Fat 11.38g, Sat Fat 2.89g, Carbs 41.17g, Sugar 25.87g, Protein 4.3g, Salt 0.13g
<b>Red Velvet Cake (v)</b>	Gluten Free Baking powder, Bebo - Palm Free, Beetroot, Buttermilk (Milk, Sulphur Dioxide), Cocoa (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Food Colouring, Caster Sugar, Icing Sugar, Vanilla pods	Energy 284kcal, Fat 10.72g, Sat Fat 3.79g, Carbs 42.53g, Sugar 25.4g, Protein 5.05g, Salt 1.23g
<b>Banana &amp; Sticky Toffee Cake (v, n)</b>	Almond (Nuts (Almond)), Gluten Free Baking powder, Bananas, Bebo - Palm Free, Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Golden syrup, Lemon, Salt, Caster Sugar, Vanilla Extract, Water	Energy 332kcal, Fat 16.66g, Sat Fat 5.91g, Carbs 42.68g, Sugar 31.59g, Protein 4.19g, Salt 0.7g
<b>Seville Orange Marmalade Polenta Cake (v, g, d, n)</b>	Almond (Nuts (Almond)), Gluten Free Baking powder, Bebo - Palm Free, Eggs (Egg), Lemon, Polenta, Orange, Caster Sugar, Water	Energy 327kcal, Fat 20.67g, Sat Fat 3.59g, Carbs 31.4g, Sugar 24.6g, Protein 5.65g, Salt 0.42g
<b>Chocolate Brownie (v)</b>	Bebo - Palm Free, Dark Chocolate (Milk, Soya), Eggs (Egg), Flour (Cereal (Wheat)), Salt, Granulated Sugar	Energy 355kcal, Fat 19.08g, Sat Fat 7.14g, Carbs 42.66g, Sugar 33.39g, Protein 3.76g, Salt 0.91g
<b>Mini Muffins (v)</b>	Blueberry Muffin (Egg, Milk, Cereal (Wheat))	Energy 219kcal, Fat 10.2g, Sat Fat 0.9g, Carbs 28.8g, Sugar 15.9g, Protein 2.58g, Salt 0.24g
<b>Sour Cherry Cheesecake - Mini Pot (v)</b>	Digestive (Milk, Cereal (Wheat)), Butter (Milk), Sour Cherries, Cream (Milk), Cheese (Milk), Caster Sugar	Energy 218kcal, Fat 15.45g, Sat Fat 9.2g, Carbs 17.57g, Sugar 13.01g, Protein 2.29g, Salt 0.34g
<b>Mandarin Cheesecake - Mini Pot (v)</b>	Bebo - Palm Free, Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Mandarin, Caster Sugar	Energy 306kcal, Fat 22.79g, Sat Fat 12.76g, Carbs 21.5g, Sugar 14.41g, Protein 3.76g, Salt 0.56g
<b>Sour Cherry Cheesecake - Pot (v)</b>	Bebo - Palm Free, Digestive (Milk, Cereal (Wheat)), Sour Cherries, Cream (Milk), Cheese (Milk), Lemon, Caster Sugar	Energy 465kcal, Fat 30.51g, Sat Fat 16.89g, Carbs 43.22g, Sugar 32.81g, Protein 4.94g, Salt 0.76g
<b>Mandarin Cheesecake - Pot (v)</b>	Bebo - Palm Free, Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Mandarin, Caster Sugar	Energy 415kcal, Fat 30.53g, Sat Fat 16.89g, Carbs 29.99g, Sugar 19.38g, Protein 5.08g, Salt 0.76g
<b>Lemon Cheesecake - Pot (v)</b>	Bebo - Palm Free, Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Lemon, Caster Sugar	Energy 406kcal, Fat 30.52g, Sat Fat 16.89g, Carbs 27.89g, Sugar 17.48g, Protein 4.97g, Salt 0.76g
<b>CAKE PLATTER</b>		
<b>Cake Platter</b>	Chocolate Brownie (v); Apricot Flapjack (v); Banana & Sticky Toffee Cake (v, n); Lemon & Chia Drizzle Cake (vegan, d)	See each cake for more info
<b>Small Cake Platter</b>	Chocolate Brownie (v); Apricot Flapjack (v); Banana & Sticky Toffee Cake (v, n); Lemon & Chia Drizzle Cake (vegan, d)	See each cake for more info

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<b>CHEESE</b>		
A British Cheeseboard - for 3 (v)	A British Spring Cheeseboard - per person (v) Cream Crackers (Cereal (Wheat)), Millers Wheat (Cereal (Wheat)), Celery (Celery), Fig & Spelt Sourdough (Milk, Cereal (Rye, Wheat)), Ford Farms Dorset Red (Milk), Grapes - red, Barber's 1833 Cheddar (Milk), Stilton (Milk)	Energy 349kcal, Fat 23.46g, Sat Fat 14.08g, Carbs 17.72g, Sugar 5.06g, Protein 17.37g, Salt 1.57g
A British Cheeseboard - for 6 (v)		
<b>FRUIT</b>		
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
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 - 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
Whole Fruit Large Platter - for 5-10 people (vegan, g, d) or Whole Fruit Small Platter - for 10-15 people (vegan, g, d)	Banana	Energy 89kcal, Fat 0.3g, Sat Fat 0.1g, Carbs 23g, Sugar 12g, Protein 1.1g, Salt 0g
	Apple	Energy 95kcal, Fat 0.3g, Sat Fat 0.1g, Carbs 25g, Sugar 19g, Protein 0.5g, Salt 0g
	Plum	Energy 30kcal, Fat 0.2g, Sat Fat 0g, Carbs 7.5g, Sugar 6.5g, Protein 0.5g, Salt 0g
	Grapes (10 servings)	Energy 34kcal, Fat 0.1g, Sat Fat 0g, Carbs 8.9g, Sugar 7.6g, Protein 0.4g, Salt 0g
	Pear	Energy 101kcal, Fat 0.3g, Sat Fat 0g, Carbs 27g, Sugar 17g, Protein 0.6g, Salt 0g
	Satsumas	Energy 35kcal, Fat 0.1g, Sat Fat 0g, Carbs 8.9g, Sugar 6.8g, Protein 0.6g, Salt 0g



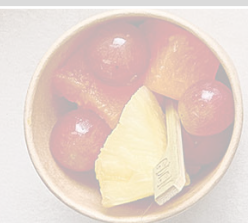
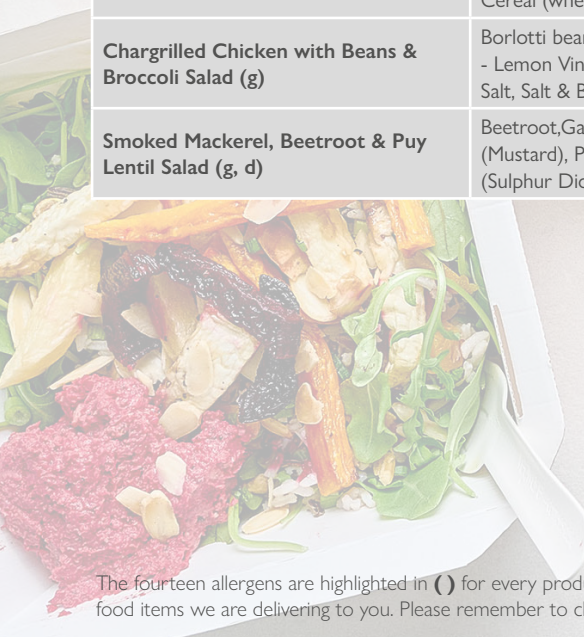
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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>SHARING SALAD PLATTER - 3-4 PORTIONS</b>		
<b>Small Chargrilled Chicken with Beans &amp; Broccoli (g)</b>	Borlotti beans, Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Dressing - Lemon Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Pepper - cracked black, Salt, Salt & Black Pepper, Thyme, Yoghurt (Milk)	Energy 641kcal, Fat 27.61g, Sat Fat 6.1g, Carbs 53.4g, Sugar 26.33g, Protein 43.31g, Salt 6.74g
<b>Small Smoked Mackerel, Beetroot &amp; Puy Lentil Salad (g, d)</b>	Beetroot, Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Mackerel (Fish), Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Puy lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 1024kcal, Fat 42.28g, Sat Fat 6.67g, Carbs 101.18g, Sugar 13.35g, Protein 68.83g, Salt 2.62g
<b>Small Oriental Raw Vegetable Salad (vegan, g, d)</b>	Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - green, Pepper - yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 615kcal, Fat 59.29g, Sat Fat 4.54g, Carbs 26.9g, Sugar 24.45g, Protein 6.77g, Salt 1.23g
<b>Small Freekeh, Chick Pea &amp; Chargrilled Aubergine Salad (vegan, d)</b>	Aubergine, Chickpeas, Curry powder, Freekeh (Cereal (Wheat)), Maple Flavour Syrup, Rapeseed Oil, Red Quinoa, Salt & Black Pepper, Spinach, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 1253kcal, Fat 90.11g, Sat Fat 6.85g, Carbs 111.63g, Sugar 26.09g, Protein 23.99g, Salt 2.61g
<b>Small Wild Rice Salad - 3-4 portions (vegan, g, d)</b>	Apricot (Sulphur Dioxide), Garlic Puree (vegan, g, d), Lemon, Lemon, Rocket, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 585kcal, Fat 11.81g, Sat Fat 1.1g, Carbs 110.02g, Sugar 21.59g, Protein 12.88g, Salt 0.44g
<b>Small New Potato Salad (vegan, g, d)</b>	Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 436kcal, Fat 18.75g, Sat Fat 1.49g, Carbs 67.46g, Sugar 6.61g, Protein 7.81g, Salt 2.42g
<b>Small Mixed Leaf Salad with Lemon &amp; Herb Dressing (vegan, g, d)</b>	Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Rocket, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 182kcal, Fat 20.11g, Sat Fat 1.44g, Carbs 2.25g, Sugar 1.75g, Protein 2.04g, Salt 0.22g
<b>Small Broccoli &amp; Cauliflower Salad with Feta (v, g)</b>	Olives, Broccoli, Cauliflower, Cheese (Milk), Maple Flavour Syrup, Rapeseed Oil, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 741kcal, Fat 65.34g, Sat Fat 13.47g, Carbs 28.13g, Sugar 23.55g, Protein 20.91g, Salt 4.58g
<b>Small Tuscan Tortellini Salad (v)</b>	Garlic Puree (vegan, g, d), Maple Flavour Syrup, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (wheat)), Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)	Energy 839kcal, Fat 52.82g, Sat Fat 10.13g, Carbs 73.19g, Sugar 13.64g, Protein 25.15g, Salt 5g
<b>SHARING SALAD PLATTER - 6-8 PORTIONS</b>		
<b>Chargrilled Chicken with Beans &amp; Broccoli (g)</b>	Borlotti beans, Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Dressing - Lemon Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Pepper - cracked black, Salt, Salt & Black Pepper, Thyme, Yoghurt (Milk)	Energy 1192kcal, Fat 51.67g, Sat Fat 11.73g, Carbs 98.92g, Sugar 48.9g, Protein 80.35g, Salt 12.5g
<b>Smoked Mackerel, Beetroot &amp; Puy Lentil Salad (g, d)</b>	Beetroot, Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Mackerel (Fish), Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Puy lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 2049kcal, Fat 84.55g, Sat Fat 13.34g, Carbs 202.35g, Sugar 26.7g, Protein 137.66g, Salt 5.24g
<b>Oriental Raw Vegetable Salad (vegan, g, d)</b>	Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - green, Pepper - yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 1230kcal, Fat 118.58g, Sat Fat 9.08g, Carbs 53.81g, Sugar 48.89g, Protein 13.55g, Salt 2.45g
<b>Freekeh, Chick Pea &amp; Chargrilled Aubergine Salad (vegan, d)</b>	Aubergine, Chickpeas, Curry powder, Freekeh (Cereal (Wheat)), Maple Flavour Syrup, Rapeseed Oil, Red Quinoa, Salt & Black Pepper, Spinach, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 2507kcal, Fat 180.22g, Sat Fat 13.7g, Carbs 223.25g, Sugar 52.18g, Protein 47.98g, Salt 5.21g
<b>Wild Rice Salad - 6-8 portions (vegan, g, d)</b>	Apricot (Sulphur Dioxide), Garlic Puree (vegan, g, d), Lemon, Lemon, Rocket, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 1170kcal, Fat 23.62g, Sat Fat 2.2g, Carbs 220.05g, Sugar 43.18g, Protein 25.75g, Salt 0.89g

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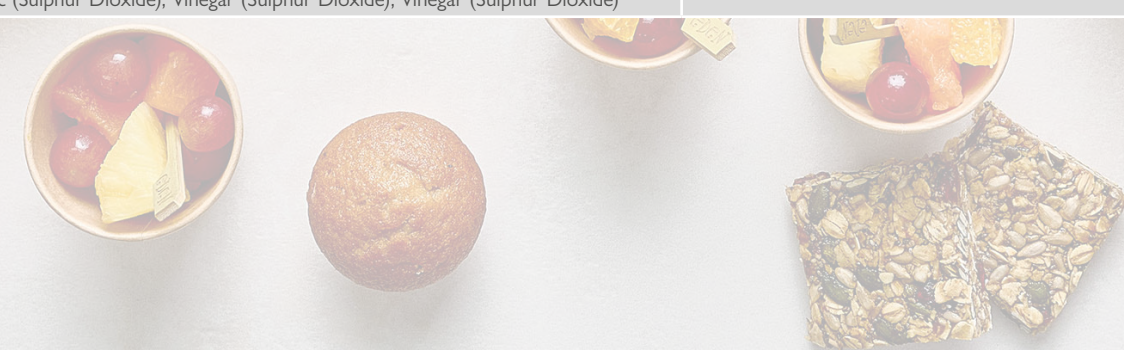
PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>SHARING SALAD PLATTER - 6-8 PORTIONS</b>		
<b>New Potato Salad (vegan, g, d)</b>	Garlic Puree (vegan, g, d),Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 873kcal, Fat 37.51g, Sat Fat 2.98g, Carbs 134.93g, Sugar 13.23g, Protein 15.62g, Salt 4.83g
<b>Mixed Leaf Salad with Lemon &amp; Herb Dressing (vegan, g, d)</b>	Garlic Puree (vegan, g, d),Lemon, Mixed Leaf, Rocket, Mint, Mixed Leaf Salad with Red Wine Dressing - 6-8 portions (vegan, g, d) (Mustard, Sulphur Dioxide), Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 363kcal, Fat 40.21g, Sat Fat 2.87g, Carbs 4.5g, Sugar 3.5g, Protein 4.09g, Salt 0.45g
<b>Broccoli &amp; Cauliflower Salad with Feta (v, g)</b>	Olives,Broccoli, Cauliflower, Cheese (Milk), Maple Flavour Syrup, Rapeseed Oil, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 1490kcal, Fat 131.38g, Sat Fat 27.09g, Carbs 56.56g, Sugar 47.34g, Protein 42.04g, Salt 9.21g
<b>Tuscan Tortellini Salad (v)</b>	Garlic Puree (vegan, g, d),Maple Flavour Syrup, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (wheat)), Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)	Energy 1557kcal, Fat 98.09g, Sat Fat 18.8g, Carbs 135.92g, Sugar 25.34g, Protein 46.7g, Salt 9.29g
<b>BREAD</b>		
<b>Roll &amp; Butter - Cold Fork (v)</b>	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
<b>SALAD BOXES</b>		
<b>Wild Rice Salad with Roasted Roots (vegan, g, d)</b>	Apricot (Sulphur Dioxide), Garlic Puree (vegan, g, d), Lemon, Lemon, Rocket, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 301kcal, Fat 9.72g, Sat Fat 0.95g, Carbs 44.14g, Sugar 17.5g, Protein 11.59g, Salt 3.37g
<b>Oriental Raw Vegetable Salad (vegan, g, d)</b>	Babycorn,Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - green, Pepper - yellow, Rapeseed Oil, Radish , Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 271kcal, Fat 24.81g, Sat Fat 1.97g, Carbs 13.52g, Sugar 12.35g, Protein 4.05g, Salt 0.52g
<b>Tuscan Tortellini Salad (v)</b>	Garlic Puree (vegan, g, d),Maple Flavour Syrup, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (wheat)), Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)	Energy 479kcal, Fat 30.18g, Sat Fat 5.79g, Carbs 41.82g, Sugar 7.8g, Protein 14.37g, Salt 2.86g
<b>Chargrilled Chicken with Beans &amp; Broccoli Salad (g)</b>	Borlotti beans,Broccoli, Butter beans, Chicken Thigh, Chillies, Cranberry, Kidney beans, Dressing - Lemon Vinaigrette (vegan, g, d) (Mustard), Lemon, Mixed Leaf, Mint, Pepper - cracked black, Salt, Salt & Black Pepper, Thyme, Yoghurt (Milk)	Energy 382kcal, Fat 16.46g, Sat Fat 3.65g, Carbs 31.91g, Sugar 15.68g, Protein 25.8g, Salt 3.93g
<b>Smoked Mackerel, Beetroot &amp; Puy Lentil Salad (g, d)</b>	Beetroot,Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Mackerel (Fish), Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Puy lentils, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 610kcal, Fat 25.16g, Sat Fat 3.97g, Carbs 60.22g, Sugar 7.95g, Protein 40.97g, Salt 1.56g



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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>MEZE SALADS</b>		
<b>Meze Sharing Vegetarian - 5-7 people (v, g)</b>	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
	Vegetarian Sharing Meze - Spring - 5-7 people (v) Aubergine, Babycorn, Olives, Broccoli, Cauliflower, Chickpeas, Chillies, Chives, Coriander, Curry powder, Eggs (Egg), Cheese (Milk), Freekeh (Cereal (Wheat)), Garlic Puree (vegan, g, d), 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	Energy 3003kcal, Fat 211.88g, Sat Fat 44.61g, Carbs 215.12g, Sugar 52.63g, Protein 99.35g, Salt 14.04g
<b>Meze Sharing Vegan - 5-7 people (vegan, d)</b>	Vegan Rolls & Butter - Cold Fork (vegan, d) Bebo - Palm Free, Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 129kcal, 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) Soya Milk (Soya), Apricot (Sulphur Dioxide), Aubergine, Babycorn, Beetroot, Olives, Butter beans, Capers, Chickpeas, Chillies, Chives, Coriander, Curry powder, Freekeh (Cereal (Wheat)), Garlic, Garlic Puree (vegan, g, d), Ginger, Olives, Lemon, Lemon, Mixed Leaf, Rocket, Lime, Mangetout, Maple Flavour Syrup, Mint, Mustard (Mustard), Onion, Onion, Parsley, Pepper - cracked black, Pepper - green, Pepper - yellow, Potatoes, Puff Pastry (Cereal (Wheat)), Puy lentils, Rapeseed Oil, Radish, Red Miso (Soya), Red Quinoa, Rice, Salt, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Squash, Caster Sugar, Sun Dried Tomato, Tomato, Sunblush Tomato, Tomato, Vinegar - Balsamic (Sulphur Dioxide), Vinegar (Sulphur Dioxide), Vinegar (Sulphur Dioxide)	Energy 3834kcal, Fat 204.14g, Sat Fat 36.5g, Carbs 435.07g, Sugar 95.59g, Protein 100.78g, Salt 18.18g
<b>Meze Sharing Traditional - 5-7 people (g, d)</b>	Roll & Butter - Cold Fork (v) Butter pat - each (Milk), Pagnotella Rustica (Cereal (Barley, Wheat))	Energy 169kcal, Fat 6.03g, Sat Fat 3.45g, Carbs 23.72g, Sugar 1.13g, Protein 4.72g, Salt 0.57g
	Traditional Sharing Meze - Spring - 5-7 people (g, d) Babycorn, Beetroot, Chicken, Chicken Thigh, Chickpeas, Chillies, Coriander, Curry powder, Eggs (Egg), Garlic, Garlic Puree (vegan, g, d), Ginger, Blythburgh Ham (Soya), Honey, Lemon, Mixed Leaf, Rocket, Lime, Mackerel (Fish), Mangetout, Maple Flavour Syrup, Mayonnaise (Egg), Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Pepper - green, Pepper - yellow, Potatoes, Puy lentils, Rapeseed Oil, Radish, Rosemary, Salt, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Caster Sugar, Granulated Sugar, Tahini (Sesame Seeds), Tomato, Vinegar - Balsamic (Sulphur Dioxide), Vinegar (Sulphur Dioxide), Vinegar (Sulphur Dioxide)	Energy 3950kcal, Fat 267.23g, Sat Fat 38.74g, Carbs 184.64g, Sugar 46.13g, Protein 235.99g, Salt 18.35g



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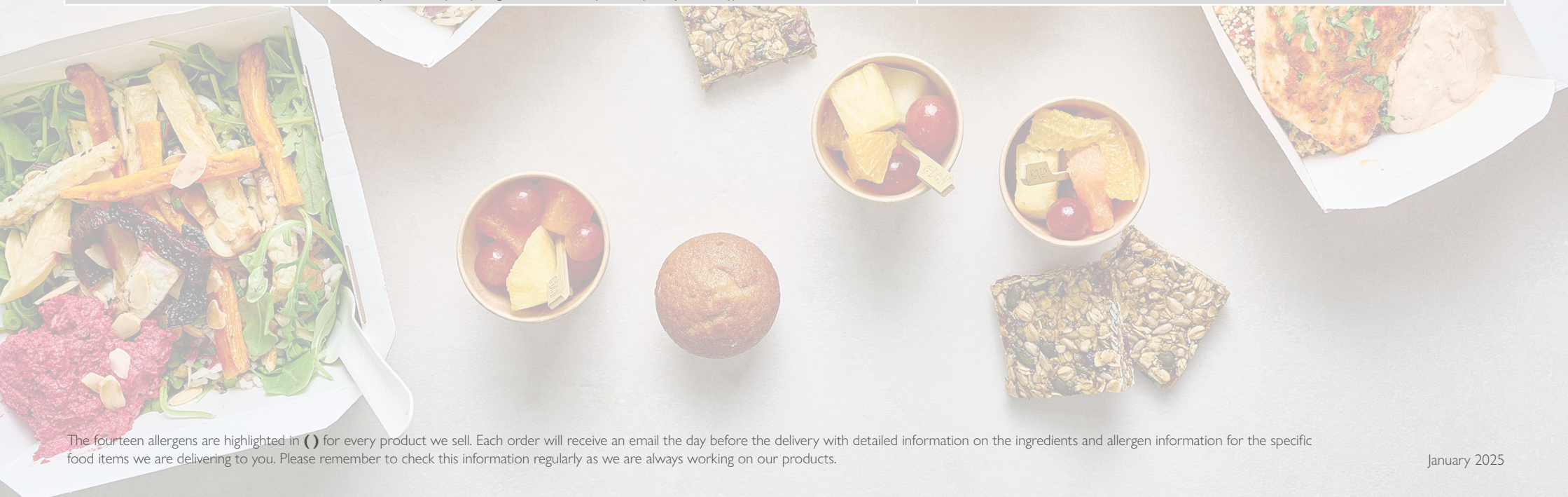
PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>COLD FORK BUFFET</b>		
Jacaranda	Roast Lemon & Thyme Chicken Breast (g, d) Chicken, Lemon, Salt & Black Pepper, Thyme	Energy 163kcal, Fat 8.03g, Sat Fat 1.64g, Carbs 0.93g, Sugar 0.22g, Protein 21.83g, Salt 3.17g
	Kale & Butternut Frittata (v, g) Chillies, Cream (Milk), Curly Kale, Eggs (Egg), Pepper - cracked black, Salt, Shallot, Squash, Bella Lodi (Egg, Milk)	Energy 213kcal, Fat 17.71g, Sat Fat 9.94g, Carbs 5.49g, Sugar 3.33g, Protein 8.42g, Salt 0.52g
	Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d) Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Rocket, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 43kcal, Fat 4.79g, Sat Fat 0.34g, Carbs 0.54g, Sugar 0.42g, Protein 0.49g, Salt 0.05g
	Broccoli & Cauliflower Salad with Feta (v, g) Olives, Broccoli, Cauliflower, Cheese (Milk), Maple Flavour Syrup, Rapeseed Oil, Salt & Black Pepper, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 189kcal, Fat 16.68g, Sat Fat 3.44g, Carbs 7.18g, Sugar 6.01g, Protein 5.34g, Salt 1.17g
	Tuscan Tortellini Salad (v) Garlic Puree (vegan, g, d), Maple Flavour Syrup, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Spinach, Thyme, Tomato, Tortellini Formaggio (Egg, Milk, Mustard, Cereal (wheat)), Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)	Energy 204kcal, Fat 12.83g, Sat Fat 2.46g, Carbs 17.77g, Sugar 3.31g, Protein 6.11g, Salt 1.22g
	Sour Cherry Cheesecake - Pot (v) Bebo - Palm Free, Digestive (Milk, Cereal (Wheat)), Sour Cherries, Cream (Milk), Cheese (Milk), Lemon, Caster Sugar	Energy 465kcal, Fat 30.51g, Sat Fat 16.89g, Carbs 43.22g, Sugar 32.81g, Protein 4.94g, Salt 0.76g
	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



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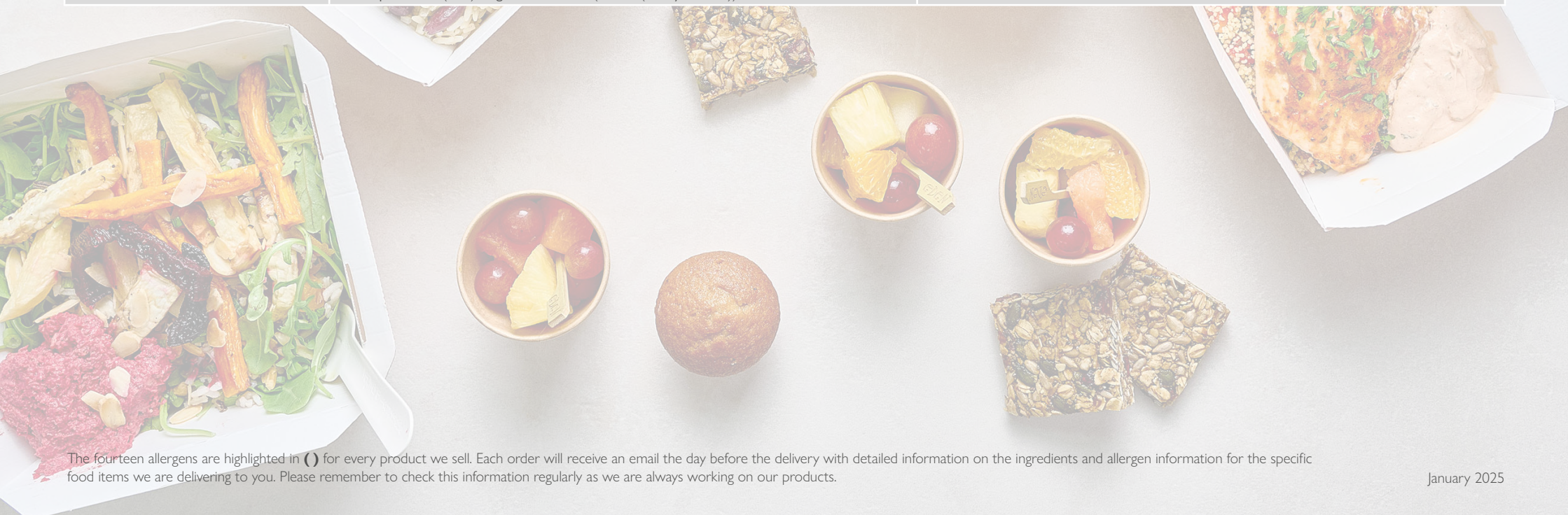
PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>COLD FORK BUFFET</b>		
<b>Birch</b>	Spiced Prawns & Smoked Salmon with Wasabi & Lime (d) Orange,Mayonnaise (Egg), Prawns (Crustacean (Prawn)), Tabasco (Sulphur Dioxide, Cereal (Malt)), Salt & Black Pepper, Smoked Salmon (Fish), Tomato Ketchup (Celery), Wasabi (Mustard, Soya), Worcester sauce (Fish, Cereal (Barley))	Energy 171kcal, Fat 12.25g, Sat Fat 1.37g, Carbs 5.05g, Sugar 2.6g, Protein 12.39g, Salt 2.33g
	Kale & Butternut Frittata (v, g) Chillies,Cream (Milk), Curly Kale, Eggs (Egg), Pepper - cracked black, Salt, Shallot, Squash, Bella Lodi (Egg, Milk)	Energy 213kcal, Fat 17.71g, Sat Fat 9.94g, Carbs 5.49g, Sugar 3.33g, Protein 8.42g, Salt 0.52g
	Freekeh, Chickpea & Chargrilled Aubergine Salad (vegan, d) Aubergine,Chickpeas, Curry powder, Freekeh (Cereal (Wheat)), Maple Flavour Syrup, Rapeseed Oil, Red Quinoa, Salt & Black Pepper, Spinach, Tomato, Vinegar - Balsamic (Sulphur Dioxide)	Energy 321kcal, Fat 23.36g, Sat Fat 1.77g, Carbs 28.18g, Sugar 6.78g, Protein 6.01g, Salt 0.66g
	Wild Rice Salad (vegan, g, d) Apricot (Sulphur Dioxide), Garlic Puree (vegan, g, d), Lemon, Lemon, Rocket, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Rapeseed Oil, Rice, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 167kcal, Fat 3.39g, Sat Fat 0.31g, Carbs 29.42g, Sugar 5.12g, Protein 3.83g, Salt 0.14g
	Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d) Garlic Puree (vegan, g, d),Lemon, Mixed Leaf, Rocket, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 43kcal, Fat 4.79g, Sat Fat 0.34g, Carbs 0.54g, Sugar 0.42g, Protein 0.49g, Salt 0.05g
	Mandarin Cheesecake - Pot (v) Bebo - Palm Free,Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Mandarin, Caster Sugar	Energy 415kcal, Fat 30.53g, Sat Fat 16.89g, Carbs 29.99g, Sugar 19.38g, Protein 5.08g, Salt 0.76g
	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



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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>COLD FORK BUFFET</b>		
<b>Sycamore (vegetarian)</b>	Root Vegetable Tarte Tatin (vegan, d) Bebo - Palm Free, Carrot, Watercress, Parsnips, Sweet Potato, Puff Pastry (Cereal (Wheat)), Salt & Black Pepper, Caster Sugar, Thyme	Energy 189kcal, Fat 9.64g, Sat Fat 4.05g, Carbs 22.96g, Sugar 8.02g, Protein 3.36g, Salt 2.17g
	Kale & Butternut Frittata (v, g) Chillies, Cream (Milk), Curly Kale, Eggs (Egg), Pepper - cracked black, Salt, Shallot, Squash, Bella Lodi (Egg, Milk)	Energy 213kcal, Fat 17.71g, Sat Fat 9.94g, Carbs 5.49g, Sugar 3.33g, Protein 8.42g, Salt 0.52g
	Oriental Raw Vegetable Salad (vegan, g, d) Baby corn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - green, Pepper - yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 255kcal, Fat 26.38g, Sat Fat 1.93g, Carbs 8.97g, Sugar 8.06g, Protein 1.4g, Salt 0.54g
	New Potato Salad (vegan, g, d) Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 116kcal, Fat 5g, Sat Fat 0.4g, Carbs 17.99g, Sugar 1.76g, Protein 2.08g, Salt 0.64g
	Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d) Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Rocket, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 43kcal, Fat 4.79g, Sat Fat 0.34g, Carbs 0.54g, Sugar 0.42g, Protein 0.49g, Salt 0.05g
	Lemon Cheesecake - Pot (v) Bebo - Palm Free, Digestive (Milk, Cereal (Wheat)), Cream (Milk), Cheese (Milk), Lemon, Lemon, Caster Sugar	Energy 406kcal, Fat 30.52g, Sat Fat 16.89g, Carbs 27.89g, Sugar 17.48g, Protein 4.97g, Salt 0.76g
	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



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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>INDIVIDUAL VEGAN</b>		
<b>Breakfast Bag - Vegan &amp; Free From</b>	Birchermuesli - free from (vegan, g, d) Soya Yoghurt (Soya), Apple, Cinnamon, Gluten Free Oats, Soya (Soya), Sultanas	Energy 133kcal, Fat 2.73g, Sat Fat 0.44g, Carbs 21.4g, Sugar 8.57g, Protein 5.09g, Salt 0.04g
	Freshly Squeezed Orange Juice - 250ml Bottle	Check packaging for more info
	Fruit	Check fruit page for more info
<b>Individual Bronze Lunch - Vegan &amp; Free From</b>	Falafel with Beetroot Houmous (vegan, g, d) Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric	Energy 58kcal, Fat 1.8g, Sat Fat 0.18g, Carbs 8.85g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
	Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d) Bayleaf, Beetroot, Chickpeas, Garlic, Soft White loaf, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 319kcal, Fat 11.35g, Sat Fat 0.93g, Carbs 47.49g, Sugar 4.65g, Protein 6.24g, Salt 1.77g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
<b>Individual Silver Lunch - Vegan &amp; Free From</b>	Falafel with Beetroot Houmous (vegan, g, d) Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric	Energy 58kcal, Fat 1.8g, Sat Fat 0.18g, Carbs 8.85g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
	Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d) Bayleaf, Beetroot, Chickpeas, Garlic, Soft White loaf, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 319kcal, Fat 11.35g, Sat Fat 0.93g, Carbs 47.49g, Sugar 4.65g, Protein 6.24g, Salt 1.77g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	Grapes Red or Black - Mini bunch - 50g (vegan, g, d) - Grapes - Red	Energy 34kcal, Fat 0.05g, Sat Fat 0.02g, Carbs 8.5g, Sugar 8.5g, Protein 0.3g, Salt 0g
	Healthy Seed Bar - Free From (vegan, g, d) Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
<b>Individual Gold Lunch - Vegan &amp; Free From</b>	Falafel with Beetroot Houmous (vegan, g, d) Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric	Energy 58kcal, Fat 1.8g, Sat Fat 0.18g, Carbs 8.85g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
	Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d) Bayleaf, Beetroot, Chickpeas, Garlic, Soft White loaf, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 319kcal, Fat 11.35g, Sat Fat 0.93g, Carbs 47.49g, Sugar 4.65g, Protein 6.24g, Salt 1.77g
	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
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	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
Healthy Seed Bar - Free From (vegan, g, d) Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g	

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>INDIVIDUAL VEGAN &amp; FREE FROM</b>		
<b>Salad Plate - Vegan &amp; Free From</b>	Falafel with Beetroot Houmous (vegan, g, d) Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric	Energy 58kcal, Fat 1.8g, Sat Fat 0.18g, Carbs 8.85g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
	Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d) Garlic Puree (vegan, g, d), Lemon, Mixed Leaf, Rocket, Mint, Mustard (Mustard), Parsley, Pepper - cracked black, Rapeseed Oil, Salt, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 43kcal, Fat 4.79g, Sat Fat 0.34g, Carbs 0.54g, Sugar 0.42g, Protein 0.49g, Salt 0.05g
	New Potato Salad (vegan, g, d) Garlic Puree (vegan, g, d), Lemon, Mint, Mustard (Mustard), Onion, Parsley, Pepper - cracked black, Potatoes, Rapeseed Oil, Salt, Salt & Black Pepper, Caster Sugar, Vinegar (Sulphur Dioxide)	Energy 116kcal, Fat 5g, Sat Fat 0.4g, Carbs 17.99g, Sugar 1.76g, Protein 2.08g, Salt 0.64g
	Oriental Raw Vegetable Salad (vegan, g, d) Babycorn, Chillies, Coriander, Ginger, Lime, Mangetout, Maple Flavour Syrup, Onion, Pepper - green, Pepper - yellow, Rapeseed Oil, Radish, Salt & Black Pepper, Sesame seeds (Sesame Seeds), Spinach, Tomato, Vinegar (Sulphur Dioxide)	Energy 255kcal, Fat 26.38g, Sat Fat 1.93g, Carbs 8.97g, Sugar 8.06g, Protein 1.4g, Salt 0.54g
<b>INDIVIDUAL VEGAN</b>		
<b>Breakfast Bag - Vegan</b>	Trail Mix with Soya Yoghurt & Mango Coulis (vegan, g, d, n) Soya Yoghurt (Soya), Cranberry, Mango, Pistachio (Nuts (Pistachio)), Pumpkin seeds, Sesame seeds (Sesame Seeds), Sultanas, Sunflower Seeds	Energy 292kcal, Fat 14.34g, Sat Fat 2.27g, Carbs 32.53g, Sugar 27.19g, Protein 9.01g, Salt 0.08g
	Freshly Squeezed Orange Juice - 250ml Bottle	Check packaging for more info
	Fruit	Check fruit page for more info
<b>Individual Bronze Lunch - Vegan</b>	Hoisin No Duck Wrap (vegan, d) Carrot, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Rocket, Pepper - red, Sweet chilli sauce, Wrap (Cereal (Wheat))	Energy 327kcal, Fat 10.96g, Sat Fat 4.15g, Carbs 46.61g, Sugar 9.13g, Protein 9.93g, Salt 2.85g
	Beetroot Houmous & Rocket in Ciabatta (vegan, d) Bayleaf, Beetroot, Chickpeas, Ciabatta (Cereal (Wheat)), Garlic, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 415kcal, Fat 7.95g, Sat Fat 0.92g, Carbs 72.31g, Sugar 6.24g, Protein 14.08g, Salt 2.81g
	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 132kcal, Fat 4.44g, Sat Fat 0.39g, Carbs 21.16g, Sugar 1.45g, Protein 2.49g, Salt 1.05g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>INDIVIDUAL VEGAN</b>		
<b>Individual Silver Lunch - Vegan</b>	Hoisin No Duck Wrap (vegan, d) Carrot, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Rocket, Pepper - red, Sweet chilli sauce, Wrap (Cereal (Wheat))	Energy 327kcal, Fat 10.96g, Sat Fat 4.15g, Carbs 46.61g, Sugar 9.13g, Protein 9.93g, Salt 2.85g
	Beetroot Houmous & Rocket in Ciabatta (vegan, d) Bayleaf, Beetroot, Chickpeas, Ciabatta (Cereal (Wheat)), Garlic, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 415kcal, Fat 7.95g, Sat Fat 0.92g, Carbs 72.31g, Sugar 6.24g, Protein 14.08g, Salt 2.81g
	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 132kcal, Fat 4.44g, Sat Fat 0.39g, Carbs 21.16g, Sugar 1.45g, Protein 2.49g, Salt 1.05g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	Grapes Red or Black - Mini bunch - 50g (vegan, g, d) Grapes - Red	Energy 34kcal, Fat 0.05g, Sat Fat 0.02g, Carbs 8.5g, Sugar 8.5g, Protein 0.3g, Salt 0g
	Lemon & Chia Drizzle Cake (vegan, d) Soya Milk (Soya), Gluten Free Baking powder, Chia Seeds, Flour (Cereal (Wheat)), Golden syrup, Lemon, Lemon, Lemon, Rapeseed Oil, Salt, Granulated Sugar, Vanilla Extract, Water	Energy 285kcal, Fat 13.25g, Sat Fat 1.04g, Carbs 41.87g, Sugar 21.08g, Protein 2.83g, Salt 2.26g
<b>Individual Gold Lunch - Vegan</b>	Hoisin No Duck Wrap (vegan, d) Carrot, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Rocket, Pepper - red, Sweet chilli sauce, Wrap (Cereal (Wheat))	Energy 327kcal, Fat 10.96g, Sat Fat 4.15g, Carbs 46.61g, Sugar 9.13g, Protein 9.93g, Salt 2.85g
	Beetroot Houmous & Rocket in Ciabatta (vegan, d) Bayleaf, Beetroot, Chickpeas, Ciabatta (Cereal (Wheat)), Garlic, Lemon, Rocket, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato	Energy 415kcal, Fat 7.95g, Sat Fat 0.92g, Carbs 72.31g, Sugar 6.24g, Protein 14.08g, Salt 2.81g
	Falafel with Beetroot Houmous (vegan, g, d) Beetroot, Chickpeas, Coriander, Cumin, Gluten Free Flour, Garlic, Coriander, Lemon, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Salt, Tahini (Sesame Seeds), Turmeric	Energy 58kcal, Fat 1.8g, Sat Fat 0.18g, Carbs 8.85g, Sugar 1.28g, Protein 2.09g, Salt 0.41g
	Samosa (vegan, d) Asafoetida Hing Powder, Cardamom, Coriander, Cumin, Flour (Cereal (Wheat)), Garlic, Ginger, Coriander, Mango, Masala (Mustard), Mixed Veg, Potatoes, Rapeseed Oil, Salt, Granulated Sugar, Turmeric, Water	Energy 132kcal, Fat 4.44g, Sat Fat 0.39g, Carbs 21.16g, Sugar 1.45g, Protein 2.49g, Salt 1.05g
	Tortilla Chips with Salsa Dip - 25g portion (vegan, g, d) Chillies, Coriander, Onion, Salt & Black Pepper, Sweet chilli sauce, Tomato, Tortilla chips	Energy 126kcal, Fat 5.28g, Sat Fat 0.63g, Carbs 16.8g, Sugar 1.4g, Protein 1.9g, Salt 0.27g
	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
	Healthy Seed Bar - Free From (vegan, g, d) Bebo - Palm Free, Chia Seeds, Cranberry, Dates, Golden syrup, Maple Flavour Syrup, Gluten Free Oats, Pumpkin seeds, Salt, Sunflower Seeds	Energy 293kcal, Fat 13.32g, Sat Fat 2.28g, Carbs 35.77g, Sugar 21.21g, Protein 7.09g, Salt 0.13g
	Lemon & Chia Drizzle Cake (vegan, d) Soya Milk (Soya), Gluten Free Baking powder, Chia Seeds, Flour (Cereal (Wheat)), Golden syrup, Lemon, Lemon, Lemon, Rapeseed Oil, Salt, Granulated Sugar, Vanilla Extract, Water	Energy 285kcal, Fat 13.25g, Sat Fat 1.04g, Carbs 41.87g, Sugar 21.08g, Protein 2.83g, Salt 2.26g

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<b>BOXED MEALS</b>		
<b>Fusilli with Mushroom (v)</b>	Cream (Milk), Fusilli pasta (Cereal (Wheat)), Garlic, Mushroom, Mushroom, Mushroom, Onion, Rapeseed Oil, Tarragon, Bella Lodi (Egg, Milk)	Energy 624kcal, Fat 33.28g, Sat Fat 18.83g, Carbs 65.33g, Sugar 4.61g, Protein 15.18g, Salt 2.27g
<b>Macaroni Cauliflower Cheese Bake (v)</b>	Bebo - Palm Free, Cauliflower, Cayenne, Cheddar (Milk), Flour (Cereal (Wheat)), Macaroni (Cereal (Wheat)), Macaroni Cauliflower Cheese Bake - Hot Boxed Meal (v) (Milk, Mustard, Cereal (Wheat)), Milk (Milk), Mustard (Mustard, Cereal (Wheat)), Parsley, Salt & Black Pepper	Energy 631kcal, Fat 29.94g, Sat Fat 16.25g, Carbs 60.42g, Sugar 11.21g, Protein 30.16g, Salt 4.13g
<b>Fragrant Squash &amp; Chickpea Curry with Rice (vegan, g, d)</b>	Squash, Chickpeas, Coconut Milk, Coriander, Coriander, Curry powder, Garlic, Ginger, Mustard (Mustard), Onion, Pineapple, Rapeseed Oil, Rice, Salt, Tomato, Water	Energy 548kcal, Fat 10.56g, Sat Fat 5.49g, Carbs 107.44g, Sugar 10.2g, Protein 12.76g, Salt 2.71g
<b>Moroccan Vegetable Tagine &amp; Couscous (vegan, d)</b>	Carrot, Chickpeas, Chillies, Cinnamon, Coriander, Courgettes, Couscous (Cereal (Wheat)), Cumin, Garlic, Ginger, Mint, Onion, Pepper - red, Rapeseed Oil	Energy 546kcal, Fat 6.1g, Sat Fat 0.68g, Carbs 112.62g, Sugar 33.65g, Protein 17.71g, Salt 3.23g
<b>Symplicity N'duja Risotto (vegan, g, d)</b>	Lemon, Onion, Parsley, Peas, Rapeseed Oil, Rice, Salt & Black Pepper, Symplicity Vegan 'Nduja (Soya), Vegetable Bouillon (Celery), Water	Energy 397kcal, Fat 15.38g, Sat Fat 1.29g, Carbs 56.33g, Sugar 3.22g, Protein 7.79g, Salt 6.62g
<b>Dhal with Sweet Potato &amp; Coconut Crust &amp; Rice (vegan, g, d)</b>	Soya Milk (Soya), Chillies, Cinnamon, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Fennel, Garlic, Ginger, Lemon, Onion, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Lentils, Rice, Salt, Spinach, Turmeric, Vegetable Bouillon (Celery), Water, Water, Mustard Seeds (Mustard)	Energy 529kcal, Fat 20.04g, Sat Fat 9.55g, Carbs 79.77g, Sugar 8.92g, Protein 14.13g, Salt 1.02g
<b>Aubergine, Tomato &amp; Basil Penne (vegan, d)</b>	Aubergine, Basil, Garlic Puree (vegan, g, d), Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 470kcal, Fat 20.13g, Sat Fat 1.64g, Carbs 63.31g, Sugar 9.58g, Protein 12.01g, Salt 1.58g
<b>Penne Arrabiata with Chicken</b>	Chicken Thigh, Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato, Bella Lodi (Egg, Milk)	Energy 562kcal, Fat 19.28g, Sat Fat 5.01g, Carbs 61.52g, Sugar 7.53g, Protein 35.96g, Salt 3.52g
<b>Lamb Rogan Josh &amp; Rice (g)</b>	Bayleaf, Beef Stock (Celery), Butter (Milk), Chillies, Coriander, Ginger, Onion, Puy lentils, Rice, Rogan Josh Paste, Salt, Salt & Black Pepper, Tomato, Lamb, Vinegar - Balsamic (Sulphur Dioxide), Water	Energy 939kcal, Fat 22.12g, Sat Fat 8.77g, Carbs 141.25g, Sugar 8.84g, Protein 46.77g, Salt 32.3g
<b>Hot &amp; Sour Pork with Rice (g, d)</b>	Babycorn, Chillies, Five spice (Sulphur Dioxide), Garlic, Ginger, Onion, Pak Choi, Pork, Rapeseed Oil, Rice, Salt, Shallot, Soft Brown Sugar, Tomato Puree, Vinegar (Sulphur Dioxide), Water	Energy 803kcal, Fat 30.55g, Sat Fat 9.93g, Carbs 103.27g, Sugar 17.29g, Protein 34.15g, Salt 0.81g
<b>Tarragon Chicken &amp; Rice (g)</b>	Butter (Milk), Chicken Thigh, Chilli, Creme Fraiche (Milk), Garlic, Lemon, Paprika, Rapeseed Oil, Rice, Salt, Sun Dried Tomato, Tarragon, Water	Energy 912kcal, Fat 39.07g, Sat Fat 18.7g, Carbs 100.83g, Sugar 11.01g, Protein 42.23g, Salt 1.54g
<b>Vietnamese Chicken Curry with Rice (g, d)</b>	Bayleaf, Carrot, Chicken Bouillon Paste, Chicken Thigh, Chillies, Coconut Milk, Coriander, Coriander, Curry powder, Fish sauce (Fish), Garlic, Ginger, Lemon grass, Onion, Onion, Potatoes, Rapeseed Oil, Rice, Salt, Caster Sugar, Water	Energy 604kcal, Fat 13.11g, Sat Fat 5.48g, Carbs 99.41g, Sugar 8.33g, Protein 27.38g, Salt 2.98g
<b>Harissa Salmon with Mint Jewelled Couscous - Boxed Meal</b>	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, Yoghurt (Milk)	Energy 647kcal, Fat 19.98g, Sat Fat 4.8g, Carbs 90.59g, Sugar 21.94g, Protein 34.02g, Salt 2.03g
<b>Fresh Salmon Risotto (g)</b>	Broccoli, Butter (Milk), Chicken Stock, Garlic, Lemon, Onion, Peas, Rapeseed Oil, Rice, Salmon (Fish), Salt & Black Pepper, Bella Lodi (Egg, Milk)	Energy 983kcal, Fat 31.3g, Sat Fat 15.18g, Carbs 106.69g, Sugar 53.33g, Protein 67.95g, Salt 69.05g

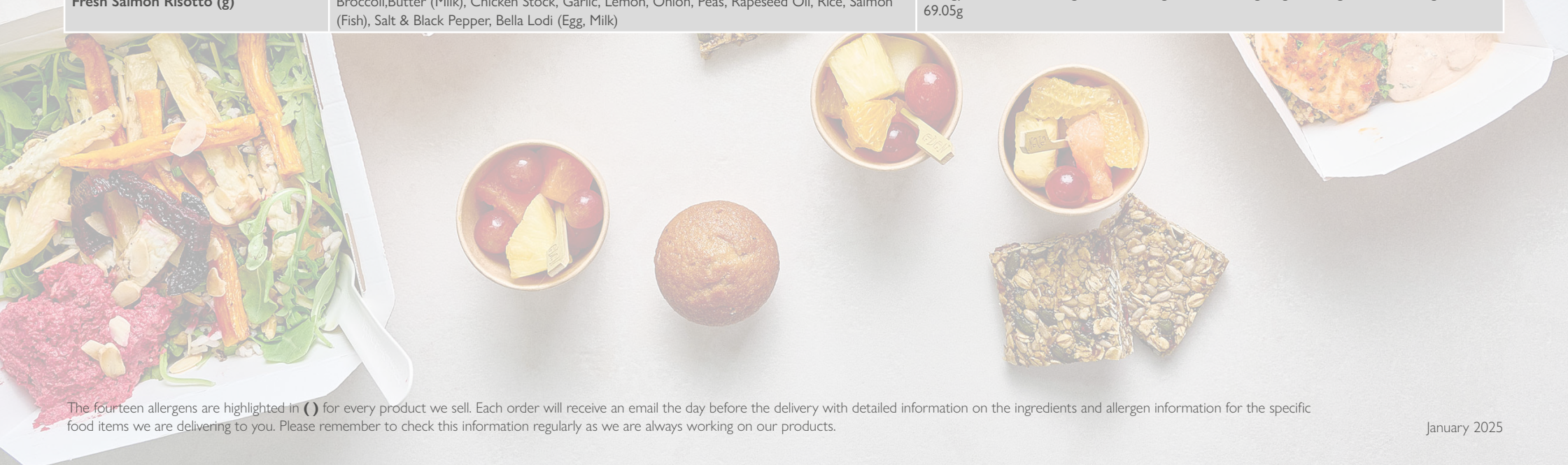
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<b>BOWL MEALS</b>		
<b>Fusilli with Mushroom (v)</b>	Fusilli with Mushroom - 370g Portion (v) Cream (Milk), Fusilli pasta (Cereal (Wheat)), Garlic, Mushroom, Mushroom, Mushroom, Onion, Rapeseed Oil, Tarragon, Bella Lodi (Egg, Milk)	Energy 624kcal, Fat 33.28g, Sat Fat 18.83g, Carbs 65.33g, Sugar 4.61g, Protein 15.18g, Salt 2.27g
	Bella Lodi - 10g Portion (v, g) - Bella Lodi (Egg, Milk)	Energy 38kcal, Fat 2.8g, Sat Fat 1.8g, Carbs 0g, Sugar 0g, Protein 3.3g, Salt 0.15g
<b>Macaroni Cauliflower Cheese Bake (v)</b>	Bebo - Palm Free, Cauliflower, Cayenne, Cheddar (Milk), Flour (Cereal (Wheat)), Macaroni (Cereal (Wheat)), Milk (Milk), Mustard (Mustard, Cereal (Wheat)), Salt & Black Pepper	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
<b>Fragrant Squash &amp; Chickpea Curry with Rice (vegan, g, d)</b>	Rice - Long Grain - 200g portion (vegan, g, d) - Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
	Fragrant Squash & Chickpea Casserole - 200g portion (vegan, g, d) Squash, Chickpeas, Coconut Milk, Coriander, Coriander, Curry powder, Garlic, Ginger, Mustard (Mustard), Onion, Pineapple, Rapeseed Oil, Tomato	Energy 193kcal, Fat 9.56g, Sat Fat 5.24g, Carbs 22.34g, Sugar 10g, Protein 6.06g, Salt 2.22g
<b>Moroccan Vegetable Tagine &amp; Couscous (vegan, d)</b>	Couscous - Minted & Jewelled - 200g portion (vegan, d) Couscous (Cereal (Wheat)), Mint, Pepper - red, Salt & Black Pepper, Sultanas	Energy 397kcal, Fat 2.16g, Sat Fat 0.31g, Carbs 88.11g, Sugar 19.82g, Protein 12.09g, Salt 1.55g
	Moroccan Vegetable Tagine - 200g portion (vegan, g, d) Carrot, Chickpeas, Chillies, Cinnamon, Courgettes, Cumin, Garlic, Ginger, Moroccan Vegetable Tagine - 200g portion (vegan, g, d), Onion, Rapeseed Oil, Salt & Black Pepper, Squash, Sultanas, Tomato, Turmeric, Water	Energy 148kcal, Fat 3.93g, Sat Fat 0.37g, Carbs 24.47g, Sugar 13.8g, Protein 5.56g, Salt 1.67g
<b>Symplicity N'duja Risotto (vegan, g, d)</b>	Symplicity N'duja Risotto - 400g Portion (vegan, g, d) Lemon, Onion, Parsley, Peas, Rapeseed Oil, Rice, Salt & Black Pepper, Symplicity Vegan 'Nduja (Soya), Vegetable Bouillon (Celery), Water	Energy 397kcal, Fat 15.38g, Sat Fat 1.29g, Carbs 56.33g, Sugar 3.22g, Protein 7.79g, Salt 6.62g
<b>Dhal with Sweet Potato &amp; Coconut Crust &amp; Rice (vegan, g, d)</b>	Dhal with Sweet Potato & Coconut Crust - 1 Bowl Meal Portion (vegan, g, d) Soya Milk (Soya), Chillies, Cinnamon, Coconut (Sulphur Dioxide), Coriander, Coriander, Cumin, Fennel, Garlic, Ginger, Lemon, Onion, Pepper - cracked black, Sweet Potato, Rapeseed Oil, Lentils, Salt, Spinach, Turmeric, Vegetable Bouillon (Celery), Water, Mustard Seeds (Mustard)	Energy 352kcal, Fat 19.54g, Sat Fat 9.42g, Carbs 37.22g, Sugar 8.82g, Protein 10.78g, Salt 0.78g
	Rice - Long Grain - 200g portion (vegan, g, d) - Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
<b>Aubergine, Tomato &amp; Basil Penne (vegan, d)</b>	Aubergine, Tomato & Basil Penne - 400g Portion (vegan, d) Aubergine, Basil, Garlic, Onion, Penne (Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Tomato	Energy 470kcal, Fat 20.13g, Sat Fat 1.64g, Carbs 63.31g, Sugar 9.58g, Protein 12.01g, Salt 1.58g
<b>Penne Arrabiata with Chicken</b>	Chicken Thigh, Chilli, Garlic, Onion, Penne (Cereal (Wheat)), Penne Arrabiata with Chicken - 370g Portion (d) (Egg, Milk, Cereal (Wheat)), Rapeseed Oil, Salt & Black Pepper, Granulated Sugar, Tomato, Bella Lodi (Egg, Milk)	Energy 539kcal, Fat 17.6g, Sat Fat 3.93g, Carbs 61.52g, Sugar 7.53g, Protein 33.98g, Salt 3.43g
<b>Lamb Rogan Josh &amp; Rice (g)</b>	Coriander - Herb Garnish - 2g portion (vegan, g, d) - Coriander	Energy 0kcal, Fat 0.01g, Sat Fat 0g, Carbs 0.02g, Sugar 0.02g, Protein 0.04g, Salt 0g
	Lamb Rogan Josh - 200g Portion (g) Bayleaf, Beef Stock (Celery), Butter (Milk), Chillies, Coriander, Ginger, Lamb Rogan Josh - 200g Portion (g) (Celery, Milk, Sulphur Dioxide), Onion, Puy lentils, Rogan Josh Paste, Salt & Black Pepper, Tomato, Lamb, Vinegar - Balsamic (Sulphur Dioxide)	Energy 686kcal, Fat 24.84g, Sat Fat 10.02g, Carbs 66.04g, Sugar 10.15g, Protein 47.1g, Salt 37.42g
	Rice - Long Grain - 200g portion (vegan, g, d) - Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g

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<b>BOWL MEALS</b>		
<b>Hot &amp; Sour Pork with Rice (g, d)</b>	Hot & Sour Pork - 200g Portion (g, d) Babycorn, Chillies, Five spice (Sulphur Dioxide), Garlic, Ginger, Onion, Pak Choi, Pork, Rapeseed Oil, Shallot, Soft Brown Sugar, Tomato Puree, Vinegar (Sulphur Dioxide)	Energy 448kcal, Fat 29.55g, Sat Fat 9.68g, Carbs 18.17g, Sugar 17.09g, Protein 27.45g, Salt 0.32g
	Rice - Long Grain - 200g portion (vegan, g, d) - Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
<b>Tarragon Chicken &amp; Rice (g)</b>	Parsley Garnish - 2g portion (vegan, g, d) - Parsley	Energy 1kcal, Fat 0.04g, Sat Fat 0g, Carbs 0.08g, Sugar 0.07g, Protein 0.09g, Salt 0g
	Tarragon Chicken - 200g Portion (g) Butter (Milk), Chicken Thigh, Chilli, Creme Fraiche (Milk), Garlic, Lemon, Paprika, Rapeseed Oil, Sun Dried Tomato, Tarragon	Energy 556kcal, Fat 38.05g, Sat Fat 18.45g, Carbs 15.63g, Sugar 10.81g, Protein 35.48g, Salt 1.05g
<b>Vietnamese Chicken Curry with Rice (g, d)</b>	Rice - Long Grain - 200g portion (vegan, g, d) - Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
	Vietnamese Chicken Curry - 200g Portion (g, d) Bayleaf, Carrot, Chicken Bouillon Paste, Chicken Thigh, Chillies, Coconut Milk, Coriander, Coriander, Curry powder, Fish sauce (Fish), Garlic, Ginger, Lemon grass, Onion, Onion, Potatoes, Rapeseed Oil, Caster Sugar, Water	Energy 249kcal, Fat 12.11g, Sat Fat 5.23g, Carbs 14.31g, Sugar 8.13g, Protein 20.68g, Salt 2.48g
<b>Harissa Salmon with Mint Jewelled Couscous - Boxed Meal</b>	Rice - Long Grain - 200g portion (vegan, g, d) - Rice, Salt, Water	Energy 355kcal, Fat 1g, Sat Fat 0.25g, Carbs 85.1g, Sugar 0.2g, Protein 6.7g, Salt 0.49g
	Harissa Salmon with Mint Jewelled Couscous - 1 Portion (d) Chillies, Coriander, Couscous (Cereal (Wheat)), Cumin, Garlic Puree (vegan, g, d), Coriander, Mint, Paprika, Pepper - red, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Sultanas, Tomato Puree	Energy 606kcal, Fat 16.7g, Sat Fat 2.99g, Carbs 88.99g, Sugar 20.47g, Protein 32.39g, Salt 1.9g
<b>Fresh Salmon Risotto (g)</b>	Harissa Yoghurt Dressing - 30g portion (v, g) Chillies, Coriander, Cumin, Garlic, Coriander, Lime, Mint, Paprika, Rapeseed Oil, Salt, Tomato Puree, Yoghurt (Milk)	Energy 42kcal, Fat 3.27g, Sat Fat 1.81g, Carbs 1.59g, Sugar 1.46g, Protein 1.64g, Salt 0.14g
	Fresh Salmon Risotto - 400g Portion (g) Broccoli, Butter (Milk), Chicken Stock, Garlic, Lemon, Onion, Peas, Rapeseed Oil, Rice, Salmon (Fish), Salt & Black Pepper, Bella Lodi (Egg, Milk)	Energy 983kcal, Fat 31.3g, Sat Fat 15.18g, Carbs 106.69g, Sugar 53.33g, Protein 67.95g, Salt 69.05g



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<b>AFTERNOON TEA</b>		
Afternoon Tea	Cocktail Sandwich - Cucumber on Malted Grain (vegan, d) Bebo - Palm Free, Cucumber, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Salt & Black Pepper	Energy 224kcal, Fat 4.77g, Sat Fat 1.14g, Carbs 36.85g, Sugar 3.65g, Protein 7.52g, Salt 1.78g
	Cocktail Sandwich - Roast Chicken on Malted Grain Bebo - Palm Free, Chicken, Chicken Thigh, Malted Grain Bread (Soya, Cereal (Barley, Rye, Wheat)), Mint, Parsley, Rapeseed Oil, Rosemary, Salt, Salt & Black Pepper, Granulated Sugar, Yoghurt (Milk)	Energy 366kcal, Fat 14.36g, Sat Fat 2.81g, Carbs 37.05g, Sugar 3.67g, Protein 21.8g, Salt 1.03g
	Open Mini Bagel with Houmous & Pepperonata - 2 per portion (v) Bayleaf, Chickpeas, Cumin, Garlic, Coriander, Lemon, Paprika, Pepper - cracked black, Pepper - red, Rapeseed Oil, Onion, Salt, Salt & Black Pepper, Granulated Sugar, Tahini (Sesame Seeds), Tomato, Bagel (Milk, Cereal (Wheat))	Energy 177kcal, Fat 8.82g, Sat Fat 0.82g, Carbs 21.15g, Sugar 3.75g, Protein 5.43g, Salt 0.91g
	Open Mini Bagel with Smoked Salmon & Cream Cheese - 2 per portion Cheese (Milk), Pepper - Cracked Black, Smoked Salmon (Fish), Bagel (Milk, Cereal (Wheat))	Energy 181kcal, Fat 8.74g, Sat Fat 3.71g, Carbs 16.32g, Sugar 1.99g, Protein 10.6g, Salt 1.55g
	Fruit Scone with Clotted Cream & Strawberry Jam (v) Butter (Milk), Cream (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Milk (Milk), Raisins, Salt, Strawberry Jam, Caster Sugar, Icing Sugar	Energy 316kcal, Fat 18.01g, Sat Fat 11.07g, Carbs 35.21g, Sugar 17.42g, Protein 3.19g, Salt 0.52g
	Cakes banana & sticky toffee cake (v, n); seville orange marmalade polenta cake (v, g, d, n); healthy seed bar - free from (vegan, g, d); apricot flapjack (v); red velvet cake (v); chocolate brownie (v)	Check Sandwich Lunch - Cakes page for more info



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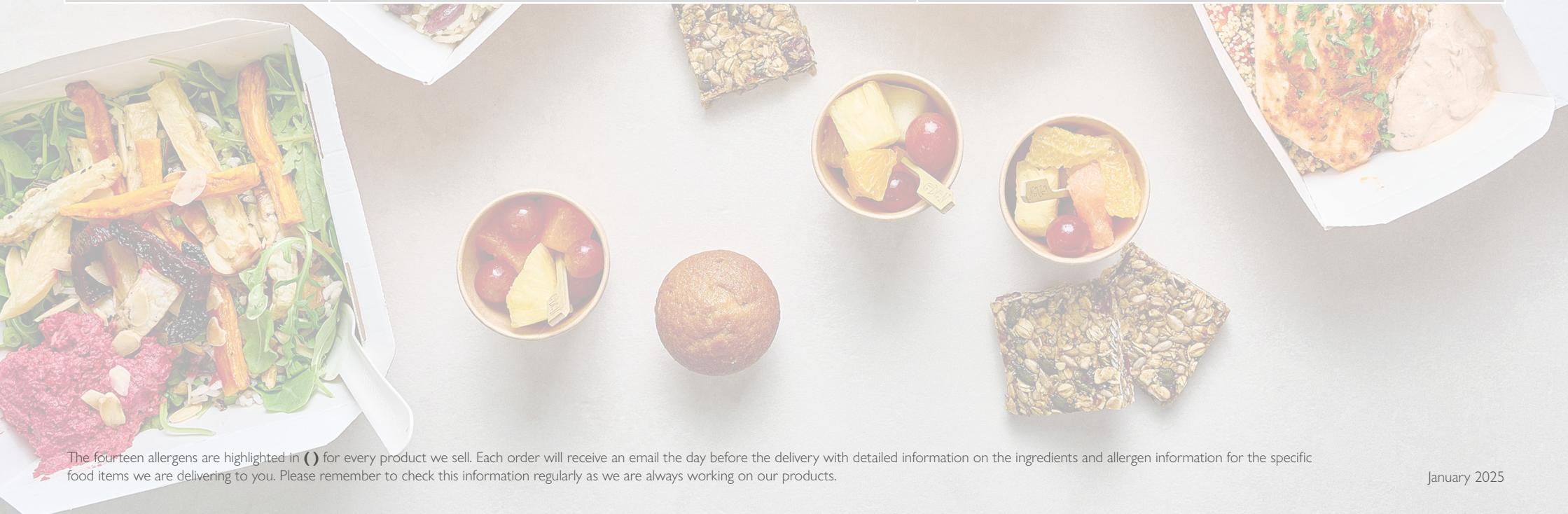


PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>CANAPÉS</b>		
<b>Stilton &amp; Red Onion Marmalade Tartlet (v)</b>	Cream (Milk), Eggs (Egg), Rapeseed Oil, Onion, Tarlet Round Savoury 3.8cm (Milk, Soya, Cereal (Barley, Rye, Spelt, Wheat)), Stilton (Milk), Soft Brown Sugar	Energy 68kcal, Fat 4.83g, Sat Fat 2.86g, Carbs 4.46g, Sugar 1.16g, Protein 1.73g, Salt 0.17g
<b>Pistachio Cake &amp; Peppers (v, n)</b>	Gluten Free Baking powder, Black Olives, Cheddar (Milk), Cream (Milk), Cheese (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Laurent Miquel - Heritage Vineyards Blanc (750ml) (Sulphur Dioxide), Pepper - red, Pepper - yellow, Pistachio (Nuts (Pistachio)), Rapeseed Oil, Salt & Black Pepper	Energy 184kcal, Fat 14.36g, Sat Fat 4.55g, Carbs 10.14g, Sugar 0.97g, Protein 4.54g, Salt 1.42g
<b>Bella Lodi Shortbread with Basil Pesto (v)</b>	Butter (Milk), Eggs (Egg), Flour (Cereal (Wheat)), Pesto (Milk), Salt & Black Pepper, Tomato, Bella Lodi (Egg, Milk), Vinegar - Balsamic (Sulphur Dioxide)	Energy 63kcal, Fat 4.33g, Sat Fat 2.35g, Carbs 4.35g, Sugar 0.31g, Protein 1.67g, Salt 0.41g
<b>Goats Cheese &amp; Cashew (v, n)</b>	Cashew Nut (Nuts (Cashew)), Cheese (Milk), Goats Cheese (Milk), Lemon, Parsley, Sourdough Bloomer (Cereal (Barley, Wheat)), Granulated Sugar, Water	Energy 47kcal, Fat 2.42g, Sat Fat 1.33g, Carbs 4.28g, Sugar 0.54g, Protein 1.77g, Salt 0.12g
<b>Tomatade Sourdough Crostini (vegan, d)</b>	Garlic, Oregano, Pepper - cracked black, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Tarragon, Thyme, Tomato	Energy 50kcal, Fat 2.57g, Sat Fat 0.21g, Carbs 6.02g, Sugar 1.36g, Protein 1.17g, Salt 0.61g
<b>Sweet Potato Croquette (vegan, d)</b>	Breadcrumbs (Cereal (Barley, Wheat)), Chilli, Flour (Cereal (Wheat)), Onion, Sweet Potato, Rapeseed Oil, Salt & Black Pepper, Sparkling water from Water machine	Energy 57kcal, Fat 0.89g, Sat Fat 0.12g, Carbs 11.61g, Sugar 2.12g, Protein 1.16g, Salt 0.6g
<b>Fable Duckless Pancake &amp; Hoisin (vegan, d)</b>	Carrot, Chives, Coriander, Courgettes, Mushroom (Soya, Sulphur Dioxide), Hoisin (Sesame Seeds, Soya, Cereal (Wheat)), Pancake (Cereal (Rye, Wheat)), Pepper - red, Salt & Black Pepper, Sweet chilli sauce	Energy 58kcal, Fat 2.48g, Sat Fat 1.02g, Carbs 7.51g, Sugar 2.36g, Protein 1.96g, Salt 2.29g
<b>Symplcity Nduja with Broad Bean &amp; Mint Puree (vegan, d)</b>	Broad Beans, Garlic, Mint, Rapeseed Oil, Salt, Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat)), Symplcity Vegan 'Nduja (Soya)	Energy 40kcal, Fat 1.41g, Sat Fat 0.12g, Carbs 5.48g, Sugar 0.16g, Protein 1.53g, Salt 0.6g
<b>Duck Confit Arancini</b>	Breadcrumbs (Cereal (Barley, Wheat)), Chicken Bouillon Paste, Duck, Eggs (Egg), Flour (Cereal (Wheat)), Onion, Rapeseed Oil, Rice, Sunblush Tomato, Bella Lodi (Egg, Milk), Water	Energy 39kcal, Fat 0.72g, Sat Fat 0.21g, Carbs 6.25g, Sugar 0.44g, Protein 1.69g, Salt 0.19g
<b>Mini Chicken Skewers with Garlic, Coriander &amp; Chilli (g, d)</b>	Chicken, Chillies, Coriander, Garlic, Pepper - cracked black, Rapeseed Oil, Salt	Energy 54kcal, Fat 4g, Sat Fat 0.51g, Carbs 0.14g, Sugar 0.02g, Protein 4.89g, Salt 0.15g
<b>Prosciutto &amp; Pear (g, d)</b>	Parma Ham, Lemon, Rocket, Pears	Energy 10kcal, Fat 0.57g, Sat Fat 0.24g, Carbs 0.03g, Sugar 0.02g, Protein 1.17g, Salt 0.12g
<b>Jerk Chicken &amp; Orange Skewer (d)</b>	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
<b>Smoked Mackerel Sourdough Crostini</b>	Capers, Lemon, Lemon, Mackerel (Fish), Nutmeg, Rapeseed Oil, Ricotta (Milk), Salt & Black Pepper, Sourdough Bloomer (Cereal (Barley, Wheat))	Energy 54kcal, Fat 2.69g, Sat Fat 0.78g, Carbs 4.84g, Sugar 0.28g, Protein 2.67g, Salt 0.8g
<b>Salmon Spinach &amp; Sambel Oelek Tartlet (d)</b>	Chillies, Garlic, Ginger, Lemon, Lemon, Lime, Rapeseed Oil, Salmon (Fish), Salt, Salt & Black Pepper, Spinach, Granulated Sugar, Sweet chilli sauce, Tartlet Round Shell 3.8cm (Soya, Cereal (Rye, Spelt, Wheat)), Vinegar (Cereal (Barley))	Energy 36kcal, Fat 2.11g, Sat Fat 0.9g, Carbs 2.7g, Sugar 0.72g, Protein 3.39g, Salt 0.14g

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PRODUCT	ALLERGENS & INGREDIENTS	NUTRITIONAL VALUES
<b>SWEET CANAPÉS</b>		
<b>Berry Mousse in Chocolate Cup (v, g)</b>	Blackberries, Cream (Milk), Lemon, Icing Sugar, Thimble Cup Dark (Milk, Soya)	Energy 51kcal, Fat 3.78g, Sat Fat 2.36g, Carbs 3.7g, Sugar 3.47g, Protein 0.4g, Salt 0g
<b>Lemon Meringue Tartlet (v)</b>	Bebo - Palm Free, Cornflour, Eggs (Egg), Lemon, Salt, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 87kcal, Fat 3.85g, Sat Fat 1.71g, Carbs 12.19g, Sugar 9.11g, Protein 1.32g, Salt 0.06g
<b>Raspberry Tartlet (v)</b>	Cream (Milk), Eggs (Egg), Raspberry, Caster Sugar, Tartlet (Milk, Soya, Cereal (Wheat)), White Chocolate (Milk, Soya)	Energy 78kcal, Fat 5.16g, Sat Fat 3.08g, Carbs 6.69g, Sugar 3.74g, Protein 1.08g, Salt 0.03g
<b>Sheba Chocolate Tartlet (v)</b>	Butter (Milk), Dark Chocolate (Milk, Soya), Milk (Milk), Granulated Sugar, Tartlet (Milk, Soya, Cereal (Wheat))	Energy 81kcal, Fat 5.07g, Sat Fat 3.11g, Carbs 7.91g, Sugar 4.9g, Protein 0.78g, Salt 0.01g
<b>Fruit Kebab (vegan, g, d)</b>	Kiwi, Melon, Pineapple	Energy 9kcal, Fat 0.09g, Sat Fat 0.01g, Carbs 1.94g, Sugar 1.91g, Protein 0.15g, Salt 0g
<b>CANAPÉS - SET MENUS</b>		
<b>Lavender</b>	Pistachio Cake & Peppers (v, n); Goats Cheese & Cashew (v, n); Tomatade Sourdough Crostini (vegan, d); Sweet Potato Croquette (vegan, d); Fable Duckless Pancake & Hoisin (vegan, d); Duck Confit Arancini; Jerk Chicken & Orange Skewer (d); Salmon Spinach & Sambel Oelek Tartlet (d)	See Canapes
<b>Honeysuckle</b>	Stilton & Red Onion Marmalade Tartlet (v); Symplicity Nduja with Broad Bean & Mint Puree (vegan, d); Bella Lodi Shortbread with Basil Pesto (v); Sweet Potato Croquette (vegan, d); Fable Duckless Pancake & Hoisin (vegan, d); Prosciutto & Pear (g, d); Salmon Spinach & Sambel Oelek Tartlet (d)	
<b>Saffron (vegetarian)</b>	Stilton & Red Onion Marmalade Tartlet (v); Pistachio Cake & Peppers (v, n); Bella Lodi Shortbread with Basil Pesto (v); Goats Cheese & Cashew (v, n); Tomatade Sourdough Crostini (vegan, d); Sweet Potato Croquette (vegan, d); Fable Duckless Pancake & Hoisin (vegan, d); Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)	



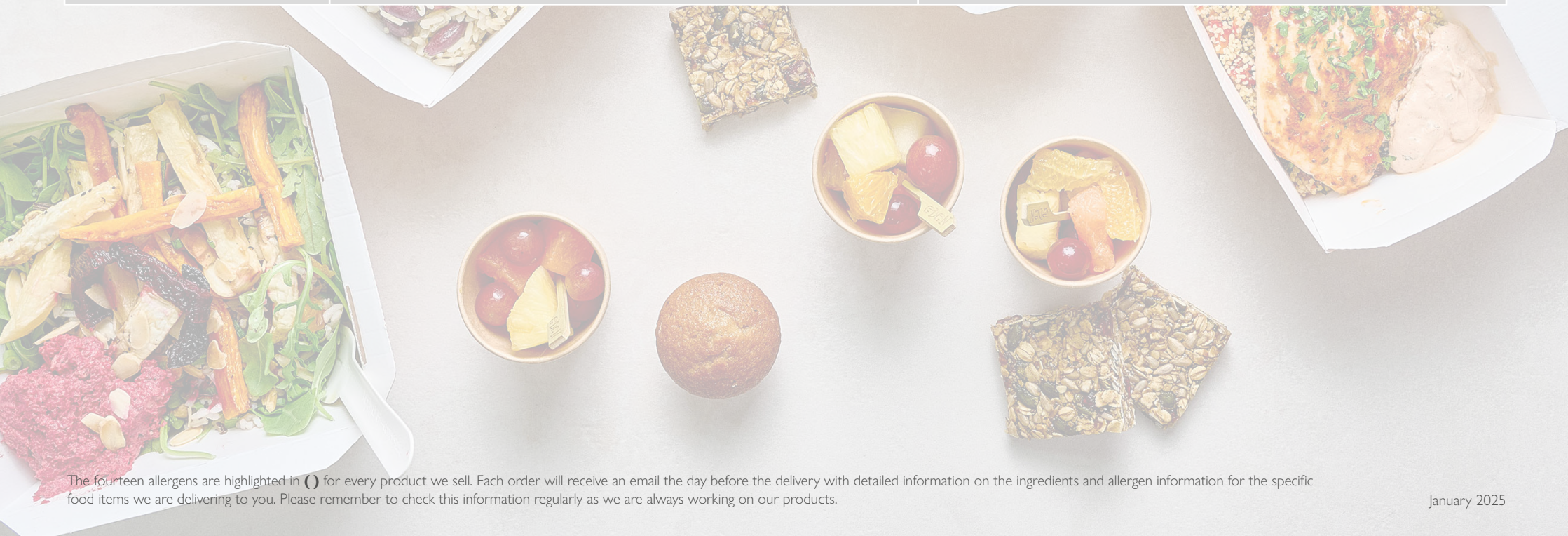
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<b>DRINKS</b>		
Belu - Sparkling Mineral Water (750ml)	Check packaging for more info	Check packaging for more info
Belu - Still Mineral Water (750ml)		
Belu Still (330ml)		
Belu Sparkling (330ml)		
Cranberry Juice (1 litre)		
Orange Juice (1 litre)		
Apple Juice (1 litre)		
7 Up (330ml can)		
Coke (330ml can)		
Coke Diet (330ml can)		
Tango (330ml can)		
San Pellegrino - Blood Orange (330ml can)		
San Pellegrino - Lemon(330ml can)		
Freshly Squeezed Orange Juice (250ml)		
<b>Ginger &amp; Lemongrass Presse - Still (vegan, g, d)</b>	Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water	Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g
<b>Ginger &amp; Lemongrass Presse - Sparkling (vegan, g, d)</b>	Citric acid - Citrus Anhydrous, Ginger, Lemon, Lemon grass, Caster Sugar, Water	Energy 254kcal, Fat 0.3g, Sat Fat 0.08g, Carbs 66.32g, Sugar 63.77g, Protein 0.71g, Salt 0.02g
<b>Green Dream Smoothie - 1 litre (v, g, d, n)</b>	Almond Milk (Nuts (Almond)), Chia Seeds, Curly Kale, Honey, Kiwi, Pineapple	Energy 358kcal, Fat 13.61g, Sat Fat 1.44g, Carbs 48.2g, Sugar 46.67g, Protein 9.11g, Salt 0.8g
<b>Orange, Carrot &amp; Mango Smoothie - 1 litre (vegan, g, d)</b>	Carrot, Mango, Orange Juice, Soya (Soya)	Energy 290kcal, Fat 5g, Sat Fat 1.2g, Carbs 52.2g, Sugar 42.4g, Protein 8.4g, Salt 0.2g
<b>HOT DRINKS</b>		
<b>Flask of Organic Coffee (vegan, g, d)</b>	Coffee - Ground Sachets - 70g, Water	Check packaging for more info
<b>Flask of Organic Decaffeinated Coffee (vegan, g, d)</b>	Coffee - Decaf Ground Sachet - 70g, Water	
<b>Flask of Hot Water and Selection of Teas (vegan, g, d)</b>	Selection of Tea Bags: English Breakfast, Earl Grey, Green Tea, Peppermint and Rooibos Chai	

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<b>BEER</b>		
Fourpure Lager	Check packaging for more info	Check packaging for more info
Fourpure Session IPA		
Lucky Saint - Alcohol Free Superior Lager		
<b>HOUSE WINE</b>		
Laurent Miquel - Heritage Vineyards Rouge	Check packaging for more info	Check packaging for more info
Laurent Miquel - Heritage Vineyards Blanc		
Laurent Miquel - Heritage Vineyards Rose		
<b>SPARKLING WINE</b>		
Langlois Chateau 'LC' Cremant Brut	Check packaging for more info	Check packaging for more info
Langlois Chateau 'LC' Cremant Rose		
Artigianale Prosecco Eco		
Ayala Brut Majeur		
Ayala Brut Majeur NV Magnum		



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